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Friday, February 7, 1986

Folk Singer At Willet Ave.



Folk singer Paul D'Troia is joined by Willet Avenue third graders Russell Brossons, Meghan Cook, and Daniel Weichak.

(Photo by Rosemary Barrow)

Paul D'Troia, the first graduate of Hicksville High School to have had the benefit of their Program for Independent Study of the Fine Arts, recently visited music classes in Willet Avenue School as a folk singer. Paul was accompanied by his mentor, Mr. Charles Arnold of the High School Music Department.

The presentation consisted of an explanation of each song, a rendition with guitar accompaniment, and then enthusiastic participation by the students. Paul also brought along his dulcimer, an American folk

instrument, and the students were able to have a "hands-on" experience.

At the end of the program, the students and their Music teacher, Mrs. Sgammato, played on their ukuleles and sang a song for Mr. Arnold and Paul.

As an enrichment program, the presentation was informative and entertaining. The students are excited about folk music and eager to learn more about it. In March, Paul will visit Willet Avenue's In-Depth Study Class to demonstrate a variety of musical instruments.

Musical Event At Plainview Library



Stephanie Conte

A performance by soprano Stephanie Conte and tenor Paul Adkins on Saturday, February 8, at the Plainview-Old Bethpage Public Library, will be the eighth offering in the 1985-86 "Distinguished Artists Concerts" series, according to Oyster Bay Town Councilman Angelo A. Delligatti.

The concert, which is being sponsored by the Cultural and Performing Arts (CAPA) Division of the Department of Community Services, will be held at the library, 999 Old Country Road,

Plainview, beginning at 8:15 p.m. For further information, contact CAPA at 795-5943.

"Miss Conte attended Hartt School of Music, where she studied with William Diard and received her Professional Certificate in Opera", Delligatti said. "In addition to an ongoing association with the Connecticut Grand Opera, with which she made her debut in 1982, she has appeared in concert with noted symphony orchestras and performed with opera companies.

"A winner in the First Pavarotti International Voice Competition, Mr. Adkins has performed with major opera companies and orchestras in America as well as abroad", Delligatti stated. "Also a winner of the Philadelphia and Princeton Metropolitan Opera Auditions, his roles include Belmonte in "Abduction from the Seraglio", Rodolfo in "La Boheme", Tamino in "The Magic Flute", Ernesto in "Don Pasquale" and the title role in "Faust".

This Issue

This issue is complete in three sections. The first part contains local news and photos. The second section is a special Health Care Supplement which contains items about health facilities in the area. The third section is the regular Discovery section with features for the entire family, classified advertising, restaurant advertising and related information.

Concert Scheduled Tues. At HHS

The premier of a work especially commissioned for Hicksville High School musicians will be a highlight of "All That Jazz and More V", a concert presented by music students and faculty and scheduled for Tuesday evening, February 11 at 8 p.m.

The chorale, Stage Band, Symphonic Band, Madrigal Singers, and Orchestra will perform and the program will be hosted by Joseph Ryan, well-known chemistry teacher, golfer and raconteur.

The featured selection, "Help Us See the Light", was composed by Julius Williams, who will conduct the performance. Mr. Williams will complete a seven-day residency in the schools where he shared his experience as a professional musician, composer, conductor and educator.

The concert will take place in the auditorium of Hicksville High School. There will be no admission charge and the entire community is invited to attend and participate in this exciting musical event.

Volunteers Needed At Thrift Shop

Do you like people? Are you interested in fashion? Do you have a few hours to spare? All college students and women who can give at least three hours of much needed time, Mondays thru Saturday, are invited to work in our busy shop. Hours are from 10 a.m. to 4 p.m. and the shop is located at 21 East Main Street, Oyster Bay. Phone 922-9700 or 922-4852. This is an excellent opportunity to pick-up some merchandising skills, while helping a very worthwhile cause.

Hicksville School Board Receives 86-87 Budget Figures

Special to Mid-Island Times
By Maureen Traxler

As is the usual practice at the Hicksville School Board meetings, President William Bennett began the January 29 meeting with a time of reflection, including a moment of silence for the heroic Challenger Seven. The Board handled financial and policy matters, approved the appointment of a new academic enrichment director and eliminated three special education teachers aide positions on the Junior High School level. Superintendent Catherine Fenton spearheaded a budget review presentation.

Beginning the Board's annual budget battle, Dr. Fenton unveiled a proposed 1986-87 budget of \$42,599,081, a 7.2% or \$2.8 million increase over the current budget of \$39,748,830 and Dr. Fenton based her calculations on such factors as expected receipt of State and Federal aid, a \$1.9 million surplus so far showing in the existing budget and anticipated local revenue.

Dr. Fenton pointed out, as did Community Affairs Chairman Daniel McBride that should LILCO, a major taxpayer in Hicksville, go public, the district may lose an important tax source. Mr. McBride noted in his committee report that a publicly owned LILCO may not be required to pay such taxes and that this could mean a loss of \$8,793,000 in school taxes to the Town of Oyster Bay. Hicksville could be hit the hardest, losing some \$2 million, almost 25% of the total Town figure.

These figures translate into an increase of \$2.39 per \$100 of assessed valuation for each taxpayer.

The Superintendent said that 96% of this budget is fixed. Among these amounts are: employee contracts, retirement benefits, civil service and per diem salaries, maintenance of the district's 13 buildings, out-of-district tuition, and BOCES assessments. Dr. Fenton stated that this leaves 4% or \$1.6 million for "quality education".

On the plus side of her report, Dr. Fenton noted that, for the most part, the students in Hicksville demonstrate acceptable behavior, and attend schools having aesthetically pleasing conditions in which to learn. The district has also strived to gain the services of top-notch building administrators and high quality teachers, particularly on the secondary level.

On the down side of her report, she noted that 75% of Hicksville graduates pursue a higher education, and yet barely 60% receive a Regents diploma. The Superintendent vowed to have the district strive to increase the number of Regents diplomas awarded. She also wishes to see higher academic expectations demonstrated by teachers and administrators.

The Board and Administration now head for two months of negotiations, additions and deletions, and fine tuning of the proposed budget. On March 26, the Board will vote to approve a budget which will be presented to the electorate. The public vote on the 1986-87 budget will take place on May 7.

The Board unanimously approved the appointment of Marie Marshall as the district's Supervisor of Enrichment Programs. Mrs. Marshall will oversee the present gifted and talented program as it evolves into a full-class enrichment program, taught by the teacher and designed to benefit all students.

There was a brief attempt to table a recommendation by Superintendent Fenton to reduce the number of teacher aide positions at the Junior High School in the special education area. After this attempt failed, the Board voted 4 to 2 with one abstention to eliminate three positions.

The Board approved the award of bids totaling \$43,340.56, comprising custodial supplies, two vehicles and a new copier. The copier was awarded to Multigraphics at a cost of \$19,145. Approaching the microphone, the president of Elbar Copy Products of Richmond Hill, Queens, asked to be heard on the subject of the copier award. He alluded to "unethical and possibly illegal bidding practices" on behalf of the district and requested to be heard or speak to Board counsel. The Board refused to honor this request and asked him to direct his comments to the appropriate parties on the administrative level.

At the time of voting on this issue, the Board members asked specific questions regarding the copier bids, noting that there were six lower bids than that of Multigraphics. Mr. Hall, of the district's business

Continued On Page 16

PHOTO BY RICHARD EVERS, GREGORY MUSEUM



At the recent meeting of the Hicksville Chamber of Commerce members of the Hicksville High School Student Council presented current Council ideas for a tree planting project in downtown Hicksville. Left to right: Robert Senn, Chairman of the Student Council Beautification Committee; Nancy DeSorbo, Student Activities Advisor; Christine Cestari, President of HHS Student Council and Effie Krugmann, President of the Hicksville Chamber of Commerce.

(Photo by Richard Evers, Gregory Museum)

Memorial Day Parade Update

By P.F.C. Carmine Somma
The Hicksville Memorial Day Parade and Commemorative Services will be held on Monday, May 26. This year's parade and program are being chaired by the Wm. M. Gouze Jr. Post 1211 V.F.W. and the combined Veterans Day Committee. We welcome all community organizations, Veterans groups, Fraternal organizations, Fire Department and Ladies Auxiliary, school bands, Boy Scouts, Girl Scouts and Cub Scouts.

Any organization interested in participating or supporting the Annual Memorial Day Parade may contact Comdr. Max Bergushin at 681-1069 or call the V.F.W. Hall at 931-7843. Let's pay homage to our honored dead. We would like to make this one of the greatest parades we have ever had in Hicksville. On Sunday, May 25, the combined Veterans groups of Hicksville will hold a service at Plainlawn Cemetery on West Old Country Road, Hicksville. All are welcome.

Mercy League 'Trip To Nowhere'

Ahoy! Mercy League is once again off on a Trip to Nowhere, come join us!
The Glen Cove, Hicksville, Syosset League of Mercy Hospital is planning a cruise from Friday, June 6 to Sunday, June 8, aboard the S.S. Galileo. The price per person is \$240 for an inside cabin and \$275 for an outside cabin. The price includes a cocktail party, four sumptuous meals per day and Port Tax.

The chairlady for this cruise is Joan D'Auria. A deposit of \$50 per person upon reservation and the balance is due by April 25. For reservations call Joan at 626-3434.

Hicksville Man Honored By YMCA

Mr. John E. Thorsen, President of the Queens Employment Company and member of the Board, Long Island City YMCA, has been named Man of the Year for the Y for 1985. Mr. Thorsen who has been a Board member for some 15 years just recently closed out a Finance Campaign for the Y in which he raised over \$66,000 for the Y's current Finance Campaign. He led the Campaign team in 1983, 1984, and 1985.

Over the years, Mr. Thorsen who is a past president of Queensboro Rotary, served on all committees of the Y Board and has just been named a vice-president of the Long Island City YMCA.

Special recognition will be given to Mr. Thorsen when he will be honored at the YMCA Annual Dinner to be held at the Marriott in New York City on Monday, February 24.

Irish Club Valentine's Dance

The Irish American Club, Mid-Island area will hold a Valentine Dance at the Legion Hall, 115 Southern Parkway, Plainview, on Friday night, February 21, at 9:30 p.m.

Music by Hallybay. Donation \$10 per person. Call Jack O'Neill at 799-2915 or Bob Reynolds at 931-6953 for reservations.

Pioneering - East St. Subject



Here we see in the top photo, Patricia Mercurio, Angela Laurino, Michael McKenna, Rebecca Geammikis, Abey Kenneth, Dominic Freda, Sarah Bernard and Amy Reinhart standing in front of their reports.

In the lower photo, we see: Chris Merklar, Jennifer Jabour, Timothy Baldwin, Vicky Mietta, Angela Laurino and Richard Woodworth proudly displaying their dioramas.

The children of Mrs. Helen Miller's 5th grade class at East Street School made a study of the trails that the pioneers took to cross the United States to settle the west. Each child was assigned a trail, such as the Lewis and Clark Expedition, the Yukon Trail, the Natchez Trail and the

Old Boston Road, etc. Each child made a study which included a written description of the trail, a poem about the trail and facts about a famous person who lived in the area that the trail covered. The children also made dioramas depicting scenes of their particular trail.

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Opera Comes To Holy Family

The children of Holy Family School were treated to an operatic rendition of Hansel and Gretel. The show was presented by the "We R Opera" group from New York City. Arrangements were made by Father Violette, Asst. Pastor at Holy Family Church, and who is also a member of the cast.

Paul Richichi, a student in the fifth grade class at Holy Family School really enjoyed the opera. He liked the singing especially Father Violette's. He enjoyed the acting and the costumes. He especially liked the grand finale, when the witch, played by Father Violette, jumped from the house. A grand time was had by all.



Father Violette center, as witch and cast of "We R. Opera" at the Holy Family School's presentation of "Hansel and Gretel".

Adult Ed. At Jewish Ctr.

Mrs. Amy Levine, President of The Manetto Hill Jewish Center, has just announced the schedule for The Manetto Hill Jewish Center's Adult Education Series.

Adult education classes will begin on Monday, February 10, 8:15 p.m. through 9:30 p.m., at 344 Manetto Hill Road, Plainville. Rabbi Gary G. Ferras, Spiritual Leader of the congregation, will teach the Book of Isaiah, giving special emphasis to the Jewish concept of the Messiah, Isaiah's interpretation of Jewish suffering, Biblical teachings on Zionism, and Isaiah's vision of the "end of days".

Following each class, refreshments will be served. This program is to run for nine consecutive Monday nights, February 10 through April 14. There will be no class on Monday, March 24, due to the observance of Purim.

This adult education series is open to the entire community. Registration cost for this Adult Education Series is \$5 per person. Registration will be held on Monday, February 10, immediately before the first class.

Youth Robbed On Hicksville St.

The Second Squad is investigating a robbery that occurred at West John Street and Wycoff Street in Hicksville at 2 p.m. on January 31.

Anthony Formica, 15, of Hicksville, was accosted on the street by two unknown men who demanded money. Formica gave them \$23 and the pair fled on foot. No injuries were reported and the subjects are described as males, black, over 6 foot tall, medium builds with afros.

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OCR Students Learn Computers

The students at Old Country Road School in grades kindergarten through sixth are using computers. They are very helpful to the teachers and the students. The children are working in a variety of programs which reinforces skills in math, science and

reading. The student learns how to work with the computer and what a computer is capable of. The student also has fun playing computer games such as the Voyage of the Mimi in which metric numbers are used.



Fifth grade students from Mr. Ziell's class, working in a program that helps the children to learn the typing keyboard.

Operation Safe Child At Fork

Story and Photos
By A. Eichenauer

On January 29, the Nassau County Police Department, sent two Police Officers to Fork Lane, to inform all the students in grades 1-6 about this program Operation Safe Child.

The program consisted of three stages: 1. Slides on safety were viewed in each classroom on January 28. The teachers also read booklets on the subject to the children. 2. The entire student body and teachers viewed a film entitled "Better Safe Than Sorry". 3. Once the film was over, the children broke up into groups of grades 1-3 and 4-6.

The two officers in charge of this program were, Police Officer Burns who spoke to the children in grades 1-3 and Police Officer Reurbach who took the children in 4-6 grade.

Officer Burns explained the film to the younger children in a way that will make them more aware of what is going on around them. The "3" most important things the officer stressed were, if someone wants you to go with them or tries to touch you, you

should do the following: "Say No", "Get Away", "Tell Someone".

She also explained the difference between a good touch and a bad touch, and that we as parents should have "Code Words" between us and our Kids, but once the "Code Word" was used get another one.

Officer Burns also told the children that each of them should know their phone numbers and addresses. It's also a good idea to tape a quarter in a lunch box or school bag in case the child had to make a phone call in an emergency.

The program was excellent, and the children were really made aware of what's going on in this world we all live in. It's a terrible thing, what's happening to our children but, they must be told at an early age, that not everyone is good, that bad people do live all around us, and that sometimes a person you know very well can turn out to be bad.

The P.T.A. would like to thank our principal Mrs. Carol Benisen, for introducing this program into our school.



Officer Burns speaking to the children in Mrs. Schreck's and Mrs. Calzetta's first grade classes.

College Notes

Some 585 students were named to the Dean's List at the State University College at Geneseo for the 1985 fall semester.

In order to qualify, students had to carry at least 12 credit hours, maintain a 3.4 grade point average (out of 4.0) and have no "D", "E", or incomplete grades.

Named to the Dean's List from Hicksville were: **Kathy Marie Jonsson**, 18 Westmoreland Road, Sophomore, B.S. Biochemistry, **Patrice Ann Kenney**, 23 Gables Drive, Junior, B.S. Special & Elementary Education, **Kathy A. Steen**, 211 Cottage Blvd., senior, B.S. Management Science.

News From Hicksville Library

The Hicksville Public Library has joined 16 other Nassau County Libraries in the Senior Connections Project, an innovative state-funded program which provides information and referral (I and R) to the elderly. The program is conducted by the Adelphi University School of Social Work in collaboration with C.W. Post's Palmer School of Library and Information Science (Long Island University), and in cooperation with the Nassau Library System and the Nassau County Department of Senior Citizen Affairs.

At the Library, a team of Social Work and Library Science graduate interns work together with older volunteers. These volunteers are trained to provide much needed information to elderly community residents. The types of questions that volunteers will be prepared to respond to are:

Will Medicaid pay for home care?
I need transportation to the Clinic. Can you help me?
I haven't received my Social Security check, what do I do?
I'm alone now and it's hard to keep up my home, whom can I call?

Senior Connections is very appealing to many older citizens for whom the library is:
Universally available
Highly accessible
Conveniently located
A reliable information center

It is anticipated that the network of I and R programs will expand to include all Public Libraries in Nassau County. Adelphi Professor Dr. Levinson, Director of Senior Connections, says "We are pleased to add the Hicksville Public Library to our 'Family' of Service Providers." To find out more information about this program or to volunteer, please call 931-1417 or 931-1457.

The Hicksville Public Library

will be open on Wednesday, February 12, 10 a.m. to 5 p.m. There will be no evening hours.

The library will be closed on Monday, February 17, in honor of Washington's Birthday.

Sunday, February 9, at 2 p.m., the Hicksville Public Library will show the film "Ghostbusters", a comedy starring Bill Murray, Dan Aykroyd and Harold Ramis as a

team specializing in psychic phenomena and supernatural happenings and exterminating ghosts. There is no charge and everyone is invited. Children must be accompanied by a parent.

The Hicksville Public Library will present the film "Another Country" on Friday, February 7, at 8 p.m. This 1984 film is about two British students who eventually betray their country circa 1932.



Local Democrats were out in full force at the January 27 kick-off meeting of the new Thomas V. Stivala Town of Oyster Bay Democratic Club.

The meeting featured a tribute to the Stivala family, focusing on the late Thomas V. Stivala, the TOBAY Zone Leader and Democratic Campaign Chairman for whom the club is named. Thomas' mother Ida Stivala of Plainview was the guest of honor.

Pictured here, Town of Oyster Bay Democratic Chairman Walter Lowenstein, right, presents a special Certificate of Appreciation to Ida Stivala, left, on behalf of the Nassau Democratic County Committee.



Hicksville Post Office welcomes hearing impaired students from Mill Neck Manor and gives them guided tour of our mail processing facility. Students saw many operations where hearing impaired employees work. John Hopkins, General Supervisor at Engineer's Drive explains how the Optical Character Reader works while Maria Limperis, teacher at Mill Neck, interprets the information. Roger Nienaber, Manager/Postmaster reports that the Postal Service in the Hicksville Sectional Center employs 29 hearing impaired people.

HICKSVILLE BASEBALL ASSOCIATION

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TEAR AND MAIL

REGISTRATION FEE: \$43.00 for the first child, \$55.00 for two or more children per family. Registration fee includes team photo for each child. A separate fee of \$65.00 is charged for the traveling teams.

UNIFORM DEPOSIT will be required for Senior Little League and both traveling teams.

INCLUDED in the registration fee are four chance books for each family; five if two or more children are registered. The chances, given out on opening day, are to be returned to the league for the drawing, which will be held in September. The money is to be kept by the family as a reimbursement towards registration. Therefore, registration in HBA can be as little as \$5.00 or less.

Please make your check payable to the HICKSVILLE BASEBALL ASSOCIATION, INC. and mail it to: Carol Wolf, Player Representative HBA, 7 Harwin Lane, Hicksville, NY 11801.

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PAGE NINE Friday, February 7, 1986

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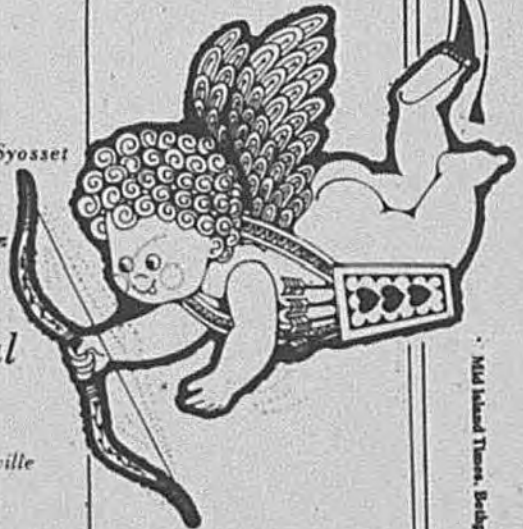
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Woodland Ave. Winter Concert

On January 16, Woodland Avenue held its Winter Concert. Mrs. Milledanni led the chorus group. Mrs. Kent and Mr. Burakoff conducted the orchestra. The parents of the students were invited to attend the concert. Everyone enjoyed the talents of the young music students.



Mrs. Kent conducts German Dance #1.

Lenten Serv. At Trinity

An exciting series of Lenten services will be held at Trinity Lutheran Church, 40 W. Nicholas Street, Hicksville, on Wednesdays at 9 a.m. and 4 p.m. Preaching: The Passion. Following topics will be held: Feb. 12, Praising God; Feb. 19, The Cup; Feb. 26, A Crying Cuck.

Mar. 5, A George's Robe; Mar. 12, The Wash Basin; Mar. 19, The Nails.

The Mid Island community is invited to attend these services. Trinity is located north of Old Country Road between Broadway and Jerusalem Avenue in Hicksville.



Trinity Lutheran Church welcomes you!

Third Graders Study Victorian Era

Mrs. Wallman's Third Graders at East Street School have been studying about the Victorian era. They did many creative projects about this unit with Art Teacher Mrs. Plowbe Witte. The children made a large Victorian house, authentic in every detail. They also made a Victorian snow scene with small figures dressed in Victorian clothes.

Each child has his own individual Victorian scrapbook telling about each room in a

Victorian house and showing pictures to illustrate the rooms.

The children listened to accounts of what it would be like to live as a child in the Victorian era from school life to the dictum: "Children should be seen and not heard."

As a culmination of the unit, the children will go to Raynham Hall in Oyster Bay which has a complete wing restored in Victorian style.



In the top photo, Mrs. Witte, art teacher, directing the children constructing the Victorian House.

In the lower photo, five of the children dressed in period costumes in front of the finished house; Jamie Walters, Joseph Sachman, Marlas Piffelli, Karen Mancuso and Bonnie Pinham.

Lee Ave. Holds A Winter Concert

On January 22, the halls of Lee Avenue School were filled with sounds of music, as all Lee Ave's talented musicians and singers presented a "Winter Concert." The program consisted of: **Third Grade chorus singing:** "Disco Round," "Toyland," and "Let's Make a Song" with special singing parts sung by: Sweetie Pandhi, Lisa Robbins, Melissa Cali, Stephen Vega, Sandra Patte, Kimberly Kruger, James Woods. **Orchestra Playing:** "Rigadon," "Lee Avenue Cha Cha," "Michael," "Rock The Boat" and "1812 Overture".

