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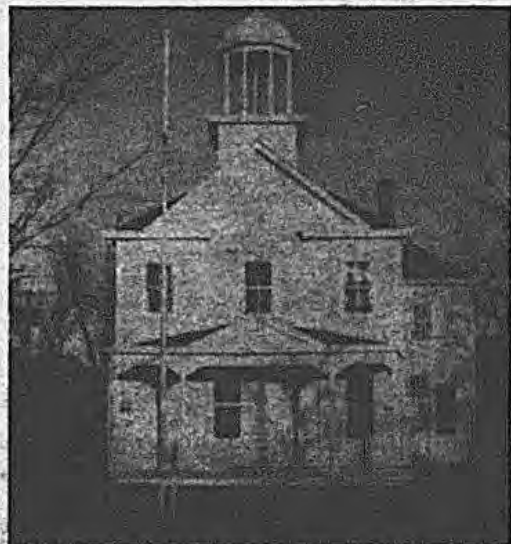
# Mid-Island Times

## & Levittown Times 25¢

Vol. 46 No. 7

USPS 346-760

Friday, February 13, 1987



Looking pretty good for its 92 years is the Old Hicksville Courthouse, bright with its new paint job and window renovations. Since 1969 the home of the Gregory Museum Long Island Earth Science Center, the building had a long previous history as Hicksville "town hall," as a polling place for local district elections and as town and Nassau County civil court. The landmark is listed in the Federal Register of Historic Buildings. Since July, it has been the object of Town of Oyster Bay Intergovernmental Affairs Dept. Community Development Project. The project, just about completed extensive renovation, structural strengthening, and preservation.

## 1,200 Periodicals For School Libraries

As members of the Nassau School Library System (NSLS), libraries at Burns Avenue and Dutch Lane elementary schools, Hicksville Junior High School and Hicksville Senior High School can take advantage of a recently compiled list of 1,200 magazines held by 250 Long Island school libraries.

Using this computer-generated list, librarians can find out which of their colleagues has a periodical they need. When a student asks for such a magazine, it can be borrowed using the inter-library loan system already in place through NSLS, or an article can be photocopied and sent.

"This is the first time such a catalog has been brought together on a large scale or accomplished by use of a computer," says NSLS Coordinator Carol Kroll. An earlier cooperative list was produced on a typewriter and included periodicals from only 66 schools.

Each of the 183 NSLS member

libraries has received a paper copy of the list and those who contributed to the database received a free microfiche version.

School librarians are likely to change their approach to periodical ordering as a result of having the new combined list. They will be able to coordinate selections with other districts and have more titles available for users.

Funding for the production and publication of this union list - in both microfiche and printed form - was provided through a grant from the Library Services and Construction Act (LSCA), distributed by the New York State Library. The Long Island Library Resources Council (LILRC) coordinated the project under the direction of Rhonda Buttacavoli.

The Nassau School Library System was created in 1985 and now has members in 50 local school districts and 17 private schools. The system is state-funded, and membership is open to any qualified school library.

## This Issue

This second issue in February includes three sections. The first is the main news, with all the local area news and photos. The second section is the annual Health Care Edition which has become a popular service to readers over the years. It contains many ads from local health care services plus editorial information that the whole family will find interesting. It is one of the 15 special editions given, at no extra cost to subscribers, each year. The third section is the regular Discovery Magazine with columns and features for every member of the family plus classified ads that are as interesting as local news stories.

## Man Burned Cleaning Machine

The Arson Squad reports the details of a serious burn victim that occurred in Syosset at 2:33 p.m. February 4.

Edwin Yerks, 26, graphic artist, of 75 Division St., Holtsville, an employee of National Video Clearing House, 100 Lafayette Rd., Syosset, was cleaning the rollers of a machine when a spark apparently ignited the solvent.

While attempting to put the fire out he suffered facial burns, burns to his chest and legs. He was admitted to the Nassau County Medical Center, East Meadow in serious condition with second and third degree burns.

The damage to the business was minimal. Det. Miller of the Arson Squad and Fire Marshal Holmes are investigating.

## Thespians Appear In Comedy

Martin Perry, Hicksville thespian, will direct "Lovers and Other Strangers," award winning comedy to be presented by the Universal Players 8:30 p.m. Fridays and Saturdays, February 20, 21, 27, 28 and 2:30 p.m. Sunday matinees, February 22 and March 1, at South Nassau Unitarian Playhouse, 228 S. Ocean Ave., Freeport.

Cast members from the Hicksville vicinity include Harold Rubin, Mara McKenna, Robert Kierman, Angel Stokely, Charles Addison, Ruth Brennan, Diane Deleso, Winnie Merkle, Len Perlmutter and Dotty Monahan.

For information, please call 822-4260 or 223-5646.

## Two Students Chosen For Choral Honors



Pictured, left to right, are Gina Aiello, John Hawkins and choral director Charles Arnold who proudly notes "they're super kids!"

Talented High School vocalists Gina Aiello and John Hawkins have been selected for the All-Eastern Chorus, and they will join the group for a performance in Baltimore, scheduled for March. The two young singers have already been named to the All-County and All-State Chorus before earning this new distinction.

John is Vice President of the school chapter of the National Honor Society and President of the Thespian Society, a theater arts group. He also serves as Vice President of Students Against Abused Substances, and he is a

member of the Madrigal Singers and the Modern Music Masters. With all these activities, including performances in school plays, John is also a fine student who earned a place on the Principal's List.