Fourth Grade Chorus singing: "Hap Haps-Happy Snowman," "Let's Make Music" and "Jingle Bell Rock".

Concert Band Playing: "Minute Man March," "Air and Dance," "A Round of Peace" and "Space Shuttle Rock".

Fifth and Sixth Grade Chorus singing: "We're The Man", "Listen To The Music" and "Winter Wonderland" with special singing parts sung by: Donna Ambriso, Alison Dunker, Stephanie Hutchinson, Christine Lenz, Edward Russo, Gillian Silver-Smith.

An enjoyable evening was had by all who attended.



Musicians setting up for orchestra. Marilyn Abt, Orchestra Director.



Musicians for band getting ready. Donald J. Larsen, Band Leader.



Some students from fifth and sixth grade chorus.

Book Fair At Dutch Lane



Two students, Elizabeth Sista and Brook McCarthy along with Mrs. Mary Ellen Salvemini, Dutch Lane's Ways & Means PTA member, displaying some of the many books that were sold.

Our annual PTA Book Fair for the children of Dutch Lane School was held on Tuesday, Wednesday and Thursday, January 28, 29 and 30. Some of the many books there were: Clifford Books, fairy tales, pop-up books, Never Talk to Strangers, About Animals, The Alphabet Book, biographies, Movie/T.V. Tie-ins, etc. Also very popular with the children were coins and stamps, computer books, buttons, posters and book marks.

All monies made from the Book Fair will go to the children at Dutch Lane.

Thursdays, 8 p.m., New Outlook for the widowed 50+, a self-help support group offering socials, raps and lectures. Refreshments served. Members \$1.50, non-members \$3.

Tuesday, February 18, 8 p.m., Business and Professional Singles (30-50), "Probing the News print," Currents events rap Coffee house atmosphere. Members \$4., non-members \$5.

Thursday, February 26, 8 p.m.

Single Parents Games Night. Members \$4., non-members \$5.

Sunday, February 23, Single Brunch 11 a.m. (all ages). Rap "Forming Relationships." Members \$4., non-members \$5.

Tuesday, February 25, 8 p.m., Chapter II, Singles 45+ round Robin Rap. Members \$4., non-members \$5, all activities at the Mid-Island Y, 45 Manetto Hill Road, Plainview, New York 11803.

Service Directory

Friday, February 7, 1986

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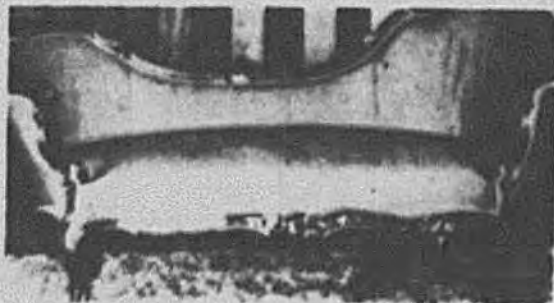
ANTIQU OR JUNQUE



Sofa is factory-made

By James G. McCollam

Q What can you tell me about my French sofa? When was it made? Is it very rare? How much should I insure it for?



A This is a factory-made modern version of an 18th century French style (Louis XV). It probably was made in the early 20th century.

A sofa like this usually sells for \$350 to \$450 and that should be adequate for insurance purposes. It would not be considered particularly rare.

Q I have a glass figurine of a bull with the enclosed mark. It is 8 inches long and 5 inches tall.

Can you tell me who made this and what it might sell for?

A This was made by the Heisey Glass Co., Newark, Ohio, around the turn of the century.

This is a choice collectible and in mint condition has been known to sell for over \$1,000.

Q I understand that there are two kinds of chalkware — old-fashioned 19th century pieces and relatively modern carnival chalkware. What can you tell me about the latter?

A While the older versions were hand molded and painted, modern chalkware is mass produced and the subject matter usually reveals a modern vintage.

Some typical pieces of carnival chalkware are listed here:

- Cooch girl, 1937 — \$20
- Lone Ranger, 1937 — \$40
- Shirley Temple, 1935 — \$55
- Flapper, reclining, 1920 — \$100
- Hula girl, 1940 — \$20
- Donald Duck, 1937 — \$40
- Mae West, 1937 — \$55
- Popeye, 1940 — \$35

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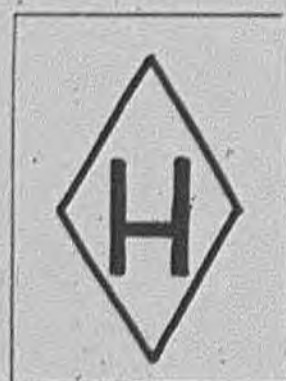
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Town Supports Additional Coverage For Firefighters

The Oyster Bay Town Board has authorized a home rule message to be sent to the New York State Legislature in support of legislation which would grant additional insurance coverage with respect to death and/or dismemberment for local firefighters.

Oyster Bay Town Supervisor Joseph Colby said, "this bill will provide added insurance for members, officers and employees of fire districts, village fire departments, and not-for-profit fire corporations who are injured or killed while performing fire-related duties."

Colby emphasized that, "this is an opportunity for the Town of Oyster Bay to demonstrate its gratitude to those men and women who give so much of their time and who constantly place their lives in jeopardy for the sake of others. It is also a means for providing greater financial security for their families."

The home rule message, which is being passed by the three Nassau County Town Boards, is required by each participating municipality since they are not empowered to authorize supplemental insurance coverage without an act of the New York State Legislature.

TOB Schedules Hearing On Giese Park

A public hearing has been scheduled for Tuesday, February 25 on proposed improvements to Giese Park in the Hicksville Park District, according to Town Councilman Thomas L. Clark.

"Located on Lee Avenue, west of Broadway, the park is currently undeveloped," Clark said. "Plans call for construction of recreational facilities and a building for general park use as well as necessary drainage and roads. The estimated cost of the project is \$900,000."

The hearing is scheduled for 10 a.m. in the Hearing Room of Town Hall East, Audrey Avenue, Oyster Bay.

Insurance Man Speaks To Chamber



Speaking at the recent luncheon meeting of the Hicksville Chamber of Commerce at the Milleridge Inn is Lawrence McCaffrey of the McCaffrey-Nassau Insurance Agency. The well known Hicksvillian's presentation highlighted the problems inherent in today's mounting insurance rates. (Photo by Richard Evers, Gregory Museum)

Third Grade Subject



Students from Miss Dillon's and Miss Seeger's classes displaying their dioramas and mobiles of Space City Life in the year 2010 A.D.

The third grade classes at the Old Country Road School have completed a study of the solar system.

As a final project the classes worked on dioramas and mobiles of Space City Life, in the year 2010 A.D.

Both classes were given a Star Lab presentation by the Old

Country Road School PTA. The Star Lab program features a miniature machine which projects the night sky on the roof of an inflatable dome. The program presented by an astrologer from the Long Island Science Museum, gave the children an exciting insight into the stars, constellations and galaxies.

Women's Fast Pitch

SOFT BALL

Recruiting for 1986-87

If interested, contact

Evenings - 718-445-4110

from 6:30 - 10 p.m.

Letters

To the Editor:

At a very recent School Board meeting it was recommended that 3 non-instructional aides for special education be reduced. It was only noted in "Newswire"; that it was recommended when in fact it was also voted on. Why are these cuts being made? What reasons do our School Board members give for these cuts? Why was it both recommended and voted on the same night? Why was there little discussion on this issue? Taxpayers and more importantly parents of special education students better wake up and demand answers to these and other questions on this issue.

Virginia A. Romano

The following letter was sent to Dr. Catherine Fenton, Supt. of Hicksville School District and is reprinted herewith, upon request. Dear Dr. Fenton:

I am deeply concerned over the abolishment of positions in our teacher aide program at the Junior High School.

We have been reduced to five teacher aides for the morning shift and three teacher aides for the afternoon shift. At this time, we are the support help for nine classrooms, of which seven have two students, one has thirteen students and one is a class of E.M.R. students.

Approximately three weeks ago I met with the chairperson for Special Education at the Junior High School and requested additional help for the teacher aide program. Due to previous layoffs, two teacher aides voluntarily leaving, plus the addition of two contained classrooms, without the hiring of additional help, we in turn were already covering six vacant positions. As you know, my request was not honored, but in fact three more teacher aide positions were abolished.

My concern is and always has been for the students and their needs. These students are very unique, in that they suffer many different kinds of learning disabilities, and varied levels of emotional problems. For example, in one seventh grade contained class, we deal with three or four academic levels, from two to four academic subjects and "acting out" students with emotional problems. While this is an example of one class, it is identical in every class, on every grade level and it takes place each period of the day. It is virtually impossible for a teacher to teach two, three or four subjects, different levels of these subjects, and deal with the learning and emotional problems, all at the same time. These are the reasons that the teacher aide program is vital for the success of our Special Education Program. In the past, all of our clerical work was completed when the students were not in the room. Obviously, with all of the above mentioned problems, it would not be sensible to use the periods when the students are in the room to begin typing or leaving and entering the room for errands or xeroxing. Many of these students, because of the nature of their problems, are distracted very easily by unnecessary movement and/or noise.

I have worked diligently and quietly since September, ever aware of the changes that were taking place in our Special Education Program. Throughout

THE OFFICE CAT



By Gabby Tabby

MOST school districts in the area will have to change their yearly budget tactics according to a Court of Appeals ruling on Tuesday. The court said that the boards cannot spend public money to urge approval of budgets. For years candidates and groups against the budgets have been asking for equal time on school disseminated news letters urging the passage of the budgets. Now neither side can use this method....**IT FINALLY CAME OUT** that the on time records put out by the LIRR each year are not real. It did not take much thinking by commuters to know that trains are often late. But it turns out that the railroad has a different standard for record keeping than the passengers....**THERE HAS BEEN** so little snow removal so far this year that the town budget probably will have a surplus. How about it being put back into the pockets of the taxpayers along with that unused money for transporting garbage?....**THE POLICE 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 into the Feckl residence, 1 Derby Lane, Plainview on Jan. 28. They forced open a rear door to gain entry and stole \$425 in cash and a Seiko watch....**POLICE** are searching for a male white about 20 years old driving a maroon Toyota in connection with a burglary at the Rosenberg residence, 11 Stauber Dr., Plainview on Jan. 27. Entry to the house was through a rear door....**A COMPUTER**, a ring and cash were stolen from the Downey residence 30 Pond Rd., Woodbury between Jan. 26 and 28. Burglars broke glass in a rear window to gain entry....**BURGLARS** entered the Gregorius home, 75 Miller Road, Hicksville on Jan. 28. They came through the front door and stole furniture....**A TV** and jewelry were stolen from the Dubin residence 2 Shadow Lane, Woodbury on Jan. 29. Entry was through a side door....**BURGLARS** forced the front door of the Aslan residence 7 Netto Lane, Plainview on Jan. 29. They stole cash and jewelry....**THE LOSS** is unknown at the Contessa residence 1 Wren Dr., Woodbury. Burglars kicked in a rear door to gain entry....**BURGLARS** broke into the Gallagher residence 87 Spruce St., Hicksville between Jan. 26 and 31. They kicked in a rear window and stole a handgun, coins and jewelry....**JEWELRY** was stolen from the Scarfone residence 11 Geoffrey Ave., Syosset on Feb. 1. The mode of entry is unknown....**BURGLARS** came through the side door of the Thresiamma residence, 49 Miller Blvd., Syosset on Jan. 31. They stole cash and jewelry....**BURGLARS** broke into Radio Shack at Mid Island Shopping Plaza on Jan. 27. They came through an empty store and stole tools, a radio, scanner and a walkie talkie....**A VIDEO** camera was stolen from K&K America, Inc. 99 Jericho Turnpike, Jericho on Jan. 27. Entry was through the front door....**BURGLARS** broke into the Middle School on Stratford Rd., Plainview on Feb. 2. No loss was reported....**A 1977** black Buick sedan was stolen from the Manetto Hill Service Station, 220 Manetto Hill Rd. on Feb. 1. The license number is 964 XHB....**BURGLARS** broke glass in a side door of Perussis Auto Repair, 16 Jerusalem Ave., Hicksville between Feb. 1 and 2. Tools were stolen. That's all the news for now...G.T.



our program, I have witnessed students needing individual help and unfortunately not getting it. Those of us that are left, literally running from one class to another, on a daily basis voluntarily giving extra time for the benefit of the students, voluntarily taking clerical work home to complete so that we might have more time to help our students during class time.

As the President of the Teacher Aides' Unit my concern obviously must be for the loss of positions for my people. However, that is not the case this time. As you know, the three teacher aides that were let go will be moved into the Curricular Material Aides area without loss of salary or seniority. For this we are most grateful. However, I am deeply saddened when I look to the future. I realize that the exemplary Special Education Program that we once had is gone, therefore, it is clear to all that the children will suffer.

You have made the recommendation and the members of the school board have voted. In good conscience I must make it part of public record, the devastation that we, the teacher aides, feel.

Please do not misunderstand the intent of this letter. It is in no way written in anger; it is written

with deep concern and sadness.

Very truly yours,

Linda L. Hill

President

Teacher Aides' Unit
of the CSEA

**MAY WE HAVE
THE NEXT DENTS?**



**MADDEN'S
AUTO BODY**

COLLISION WORK

WE 1-9777

**140 Woodbury Rd.
Hicksville**

Former Student Performs At Woodland

Paul DiTrosa, a former Woodland Avenue graduate, is developing a career in Folk Music. He has performed professionally at schools, libraries, civic and community groups and he works especially well with students.

Paul recently performed for the fifth and sixth grade, in-depth students at Woodland who are studying all forms of entertainment. The students enjoyed listening to Paul, accompanying himself with the guitar, sing folk

songs from Australia, Ireland and the Appalachian Mountains of the United States. Julie Murphy made Paul's songs come to life as she stepped into the rhythm of the Irish lilt.

Paul demonstrated the nose flute, harmonica, guitar, dulcimer, tambourine and lumberjack. The students then were permitted to try these various instruments. It was an afternoon enjoyed by all.

Parties interested in contacting Paul DiTrosa may call 935-6455.



Paul DiTrosa instructing Brian Rooney on the dulcimer.



Paul demonstrating the various instruments.



Students forming their own folk band.

'Discovery Days' At Gregory

The Hicksville Gregory Museum has announced that its second series of "Discovery Days" for children 9 thru 12 years old will be held during the Winter Recess for many public schools, February 18, 19, and 20, at 10 a.m. and 1:30 p.m. These interesting programs will explore various wonders of nature through "hands-on" science experiments, slide photo programs and "crafty" projects. The fee for each Discovery Day Program is \$3.

"Let's Go Beachcombing in Our Own Special Way" will be a special program at 1:30 on Friday, February 21. This Museum activity is designed to help youngsters, ages 9 thru 12,

learn about the secret ways of sea creatures. Boys and girls will collect exotic shells from near and far, and they'll be able to take their collection home.

The registration fee for "Let's Go Beachcombing" is \$5 or \$3 for museum members. To register for any of these programs during Winter Recess Week or for further information please call 822-7505, or visit the Gregory Museum at Heitz Place, Hicksville.

LEGAL NOTICE NOTICE TO BIDDERS

Notice is hereby given that Sealed Proposals for the furnishing of custodial services for the office of the Administration Building of the Hicksville Water District will be received by the Board of Commissioners of the Hicksville Water District in the office of the Board at 4 Dean Street, Hicksville, New York, until 4:00 p.m. on February 20, 1986, they will be publicly opened and read at 7:00 p.m.

Specification, Information to Bidders and Proposal Forms may be obtained at the District Office, 4 Dean Street, Hicksville, New York.

Each proposal must be accompanied by a certified check or bid bond in the amount of five percent (5%) of the bid amount payable to the Hicksville Water District, as assurance that the bid is made in good faith.

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

BOARD OF COMMISSIONERS HICKSVILLE WATER DISTRICT

Of the Town of Oyster
Bay and Hempstead
Gilbert E. Cusick, Chairman
Richard A. Humann,
Treasurer
Nicholas J. Bergandi,
Secretary

Dated: January 31, 1986
Hicksville, New York
MIT 1877
1a2/7

New Programs At Youth Council

The services of the Hicksville Youth Council have once again been expanded to meet the changing needs of the community and the families that are served. A Parents Group and the Big Brothers/Sisters High School Program have been added to the agency's services. Incorporated in 1972, the Youth Council provides programs in therapeutic counseling services, employment/vocational services, neighborhood issues and recreation/leisure time. The Big Brothers/Sisters Chapter for the area is also sponsored by the agency and located in the offices at 181 West Old Country Road, Hicksville. All services are available at no charge to Hicksville young people, aged 12-21 and their families; agency hours are 10 a.m.-9 p.m. Monday through Thursday and Friday 10 a.m.-6 p.m.

The High School program of the Big Brothers/Sisters Chapter matches volunteers over 16 years of age who are students at Hicksville High School with youngsters from single parent families in the community. The volunteers contribute 3-4 hours a week for at least one year to their "littles" and focus on developing a supportive friendship with the young person. Typical activities might include attending sporting events, doing homework together, going bowling or to a movie. The little brother or sister gains a friend and a role model while the student volunteer has an opportunity to donate their time and energy to a truly worthwhile cause. The high school students are recruited, trained and supervised by the Chapter Coordinator at the agency. For additional information about either of the Big Brothers/Sisters Programs, please contact Hosea Givan, Program Coordinator at the Youth Council.

The Parent Group, held on a weekly basis, is designed to provide parents with an opportunity to interact with other parents and share their experiences. Past topics that have been discussed have included parents' rights in the school, various styles of parenting and how to best discipline one's adolescent child. The basic premise of the group is that parents need support as much as their young people do and that by meeting with other parents they gain support as well as helpful information about parenting. The meetings are held one evening per week at the Youth Council and are facilitated by a certified professional family therapist. For more information about the Parent Group or any of the counseling services, please contact either Pat Schussler or Candace Shapiro at the Youth Council.

For general information about any of the other services of the Hicksville Youth Council, please contact Barbara Nelson, Executive Director. Speakers are available to address interested community groups as well and can be arranged through Barbara. The agency telephone numbers are 822-7688, 822-7594 and 822-7695.

Presenting 170 Reasons to Enroll in TESTTAKERS S.A.T. Review

For several years we have been helping students on Long Island and Staten Island dramatically increase their SAT scores. Last spring our students improved their SAT scores by an average of 170 points. This term we again bring our dynamic Ivy League instructors and sophisticated techniques to Long Island.

We will offer the same small classes (10-12 students per instructor, grouped according to ability) as always. Our unique computer analysis of facsimile SAT's pinpoints your child's weaknesses, enabling him to receive extra attention in the areas of greatest benefit. And our celebrated vocabulary flash cards contain the most frequently appearing words on the SAT.

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Mercy League Holiday Luncheon



Pictured above are League President Lucille Delles, left, of Plainview and Luncheon Chairlady Dorothy Mann of Hicksville.

The Glen Cove-Hicksville-Syosset League of Mercy Hospital held its annual holiday luncheon in December at the Woodbury Country Club in Woodbury.

Over 200 ladies attended the gala affair which included a sweepstakes raffle. Proceeds from the event will go toward the league's pledge of \$3,600 to purchase a monitor for Mercy's Infant Apnea Center. Apnea, or cessation of breath, is what often occurs when a baby dies of SID (Sudden Infant Death Syndrome, or "crib death"). SID is the leading cause of death in children between one month and one year of age. In the United States, between 7000 and 10,000 babies die each year of SIDS. In 1979, Mercy Hospital opened the first Infant Apnea Center in the New York metropolitan area. The Center diagnoses and treats infants suspected of being subject to the cessations of breath associated with SIDS.

The monitor, for which the Glen Cove-Hicksville-Syosset League is raising the money, enables parents to have their baby at home without the fear that an apnea episode will strike the baby without their being aware. The parents are trained in the techniques of resuscitation.

For the past several years, this league has contributed large sums of money to the Infant Apnea Center. Last year they raised the funds to underwrite the printing of a new manual for parents on how to care for their suspected apnea baby at home.

Mercy Hospital is a 400 bed, not-for-profit community hospital located in Rockville Center. It was founded in 1913 by the Nursing Sisters of the Sick Poor, Congregation of the Infant Jesus.

Anyone interested in joining the Glen Cove-Hicksville-Syosset League is invited to call the League's office at the hospital at 255-2496.

Two Men Rob Gas Attendant

Two men robbed the attendant of a Hicksville gas station of \$200 at knife-point around 9:15 p.m., January 27.

Jeffrey Burns, the attendant at the Northville Gas Station, 496 Plainview Road, was in the office when the two suspects, a male Hispanic armed with a knife and a white male entered. They immediately pushed Burns, 25,

from Locust Valley, into a back room, then removed the \$200 from his person and fled the station on foot, in an unknown direction.

Burns was not hurt during the robbery and he described both suspects as being about 18 years of age. The Second Squad is investigating.

Attorney Visits Willet Students



Willet Avenue's In Depth Studies students Kerrie Corrigan, Susan Flemm, Jennifer Geng'er, and Matthew Voss, with guest lecturer Valerie Crown Goldstein, Esq. (Photo by Rosemary Barrow)

The Willet Avenue School Indepth Studies Class, in connection with its study of the law, welcomed Valerie Crown Goldstein, Attorney, to guest lecture on "Law as a Career".

Mrs. Goldstein, a Hicksville High School graduate, talked about the education, examinations, and other requirements to become licensed. She clearly

defined the differences between civil and criminal law, spoke about our trial system, and answered questions prepared by the students.

Hicksville Twirlers In NYS Competition



Left to right: Amber Vope, Kristen Anstey, Tara Beir, Michelle Lane, Stella Lippert, Kelly Della, Allison Guaraci and Beth Wernon.



Left to right: Miss Dawn Owens, Instructor Jeanne Rogers, Andrea Guaraci, Mary Vope, Allison Dunker and Maria Rodriguez.

On January 19, the Pazazz Twirlers of Hicksville participated in the New York State Council Competition held at Deer Park High School. Instructor, Miss Dawn Owens had two teams

entered in this competition; girls from the age 5 to 8 and 9 to 14 in the second team. Both Pazazz teams won 1st place trophies. Andrea Guaraci won a first place medal for Beginner Basic

and Kristen Anstey won a second place medal for Dance Twirl. The Pazazz Twirlers are competing Sunday, February 9 in their second New York State Council Competition.

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**CLASSES BEGIN
WEEK OF
FEB 19th.**

Continued From Page 1

office, explained that there were only two bids (IBM and Multigraphics) which were in line with the specifications of the bid and that Multigraphics did offer the lowest bid. The Board pressed Dr. Hall as to guarantees and maintenance charges. The Board then approved the awarding to Multigraphics.

Dr. Fenton commented that information shows the district is not bound by the new Nassau County Health Department ordinance, effective February 1, banning smoking in public buildings. Since the public school system is a State institution, it is not subject to county regulations. She requested permission to draw up a policy on non smoking for the district.

President Bennett directed the Superintendent to prepare the policy for Board review.

Committee Reports: Legislative Committee Chairman Lawrence Wolfson reported on the upcoming Federal and State actions on aid to education. He warned the Board that "it is critical that we do, as a district, become aware of the problems that we will face within the month." He suggested contacting neighboring districts to discuss vital items including the LIICO factor.

Trustee Daniel McBride reported that two senior high school students approached the district with a project they are developing to plant trees in areas of Hicksville to beautify the streets and parks. The student government at the high school has allocated \$600 to the project. Mr. McBride said he met with the students and accompanied them to a Chamber of Commerce meeting, where they presented their ideas.

The High School Student Government is also considering a Danceathon to raise funds for a spina bifida victim living in Hicksville and are also considering a blood drive where the high school would compete with other schools for a trophy and a monetary award.

Board President Bennett noted that the Board had received correspondence from N.Y. Senator Moynihan thanking the Board for its statement on the SALT D issue. Among other correspondence, a Dutch Lane resident asked when the district would be discussing all day kindergarten with the public and the PTA Council informed the Board that they had chosen Junior High School Principal Gerald Klein as their honoree at this year's Founders Day dinner.

The next regular meeting of the Board will be held on Wednesday, February 26, at 8:15 p.m. in the Administration Building.

La Leche League Meets

Are you nursing your baby? Are you thinking about nursing your baby in the future?

Interested women are welcome to attend the next Plainview-Syosset LaLeche League meeting on Thursday, February 20 at 1:30 p.m. Our topic will be "The Art of Breastfeeding and Overcoming Difficulties."

The name LaLeche is Spanish and means "the milk." A non-sectarian, non-profit organization, the League's purpose is to help encourage "good mothering" through breastfeeding.

For further information about the Plainview-Syosset LaLeche League Group, or to locate a group near you, call 293-9848.

Re-Hearing Date Set By Town Bd.

Oyster Bay Town Councilman Kenneth S. Diamond announced that the Town Board has set February 25, as a re-hearing date on a request for a change of zone in Plainview.

Diamond said, "The applicants Alan and Susan Ross, requested a change of zone from 'D' residence district to 'R-O' residence-office district for premises located on the northeast corner of South Oyster Bay Road and Wendell Street (Laurel St.), known as 525 South Oyster Bay Road in Plainview."

Diamond noted that the applicants requested permission to reschedule the January 28 hearing and the Town Board was able to include them on the calendar for February 25. The cost of re-advertising the hearing will be paid for by the applicant.

The re-hearing is scheduled for 10 a.m. on Tuesday, February 25, in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay.

Mounted Police Arrest Two

Two Mounted Unit Police Officers arrested three male juveniles in the Mid-Island Shopping Center parking field in Hicksville around 11 a.m. this morning.

Officers John Newcomb and Steven Hyland, spotted the three 14-15 year old male juveniles as they alighted from a car in the shopping center's parking field. As they were questioning the trio a notification came over the radio which mentioned a "Leaving the Scene of an Accident" which occurred on the opposite side of the shopping center parking field, involving a car resembling the one the juveniles had been in.

All three were then taken to the Second Precinct in Woodbury, where further investigation revealed the car in question had been stolen from New Cassel earlier.

The juveniles, all from New Cassel, were charged with Juvenile Delinquency-Unauthorized Use of a Motor Vehicle and one was additionally charged with Juvenile Delinquency-Leaving the Scene of an Accident.

LEGAL NOTICE NOTICE TO BIDDERS

SEALED BIDS will be received by the Board of Fire Commissioners of the HICKSVILLE FIRE DISTRICT, 20 East Marie Street, Hicksville, New York, until 3:00 p.m. prevailing time, February 16th, 1986, for the following:
ONE 1986 BUICK ELECTRA (or equal) 4 DOOR STATION WAGON.

Complete specifications for the above items may be obtained at the office of the Dispatcher, Hicksville Fire House, 20 East Marie Street, Hicksville, New York.

**BOARD OF FIRE COMMISSIONERS
HICKSVILLE
FIRE DISTRICT**

Dated: 2/3/86
Attest: John Knight, Sec'y.
MIT 1878
1x2/7

I.N.N. Chapter Elects Officers

There is always room at This Inn! The Hicksville Chapter of the Interfaith Nutrition Network, an island-wide organization, continues to operate as the Hicksville I.N.N. On January 22, an organizational meeting was held to select a group of individuals to administer this worthy endeavor. Each weekday a hot meal is served to hungry guests at the Parish Hall of Holy Trinity Episcopal Church on Jerusalem Avenue at the intersection of Old Country Road in Hicksville. There is never a charge.

Workers are needed to prepare food, and to assist in picking up supplies and surplus food which is donated to the cause. Male volunteers are especially needed. If anyone has an hour or two to devote to this very worthy endeavor, please contact Anne Jenal at 938-7988.

Although Hicksville I.N.N. holds actual expenses to a minimum, there are still some bills that must be met for this worthy project. Monetary donations would be most welcome, and a drive to raise funds for this Soup Kitchen, which feeds the hungry people in our community, is being planned under the direction of the Reverend John Krahn of Trinity Lutheran Church in Hicksville.

The officers chosen for the coming year are as follows: The Reverend Dominic Ciannella, President; Sheila Noeth, Secretary; and Seigfried Widder, Treasurer. Publicity and public relations are being handled by Effie Krogmann. Further information is available from any of these people. Correspondence can be directed to Hicksville I.N.N. at either 17 New South Road or 124 Jerusalem Avenue, both in Hicksville.

The following description of the endeavors of this worthy organization has been submitted by Effie Krogmann:

**When Is A Soup Kitchen...
Not A Soup Kitchen?**

The answer? When it is a "Love Kitchen." Our so-called "Love Kitchen" is a manifestation of assorted dreams of assorted people, each of whom was obviously being used by God to show His love here in this small part of His universe, in this fragment of time.

This small part of God's universe is a town called, of all things, "Hicksville", a middle-class hamlet in the middle of Long Island in New York State, 30 miles east of teeming Manhattan. Suburbanites who live in Hicksville are, for the most part, comfortable, if not affluent; a mixed society which works and plays and eats and sleeps, they worship, and they fail to worship; they mingle, and they remain isolated. There is not too much thought to real poverty or hunger or loneliness, except for those indubitably divinely inspired ones; actually, the ones you might least suspect of having such concerns. But then, who ever suspected Peter?...or thought that Moses could "pull it off", to turn a phrase.

And so, here and there in this community, there were people who were ready to listen when they heard about hunger being a reality amidst plenty; cold and exposure being endured in a community of comfortable, warm houses...where outside the so-called religious community, lurked the lonely ones, the ones who felt un-loved.

How did the "Love Kitchen" get started? There happened to be an association of professional business men and women, all of one "Persuasion", as the saying goes, who seemed to be floundering in strength and purpose. A local Lutheran clergyman was invited to be a speaker at one of their monthly luncheon meetings. He spoke about the hungry in our midst...the needs that many of the community were not seeing. In essence he said there was a job to be done, and certain of the members listened. What actually happened was that the professional association, just quietly died...and from it was resurrected an ecumenical movement that resulted in the Soup Kitchen that dispenses more than soup.

This group became a part of what is known on Long Island as the Interfaith Nutrition Network (I.N.N.), which has chapters scattered around the island to feed hungry people. The "Love Kitchen" of which we write is called Hicksville I.N.N.

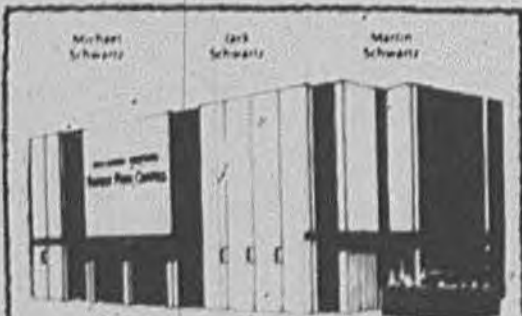
As so often happens when what you are doing is what you are supposed to be doing, doors were opened miraculously. A local church (of another persuasion) had facilities in which to operate. Teams were formed so that everyone involved used God-given talents and abilities, seasoned with lots of love. Logistics was the name of the game. The idea was to garner all the food that is actually wasted in our day-to-day affluence...food from hospital kitchens, executive dining rooms, super markets, bakeries, restaurants, schools and government surplus food. The hungry of this community are being fed with what used to be thrown out wantonly.

From the collectedarder, each day a nourishing hot meal is supplied to all who come (and everyone is welcome). There is a cheerful atmosphere, and people talk to, and when each "guest" leaves, they are given a "bag of goodies", enough to keep them from being hungry "while we are absent, one from the other".

Who made up the so-called "teams"? A Lutheran Pastor, a dedicated nun from one of the local Roman Catholic convents, a rabbi from a neighboring temple, an officer of the local Chamber of Commerce. These were some of the strong dreamers in the beginning, about a year ago. Now there are workers from every faith who never notice the difference in their beliefs, as they are united in this common compassionate cause. They have all learned that it is, indeed, more blessed to give than to receive...and the spirit which pervades this "tireless group, each member giving an hour here and an hour there, is a joy to behold.

An Episcopalian priest, in speaking of the movement, reminded us to ask ourselves a simple question: "What is hunger?" It is more than the empty feeling in the pit of our stomachs; Hunger can be loneliness, or lack of love, or hope, or faith.

So this "Soup Kitchen" is not really for dispensing soup, it is for dispensing "love" in its very real sense. And we are reminded that "As ye do it to the least of these, ye do it unto me".



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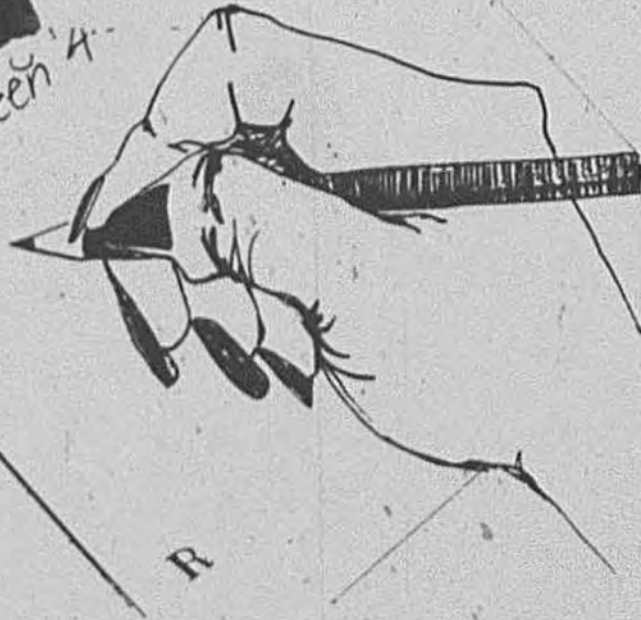
Health Care '86



Friday, February 7, 1986



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DR. GREEN '4

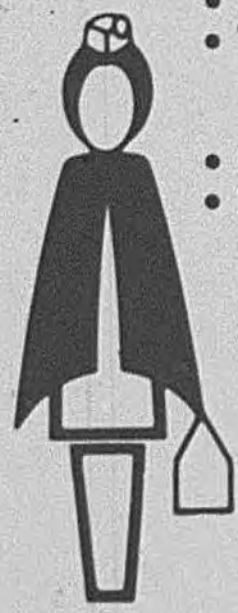


Appearing in Williston Times/Mineola
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Mid Island Times, Syosset Advance,
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& Garden City News

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Health Services Listing, courtesy of Yellow Book

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Hospitals

NASSAU AND SUFFOLK

Brookhaven Memorial Hospital Patient Information 101 Hospital Rd. Patchogue 11772	854-7100 854-7182	Merry Hospital Patient Information 1000 N. Village Ave. Rockville Centre 11570	255-0111 255-2301 11570
Brunswick Hospital Center, Inc. Patient Information 366 Broadway, Amityville 11701	789-7000 789-7485	Mid-Island Hospital Patient Information 4295 Hempstead Tpke. Bethpage 11714	520-0222 520-2297
Central General Hospital 685 Old Country Rd. Plainview 11803	881-8900	Nassau County Medical Center Patient Information Hempstead Tpke. East Meadow 11554	543-0123 543-2711
Central Islip Psychiatric Center Carlton Avenue, Central Islip 11722	234-6262	Norfolk Hospital Patient Information 259 First St. Mineola 11501	863-0323 863-2344
Central Suffolk Hospital 1300 Roanoke Ave. Riverhead 11901	369-6000	North Shore University Hospital Patient Information Community Drive, Manhasset 11030	562-0100 562-4480
Community Hospital at Glen Cove St. Andrews Lane, Glen Cove 11542	676-5000	Peninsula Hospital Center (212) 945-7100 51-15 Beach Channel Dr. Far Rockway 11691	945-7100 11691
Deerpark General Hospital 55-15 Little Neck Pkwy. Douglaston 11362	485-6285	Pierson State Hospital Brentwood 11717	231-4000
Eastern Long Island Hospital Manor Place, Greenvale 11944	477-1800	St. Charles Hospital Belie Terre Rd. Port Jefferson 11777	473-2800
Franklin General Hospital 900 Franklin Ave. Valley Stream 11580	625-8800	St. Francis Hospital 100 Port Washington Blvd. Roslyn 11576	627-6200 11576
Freeport Hospital 267 So. Ocean Ave. Freeport 11520	375-8900	St. John's Episcopal Hospital (212) 471-8100 327 Beach 19th St. Far Rockway 11691	471-8100 11691
Good Samaritan Hospital Patient Information 1000 Montauk Hwy. W. Islip 11795	668-6870 667-4005	St. John's Southtown Hospital Patient Information Route 25A, Smithtown 11787	360-2800 360-2110
Hempstead General Hospital 800 Front St. Hempstead 11550	980-1200	Smithtown General Patient Information Smithtown Blvd. By-pass & Rte 111 Smithtown 11787	979-4800 979-4024
Huntington Hospital 270 Park Ave. Huntington 11743	351-2800	South Nassau Communities Hospital 526-1900 Patient Information 526-1999 Ext. 285 2445 Oceanside Rd., Oceanside 11572	526-1900 285
Long Beach Memorial Hospital, Inc. 455 East Bay Drive, Long Beach 11561	432-8000	South Oaks Hospital (The Long Island Home) 400 Sunrise Hwy. Amityville 11701	264-4000
Long Island Jewish—Hillside Medical Center (212) 470-2000 Patient Information (212) 470-5000 New Hyde Park 11042	470-2000 470-5000	Southampton Hospital 240 Meeting House Lane Southampton 11968	283-2800
Lydia E. Hall Hospital 320 W. Merrick Rd. Freeport 11520	379-8900	Southside Hospital Patient Information Montauk Hwy. Bay Shore 11706	438-3000 435-3383
Manhasset Medical Center Hospital 627-8000 1554 Northern Blvd., Manhasset 11030	627-8000	Syosset Community Hospital Jericho Tpke., Syosset 11791	488-2000
Montauk General Hospital 484-3488 Patient Information 484-3301 750 Hicksville Rd., Seaford 11783	484-3488 484-3301		
Walter, John T. Memorial Hospital No. Country Rd., Port Jefferson 11777	473-1320		

Courtesy of YELLOW BOOK 1986 Community Information Service



Jerome Kaufman, D.D.S.

Joseph Valenzi, D.M.D.

Advances In Cosmetic Dentistry & Porcelain Veneers

The porcelain veneer is the latest development in dentistry's search for a technique which produces maximum improvement in appearance in a minimum of time, effort and expense. Porcelain has always been the best material for duplicating the color, translucency and gloss of a natural tooth. Until now, porcelain could only be used in full crowns. To construct a full crown, the dentist must first whittle down, or "prepare", the tooth a great deal. Sometimes this involves the removal of healthy tooth structure.

Bonding was the first technique which allowed the dentist to change the shape or color of a tooth without resorting to full crowns. The only preparation needed for bonding is a brief conditioning of the tooth surface. Bonding material is applied, shaped, and hardened in one visit, allowing an entire smile to be simply and painlessly changed.

Unfortunately, all bonding materials are softer and more porous than natural teeth. They can absorb coffee and tobacco stains, be worn by tooth brushes and can chip. Three to eight years is the average life span of a bonding, after which it needs to be "touched up" or replaced.

Porcelain veneers combine the best features of crowns and bonding. The porcelain is much harder and more beautiful than the bonding materials, so it will not stain or wear. Yet they are attached to the tooth by the bonding process, so very little tooth preparation is needed.

These thin, about half the thickness of a dime, layers of porcelain are custom made so the fit is precise and the color correct. Then the backs are etched so they can be bonded to the teeth by the original bonding method. Two visits are usually necessary for this procedure.

Although this is a relatively new technique, it has been available to dentists for only about a year, the results are so outstanding that it promises to become very popular.

Gateway Executive Mall
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Woodbury, NY 11797

(516) 364-3355

COMMITMENT TO EXCELLENCE

Heart Healthy Recipe

BEEF MANICOTTI

- | | |
|--|--|
| 1 10-ounce package frozen leaf spinach | 2 tablespoons oil (1 tablespoon olive oil, 1 tablespoon oil) |
| 1 clove garlic, minced | 1 pound lean ground round |
| 1 medium onion, chopped | 1/2 teaspoon oregano |
| | freshly ground black pepper |

Cook spinach according to package directions. Drain and press water from spinach. Chop into large pieces.

Sauté garlic and onion in 2 tablespoons oil for a few minutes. Brown the ground meat, breaking it up with a fork. Drain off fat. Add seasonings and spinach. Set aside.

Sauce:

- | | |
|--|---------------------------------------|
| 1 clove garlic, minced | 2 16-ounce cans Italian plum tomatoes |
| 1 large onion, chopped | 1 6-ounce can tomato paste |
| 2 tablespoons oil (1 tablespoon olive oil, 1 tablespoon oil) | 1 6-ounce can tomato sauce |
| 1/2 cup chopped fresh parsley | 1/2 cup red wine |
| | 1 teaspoon basil leaves |
| | freshly ground black pepper |

To make the sauce, sauté garlic and onion in 2 tablespoons of the oil until soft but not browned.

Add all other ingredients. Stir and simmer, uncovered for 20 to 30 minutes, or until thickener.

Pasta:

- | |
|--|
| 12 large manicotti shells |
| 1 cup low-fat cottage cheese or ricotta (made from partially skimmed milk) |

Parboil 12 large manicotti shells until soft but not limp. Drain. Stuff with meat and spinach mixture.

Oil a shallow casserole dish and pour a little of the sauce in the bottom. Arrange shells in rows in the baking dish, filling spaces between with extra meat sauce. Spread cottage cheese over the top. Pour over the rest of the sauce and bake at 350°F for 20 minutes or until bubbly. Yield 6 servings. Approx. cal. serv. 520.

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

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN

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Follow These Rules for Toothbrushing

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

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



NASSAU COUNTY DEPARTMENT OF HEALTH

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Health Related Agencies

EMERGENCY DRUGS 542-3925 ALCOHOL 742-2400

NASSAU COUNTY DEPARTMENT OF HEALTH

Provides therapeutic and preventive personal health services and also monitors and works to preserve and improve the environment for residents.
John J. Dowling, M.D., MPH, Commissioner
240 Old Country Road
Mineola 535-3410

Health Centers

- Child health, general medical, maternity, gynecology, family planning, rehabilitation services, chest and dental care available at most Health Centers. For some services there may be a fee, based on ability to pay.
- Elmont Health Center**
Elmont Road & Village Avenue
Elmont 11003 354 3604
- Freeport/Roosevelt Health Center**
460 North Main Street
Freeport 11520 378 7310
- Inwood/Lawrence Health Center**
270 Lawrence Avenue
Lawrence 11559 239 2700
- Plainview Health Center**
1535 Old Country Road
Plainview 11803 420 5200
- S.T.D. (Sexually Transmitted Disease) Clinic**
160 Old Country Road
Mineola 11501 535 3575

The following services are maintained by the Department

Environmental Health Division

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

Information and Referral Service

A special unit to help residents find answers to, and ways for solving health problems. A central source of information on available health programs and facilities serviced by a professional staff. 535 3410

Garden City, Garden City Community Church, Stewart Ave., Sunday 8 pm (Stop), 8 pm (Closed Discussion), 8 pm (Young People), Tuesday 7:30 pm (Beginners), 7:30 pm (Young People), 7:30 pm (Closed), Non-Smoking, 7:30 pm (Closed Discussion), Friday 7:45 pm (Closed), 9 pm (Open), 7:45 pm (Young People), 7:45 pm (Closed), Saturday Night Discussion, Church in the Garden, 68 Osborne Road, Saturday 8:30 pm (Closed Discussion), Hand in Hand, Gay Group, 36 Old Country Road, Friday 7:45 pm (Stop), 9 pm (Open Discussion), Garden City East - Nassau Community College, "Do It Sober Group", Tuesday 11:30 am (Closed), Thursday 11:30 am (Closed Discussion).
For additional meeting places and times call (516) 794-1144 or 292-3040

Alcoholism Information Center L.I. Council

Voluntary health agency, information, consultation and referral services free of charge.
1505 Kellen Place, Mineola 11501 747-2606

Al-Anon and Alateen

Help for the family and friends of the alcoholic.
For meeting places and times call 222 0556

Families Anonymous Meetings

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

Family Service Association of Nassau County

Individual and family therapy for drug abusers and their families. Sliding scale fee. Hours: Mon-Tues. & Thurs. 8:30 am-5 pm, Wed. & Fri. 8:30 am-5 pm.
Dr. Sublette, Addiction Exp. Div., 179 Jackson St., Hempstead 485-4600

Long Island Jewish Medical Center, Mineola Consultation Service

Comprehensive alcohol treatment program for the alcoholic and his/her family. Individual, group, marital, family and children's sessions. Psychiatric consultation, detoxification, withdrawal and occupational services, weekly Alcohol Education Series for adults and children. Staffed by psychiatrists, social workers and counselors. Medicaid, Medicare, sliding scale fees.
Hours: Monday-Thursday 9 am-9:30 pm, Friday 8 am-4 pm.
Psychiatry (484) Division, 306 Jericho Turnpike, Mineola 11550 742-4015

Certification of Vaccination

For information call 535 3410

Communicable Disease Control

Investigates disease outbreaks, incidents of food poisoning, distributes vaccines to physicians, assists school and physicians with public health problems.
For information call 535 3410

Home Health Services

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

Area Offices

- Freeport**
460 N. Main St., Freeport 378 8620
- Glen Cove**
Family Practice Building
11 Tribes Pt., Glen Cove 759 0916
- Mineola**
160 Old Country Rd., Mineola 535 3566
- Plainview**
1535 Old Country Rd., Plainview 420 5241

Office of Public Health Nutrition

Consultation on food analysis, diets, patient education, food buying and storage, eating practices. 535 3373

Physically Handicapped Children's Program

Provides financial, medical and monitoring, diagnostic and rehabilitative services for children under the age of 21. Financial eligibility determined by Department of Social Services or supplemental programs.
For information call 535 3446
Or information call 535 3443

Public Health Education

Consults with community groups, prepares and distributes pamphlets to the general public.
For information call 535 3344

Long Island Jewish Medical Center-Project Outreach

Short or long-term individual, family, or group therapy, marital counseling, parent groups, adolescent groups, alcohol and drug abuse groups, special emphasis on substance abuse. Staffed by psychiatrists, psychologists, social workers, vocational rehabilitation counselor and physician. Sliding scale fees. Medicaid and Medicare.
Hours: Monday, Tuesday 9 am-9 pm; Wed & Thurs 9 am-2 pm; Friday 9 am-4 pm.
Free Orientation Group Monday 7-8 pm. David Jarrin, Medical Director
600 Hempstead Tpke., West Hempstead 11557 481-2890

Mercy Hospital Family Counseling Service

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

Mercy Hospital - New Hope Program Alcoholism Treatment Center

To get alcoholics into the treatment process and to encourage them to participate in an ongoing alcoholism program.
Meetings: Al-Anon, Wednesday 8 pm; Closed Pals & Pot meeting, Saturday 8 pm; Pi-Anon Family Program, Saturday 8 pm; Women for Sobriety Group, Tuesday 8 pm
8th Street & Avenue P (Mitchel Field Complex), Garden City East
24 Hour Telephone: 794-0160 For further information call 255-2287

Nassau County Department of Drug and Alcohol Addiction

Confidential help for residents and their families with drug-alcohol related problems.
175 Fulton Avenue, Hempstead 11550 560-1973

Recovery House

Halfway house for recovering alcoholics-Nassau County residents, men only aged 18-55. Applicants must be detoxified, attend a rehabilitation center 6 to 8 weeks, and be screened by a staff psychiatrist. Work-oriented program for six month duration.
Donna Iano, Director
1425 Old Country Road, Plainview 11803 420-5110

Topic House

Nassau County Department of Drug and Alcohol Addiction

A residential, drug free treatment facility for individuals whose drug and alcohol problems are serious enough to warrant in-patient services.
1425 Old Country Road, Bldg "L", Plainview 11803 420-5136

HANDICAPPED

Able/Disabled - Social Recreation Group

Persons with disabilities, 18 years and older, meet every other Thursday evening 7-10 pm at Eisenhower Park Special Recreation Building. Socialization, table pool, games, refreshments and special events.
For further information call 437-7763, 248-6534, 379-4681

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advance,
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PAGE 58 Friday, February 7, 1986

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- LONELINESS
- WEIGHT, SMOKING CONTROL
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Mid Island Times, Jericho News Journal, Bethpage Newgram & Garden City News

Continued

ANCHOR

Town of Hempstead Department of Parks and Recreation

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

Child Development/Learning Diagnostic Program Schneider Children's Hospital of L.I.J. Medical Center

Program designed to help each child achieve the maximum potential for academic, social and emotional development. A highly skilled, multi-disciplinary professional staff provides complete diagnostic services and a broad range of remedial and therapeutic services. The program serves children from birth to adolescence, with problems in development and/or learning. For an application or referral, call the Program Social Worker. Hours: Monday-Friday 8:30 am-5 pm by appointment.
Irene Hassler, Ph.D., Director 352-5566 Ext. 3140
Social Worker (718) 470-2741

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Easter Seal Society of Long Island

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

Helen Keller National Center

HKNC offers diagnostic, evaluation, comprehensive rehabilitation training, and job preparation for deaf blind youths and adults. Provides a network of field services through ten regional offices and twenty-five affiliated agencies. Headquarters in Sands Point includes client residence, training program and research center. Other services: training seminars for professionals and/or parents; information and referral; community education; volunteer program.
Martin A. Aher, Director Barbara Martin, Regional Representative
111 Middle Neck Road, Sands Point 11050 944-8900 (TTY & Voice)

Human Resources Center

A private non-profit organization dedicated to providing educational, vocational, social and recreational opportunities for the severely disabled.
Abilities Inc. conducts programs of work evaluation, training, job development and career placement for the disabled.
Human Resources School offers tuition-free education to over 230 severely disabled blind children.
Industry-Labor Council membership organization of national corporations and unions which assist industry and labor to develop employment for disabled Americans.
111 Willets Road (Sec. 8) Bayside Rd 1 Albertson 11507 747-5400

Long Island Center for Independent Living for the Disabled

Provides an open forum for all disabled and visually impaired in Nassau County at no charge. Advocates for the disabled with Social Security Administration, County Department of Social Services. Coordinates all rehabilitation information and keeps a directory of suppliers, equipment, aids and services. Holds formal and informal workshops on benefits, legislation, college and school related problems and independent living skills.
Hours: Monday-Friday 9 am-5 pm Pat Moore, Project Director
3601 Hempstead Turnpike, Levittown 796-0144/5, TTY 796-0135

Nassau County Department of Health Physically Handicapped Children's Program

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

Nassau County Medical Center Rehabilitation Center

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

Nassau County Office for the Physically Handicapped

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

New York State Commission for the Blind & Visually Handicapped

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

Visually Impaired Program Center

Recreational, cultural and educational programs for visually impaired adults of Nassau County. Hot meals, contributions voluntary. Meets Thursday 10 am - 2 pm at St. James United Methodist Church, St. James Place, Lynbrook. Volunteers will provide transportation where possible. Additional services include: counseling, rehabilitation, reading material in Braille and large-type print, sound recordings. Sponsored by Catholic Charities. For information contact: *Marie Paluseo* 593 4600

Office of Vocational Rehabilitation, State Education Department

Counseling, training, and placement for the mentally and physically handicapped. 50 Clinton Street, Hempstead 11550 483 6510

Training for Handicapped, Inc.

Open to Nassau County residents. Young adults who are mentally retarded may apply for a trial period. Funded by United Cerebral Palsy Association of Nassau County and Rotary Club of Valley Stream. Located on the corner of Fairview & South Franklin Avenues, Valley Stream. Entrance on Fairview Avenue, Room 2. Co-Directors: *Donald Hall* 825 9212 *H. Bertam Keller* 824 2283

United Cerebral Palsy Association of Nassau County, Inc.

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

MENTAL HEALTH

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

Staffed by social work faculty members, social workers, graduate and undergraduate students and consulting psychiatrists, psychologists and family therapists. Individual, group and family counseling. Special programs for women in transition, rape victims and their families, post-mastectomy women, Alzheimer support services, physically disabled young adults, learning disabled adolescents and adults. Sliding scale fee based on ability to pay. Breast Cancer Information and Support Services 248 8866
Free live session training course for volunteers 228 7407
Refugee Assistance Program 483 1210
Adelphi University School of Social Work, Garden City 11530
Louise Skolnik, Director. For appointment call 741 5700

Association for Children with Learning Disabilities

A non-sectarian, non-profit organization, providing services to the learning disabled, neurologically impaired and developmentally disabled child, youth and adult throughout Long Island. Services include recreation and social programs, weekend and summer trips, vocational counseling, assessment and placement, residential and day programs for severely handicapped young adults, family support programs, summer educational program - Camp NYABIC, respite program. *Aaron Erbawitz*, Executive Director. 265 Post Avenue, Weatertown 11590 334 4210

Central Long Island Family Counseling Services, Inc.

Nonprofit individual, family and rehabilitation counseling center. Complete psychological, educational and vocational testing; stress management; biofeedback. Staff includes: psychologists, social workers and pastoral counselors. Hours: 9 am to 10 pm, 7 days a week by appointment. *Patrick Corbett, Ph.D.*, Executive Director. 225 Jericho Turnpike, Floral Park 11001 354 8926

Family Life Center

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

Family Service Association of Nassau County

Family counseling services for people who live and/or work in Nassau County. Individual and family therapy, family financial counseling, senior financial counseling, divorce mediation, bereavement center, senior citizen services, special programs for parents and/or youth and families in crisis. Hours: Mon., Tues. & Thurs. 8:30 am - 9 pm, Wed. & Fri. 8:30 am - 5 pm. *Dr. Salvatore Ambrosiano*, Exec. Dir. 129 Jackson St., Hempstead 11550 485 4600

Jewish Community Services of Long Island, Inc. (Outpatient services to all Nassau-Suffolk residents)

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

Little Village School & Day Treatment Program (for Developmentally Disabled)

A comprehensive education & therapeutic day program for infants & young children through grade school, residing in Nassau County and Queens, who are developmentally delayed due to emotional disturbance, mental retardation, autism, neurological impairment or multiple handicaps. No tuition charge to students. Programs encompass family counseling and supportive clinical services. Early Intervention Program for infants and parents. Crisis Intervention Hotline - 24 hours a day 746 5560
Caryl Bank, CSW, Educational Dir. *Barbara Feingold*, MA, Admin. Dir. 746 5571
Bayberry Avenue, Garden City 11530

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Mid Island Times, Jericho News Journal, Bethpage Newsguard & Garden City News

PAGE 7B Friday, February 7, 1986



DR. RONALD N. PLATT
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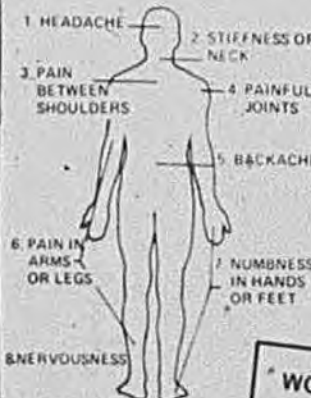
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Lutheran Community Services, Inc.

Information and referral service. Professional counseling for individuals, couples and families. Programs, seminars and workshops available to Pastors, congregations and community groups. Rap groups and educative/preventive programs available on request. Hours: Mon. - Fri. 9:30 am - 5 pm. Evening appointments may be scheduled.

Madeline Langdon, Director
91 No. Franklin Street, Room 307, Hempstead 11550 483-3240

Mental Health Association of Nassau County

Free information and referral counseling services. "Family Phone" responds to all family problems. Monday thru Thursday 9 am - 9 pm. Friday 9 am - 4:30 pm.
186 Clinton St., Hempstead 11550 489-2322

Middle Earth Crisis Counseling and Referral Center of Nassau County

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

Nassau County Department of Mental Health

Responsible for the planning, monitoring and administration of mental health and mental retardation/developmental disability programs in Nassau County, including inpatient, outpatient, and special services.
240 Old Country Road, Mineola 11501 535-3355

Nassau County Medical Center-Rehabilitation Counseling

The goal of this service is to maximize the patient's vocational potential and to foster a realistic self-image. Rehabilitation counseling is given to persons with emotional and/or physical problems who need assistance in formulating plans to return to their occupation or train for a new one. Vocational evaluation, personal adjustment training and appropriate referral service.
2201 Hempstead Turnpike, East Meadow 11554 542-2227

Runaway Youth Coordinating Council (RYCC)

Individual and family crisis and short term counseling, emergency housing and food, information and referral, advocacy, case management services are provided to runaway/homeless/maltreated youth and their families. Services also available to youth ages 10-18 and families in an attempt to prevent family difficulties from developing into runaway, homeless, or maltreatment crises.
Office Hours: Monday - Friday 9 am - 5 pm. 24 HOUR HOTLINE 489-6066
80 North Franklin Street, Suite 200-204, Hempstead 11550

South Nassau Communities Hospital Mental Health Clinic

For Nassau County residents only. Service to persons over 16 years; younger people seen only as part of family therapy. Outpatient services include individual and group psychotherapy, family and marital counseling, relaxation therapy, chemotherapy, biofeedback for migraine and tension headaches. Psychiatric and psychological evaluations, diagnostic services as prelude to treatment. Special interest in persons with problems of bereavement or life threatening illness. Counseling for rape victims, incest and other victim crimes and for families requiring help because of child or spouse abuse (no age limitation for these programs). Therapy for families going through separation and divorce. Staffed by psychiatrists, psychologists, clinical social workers. Medicaid, Medicare and private insurance accepted.
Stephen Maleski, M.D., Medical Director, Helen Hurewitz, ACSW, Clinic Director
Oceanside Clinic, 2485 Oceanside Road, Oceanside 11572 763-2030 Ext. 4470
Margate Clinic, 2949 Long Beach Road, Oceanside 11572 764-8664
Open Evening and Weekend Hours

South Shore Child Guidance Center

Licensed by the New York State Office of Mental Health to provide outpatient psychiatric services to children, preschool age through 18 in the south-central area of Nassau County. Psychiatric evaluation and treatment, individual therapy and an extensive variety of groups including family, teens, single parents, art therapy, parents of preschoolers and more. Also a special Early Childhood Assessment Program. Early treatment Program for children of Alcoholics. Service available to Spanish speaking families.
Sliding scale fees based on family size and gross annual income. Medicaid, 3rd party insurance accepted. Parents may apply by calling clinic and requesting an application.
Hours: Mon. through Fri. 9 am - 5 pm. Mon., Tues. & Thurs. evenings until 9 pm.
17 West Merrick Road, Freeport 11520 868-3030

TRI-The Rehabilitation Institute

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

Variety Pre-Schooler's Workshop

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

West Nassau Mental Health Center - Elmont Family Counseling Service

For residents of Franklin Square, Elmont, New Hyde Park, Floral Park, Garden City Park, Bellerose (Nassau), Mineola, Stewart Manor, North Valley Stream, Garden City, Garden City South.
Individual and group therapy for children, adults, senior citizens, joint and marital counseling. Consultation, diagnosis, psychological testing. Sliding scale fees. Medicaid or Medicare.
Hours: Monday, Friday 9 am - 5 pm. Tuesday, Wednesday, Thursday 9 am - 9 pm, (also Saturday 9 am - 2:30 pm Franklin Square only).
Roger P. Feldman, M.D., Medical Director
Reinhardt Van Dyke, Jr., ACSW, CSW, Executive Director
West Nassau Mental Health Center
365 Franklin Avenue, Franklin Square 11010 437-6050
Elmont Family Counseling Service
90 Meacham Avenue, Elmont 11003 437-8060
David Ackerman, Coordinator

There's a lot more to driving a car than having a license. To be a good driver you have to put safety first, and that means:

- Not driving after drinking;
- Observing speed limits; and,
- Using safety belts.

DRINKING AND DRIVING



Can you drive as well after a "few" drinks as you can when you're completely sober? Of course not! Just two or three drinks in a short time can seriously affect your reflexes, judgment, coordination, vision and speech. You don't have to feel drunk, or "high," to have your reflexes impaired.

The effect alcohol has on you depends on how much of it gets into your bloodstream (blood alcohol content - BAC), and that depends upon:

- How much you drink (amount and strength);
- How long you drink;
- How much you weigh, and,
- What and how much you've had to eat.



This illustration shows the effect that drinking has during a two-hour period on a 140-pound man. If you weigh less than this, or are a woman, you'll feel the effects sooner.

EFFECT OF DRINKS CONSUMED BY A 140-POUND MAN IN A TWO-HOUR PERIOD

DRINKS=BAC	
6 drinks = .13%	INTOXICATED .10% or higher
5 drinks = .10%	
4 drinks = .08%	IMPAIRED over .05% less than .10%
3 drinks = .05%	
2 drinks = .02%	
1 drink = trace	



BAC: Blood Alcohol Content

It's against the law to operate a motor vehicle, in New York State, if you have a BAC above .05%. As you can see, it doesn't take much to reach that level. Remember: A cocktail, a glass of beer or a glass of wine can all contain the same amount of alcohol.

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
 William Tinner/Minnota Edition, New Hyde Park Herald Courier, Stony Advance,
 Mid Island Times, Jericho News Journal, Babylon News-Journal & Garden City News

Magnetic Resonance Imaging Is Here ...RIGHT NOW!

Garden City now has an ultra-modern Magnetic Imaging Center located at 950 Franklin Avenue.

The unit provides precise diagnostic images of many previously inaccessible body parts such as the central nervous system, spine, pelvis, kidneys and prostate. It is invaluable in diagnosing many tumor conditions.

Until today, Magnetic Resonance Imaging (MRI) was available at only a few medical centers as a research tool (...Therefore, insurance companies did not reimburse for it, but they now do!).

Now there is an MRI facility easily accessible to you, centrally located in Garden City and staffed by specialists trained in this technology.

The examination is available only on referral from a health care specialist...and your doctor can surely tell you more about the dramatic findings available with...

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Continued From Page 8

Woodward Mental Health Center

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

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

MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

Association for Children with Down's Syndrome, Inc.

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

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

Association for the Help of Retarded Children

Comprehensive services for the mentally retarded of Nassau County. Diagnostic and therapeutic clinic; pre-school program; school aged children who are excluded from public school facilities; vocational training and sheltered workshops; occupational day treatment for adults; two hands applied to qualify for vocational training; summer day camp; summer resident camp; after school and evening recreation programs; family counseling; hostels; information and referral services.
Helen Kaplan, Executive Director
189 Wheatley Road, Brookville 11545 626-1000

Vocational Centers, Motor Express, Director
230 Manor Avenue, Freeport 11520 546-7700
115 East Bethpage Rd., Plainville 11803 293-1111

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

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

SPECIAL SERVICES

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

Nonprofit organization dedicated to family service, education and research. Provides support groups for family members of Alzheimer's Disease patients. The disease, which is the main cause of memory loss in older adults, is a progressive degenerative brain disease for which there is no known cause or treatment.
For information call Nassau 936-7157 Suffolk 543-5188

American Cancer Society, Long Island Division, Inc.

Services for patients and their families; information, referral and guidance; group counseling; limited financial assistance; loan of sickroom equipment; transportation within certain areas; speech therapy for laryngectomies; rehabilitation visitation programs for mastectomy, laryngectomy, and colostomy patients. Laryngectomy and colostomy clubs in both counties. Public education programs for adults and youth; film showings; speakers; distribution of literature; cancer detection and smoking withdrawal clinics. Programs for health professionals. Research through Cancer Prevention Study II to find environmental and lifestyle causative factors in cancer. Memorial plaques. Volunteers for neighborhood units; the above services.
Cancer Information Service
John B. Dabster, Esq., Vice Pres. 535 Broadhollow Road, Melville 420-1982
420-1111

American Heart Association

Research, training for cardiac research; provides information and referral for heart and stroke related services; and sponsors various self help groups for heart and stroke patients and their families.
365 Woburn Avenue, Manhasset 11501
Memorial donations for information about services call 741-5522

Arthritis Foundation, Long Island Division

Voluntary health agency offers help to arthritis sufferers through programs of research, patient services, public health information and education. Trained volunteers answer phone calls; coordinating information; counseling and emotional support. Equipment available for loan. Warm Water exercise programs. Referrals to specialists and clinics in Nassau and Suffolk Counties. Clubs sponsored by the Foundation provide community centers of activity.
Hours: Monday-Friday 9 am-5 pm Patrick T. McAssey, Esq., Dir.
601 West Wetzel Road, Melville 11747 427-8272

Birthright, Inc. of Nassau Suffolk

Assisting single and women who are distressed by pregnancy. Non-profit, non-sectarian. 23hrs. of pregnancy, pregnancy tests, kayettes, maternity clothes, baby equipment, housing and referral to reduced medical fees. Birthright offers a positive alternative to abortion.
Office hours: Monday to Friday 10 am-2 pm & 8 pm-10 pm 24 hour answering service for 24 hours.
Lily, Staffed by volunteers. Offices also in Muttussett, Islip and Smithtown.
1939 Wantagh Ave. Wantagh 785-4070

CACHS (Council of Agencies to Coordinate Homebound Services)

A non-profit coalition of 40 agencies in Nassau County which use volunteers to visit the homebound of all ages.
P.O. Box 67, Westbury 11590 For further information 334-5560

Continued On Page 12

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN

William Times/Minolta Edition, New Hyde Park Herald Courier, Synoset Advance, Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News



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Community Early Pregnancy Classes

Pregnancy is an exciting, but sometimes anxious time for many husbands and wives. Physiological and psychological changes, while perfectly normal, can jolt a couple and add tension to what should be a joyful period in their lives. The Community Hospital in Glen Cove has been offering instruction on pregnancy and childbirth for close to 20 years in its Prepared Childbirth Course. Now, Community Hospital has augmented its program with Early Pregnancy Classes.

"Often, couples don't really learn anything about pregnancy until they come to us for their prepared childbirth classes, and by that time, it's almost over!" said Dorothy Maher, R.N., Community Hospital's Labor Room Head Nurse. "We're hoping to reach them in the first third of the pregnancy, when the education will be the most helpful and have the best effect for them and their baby."

Combining a detailed film on the baby's development with

practical advice on such topics as nutrition, safe exercises to keep fit, and coping with life-style changes, the Early Pregnancy Classes take a holistic approach to pregnancy one that will give couples all the information they need when they need it.

Community Hospital's Early Pregnancy Classes will be offered every other month. The next classes are scheduled for Mondays, March 3 and 10. The two sessions will be given, starting at 8 p.m., in the Family Practice Wing. The fee is \$15 and entitles two people to participate. Those who wish may sign up for future Prepared Childbirth Classes at the same time.

Community Hospital offers a complete Pregnancy and Childbirth Program, including classes on Cesarean birth and refresher courses for couples who have already taken the full Prepared Childbirth course. For more information, or a tour of Community Hospital's obstetric floor, call 676-5000, ext. 2510.

Test Your Health Knowledge

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

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

True or false:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ancient Acupuncture New Method In U.S.

The Chinese Acupuncture Center located on 143-27 Roosevelt Ave., Flushing, was opened in April, 1983. Dr. Kam-Cheung Tsui, founder of the center, attributes much of the center's success to the fact that he brought his practicing methods of acupuncture to the United States from Mainland China. He has over 30 years of experience.

Acupuncture is considered an ancient practice in the East, but has only recently become known in this country.

Most people turn to acupuncture when other modern methods of medicine have failed, Dr. Tsui said. "People prefer western medicine first," said Hsin-Luo Tsui, one of Dr. Tsui's assistants.

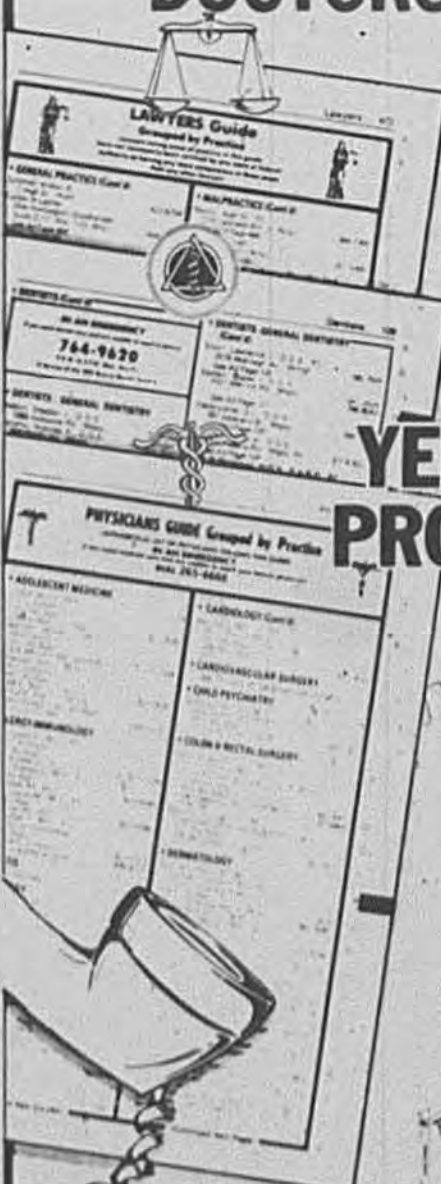
According to Tsui, acupuncture treatment is most commonly used for pain relief from arthritis, smoking control, weight loss, nervous anxiety, and back pain. Their patients consist mainly of senior citizens and housewives, Tsui said. "People come mostly for treatment, not for diagnosis."

Acupuncture is a method of Chinese medical treatment that involves sticking needles into certain parts of the body in order to relieve pain or help-treat specific problems. This center offers a free consultation and uses disposable needles for their half-hour treatments. The number of treatments vary depending upon the person and the type of problem. Dr. Tsui said there are no side effects from acupuncture. They see 20-30 patients a day.

Dr. Tsui graduated in 1956 from medical college in China and went on to learn and study acupuncture. He worked in the Department of Acupuncture in a Chinese hospital and taught International Acupuncture in a Hong Kong college before coming to the United States in 1982. He is presently the chairman of the International Acupuncture Association and obtained his New York State acupuncture license last May.


The center also offers a special laser treatment for those people who are afraid of needles. Tsui said this method is equally as effective. Acupressure is another technique practiced at the center and involves massaging and rubbing pressure points instead of using needles.

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Garden City	Sat. 8:15 a.m. Derann 671-2341 Mon. 8:00 p.m. Robin 764-8459 Wed. 8:00 p.m. Marilyn 825-1548	Syosset	Wed. 7:00 p.m. Ginny 676-8807
Jericho	Mon. 7:15 p.m. Betty 676-8197	Valley Stream	Tues. 7:15 p.m. Marilyn 825-1548
Massapequa	Tues. 7:30 p.m. Yana 781-2042		

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Suite 603
131 Fulton Ave., Opp. A&S
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516-481-7414

MANHATTAN
Martin Building
Suite 1008
19 West 34th St.
Opp. Empire State Bldg.
212-244-7670

Continued From Page 10

Cancer Volunteers of America

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

Coalition for Abused Women

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

Compassionate Friends-L.I. Chapter

Self help organization offering friendship and understanding to bereaved parents and siblings. Monthly meetings, newsletter. Promotes public awareness concerning bereavement and grief. P.O. Box 721, Levittown 11756 HOTLINE 796-4141

Cystic Fibrosis Foundation

Non-profit voluntary health agency providing information and supportive help to parents and families of a child with cystic fibrosis. Referral for medical assistance, public and professional education, research support. CF Diagnostic and Treatment Centers at Long Island Jewish Medical Center (New Hyde Park) and Good Samaritan Hospital (West Islip) and North Shore University Hospital (Manhasset).
Yolan J. Wolf, Assoc. Director
450 Jencho Tpke., Mineola, 11501 746-0080

Epilepsy Foundation of Nassau County - EPIC Center

New York State licensed clinic under contract with Nassau County Dept. of Mental Health. Offers medically supervised counseling and group services to those with epilepsy, seizure disorders, developmental disabilities and related conditions. Day Treatment Program for adults over 21 years of age with physical, developmental or psychological problems. Community Residence Program is available for adults 21 years of age and older who require a supervised living arrangement.
Harmon Putter, Ph.D., Exec. Dir.
550 Stewart Avenue, Garden City 11530 794-5500

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

Family life groups which focus on parenting skills and counseling for parents, teenage parents and families with children in foster care. No fees. Hours: Monday-Friday 9 am-5 pm (some groups meet in the evening).
Terry Wood, CSW, Program Director 131 Jackson St., Hempstead 485-1616

Friends of Hospice

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

Industrial Home for the Blind Pre-School Vision Screening Program

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

Long Island Mastectomy Rehabilitation Club

A self help group that meets at 7:30 pm the 3rd Wednesday of the month at the Jewish Institute for Geriatric Care in New Hyde Park. It is open to all Mastectomy patients and their families. They have professional speakers, an annual Fashion Show, several Round Table Discussions and learn to cope, most important, feel good about themselves.
Betty Martuscello, R.N., Contact Person 437-0543

The Nursing Sisters Home Visiting Services, Inc.

984 North Village Avenue, Rockville Centre 11570 536-1320
Comprehensive Home Health Care With Medical Direction
Help after hospital discharge
Professional intermittent nursing care and rehabilitation at home
Assistance in planning patient care
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Help with colostomy care, catheter
Help with normal and special diets
Nutritional guidance
Social service assistance
Special therapy
Treatment, injections

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

Weekly daytime discussion classes for mothers of infants, toddlers and pre-schoolers. Designed to help mothers become more aware of, and effectively handle the needs of children, family and self. Excellent child care while mother attends class. Modest fee charged. Information brochure available.
Manhasset Congregational Church, Northern Boulevard
Classes Thursday 10 am-12 noon, or 1 pm-3 pm
Paula Montalvo, Director For information call 333-9181

Parents Anonymous

A self help group for Nassau County parents who are having difficulty coping with their children, and for those parents who feel that such problems have already led, or will lead to child abuse. Afternoon and evening meetings.
24 Hour Hotline (800) 462-6406

Planned Parenthood of Nassau County

Birth control education, information and medical services for all who need and want them. Medical services by individual appointment. Pregnancy testing walk-in hours. All related information provided. V.D. and cancer screening. Sliding fee based on ability to pay.
Judith Haas, Executive Director 107 Mineola Blvd., Mineola 742-0144
535 South Franklin Street, Hempstead 11550 483-3033

Coma Recovery Association - meets 2nd & 4th Monday at 8 pm
Diabetes Club - meets 1st Monday of each month at 8 pm
Heart Club - meets 3rd Tuesday of each month at 8 pm
Ileitis & Colitis Club - meets 3rd Thursday of each month 8 pm
Parkinson Group - meets 4th Tuesday of each month at 7:15 pm
Stroke Club - meets 2nd Tuesday of each month at 8 pm
 For information call 763-2030, Ext. 4461

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

VHHS is a voluntary, non-profit home health care agency providing Visiting Nurse services in Nassau County for over 70 years. Services include professional nursing care, physical, occupational and speech therapy, medical-social workers and home health aides. VHHS is recognized by Medicare, Medicaid, Blue Cross and other health insurers.
 225 Community Drive, Lake Success 11021 829-4510

Widowed Persons Service

Non-profit organization giving voluntary help to the widowed through the first difficult year. No regularly scheduled meetings, help given on a one-to-one basis. Affiliated with National Association of Retired Teachers and Association of Retired Persons. Sponsored by Long Island Jewish Medical Center with office located in Administration Bldg. of the hospital.
 Lyle Bradley, Acting Coordinator 400 Lakeville Rd. New Hyde Park 352-1711

Courtesy of **YELLOW BOOK 1986** Community Information Service

★ ATTENTION: SENIOR CITIZENS ★



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

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

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

Health Care At Home

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

Professional Nursing Care - on part time, intermittent basis.

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

PHYSICAL THERAPY

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

SPEECH THERAPY

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

OCCUPATIONAL THERAPY

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

How Payment is Made For These Services

MEDICARE

If you are 65 years of age or

older, your home care fees may be paid by the Medicare program. The Health Department is an approved agency participating in the Medicare program.

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

MEDICAID

Fees will be paid by the Nassau County Department of Social

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

VETERANS INSURANCE

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

OTHER HEALTH INSURANCE

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

HOME CARE SERVICES

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

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MEDICINES AND YOU



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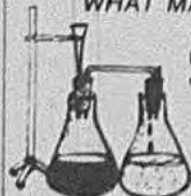
RIGHT?

NOT necessarily!

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

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

WHAT MAKES A DRUG A DRUG?



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

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

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

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'86 SKYHAWK \$8304*
 Sale Price

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\$97⁰⁰ per mo.



'86 CENTURY \$9399*
 Sale Price

EQUIPPED WITH AIR CONDITIONING
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 *MSRP. Tax, title, license, dealer fees, and optional equipment extra.
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\$123⁰⁰ per mo.

Price based on \$1,000 down, purchase option lease plan with 12000 miles plus 10¢ per mile over 12000. Security deposit \$1100. Cash due at lease inception \$1100. Total of payments \$1230. Make good \$1000. Tax \$100. Title \$100. License \$100. Purchase option \$1000 at 12000 miles.

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*Sale Price on ordered cars. Ex. Add.

WHAT SHOULD YOU EAT?

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

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

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

WHAT ABOUT SNACKS?

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



OTHER WEIGHT CONTROL TIPS

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

BE MORE ACTIVE!

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

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



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 Midland Times, Jackson News Journal, Bridgeport Newsgram & Garden City News

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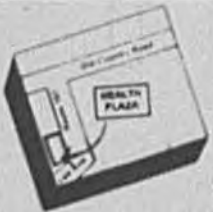
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EXERCISE CHART



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

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

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

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

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

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

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

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

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

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

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



St. Francis Hospital, The Heart Center



Left: A Nurse in Respiratory Therapy, Paul Brown, Heart Scientist, and two successful heart transplant patients at St. Francis. Inset: Ellen Berry, R.N., and Patricia Malone, R.N.



William Park resident, Edna Smith, also receives a Bronze Heart award from Ward 5, left: Florence Hays

Your Regional Center for Cardiac Care

New York State's leading Heart Center, St. Francis Hospital provides more cardiac diagnosis, treatment and surgery for patients of all ages than any facility statewide. The Heart Center's formidable capabilities in the battle against heart disease include performing such breakthrough procedures as Coronary Angioplasty (PTCA), a dynamic alternative to coronary bypass surgery for many afflicted with coronary artery disease. Tri-State leader in providing this alternative, St. Francis in 1985 alone served 575 patients through PTCA, which enables people to resume normal activities the following day.

Of course the pediatric and adult cardiac medical and surgical teams of Long Island's nationally prominent Heart Center are among the most experienced. St. Francis also offers a broad range of related services and programs including one of the largest Cardiac Rehabilitation programs in the Metropolitan Area, as well as extensive community and corporate programs in Cardiopulmonary Resuscitation Training (CPR) and Smoking Withdrawal.



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**DO YOU
 NEED
 TO** **LOSE
 WEIGHT?**

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

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

HOW CAN YOU LOSE WEIGHT?

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

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



WATCH THOSE CALORIES!

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

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

MEN—multiply desired weight by 16.

(150 lbs. x 16 = 2400 cal.)

WOMEN—multiply desired weight by 14.

(100 lbs. x 14 = 1400 cal.)

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

WHAT ARE DESIRABLE WEIGHTS?

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

25 and over - Indoor Clothes				25 and over - Indoor Clothes			
MEN	SMALL FRAME	MEDIUM FRAME	LARGE FRAME	WOMEN	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
Height in shoes				Height in shoes			
Feet Inches				Feet Inches			
5 2	109-134	131-141	138-150	4 10	102-111	109-121	118-131
5 3	110-136	133-143	140-153	4 11	103-113	111-123	120-134
5 4	112-138	135-146	142-156	5 0	104-116	113-126	122-137
5 5	114-140	137-148	144-160	5 1	106-118	115-129	125-140
5 6	116-142	139-151	146-164	5 2	108-121	118-132	128-143
5 7	118-146	142-154	149-168	5 3	111-124	121-136	131-147
5 8	140-148	145-157	152-172	5 4	114-127	124-138	134-151
5 9	142-151	148-160	155-176	5 5	117-130	127-141	137-156
5 10	144-154	151-163	158-180	5 6	120-133	130-144	140-159
5 11	146-157	154-166	161-184	5 7	123-136	133-147	143-163
6 0	148-160	157-170	164-188	5 8	126-139	136-150	146-167
6 1	152-164	160-174	168-192	5 9	129-142	139-153	149-170
6 2	155-168	164-178	172-197	5 10	132-145	142-156	152-173
6 3	158-172	167-182	176-202	5 11	135-148	145-159	155-176
6 4	162-176	171-187	181-207	6 0	138-151	148-162	158-179

LOSING POUNDS—HOW MANY AND HOW FAST

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

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

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



Stork Alert!

Stork Alert—the long-range pager that keeps Mom and Dad in touch, day or night, as baby's due date nears. Stork Alert is just one of the many fine maternity services available at The Community Hospital at Glen Cove. For information on all our services, or for a physician referral, call **516/676-5000**.



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Acupuncture Courses Available to Medical Doctors

Weights vs. machines

By Jack Williams

It is an axiom cast in iron: Fitness cannot survive on aerobics and flexibility alone. So lift your dumbbells and hoist your barbells, push your high-tech muscle machines until their variable resistance cams are poised in permanent tribute. Make weight for strength training the third, and sometimes forgotten, component of the fitness triangle.

And explore all the angles. Your *latissimus dorsi* and *gluteus maximus* may never be the same.

What aerobics, particularly jogging and the dance of the target heart rate, were to fitness in the '70s, weight training is in the '80s: our hearts are healthy, we can touch our toes. And now, lest our triceps begin to sag like bags under weary eyes, it is time to apply the cosmetic *coup de grace*. A little toning, a little shaping, a little strengthening of some long neglected limbs and flaccid pectorals.

Paired with regular aerobic exercise, weight training increases your strength and muscle endurance as well as your overall feeling of fitness in ways that no other single exercise can, acknowledges the University of California Wellness Letter.

Within a few months of weight training, you'll have a tighter, more defined body and increased strength, insists Allen J. Selner, author of "Getting Started: Be the Best You Can Be."

"Weight training is by far the most intense form of training available to the average person. Everybody wants muscle, whether they realize it or not."

says Rachel McLish, a world champion body builder.

Strength underlies and enhances all other physical qualities. If you participate regularly in aerobic dance and have little or no strength, it's like building a house with a weak foundation. As soon as there is any stress, the foundation will crack and eventually collapse," says Michael Yessis, Ph.D., an expert in sports training and biomechanics who edits the *Soviet Sports Review*.

The results of strength training, ultimately depend upon commitment and genetic predisposition — and, of course, the correct and scientific use of the weights, whether they be the traditional free weights (dumbbells, barbells) or the modern machines (Nautilus, Universal, Polaris, Paramount, etc.).

What's best for you? Probably a combination of free weights and machines, say most experts. Yet each discipline has its dedicated devotees, all of whom agree that the beginner should start with light weights that he can lift comfortably for three sets of eight to 10 repetitions.

Exercise physiologists insist that it takes 48 to 72 hours for muscles to repair themselves after being subjected to intense resistance. Without rest, strength

is no more than a rumor. You are, after all, tearing down muscle fiber in order to rebuild it. It's anatomical reconstruction, a physical form of urban renewal.

"Unless you're training to be a competitive athlete," notes Patrick Netter, fitness author, "the results of resistance exercises are the same whether you're pumping iron or compressed air. All can increase your strength, endurance and joint stability, and also improve your overall physical dimensions."

Basically, weights can be divided into three categories.

Free weights, which allow you to work most major muscle groups and require the added dimension of balancing the weight.

Single-station units where one major muscle group is exercised (such as a bench-press machine).

Multi-station units that work more than one muscle group on the same device (such as the revolutionary Universal gym).

Anyone who has been to a fully equipped health club may be familiar with all three, although their ability to use them correctly is often questionable.

The trend, fitness experts say, has drifted from the free weights to the machines (due in part to an extensive marketing campaign by Nautilus), to a combination of both. To the uninitiated, variable-resistance cam machines usually are the first step in weight training, provided these people have access to a health club. Free weights often are added by the more advanced.

"Fitness centers that previously used nothing but machines are

adding free weights," acknowledged Phil Scott, vice president of Iron Co., which produces the Polaris line. "The industry is recognizing you need a wide variety of modalities to fit the bill."

"Body builders are using a lot more machines than before, and the average executive and female are using more free weights than they ever did. I don't think the average person is intimidated by weights anymore. You see dumbbells as props in ads for women all the time. There's the realization that becoming muscle-bound is a myth."

Said Phil Tyne, strength and conditioning coach for the San Diego Chargers:

"The trend in our business is back to more free weights. We weren't seeing quite the bulk and muscle mass from the use of machines."

"What a lot of people don't like is that machines are built for the average-sized person. And our guys are anything but average. If you're used to free weights, there's a tendency not to like the feel of machines. It's a feeling that you're locked into someone else's range of motion."

"But if your goal is to get in shape in a limited amount of time, machines are the best way to go. Free weights are not as safe (the detachable weights can drop); they're more time-consuming, but they seem better for building raw strength and bulk."

"One of the complaints of machines is that they control your balance; you're not employing the proprioceptors that tell your mind where your body is in space."

When Someone You Love Needs Help At Home.



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Olsen Knows How To Help. An incapacitating accident or illness can sometimes restrict a loved one's mobility for an extended period of time. While you can't be at home every moment of the day to take care of them, Olsen Health Care Services can. We provide the professional, compassionate care of Nurses, Home Health Aides, Homemakers, Live-in Companions and Specialized Therapists. For your loved one, and your own reassurance that you're providing the best possible care, Olsen can help.



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ACTIVITY	CALORIES BURNED (per hour)
Walking 3 mph	250-315
Bicycling 5 mph	240-300
10 mph	360-420
13 mph	600-660
Climbing stairs	125-200
Using a typewriter (manual)	100-125
(electric)	95-110
Dancing	250-450
Jogging 5 mph	450-550
Skiing (cross-country)	350-550
Tennis (singles)	400-480
(doubles)	250-325
Doing calisthenics	250-450
Bending, stretching	175-275
Bowling	200-250
Raking leaves, gardening (weeding)	250-325
Scrubbing floors	200-250
Washing dishes	125-200
Skating (fast)	360-420
Swimming	650-700



NOTE: The calorie range given for each activity reflects differences in weight and the rate at which different people burn calories.

REMEMBER...

The safest, easiest way to lose weight — and keep it off — is to eat LESS and exercise MORE. And, once you've lost that extra weight, keep your eye on the scale — you don't want to go through this all over again, do you?

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SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
Williston Times, Minnow Edition, New Hyde Park Herald Courier, Sunset Advance,
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PAIN RELIEF

New and thriving 'industry'

By JACK WILLIAMS

Chronic pain — understanding it, relieving it and living with it — occupies a place in the forefront of contemporary medicine, inviting experimentation and begging for a universal cure.

Researchers and health professionals often mine controversial ground in search of a mother lode of relief for age-old miseries — headaches, lower-back pain, arthritis and other nagging nuisances that paralyze lifestyles and manipulate moods.

Out of their quest has emerged a pain-relief industry involving psychologists, psychiatrists, chiropractors, neurophysiologists, physical therapists and physicians. Almost all can show you figures indicating at least 70 percent of their patients have improved significantly.

Pain relief is big business and not, according to professionals in the field, without its share of quackery and controversy.

Dr. Richard Sternbach, an internationally recognized psychologist and director of Scripps Clinic's Pain Treatment Center in La Jolla, Calif., says:

"We're in the age of the worst nonsense, the worst quackery since the turn of the century.

"People are still talking nonsense and doing strange things — taking hair samples, pushing strange diets, forms of massage and food supplements."

Such is the nature of the pain-relief industry. A variety of treatments — from the obscure to the obvious — have proved effective for some people, although clinical evidence and controlled studies often are not there to back them up.

Acupuncture — though much more widely accepted than in the past — falls into this category. "What it's good for and how it works are still uncertain," said Sternbach.

Nevertheless, the field is ever-changing, like "night and day in the last 10 to 12 years," he said. "Before, it was just drugs and surgery. Now there are techniques available that are constantly being refined, such as biofeedback and transcutaneous electric nerve stimulation." And, he pointed out, behavioral therapy is helping people to deal with their pain and to function as normally as possible.

So far, there is not one panacea, no ultimate pain-

abolishing wonder treatment to revolutionize the industry. But a Los Angeles plastic surgeon, Dr. Charles Smithdeal, is so excited by such a prospect that he wrote a novel about it.

Said Smithdeal: "I think we will perfect a treatment that stimulates the body's endorphins (pain-resisting hormones) to meet the severity of the pain — either using the body's own endorphins or duplicating them in a lab in a form that has no side effects."

"We're closer to finding it than we are to curing cancer — and we're close to both."

Sternbach, for one, fails to share Smithdeal's optimism, although acknowledging that considerable research is being conducted "to try to find out how the pain-inhibiting system works."

The abolition of pain from the human condition may be as impractical as it is impossible, cautioned Sternbach. "Pain is essential to human survival," he said. "It's nature's warning system. The few people who've been born without the capacity to feel pain have had a difficult time surviving. To abolish it would be to abolish the way the body functions."

HOME HEALTH CARE

Cutting medical care cost

By ANN GONZALES

Rising hospital costs have caused a rebirth in the popularity of home health-care services. Registered nurses, homemaker companions and physical therapists are among the many professionals offering home health care at a great savings over the cost of a hospital stay.

Combined with expanded hospital outpatient services and sophisticated portable medical equipment, such professionals make it possible for consumers to receive quality care at an affordable price. And in addition to savings, home health care can provide more rapid recovery, less chance of readmittance to the hospital and improved emotional well-being, according to the American Medical Association.

Although the majority of people using home health-care services are elderly, there are a number of others who can take advantage of the savings and convenience of such care: heart attack victims, the physically handicapped, young mothers, children in traction, persons with kidney disease who require dialysis and the terminally ill.

Deciding whether home health care is appropriate is a matter for the patient, family and doctor to decide. Physicians, home care agencies, hospitals, nursing home discharge planners, local health departments, community service organizations and the phone book are sources of information.

Once you locate a source of health care, there are some important questions to ask, according to the experts at Upjohn Health-Care Services:

Does the agency have a client bill of rights? What is the professional reputation of the organization? Are employees bonded and insured?

Other questions include what the cost will be, how bills will be paid, whether there are extra charges for travel, overtime, taxes, etc. You should also check your health insurance plans to see if home care service is covered.

To make the most of your home care services, you will have to make some changes in your normal family routine to accommodate the patient's needs. If such changes are not possible or desirable, home health care may not be the solution.

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- If you can, walk to work or ride a bicycle, instead of driving or taking the bus.
- If you drive to work, leave your car at the far end of the parking lot. It will give you a chance to stretch your legs.
- If you take a bus to work, try getting off several blocks before your stop... the walk will perk you up.

START TODAY!

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



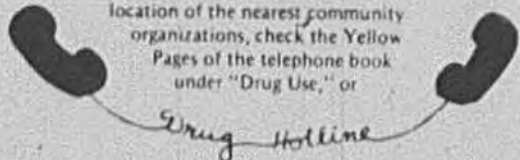
But, if you're over 35, have a medical problem, or have been inactive for a long period of time, see your doctor before beginning any exercise program.

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

REACH OUT... AND HELP SOMEONE

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

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



contact your local or regional substance abuse agency. Also, most schools and many employers have confidential drug counseling services. Whatever the source, get help immediately.

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



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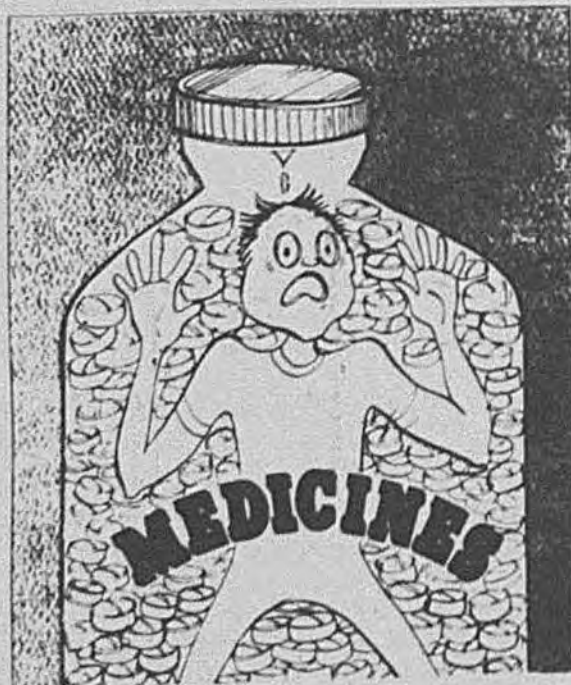
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DRUG DO'S AND DON'TS

- DO: see a doctor if your symptoms continue, whether you're taking medicine or not.
- DO: ask your doctor to write your prescriptions for economical, generic drugs, if possible.
- DO: regularly re-evaluate your continued use of all drugs — especially those prescription drugs that affect mood or behavior.
- DO: read the labels on all drug products — even the smallest print. Pay special attention to warnings.
- DO: ask your doctor or pharmacist about prescribed drugs, including any possible side effects, and foods that may interfere with the drug's intended action.
- DO: ask your doctor or pharmacist if the drug will interfere with driving.
- DO: inform your doctor of any allergies or other medical conditions that may influence a drug's action in your body.
- DO: tell your doctor of any vitamins or other medications — prescription or over-the-counter — you are using.
- DO: store medicines as instructed on the package. Most can be safely stored at room temperature, but some must be refrigerated.
- DON'T: share drugs with friends. Your prescription is for your particular health problem; it may hurt your friend.
- DON'T: take several different drugs at the same time, unless you've checked with your doctor or pharmacist first. Certain drug combinations can be lethal (i.e., alcohol and depressants).
- DON'T: "pop a pill" at the first sign of illness or insist that your doctor prescribe drugs for every little "ache and pain." (You may mask a real problem by taking drugs too soon.)
- DON'T: rely on drugs when faced with stressful situations. (Your problems will still exist after the drug's effects have worn off.)
- DON'T: exceed the prescribed or recommended dosage of any drug — prescription or over-the-counter.
- DON'T: keep outdated medicines; they may be harmful or, at the least, ineffective. Ask your pharmacist about the expiration date of the drug or medicine.
- DON'T: buy over-the-counter drugs, before checking to make sure the contents have not been tampered with.



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

YOUR DOCTOR Choose before you need one

By JIMMY THORNTON

The selection of a good doctor who is up-to-date on modern medicine and its advances could save you money. Early diagnosis by an alert physician could head off severe symptoms that often result in lengthy hospital stays.

Select a family doctor before you have a medical problem. You could begin with a physical.

A complete physical is one that includes routine blood and urine tests, a digital rectal examination and, for women, a Pap smear and pelvic examination.

During the initial exam, you should ask questions about things that may be bothering you. There may be a family history of heart disease, for example, and you want to know the odds that you may be afflicted. You must have faith and trust in your doctor, so you will want to know him or her before illness or injury.

After a visit, evaluate the doctor, his or her staff, the ambience of the office and — yes — the fee structure and means of payment. Consider selecting a

doctor associated with a hospital that's associated with a medical school. Physicians who practice in a teaching environment must stay abreast of current medical knowledge and treatments.

Family, friends and business associates are good sources of information about doctors in the community.

Communicating with a doctor is important. Before you call, jot down notes if necessary to organize your thoughts. If you have several questions that you plan to ask a doctor, write them down so you are sure they are asked. A nurse may be helpful in clarifying what the doctor tells you.

If you have money problems, discuss them with the doctor. He may not waive all your fees, but it might affect the way he bills you or he may pass on free medication. Doctors often have samples sent to them by drug companies, and some physicians are happy to pass freebies along to needy people.

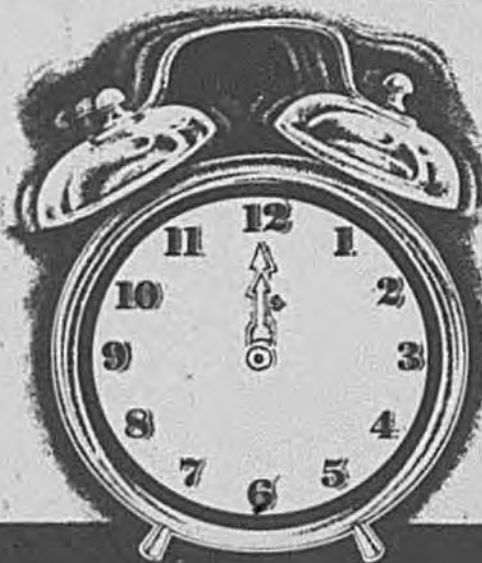
When you are looking for a dentist, look for one who

is prevention-oriented.

A big question confronting patients and doctors alike concerns surgery and the question of when it is absolutely necessary. Surgery is costly both in terms of dollars and the trauma that it causes a patient.

Seek a second opinion, even though it may add to your medical fees. For example, Dr. X may determine from lab tests that the patient needs an operation. The patient asks Dr. Y for a second examination. The latter finds that one of Dr. X's tests was in error — the lab had goofed. Based upon this finding, both doctors agree that the costly operation isn't necessary, that there is an alternative treatment.

While most doctors are responsible individuals concerned with the health and welfare of the community, there are the nea-quacks who will perform unnecessary surgery, knowing that a government agency will foot the bill. They often prey on the poor members of our society.



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MEDICINES CAN HELP YOU AND HARM YOU

That's right! The same medicine that can help you can also cause harm. Drug misuse occurs when you don't take medicines in the correct manner. The adult with a headache who takes four aspirins instead of two, hoping to feel better sooner, is a drug misuser, as is the teenager who takes diet

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

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

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

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



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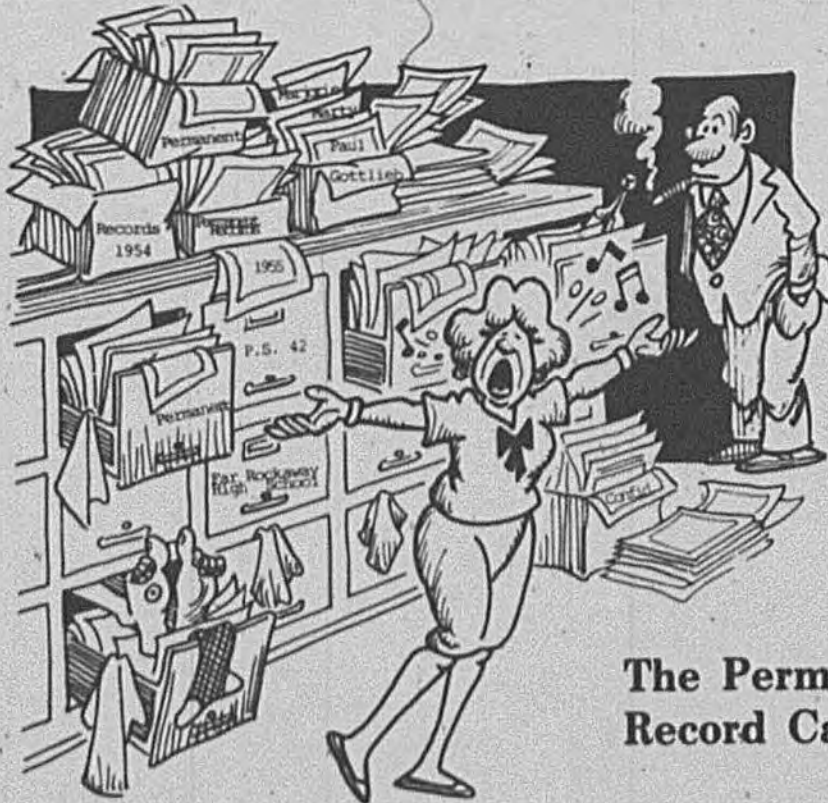
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Friday, February 7, 1986



DISCOVERY



The Permanent
Record Card

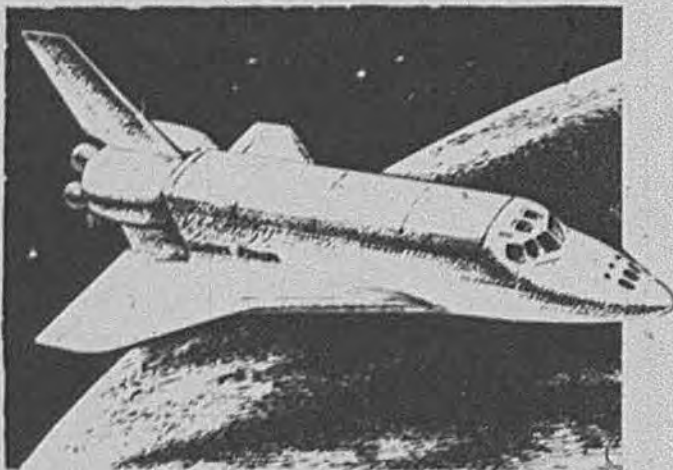
Illustration by Al Scudato

See Page 3



THE QUESTION OF THE WEEK

Do you think that civilians should be on space shuttle flights?



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Most Input Callers Like New State License Plates

Most callers to Input think that the new license plates being issued by the state will be an asset in answer to this question: "N.Y. State is going to issue new Liberty license plates for a \$4 fee to be required on all cars over a two year period. What do you think of the plan and plates? Here are some of the answers.

GOOD CHANGE

I think the new license plates are attractive and they will be a good change from the somber orange and black plates that we have had to use for so many years. While there is a little increase in price I think it will be worth it. In addition the state says that the new plates will be of reflective paint which will make them easier to read. L.E.

GOOD AND BAD

Like everything else there is a little good and a little bad here. The plates look good but the state is slipping in a way of getting extra revenue when it already is collecting more tax than it should. As usual the motorist is considered the rich person and the politicians slip in extra taxes. J.W.

AN IMPROVEMENT

The new plates are really an improvement. I am proud of the Statue of Liberty and do not mind having that as an emblem on the license plate. I trust that the Motor Vehicle Dept. will not make me regret that I am in favor of this change. I was in favor of the new photo license until I found out that the bureaucracy had a way of making that into a nightmare. The plans of doing the change over two years is okay although there will be confusion with these plates and some other states with the same color. N.Y. will have two different kinds of license plates. N.E.

UNIMPORTANT

This new license plate deal is another case of the state worrying about things that are unimportant while letting other things just fall apart. We really do not care what decoration they make out of license plates and there was no real reason to issue new ones. It is just a way of getting a new \$4 fee out of automobile owners. L.T.

PROUD SYMBOL

The state has at last come up with a symbol we can all be proud of for our license plates. We have not been much of an "Empire State" for some time and whatever it meant was lost. The Statue of Liberty has a great deal more meaning and the new plates are attractive so it is a change for the better. F.R.

OLD PLATES

My old license plates are so bad now that it is hard to read the numerals. It appears that the prisoners who made my plates were in a bad mood because the plates wore out in two years. I hope the new plates will be better. I welcome the new plates and hope they get to me before the two year period goes by. F.W.

BETTER OVER ALL

Like many others, I am allergic to any increase in price regardless of the product or service to which it applies. These new Liberty license plates fall into that category and in trying to find out something from the AA who are usually up on most automobile facts and figures, I came up with nothing more than I had already read about which isn't very much. What I tried to find out was the "plan" as you call it behind the new requirement. After three phone calls to AAA, I decided to try to give you an opinion from the very scant information I had most of which is included in your own question. Frankly, I don't believe there is a plan behind the new edict except as an excuse to provide a means of obtaining additional revenue for the State treasury. As far as I could tell, the jump from the old price of \$2.25 to \$4. is not intended to support some of the expenses for the reconditioning of Miss Liberty and it is not intended to help defray ongoing expenses of road and highway repair. It apparently is just a great idea to sweeten the kitty as previously suggested. By the time the new plates will be absolutely mandatory in 1987, my present ones will have deteriorated sufficiently to need replacement. So, like most everything else, its going to cost more but I do like the overall color change as well as the opportunity to give renewed public acclaim to the historical meaning of the Statue of Liberty and incidentally, to make sure that its location in the harbor is, without a doubt, within the State of New York.

PAST ISSUES

CRASH SAFETY

You had a question some time ago about air crash safety and I would, like to respond by saying all crashes trouble me. So many air crashes this past year do make one think that flying is more hazardous now. I am seriously wondering if planes are fully inspected before flight and are the inspectors and mechanics competent in their jobs. I understand the FAA is the top agency in overseeing this very grave matter. So many crashes give me the thought that government people responsible for safety seem to overlook rather than oversee the safety of aircraft. With so many near misses we seem to need the expertise of the flight controllers fired by the President and replaced with inadequately overworked people. Perhaps the President could stand a course in safety. G.B.B.

DISCOVERY



Illustration by Al Scaduto

The Permanent Record Card

By Marjorie G. Wolfe

Yes, Halley's Comet is coming back? Harry's Shoes (83rd and Broadway) still carry white bucks....and there's a rumor that the New York Coalition for Dog Control is still making available to schools several instructional aids related to the 1979 Canine Waste Law. Interested teachers can receive a packet of the following materials which may be duplicated:

- *leaflet, "How To Paper Train Your Dog"
- *poster, "Pick Up, It's the Law"
- *film, "This Dog Is Real"
- *suggested guidelines for planning lessons about personal responsibility in pet ownership

Now, if they would just bring back those Permanent Record Cards many of our discipline problems would be solved.

Even today—35 years after I graduated—I vividly remember those steel filing cabinets and gaily colored manila file folders at P.S. 42 in Arverne, Queens. The files held a level of secrecy that the C.I.A. must envy. The freshmen were sure that they were transferred from elementary school to Far Rockaway High School in a Brink's armored truck and carefully stored in the basement at 70 degrees, 50 percent humidity, as recommended by the Library of Congress.

Monica Ryan and Miss English, my elementary and high school principals, handled all discipline problems with four words. No, they weren't "Thank God It's Friday"; they simply whispered, "Remember the Permanent Record."

When I misbehaved (cut class on Senior Day), forgot my absence note (mom took me to see the Broadway show "Damn Yankees"), or arrived late (the Green Bus Lines were always late!), there was that threat: "Marjorie, don't let this happen again...or I'll have to record this infraction of the rules on your Permanent Record Card. Nisbitu gedacht! It shouldn't happen!"

I trembled with fear. The Admissions Director at N.Y.U., my first employer, and the IRS would all request an "Official" copy of these files.

My best friends, Cookie Schneid and Bonnie Ruderman, had spotless Permanent Records. My steno teacher, Mrs. Bressler, supposedly recorded my highest steno speed (90 wpm, with 100% accuracy); Mrs. Grady, my typing teacher, entered my gross and net wpm, score too. Mrs. Budin, my favorite English teacher, placed the original copy of my term paper ("The Lone Ranger Rides Again, Again") in the file.

Truthfully, I never saw my Permanent Record Card. For all I know,

those file cabinets might have contained extra Delaney cards, back copies of the community newspaper, "The Wave", or the school secretary's galoshes. The fear was there and room always stressed Art Buchwald's Sans Souci Rule: "Any rumor which survives forty-eight hours is most likely true!"

I could visualize the Permanent Records—alphabetically

Absences

Anecdotal comments

Marjorie's parents enrolled her in an innovative educational program called HIPPI (Home Instruction Program for Preschool Youngsters) when she was 11 months old. A Schragel, Asst. Principal

Marjorie is President of BUSWREC—an organization which attempts to Ban Unsafe Schoolbuses Which Regularly Endanger Children

Marjorie is convinced that the 3 R's are an acronym for the Royal Road to Romance. F. Bressler

Marjorie suffers from frequent bouts of "Jahn'sinitus" (that sudden pain one gets in the sinuses when one eats ice cream too fast). School nurse

Marjorie has learned such colorful expressions as "Yours of the 15th cent. rec'd and contents noted." E. Grady

ARISTA membership cards

Health records

I.Q. scores

Introversion-Extroversion test, Kuder-Preference test

Regents, Rorschach, and SAT test scores

Spelling Bee winners

SPLAT (Student Potential Life Achievement Test) scores

Suspensions

Because of that Permanent Record Card I never uttered the four-letter curse word for "rubber-finger" in mixed company; never went up the down staircase; never forgot to join the G.O.; and never read "Lady Chatterley's Lover."

What comes to mind as I reminisce is the image of just and caring teachers who inspired industry and trust...and the existence of the Permanent Record Card.

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

READER RATINGS

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

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READER RATINGS



SPECIALTIES

The LaMarmite in Williston Park is one of the top restaurants on Long Island according to the ad you have. We will go along with that. We have been going to this restaurant on and off for some time. It is something special and spoils you for the many other "run of the mill" places.

One thing nice about LaMarmite is that it has several specialties of the house each day and they are genuine specialties. We have been disappointed elsewhere with the specials because they often turn out to be items that were made of leftovers. At LaMarmite we have to say that the specials are really "special".

Another fine point about LaMarmite is that you are given attentive service from the beginning with the valet car parking to the end of the meal. This is really a first rate restaurant. G.E.

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The Last Word In Restaurant Guides

Where Our Readers Have The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant guides... a paid listing of many prominent selected restaurants in this area. While many of them have been rated by the great and best great food connoisseurs, our readers will have the last word through "Reader Ratings".

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

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

(Guide to Good Dining)

Barbara Rader 9/6/82

MING garden

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READER RATINGS



TRIP INTO PAST

We always feel that we have a fine time and wonderful food when we visit George Washington Manor in Roslyn. It is like a trip into the past with modern food and service to visit the Manor.

They have a good menu of American food that is cooked just right. Last week we had a party of four people who visited the G.W. Manor and had entrees which included fish, beef, and veal. Every person in our group said that they thought this restaurant is one of the finest they had ever been to. We decided then that we should spread the word around and decided to make this call J.H.

GOOD NIGHT

Last Wednesday we decided to follow one of the suggestions in your Reader Ratings. We were mainly satisfied with what we got although the service was a little slow. We went to the Platt-Deutsche Park Restaurant in Franklin Square. The place was no stranger to us because we have been there many times before at catered affairs. But this time we went to the smaller restaurant and had sauerbraten. Considering that the check was reduced because we had four in the party eating sauerbraten and they gave us all of the salad we could ever eat it was a very good night both in food and cost. J.H.

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THE NEW YORK TIMES, SEPTEMBER 15, 1985
— Florence Fabricant

A Place for Lovers—of Garlic

Recommended dishes: Shrimp in garlic sauce, shrimp in green sauce, Spanish sausage Rio Jana, soup conde, lamb chops Segovia, veal scallop Toledana, chicken chilendron, zarzuela Catalana, hake in almond sauce, flan, natilla

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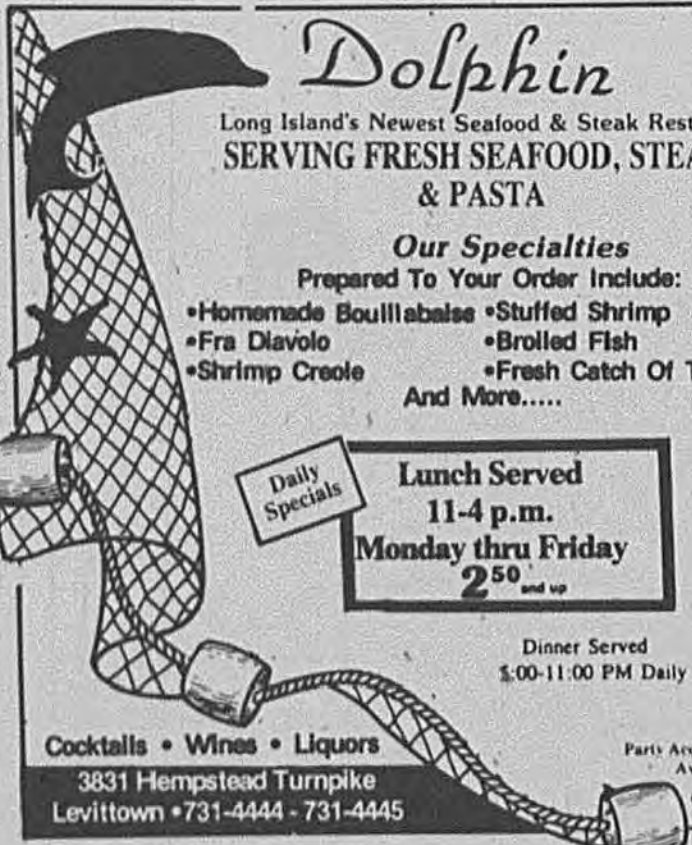
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READER RATINGS



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.

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READER RATINGS

Q. Because of our jobs my husband and I are on different schedules several nights a week. I would prefer to eat out on those evenings rather than take the time and effort to prepare a meal just for myself. However, I don't really feel comfortable dining alone. I find most restaurants don't really welcome the person who is not in a group.

A. First of all, there is no reason for you to feel uncomfortable. In today's hectic world there is nothing unusual about people eating alone in restaurants! In any case, the person who dines out has the right to expect the same courteous treatment whether he or she is alone or in the company of others. The smart restaurant owner knows the importance of good will. He values all his customers' patronage and makes them feel equally welcome.

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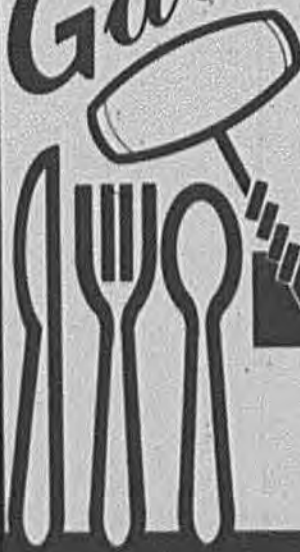
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(midway between Stewart Avenue and Hempstead Turnpike)

Cooking Corner



Author prefers China's country cuisine

By Antonia Allegra

She is ballerina-petite, yet she claims, "I am a giant!"

She has fragile hands that handle a cleaver as a burly butcher would.

She speaks with a velvet voice, but her words ring with authority and passion.

Barbara Tropp is a woman of contrasts. Much like the yin and yang elements of the Chinese cuisine and culture that she espouses, the culinary expert author lives in a constantly changing world of black and white contrasts that interpenetrate.

The San Franciscan author of "The Modern Art of Chinese Cooking" (William Morrow & Co., New York, 1982, \$24.95), shared some secrets and recipes in an interview.

- Do use the oil in garlic, which is very volatile, with oil-based cooking, not cream- and butter-based foods.

- Do use Korean chili flakes, the red ones, sparingly. They are the killer chili flakes of all time.

- Do be generous in use of ginger, garlic and scallions. When in doubt, be brave rather than shy. Always add more. However, the opposite is true with chili.

- Do store sesame oil in glass or tin containers only. Plastic tends to turn the oil rancid.

- Do buy bean sprouts when

they're perfectly white. Once home from the store, blanch the sprouts immediately for 5 seconds. Then run them under cold water and refrigerate them.

- Don't cross chopsticks and never stick them straight down in the food. Both are signs of a gauche eater, although the Chinese are more commonsensical in their eating methods than the etiquette-conscious Japanese. Keep chopsticks on the right side of plate.

When asked whether she prepares some of the intricate dishes of the Chinese culinary repertoire, the promoter of Chinese country cuisine said, "I'm not interested in fancy cooking. I've made one Peking Duck in my life."

Following are some of her favorite recipes.

ROASTED SZECHWAN PEPPER-SALT

- 2 tbsps. Szechwan brown peppercorns (remove twigs and bitter black seeds before measuring)
- 4 tbsps. kosher-style salt

Combine peppercorns and salt in heavy skillet. Stir over moderate heat until salt turns off-white, 3 to 5 minutes. Peppercorns will smoke, do not let them burn. Finely grind hot mixture with

mortar and pestle. Pour through sieve to remove peppercorn husks. Store airtight in clean-smelling glass jar, away from light, heat and humidity.

PEKING COLD NOODLES WITH CHILI-ORANGE OIL

- Chili-Orange Oil
- 2 cups corn or peanut oil
- ¼ cup sesame oil
- Peel of 3 oranges, finely minced
- 6-8 tbsps. dried red chili flakes
- 3 tbsps. salted black beans
- 1-2 large cloves garlic (optional)

Dressing:
2 tps. kosher-style salt
2½ tbsps. granulated sugar

- 6½ tbsps. Chili-Orange Oil (recipe above)
- ¼ cup black soy sauce
- ¼ cup vinegar, white
- ¼ cup lime juice

Vegetables/Seasonings:
2 carrots, finely julienned (cut in fine strips)

- Peel of 1 orange, finely julienned or grated
- 12 radishes, grated (optional)
- 3-4 hefty scallions, green ends cut into rings, white ends cut into decorative brushes

- Sprinkling of hot chili flakes, if needed
- 1-2 bunches coriander
- 1 lb. thin, fresh egg noodles
- 1½ cups bean sprouts
- Sprinkling of chopped peanuts

Chili-Orange Oil: Heat corn oil (or peanut oil) and sesame oil in heavy saucepan until hot enough to slowly sizzle a chili flake (at 250 F). Add orange peel, chili flakes and black beans. Remove pot from heat and let stand until cool.

Store without straining in clean glass jar.

Combine dressing ingredients. Prepare vegetables/seasonings and set aside.

Cook noodles until *al dente*, drain and rinse under cold water. Pluck brown ends of bean sprouts. Blanch bean sprouts 5 seconds in boiling unsalted water, drain and rinse under cold water.

Toss noodles and bean sprouts together. Add dressing, tossing with hands to combine. Taste for desired degree of hotness. Garnish with scallion "brushes" and chopped peanuts.

Note: Noodles keep beautifully 3 to 4 days (without addition of radishes). One pound of noodles serves 4 to 6 generously.

TEA AND SPICE SMOKED QUAIL

Fresh whole quail (1-2 per person)

Marinade: (for each quail)

- ¼ rounded tsp. finely minced orange peel (1 large orange yields enough for 8-10 quail)
- ½ tsp. plus ¼ tsp. Roasted Szechwan Pepper-Salt (recipe above)

- 1 finger length slice of ginger
- 2 finger lengths of scallion, smashed
- Hot chili flakes to taste (optional)

- Smoking Mixture: (for 6-10 quail)
- ¼ cup fragrant, dry black tea leaves
- ¼ cup (packed) brown sugar
- ¼ cup dry rice
- 1 tbsp. Szechwan brown peppercorns
- Several slices cassia or cinnamon bark, crumbled
- Several slices fresh or home-dried orange peel, torn into bits
- Sesame oil
- Watercress or coriander (garnish)

Remove neck, feet and kidneys from quail, flush with cold water inside and out, and place on clean towel.

Wash oranges well with abrasive scrubber, hot tap water and non-toxic detergent (for example, Ivory) to remove wax and pesticides. Using sharp vegetable peeler, remove orange part of peel and mince finely.

Sprinkle outside of quail with ¼ teaspoon pepper-salt, then sprinkle remaining ¼ teaspoon in cavity, doing a nice, even job. Stuff with slice of ginger and some scallion pounded a bit. Bend wings around back and cross into cavity "lotus position." Sprinkle with peel, place on back, seal airtight and marinate 12 to 25 hours at room temperature, or 24 to 48 hours refrigerated.

Line wok and lid with extra heavy foil, leaving generous hem. Spread smoking mixture in bottom. Set oiled rack in wok and arrange quails on their backs on rack. Turn heat to high until plumes of smoke are evident, then put lid in place and seal shut foil hems of wok top and bottom. Smoke for 10 minutes. Turn off heat and let rest 5 minutes in sealed wok (if on electric stove, move to cool burner.)

Continued On Page 11A

Mc Ginnis

You liked us before our image changed....
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choice of dinner desserts - coffee or tea.

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Open foil, remove quail and brush with sesame oil. There will be a black mass in oil. Cut quail in half through breast and backbone. Arrange "Rockette-style" on round or rectangular platter and garnish with watercress or coriander. Goes well with bowls of spicy cold noodles.

FRESH GINGER ICE CREAM

- 1/2 cup water
- 1/4 cup granulated sugar
- 3 tbsps. finely minced peeled fresh ginger, firmly packed
- 1 cup whole milk
- 2 tbsps. granulated sugar
- 2 tps. finely minced preserved ginger in syrup, drained prior to mincing
- 3 large egg yolks
- 1/4 cup granulated sugar
- 1 cup heavy whipping cream
- 1/4-1/2 tsp. freshly squeezed and strained lemon juice

Heat water and sugar over moderate heat, stirring to dissolve sugar. Add minced fresh ginger, stir, bring to boil over medium-high heat, then reduce heat and simmer for 5 minutes. Remove

pot from heat.

Bring milk, sugar and preserved ginger to scalding temperature, stirring to blend, then remove from heat. Add fresh ginger mixture, stirring to blend well. Cover and let steep for 20 minutes.

In medium bowl, beat egg yolks and sugar until pale yellow and ribbon. Nest medium bowl containing cream in large bowl lined with ice.

Bring milk mixture to scalding again. Add 1/4 of scalded mixture to egg mixture, whisking continuously, then pour egg blend into milk, still whisking. Cook over moderate heat, whisking to custard stage (180 F), until mixture coats back of spoon.

Immediately pour mixture through fine-mesh strainer into cream. Press ginger to extract flavor and discard. Stir mixture occasionally until cool.

Chill mixture (overnight, if desired). Adjust taste with up to 1/2 teaspoon lemon juice to get full, gingery flavor. Freeze in ice cream maker and store in covered container with plastic wrap placed directly on surface.

Let ripen minimum of 2 hours before serving. Temper to soft consistency for full flavor and bouquet.

After Work Gourmet



Pork crown roast

By Paul Bensen and
Evander Preston

A pork crown roast is a traditional winter dish in parts of France and in Northern European countries. Recently, when we were planning a special dinner, we decided on an herbed crown roast with a medley of vegetables. With its simple pan sauce, this dinner requires very little preparation time. If you plan to serve it at the end of a busy day, you can coat the roast with the herbs and prepare the vegetables for cooking the night before, so that all you have to do is place the pan in the oven a couple of hours before dinner is to be served.

Most butchers will be glad to prepare a crown roast for you. The crown is formed from the two rib ends of a pork loin, or from the entire loin. The rib bones extending from the meat form a "crown" when the roast is tied in a circle. As a general rule, allow two ribs per serving.

For our preparation, we coated the crown roast with oil, then covered it with a mixture of parsley, coriander, rosemary, thyme, black pepper, salt and garlic. For the accompanying vegetables we chose potatoes, small onions, baby carrots, small squash, peas and green beans.

Cooking time will, of course, vary depending on weight. In general, allow 30 to 35 minutes per pound. Pork is done when it reaches

an internal temperature of 170 F. If you don't have a meat thermometer, make sure that the meat is cooked past the point of pinkness, but not so well done that it is dry.

To prevent the bones from charring, cover them with aluminum foil until the last half hour of cooking, or cook the roast with the bones toward the bottom of the pan.

HERBED CROWN ROAST OF PORK WITH VEGETABLES

- 1 pork crown roast, approximately 6 lbs.
- 3 ozs. cooking oil
- 3 tbsps. chopped fresh parsley
- 2 tbsps. coriander
- 2 tbsps. rosemary
- 1 tsp. thyme
- 1 tbsp. coarsely ground black pepper
- 4 cloves garlic, chopped
- 2 tbsps. salt
- 6-12 small, round red potatoes
- 1 lb. baby carrots
- 6-12 small, round yellow onions, with skins on
- 4-6 small yellow squash
- 1 lb. green beans, trimmed
- 1 lb. small green peas
- Flour, to thicken sauce

Preheat oven to 350 F. Place crown roast in large, deep roasting pan. Rub oil evenly over surface of roast.

In medium bowl, mix herbs with pepper and half of salt. Rub mixture evenly over surface of

roast until herbs form coating.

Pour about 1 quart water into pan and add potatoes, carrots, onions and squash. Place pan, uncovered, in oven and roast 2 1/2 hours, or until pork is cooked through.

During last 15 minutes of cooking time, steam beans and peas until just cooked, but still crisp and bright green.

Remove roast and vegetables from pan and arrange on heat-proof serving platter and keep

warm in oven.

Place pan on stove and over medium-high heat add flour and reserved salt. Add water as needed to thin sauce. Reduce heat and simmer sauce, whisking constantly, until smooth.

Remove heated platter from oven and arrange roast and onions, carrots, potatoes and squash on it. Top roast with some of sauce, garnish with green beans and peas and serve.

Serves 6.

microwave magic



Use those leftovers!

By Desiree Vivea

I know several people (I won't name any names) who are absolute pack rats when it comes to food.

If, at the end of a meal, there remain on the table a half cup of cooked peas and one baked potato, these items will be dutifully wrapped in air-tight plastic and promptly refrigerated.

That's all well and good. As our mothers reminded us (and as we should remind our own kids), there are plenty of people in the world who would be very grateful for these morsels. Food should not be wasted — it's just too precious these days.

But there's a little problem with some of these food savers. While they mean well by hanging onto those two cooked hot dogs and that last little bit of steamed spinach, they never do anything with them.

The food gets wrapped and refrigerated — and forgotten. Three weeks later, there's an unidentifiable blob of strangely colored something in there with the most interesting shade of fuzzy mold growing over it. What might have gone into a tasty and creative leftover meal is just another bit of yuck to clean out of the wasteland at the back of the fridge.

If the scenario sounds familiar (and we are all guilty at one time or another), remember that with a microwave at your fingertips, leftovers are easier than ever to heat up and use.

Leftover rice reheats wonderfully, so don't leave it in the fridge until it's green. Blend with a can of condensed soup, some chopped leftover meat or a can of tuna, and maybe a little cheese or chopped onion. Microwave until it's bubbly and dinner's ready.

Leftover cooked potatoes? Make Potato Cheddar Bake. If you don't have cheddar on hand, use whatever cheese you do have.

Any kind of leftover meat, poultry, fish or shellfish can go into the Creamed Leftover Surprise (it's traditionally made with dried chip beef.) Add a little chopped parsley or some sliced olives for variety.

Quickie Chicken Burritos are just as good prepared with leftover turkey, beef or pork.

Use your imagination (and your microwave) — and get those left-

overs out of the fridge while they're still edible. You'll love what it does for your food budget, and cleaning out the fridge should be easier than ever!

CREAMED LEFTOVER SURPRISE

- 3 tbsps. butter or margarine
- 3 tbsps. all-purpose flour
- 1 1/2 cups milk
- Dash each salt, ground white pepper and paprika
- 4 ozs. dried chip beef, or about 1 cup packed sliced meat, fish, etc.

Place butter or margarine in 4-cup glass measure. Microwave at HIGH (100 percent power) about 45 seconds, until melted.

Blend in flour to make paste, then gradually stir in milk.

Microwave at HIGH 4 minutes, stirring every minute, until sauce is smooth and thickened.

Add chip beef, sliced meat or seafood, stirring gently to blend. Microwave 30 seconds longer on HIGH.

Serve over toast points, warm muffins, or biscuits.

Serves 2 to 4.

QUICKIE

CHICKEN BURRITOS

- 6 (8-inch round) flour tortillas
- 2 cups cooked, cubed chicken (or turkey, beef or pork)
- 1 cup shredded cheddar or Monterey Jack cheese
- 1 large tomato, chopped
- 1/2 cup sour cream
- 3 tbsps. minced Ortega chilies
- 3 tbsps. minced onion
- Red or green Mexican salsa (to taste)

Place equal amount of chicken in center of each tortilla. Sprinkle equal amounts of shredded cheese over chicken.

In small mixing bowl, combine chopped tomato, sour cream, chilies, onion and salsa (to taste).

Spoon mixture onto tortillas then roll tortillas into cylinders tucking in edges to hold filling.

Microwave each burrito on HIGH (100 percent power) 30 to 45 seconds, until filling is piping hot and cheese is melted.

Makes 6.



Transform alcove into focal point

By Barbara Hartung

Q We have a tiny alcove in a small living room of our apartment. It seems to chop up the floor space and makes furniture arrangement difficult. If I put furniture in the alcove, it seems awkward.

Please give me an idea to make the alcove a part of the decoration of the room. — R.B.

A Alcoves almost always conjure up the idea of a window seat — a great place to stretch out with a book. But, that may be a foolish notion because of the precious space it can take up.

Consider placing a library or rectangular Parson's table in the alcove, in front of which you can place a small sofa. Fashion fabric into a dramatic drapery and valance, accenting the alcove that then can become a focal point in your room.

Q I have been remodeling an old home and I want very much to install a tin ceiling. Is that a possibility today? I am certain a tin ceiling would be the appropriate finishing decoration for my dining room. — T.P.

A Yes, it is possible to have a tin ceiling installed. One manufacturer is Pinecrest, 2118 Blaisdell Avenue, Minneapolis, MN 55404. Pinecrest's Gildage 1860s line offers a number of different metal ceilings together with matching ornaments.

Q I have an older home that I am redecorating. The living room has an adjoining room that I use as a music room. This room has only my ebony grand piano and two small upholstered club chairs. I believe the room should have the same floor covering as the living room because of the rooms' arrangement.

My question is about window treatment in the music room. I have a large bay window that I want to cover for privacy in the evening. The living room does not have windows. Should I use a fabric drapery in the music room and repeat the fabric in my living room? Or is there something else that would be better at the windows? — E.C.B.

A If you wish to intentionally tie the two rooms together, certainly a drapery fabric that could be repeated in living room furnishings would be attractive. However, if your music room is small, draperies might tend to be overpowering.

Have you ever considered something lighter, such as wooden louvers that you could stain the ebony of your piano for a very tailored look?

Q I am trying to find the best arrangement in our multipurpose living room/kitchen in our mountain home. The room is not large.

We especially like the sofa directly in front of the fireplace, but we do not have a lot of room for a large dining table we want to use. I do not like the table on one side of the fireplace and the table on the other. What other options would we have? — R.P.

A Try placing the table behind the sofa, using the table as you would a sofa-back table. You would cut down on the number you would have for sit-down meals, but perhaps that wouldn't be a problem because most weekend homes are the scene of buffets and informal dining.

Q I have a traditional home filled with pine reproductions. I have added new draperies in a small floral inspired by a fabric similar to what you see at Williamsburg. The provincial fabric has a cream linen background with tiny cranberry and blue flowers.

What colors should I use in upholstery fabric in my living room for a sofa and pair of wing chairs? I had thought of the cream background for the sofa but I believe I need more color because the walls are cream and the floor is a medium wood tone.

Please give me some suggestions. — P.C.S.

A If your sofa is against a cream wall, a cream sofa fabric would blend the furniture into the wall. That's fine if you want to do that in a very small room. However, your wish to use more color suggests perhaps the blue and cream would be a likely choice for a sofa fabric perhaps in a small provincial print. Use a larger blue and cream floral print on the wing chairs — maybe a crewel if you could find one.

Accessorize with cranberry glass.

Q I like white in a room because it gives such a clean, crisp look. But there are so many whites I get confused when I go to the paint store to select one.

Now I want to redecorate my daughter's room and I think white walls are what we want. How does one tell what white will do in a particular room and what type of white is best — creamy white, stark white, etc.? — W.C.T.

A There is indeed a wide selection of whites.

If you want a warm and cozy feeling in your white room, choose a white with yellow in it. That softens any starkness and is good if



DECORATIVE DELIGHT — Creative fabric treatment can turn a difficult little alcove into a decorative delight. Here a small sofa is placed in front of a table that fits into the alcove. Elegant fabric by John Wolf creates generous draperies and a valance.



ELEGANCE — An air of elegance is created in this bedroom dominated by an exquisitely dressed canopy bed. Fabrics in prints, solids, geometrics and modified stripes are from Laura Ashley's Raintree Design.

you don't have much natural light in the room.

If you have a very sunny room, you can cool the room down with a white that has a touch of blue in it.

A grayed white can provide a neutral background, especially nice with leather and heavily textured fabrics (but probably not as pleasant for a child's room as the other shades).



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top pay plus benefits. North Shore area. Call 883-6711. hf1

BRIGHT ENERGETIC PERSON
for Dental receptionist. 2 days per week plus 1/2 day on Saturday. Will train. Call 742-2820 wfl

REAL ESTATE SALES PERSON
Generous commissions split. For confidential interviews contact Mrs. Whelan, Fennessy Realty, 116 7th Street, Garden City, N.Y. 11530. 746-6245. gcf1

HOME AIDE WITH CAR
and references needed to care for disabled person, some light housekeeping must be very reliable. Monday-Friday, 9 a.m.-2 p.m. \$5.50 per hour, Hicksville area. Call 681-4838 after 2 p.m. hf1

MINI BUS DRIVERS
Hiring immediately for a.m. and p.m. runs. Also available a.m. only or p.m. only runs. Top pay plus. Call 883-6711. hf1

WILLISTON PARK AREA RESIDENT
wanted to house clean. References, hours and salary to be discussed. Must have own transportation. Call 747-1919 wfl

DISPATCHER SCHOOL BUSES
North Shore area. Call 883-6711. hf1

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to watch your child in her Williston Park home. References available. Call 294-5607. wf3

CLERK TYPIST EXCITING
position available in a unique environment. Knowledge of word processing or willingness to learn required. Typing 40 wpm. Experience helpful but not necessary. Call Personnel, Human Resources Center, 747-5400. wfl

SALES/TYPIST PART TIME
Office sales follow-up, 4/5 days. Electronic products related to computer. Congenial busy office. Williston Park Call 747-6610. wfl

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Newspaper plant needs part time person approx. 20-24 hours per week. Typing, type specs, ad layout experience helpful but will train right person. Immediate. Call Mrs. Pakaluk 931-0012 for appt. hf1hf4

JOIN THE GOLD RUSH IN REAL ESTATE. Century 21 Parkville is now interviewing for sales agents. Experienced or will train. Put number 1 to work for you. Call 294-1900 wf4

DICTAPHONE TYPIST
2 days per week, permanent, returnee welcome, non smoker preferred. Williston Park office. For interview call Diane 741-7575 wfl

TYPISTS PART TIME
Immediate Garden City location. Temporary work. Accuracy important. Hours to suit. Call Mrs. Pakaluk 931-0012 for appt. hf1hf3

SECRETARY WANTED F/T
for Insurance Agency. Mature woman preferred. Mineola area. Typing and steno required, personal lines background helpful 248-4776. wfn

GENERAL OFFICE WORK
part time, good opportunity for working mother (schedule to suit). Williston Park area. 5 days per week, approx. 5 hours per day. Call 248-0404 and ask for Mary. wfl

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Typing, shorthand a must. Full time law office. Will train. Call 365-5792 business days, or 747-0047 after 5 p.m. and weekends. gcf1

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time-28 or more flexible hours weekly. Some telemarketing or outside sales experience necessary. Good opportunity. Garden City Park. Call Mrs. DeAngelo, 483-1533 gcf1

Help Wanted

CARING WOMAN WANTED
to care for 1 year old in my Williston Park home. 3 to 5 days per week. Call evenings 747-5009. wfl

SALES PERSON
Large moving company, must have car, outside sales. Strong closing ability, experience preferred but will train person with previous sales experience. We supply leads, great opportunity, high potential. Salary plus. Call 741-8048 ask for Eleanor. hf1

DRIVERS HELPERS
Experienced moving furniture. Local work, steady employment. Call anytime 741-8048 or 895-3400 hf1

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TYPIST CLERK-CPA OFFICE
Full time employment in Mineola. Typing a must, word processing optional but will train. Beginner Okay. \$6 per hour plus benefits. Non-smoker. Call Marybeth 9 a.m.-5 p.m. 746-6322 wfl

BUSINESS COUPLE
With no children needs a responsible woman as part time housekeeper plus cleaner for home office in Garden City area. Flexible hours, Monday-Friday 228-9400. gcf1

WANTED MATURE CARING
Woman to watch three and five year olds in our Mineola home. One full and two half days. Own transportation required. References. 747-8427 wfl

HOUSEKEEPER LIVE-IN
Preferably, Oyster Bay family. 5 days, all household duties. Own room, TV, must speak English. Reference, own transportation. Call evenings 922-9858 wfl

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Part time, Busy Garden City Real Estate office. IBM/PC/WP experience necessary. 3 days per week. Salary commensurate with experience. Immediate. 294-8383 gcf1

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for two children ages 10 and 11 years old. Two evenings after school each week. Call 747-6817. gcf1

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woman, part time. Call evenings and weekends. 741-3269. gcf1

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RECEPTIONIST FOR DENTAL
specialist Williston Park, 3 full days, no Saturdays, light typing. Experience not necessary. Call 747-8435. wfl

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for large moving company. Pleasant office, flexible hours, returnees welcome. Salary plus. Call Eleanor. 741-8048. hf1

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a week. Must have references and own transportation. Woodbury area. Call after 3 p.m. 367-4346. hf2

SALESPERSON FOR BUSY
Real Estate office. Experienced preferred. June Michel Real Estate, 1205 Franklin Ave., Garden City 248-9003 gcf2

GAL FRIDAY EXCELLENT
opportunity, will train you for phone and office work. No steno, no typing. Very good salary. Part time or full time. 621-3987. gcf1

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to babysit for my 4 year old girl. Monday-Friday, mid-day hours. February 11-May. 747-6315. gcf3

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part time for Tuesdays and Saturdays. Call 294-6106. gcf1

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Experienced, Monday-Saturday, anytime of day. Own transportation. 485-0794 gcf4

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to watch your child in her Williston Park home. References available. Call 294-5607. wfl

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taking care of elderly. Please call. Ericka at (718) 479-3219. gcf4

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will clean your house and/or office. Experienced, reliable, good references and own transportation. Call 489-1449. gcf3

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Available 6 nights per week. Reliable, references and own transportation. Call after 4 p.m. 546-5819. gcf1

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with reference will take care of sick or elderly, 5 or 6 days per week. Call Gean, 486-7013. gcf1

NURSE'S AIDE SEEKING
position to care for elderly person 5 days. Have good reference. Call anytime, ask for Mrs. Lisa at (718) 322-4794 (Will work some weekends). gcf1

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Monday-Friday, 8:30 a.m.-1:30 p.m. References and own transportation. 489-3589. gcf1

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ITALIAN PROVINCIAL fruitwood dining room set. 76" breakfast with lights, fluted oval table, 4 side chairs, 2 arm chairs. Marble top server. Excellent condition, must sell, moving. 718-297-7515

For Sale

LAST CHANCE FOR GREAT buys: 42" round kitchen table with 5 wicker chairs, 2 girls' 26" ten speed bikes, woman's 3 speed bike 28". Teenage antique white desk and bookcase. Child's dressing table. 248-8709

PINE TEEN FURNITURE grouping, 2 dressers and corner chest. Red velvet stripe highback wing chair, custom sofa, upholstered in Leonarde red/blue silk stripe. Milling Road desk. 249-8288

WESTINGHOUSE REFRIGERATOR, side by side, 19.1 cu. ft. white, good condition, \$200. Custom made wood bar, built in shelves for glasses, removable wine rack, locked liquor cabinet. Excellent addition to den or basement. \$500. 328-3666

DOUBLE DRESSER, CHEST and mirror, cordovan mahogany, 12x18 multi-colored gold and white rug, 2 brass etageres, wicker settee, all excellent condition. Call 883-1448

REMODELING SALE Appliances, kitchen cabinets, 10 ft. window box, 10 ft. cornice, shutters, doors, levelers, 40" GE electric range, dishwasher, 1984 GE electric washer, dryer. Reasonable price. Call 746-1663

REDECORATING Must sacrifice 4 shelf glass, brass and wrought iron bakers rack, 60" Wx79" Hx16" D, excellent condition \$375. Granny's grandmothers' china closet, beautiful detail, but needs slight face lift. A steal for \$125. 72" Hx40" Wx14 1/2" D. Call 742-0466

MUST SELL SUMMER PRICE Long natural wildcat and fox fur coat. Never worn, size 10. 741-6108

COLONIAL FURNITURE Marvelous condition, cherry Queen Anne dining table, mahogany hutch, large cherry frame mirror, large cherry dresser, cherry plant stand. Rock maple highboy dresser, rock maple three drawer chest, small maple rocker, small round needlepoint footstool. Pair of heavy bronze table lamps, set of TV tables, dehumidifier, two 100% wool 3'x5' rugs. Call 742-7376

BEAUTIFUL SANTO DOMINGO Mahogany Dr. set. Custom made by famous "Albert Wood & Five Sons" of Port Washington, L.I. Set consists of banquet table, extended length 116 inches, 8 chairs, large buffet, small serving buffet, 2 corner cabinets with glass doors. Set originally made for large Colonial home in Sands Point. Call Mon. to Fri. 9.5 p.m. 466-5272

EVERYTHING NEW IN ORIGINAL parking. King size brass bed, cost \$1,800, sale, \$699. Simmons Maxipedic King mattress and box spring, cost \$850, sale, \$350. Red Fox fur jackets, almost new, \$200. Call eyes, after 5 p.m. 741-3524

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YELLOW & WHITE FORMICA kitchen set, 45" round table, 4 vinyl chairs, good condition \$55. Call 433-3177

MINK COAT DARK RANCH Horizontal cut, excellent condition. Size 8, \$1,600, also white lamb coat, size 14, \$100. Call 746-0906

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PIANO SOHMER CONSOLE with bench, Sferation style, mint condition, beautiful tone, \$1950. Call 354-6035

LOVE SEAT, BLUE small print with wooden frame, \$150, blue upholstered bench, 38x18 wide, \$50, Parquet table, 60" L x 18" wide, \$125, 2 tall base blue lamps, 1 tall ceramic lamp \$5 each, 5 light fixture, black brass, shades \$75, 1 black plastic sconce with 5 candlelights, \$5. 437-0482 after 5 p.m.

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NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. T.B. gcf5

Personal

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. GAA. gcf5

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. GAA. gcf5

HOLY SPIRIT YOU WHO SOLVE All problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. C.R. gcf1



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Thomas, Bryan, Kevin, picture taken on Christmas at Grandma's and Grandpa's house. They are the grandchildren of Mr. and Mrs. Robert T. Beal of Hicksville.

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Here's How

By Gene Gary



Q. I have a question about dry rot, which I am experiencing under the eaves of my house. The spotty areas where it is appearing seem to be under the eaves of the south-facing area of my home.

What causes dry rot? Is there a product I can apply that will stop this condition? Will new paint over the dry rot slow the problem? Will I have to replace all of the boards where the problem exists?

Any help you can give me will be appreciated. — W.G.H.

A. Dry rot usually is caused by moisture in wood that has not been allowed to dry thoroughly, therefore allowing a fungus to grow and decay the wood structure.

If dry rot is very extensive, your only solution is to replace those boards affected. If the area is not too badly damaged, you might treat it with Deep Treat, a product made by Penta that is used to prevent dry rot and also termites.

It is essential that you correct the moisture problem to prevent further damage. Check your roof

Excessive condensation from inside the attic could also cause problems. Insulating the floor of the attic can help, as will increased ventilation within the attic. The installation of a louver high in the attic or ventilation fans in the roof will help allow moisture to escape.

Once you have solved the moisture problem, paint will help protect the wood from future problems.

Q. How can I wallpaper over wood paneling without ruining the paneling? — M.M.

A. This is almost impossible. First you will need to cover the grooves of the paneling prior to applying the wallpaper. This requires the application of a "lining" wallpaper prior to applying the wallpaper finish you have selected. This lining will conceal the grooves and prepare the surface for the wallpaper.

If you decide later to remove the lining and the wallpaper, the wood surface of your wall paneling will require refinishing.

Q. Two bronzes were left to us as family heirlooms. They are dull

and I just do not know how to care for them. I have cleaned them with gentle soap and water, but I am worried about letting them deteriorate. I would really appreciate your help. — D.C.



TWEEN 12 & 20

By Robert Wallace, Ed.D.

about the same that we find anywhere else."

Teens: According to a recent study by George Moschis, a Georgia State University professor, and Judith Powell, professor at the University of Richmond, who surveyed over 7,000 students in rural, suburban and urban Georgia schools, one out of three youngsters is a shoplifter, and teenage boys are the worst offenders. For teenagers 15 through 19, the percentage rose to 43 percent.

Shoplifting is the largest monetary crime in the country, accounting for at least \$16 billion in losses to U.S. businesses each year, Moschis said.

"We wanted to gain insight on the juvenile shoplifters through this study," he said.

The GSU study found that boys age 7 to 19 are more likely to have stolen than girls — 41 percent to 26 percent.

For both sexes, four out of five shoplifters said they did it on impulse with just 20 percent planning their thefts.

As children grow older, boys are more likely to plan their shoplifting, while girls are more likely to swipe merchandise on impulse, the study found.

The percentage of shoplifters who planned their stealing in advance increased from 15 percent for boys 7 to 11 to 27 percent for males 15 to 19, Moschis said. For girls, the percentage of premeditated shoplifters fell from 15 percent in ages 7 to 11 to 13 percent for ages 15 to 19.

Girls are more likely to steal in the presence of friends as they grow into their older teens, while boys grow more likely to steal alone.

"Businesses can learn several things from this," Moschis said. "They can train their security people to keep an eye on young people in groups, especially females. They can make them aware they're out there watching."

Moschis currently is working on a study, expected to be completed this year, to determine how many children become repeat shoplifters — those presumably causing the most trouble — and to find out if young people consider current anti-shoplifting measures effective.

According to the Associated Press, students filled out their own responses anonymously, so the survey is believed accurate.

You can pretty much apply this to any part of the country, Moschis said. "I've been doing research for 12 years concerning teenage behavior, and I've found that the things we learn here (Georgia) are

Dr. Wallace: I'm an unwed mother (age 19) and I live with my parents who are perfect grandparents.

My problem is that one or two nights a month I would like to go out socially with my friends, but my parents feel that I should not leave the baby. They say they never left their children and that I should never leave mine.

I love my baby but occasionally would like to see a few friends without bringing my baby along. Am I wrong? — Julie

Julie: Your parents are laying a "guilt trip" on you. There is no reason you should be denied an occasional night out socially with your friends without bringing the baby along.

Dr. Wallace: I went to a movie with two of my friends and was late coming home because the friend who was driving met an old boyfriend and talked to him for over an hour as we waited for her in a coffee shop.

Now I'm grounded because I got home late. I don't think this is fair. — Brenda

Brenda: When you realized that you were going to be late in arriving home, you should have called your parents and asked for their advice. Your parents were correct when they grounded you.

Dr. Wallace: Please answer my letter. I really need your advice.

I am 19 and so is my girlfriend. We have been going steady for two years. The first year was marvelous but the last three months have been terrible. All we do when we see each other is argue and believe me, Dr. Wallace, she looks for things to argue about.

I haven't seen Beth for over two weeks now and on Christmas day when I went to her house to give her a gift and flowers, her mother said she was out of town but she didn't know where.

I know this sounds stupid and I do realize the relationship is over, but deep down I want to hang onto her. Is there any chance I can? — Steve

Steve: You have two chances — slim and none. The sooner you start seeing other girls the better.

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Mainly for Seniors

By Leonard J. Hansen

How is your health? If you are like most mature adults it is getting better. The assumptions of the past, that with mature years comes declining health, are being proven to be myths for the most part.

In interviews over the years with so-called health specialists, we have been told that anyone aging should "expect" failing health and the remedy given was to "slow down, don't exert, become more passive — lest there be a strain on failing body systems."

Today we know most of that prescription to be pure bunk, and that activity in the elder years is critical — vital — to remaining healthy.

A new study by researchers in the University of Southern California's department of psychology has found, also, that elderly people who improve their physical fitness through regular exercise also improve some of their mental abilities. The USC study evaluated the effects of a 12-week physical training program on residents of the Angelus Plaza senior citizen residential complex in Los Angeles. Improvement was found in "fluid intelligence," which encompasses a person's problem-solving ability, short-term memory and concentration. Psychologists distinguish fluid intelligence from "crystallized intelligence," which is the store of knowledge a person acquires over a lifetime.

The findings showed that those who exercised and improved on physiological measures also im-

proved on measures of fluid intelligence. Another payoff was an enhanced sense of personal mastery.

Charles Emery, a USC doctoral student in clinical psychology, directed the study and told us that "those who exercised — especially the women — also experienced diminished levels of anxiety and depression."

The combination of good nutrition and exercise — as simple as a good walk each day — are proven also by new research to be effective in maintaining good health, physically and mentally.

In other health news:

• **Medicare Deductible** — Effective Jan. 1, 1986, Medicare's hospital deductible goes from \$400 to \$492. From the 61st to the 90th day of hospitalization, the patient's co-payment goes from \$100 to \$123 per day, and from the 91st to the 150th day of hospitalization, the co-payment has been increased from \$200 to \$246 per day. This gives reason to check the agent or company for your Medicare Supplement insurance to be assured that your policy will cover the increased deductibles and co-payments. In some policies you might be charged with extra premiums. Best to check now so you know where you stand on this coverage.

• **New Hand-A-Cize** — People with arthritis in the hands might find both relief and restored activity through use of the Hand-A-Cize. The package comes with three squeeze-exercise devices (red for light tension, white for intermediate and blue for maximum tension).

The package of three devices costs \$17.95 plus \$2 for postage and handling, sent to Medex Inc., P.O. Box 2036, Teaneck, NJ 07666-6758. New Jersey residents should add applicable state sales tax.

• **Flu or Cold?** While colds and flu have many similar symptoms they are very different physiologically and in treatment. A new booklet, *Flu/Cold — Never the Strain Shall Meet*, has been published and is available free of charge through the federal Consumer Information Center. Request the publication by name from the Consumer Information Center, Department 576N, Pueblo, CO 81009.

• **About Hiatal Hernia** — One of the most common ailments among older men is hiatal hernia, where symptoms often resemble those of a heart attack or gall bladder attack. The American Digestive Disease Society has published an informative pamphlet on hiatal hernia that can help the layperson understand it and learn of the treatments and cures for it. For a copy send a \$1 contribution to American Digestive Disease Society, 7720 Wisconsin Ave., Bethesda, MD, 20814.

• **New Dental Crowns** — A new process and material for dental crowns has been developed by the Corning Glass Works, producing a crown that is both very natural in appearance and allows X-ray examination. The latter allows the dentist to check the actual effectiveness of the crown installation. The crown material is called DICOR, and is available through dentists throughout the nation.

• **New Silicone Lens** — The Elastic Lens is a new, flexible silicone artificial lens for patients having cataracts removed. Because the lens implantation requires an incision less than half the size of that required by a standard hard plastic lens, the healing process can be much quicker and more effective. More than 2,000 cataract surgery patients in the United States and abroad have had implantation of the new silicone lens manufactured by STARR Surgical Co. of Monrovia, Calif. Roger V. Ohanesian, M.D., of South Laguna Beach, Calif., one of the first five ophthalmologists chosen to use the lens, told us that the lens is in the final stage of clinical study for approval by the U.S. Food and Drug Administration.

ZIG-ZAG

THE ORIGINAL
WORD MAZE PUZZLE

FLAT

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 DASHED CIRCLES. WORDS MAY BEGIN AND END FROM EITHER COLUMN BUT EACH LETTER CAN ONLY BE USED ONCE.

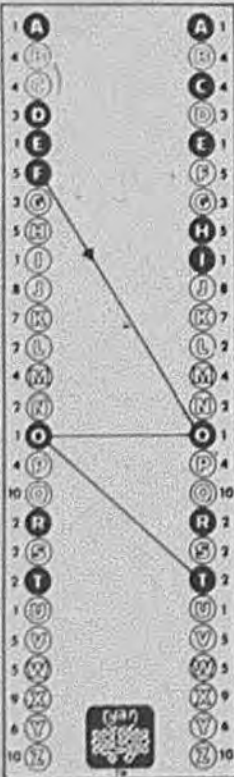


EACH PUZZLE HAS A DIFFICULTY RATING (ABOVE). FOUR STARS SIGNIFY THE HIGHEST DEGREE OF DIFFICULTY.

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

- 1 []
- 2 []
- 3 []
- 4 []
- 5 []
- 6 []
- 7 []
- 8 []
- 9 []
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JUNIOR EDITION

PENCIL

CARTOONIST'S TIP: IF YOU WANT A CHARACTER TO SING OR YELL LOUDLY DRAW THEIR MOUTHS REALLY LARGE. THEN DRAW EYES AND EYEBROWS TO SHOW HOW THEY FEEL. TRY IT OVER HERE!



Aunt Tilly's Corner

I'm sure all of you were saddened by the death of the seven brave astronauts on the space shuttle Challenger. As I write these words to you there is still no indication as to what went wrong, what caused the terrible accident.

It is important that we learn all we can to protect other men and women who will be engaging in space travel in the future. It will mean that the lives of the seven people were not lost in vain, but helped our country to learn more about the conquest of space.

Your friend,

Aunt Tilly

P.S. This week's coloring contest winners were Kelly Kear and John Lynch.

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, February 14, 1986.
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

UNRECYCLABLE BITS OF

PAPER & CARD-BOARD ARE GOOD FIRE-STARTERS



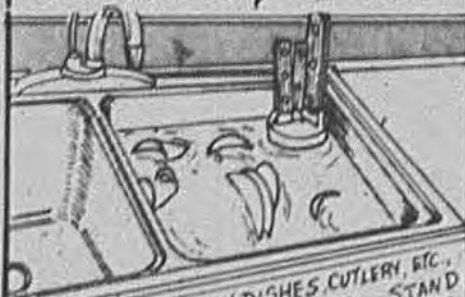
SAVE THESE PAPER BITS IN A BROWN PAPER BAG

PUT THE ENTIRE BAG INTO YOUR WOOD STOVE OR FIRE PLACE AS KINDER FOR THE TWIGS & LOGS

SEND YOUR IDEAS TO "RECYCLING" IN THIS PUBLICATION

RECYCLING

Putterin' Pete



IF YOU LIKE TO SOAK DISHES, CUTLERY, ETC., OVER NIGHT IN THE SINK, DO THIS: STAND WOOD-HANDLED PIECES IN A CUP OR GLASS TO KEEP THE WOOD OUT OF DETERGENT. SAND AND OIL WOOD HANDLES OCCASIONALLY. THEY'LL LAST LONGER.



Points on Pets

When to vaccinate pups for distemper

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

Q. When should we have our 4-week-old mongrel puppy vaccinated against distemper? It has been several years since our last dog died and we have not kept up on the times that dogs need vaccination.

A. Our neighbor's dog is the mother. We do not know anything about the father.

A vaccination is the best way to prevent distemper in dogs. Although recommendations vary among veterinarians from different localities, the general recommendation for canine distemper vaccination is to first vaccinate at approximately 8 weeks of age. A second vaccination should be administered at 12 to 16 weeks of age. Adult dogs should be boosted for canine distemper annually.

Puppies receive their immunity against bacterial and viral diseases by two methods, active immunity and passive immunity, and each puppy's level of immunity against distemper is different.

Active immunity is acquired through being exposed to a virus or bacteria during disease or by vaccination. If a susceptible dog is exposed to an infectious disease such as distemper, it will become ill and manufacture antibodies against the infectious agent. When the dog recovers, these antibodies provide protection against reinfection.

When a dog is vaccinated for an infectious disease, such as distemper, antibodies are produced against the altered germs in the vaccine. Just as with natural disease, these antibodies protect the dogs against the disease whenever he is exposed to the bacteria or virus for which he was vaccinated. Since active immunity gained by having a disease or by vaccination diminishes with time, booster injections should be given to maintain a high level of protective antibodies within the system.

Passive immunity involves the passage of protection against specific diseases between animals. A classic example is that passed in the first milk, or colostrum, between mothers and their newborn. Puppies are able to absorb antibodies from their bitch's milk during the first 24 to 36 hours following whelping. Following this time the puppies' intestines are unable to absorb the immunoglobulins from the mother's milk.

The length of time that passive immunity is protective is dependent upon the level of antibodies in the blood of the dam at the time of whelping. Dams vaccinated within a few weeks of whelping have the highest concentration of antibodies within their colostrum. If the bitch was never vaccinated against a dis-

ease, her puppies would not receive any protection against the disease from her.

Normally passive immunity lasts for only 12 to 16 weeks in newborn puppies. Passive antibodies, such as those received through colostrum, often render vaccines given to create active immunity ineffective. This is one reason why vaccinations do not always produce protective antibodies in very young puppies. Therefore, the recommendation is given to administer two or three vaccinations at three- to four-week intervals in young puppies.

There are tests available to determine if a bitch is capable of passing protective immunity to her puppies for distemper. Your local veterinarian can advise you regarding the best distemper vaccination program for your dog.

HEAD []

FOOT []

CAR []

THIS []

FLAT []