Gina is the Vice President of the Thespian Society and holds membership in the Madrigal Singers and the Modern Music Masters. She is also active in Students Against Abused Substances and Students Against Driving Drunk. An Honor Roll student, Gina is also a frequent performer in school plays.

## Eleven Chosen For Mock Trial

Eleven students in the High School enrichment program are preparing for the Nassau County Bar Association Mock Trial Competition in which they will compete in a civil trial as lawyers and witnesses against students from other county high schools. The first round will be conducted with challengers from Wheatley High School in February.

Ms. Marie Floccari, an attorney associated with the Mineola law

firm of Hession, Halpern, and Bekoff, has volunteered her services to assist our students in the preparation for the competition. Students involved include seniors Lisa Lancer and Scott O'Callaghan, juniors David Ching, Karen Gluszak, Tom Graepel, David LaSpaluta, Sheila Raza, Carol Victor, Bob Walsh, and Harriet Young, and sophomore Tom Reilly.

## Computer Lab Opens At Willet

In January, Willet Avenue School's computer laboratory became operational. All children in Grades One through Six spend one forty minute session each week learning new skills on the computer. Programs dealing with Keyboarding, Math, Language, Social Studies, and Science are utilized by classroom teachers during the computer period. The teachers of fifth grade have also recently begun teaching the

children the rudiments of word processing to prepare them for the State Writing test in May.

The lab is also utilized by the editors of the Willet Avenue Newspaper to compose and edit pieces for the paper. During lunchtime-recess, the lab is also open to students so that they can use the various programs in the school. Mr. Dunn, the Principal, hopes to expand the number of programs during the year.



Willet Avenue Computer Aide Diana Rigert assists first graders at their computers.



First grade teacher Sophie Milburn observes Frank Seler and Devang Shah as they work at the computer.

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## Hicksville:

### Then And Now



Old Country Road really looked old countrified back in 1954 when this photo was taken looking west toward Broadway from near the corner of South Elm Street. An emerging LILCO headquarters was springing up at the left, on the one-time Puvogel farmland. Park Avenue is on the right and a grassy meridian divided the road with plenty of parking space on either side. The LIRR crossing can be seen in the distance, before elevation of the tracks over Old Country Road.

(Courtesy of Historical Archives, Gregory Museum)



Today, LILCO quarters have moved onto both sides of Old Country Road and the LIRR gate crossing is just a memory, making way for the elevated tracks that sprung up between 1962-1963. Several of the old homes remain, but the grassy meridian has been dug up to allow left turns into LILCO. The LIRR railroad overhead can now be seen in the distance.

(Photo by Adam DiPietro)

## Library Sponsors Adult Ed. Conf.

"Reaching and Teaching the Adult Learner: Preparing for Long Island's Future" is the theme of a day-long conference to be held at the Long Island Marriott on Tuesday, March 24.

"Fast changing conditions are creating new demands and opportunities. Long Island's economic future depends on our ability to help people meet these challenges," says Dorothy Puryear of the Nassau Library System who is chair of the conference. "For the first time, all the major associations of educators who serve adults are collaborating to address the learning needs of Long Islanders."

The keynote speaker will be Ron Gross, author of "The Lifelong Learner" and other books in the field, and editor-at-large of "Adult and Continuing

Education Today" magazine. Gross recently keynoted National Adult and Continuing Week, in Washington.

Over twenty of the area's leading experts will cover the following topics: Reaching Out to the Hardest to Reach; The Underprepared Adults on Campus; Technology - Ally of Adult Learning; How Adults Learn in Business and Industry; Exploring Career Options in Serving Adult Learners; and Forging Partnerships Between Business and Education.

A unique Networking Center will enable conferees to explore opportunities in the field, network with fellow-participants and obtain resource materials.

The registration fee, which includes the luncheon, is \$25 for members of one of the co-sponsoring organizations, \$30 for

others.

The co-sponsors of the conference are the American Society for Training and Development (Long Island Chapter); Council for Adult and Experimental Learning, Office of Adult Learning Services of the College Board; Education Information Centers; Nassau Library System; Educational Opportunity Center; Long Island Regional Advisory Council on Higher Education; Nassau Association for Continuing/Community Education; and the Nassau County Library Association.

Partial funding has been provided by the Education Information Centers Grant of New York to the Nassau Library System.

For further information and the conference program, call Myra Grimes at the Nassau Library System, 292-8920, ext. 235.

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**Book Fair  
At Dutch Lane**

On Tuesday, Wednesday, Thursday February 3, 4, 5 Dutch Lane School held its annual book fair.

The children had many books to choose from including authors like Beverly Cleary, Judy Blume, Agatha Christie, John Bellairs, etc.

Selections for our pre-schoolers and Kindergarteners included shape books, Snow White, Raggedy Ann and Andy Books, coloring books, sticker books, etc.

Webster's Dictionary, Flashcards, Coin Folders, Computer Books, Guinness Record Keeper, sold quickly to our older grade students.

Bookmarks and posters were also available and the students were able to order any books that had "sold out" or were not at the sale.

Kathy Haffner Dutch's PTA Ways & Means member kept up with all the book sales along with other PTA members and volunteers. All monies made from the book sale will go to the children at Dutch Lane.



Margaret Kiely's P.M. kindergarten class with their new books: Melissa McCarthy, Shauna Dwivedi, Amit Sondhi, Justin Roostenberg, Gary Bretton, Michelle Coyne, Bridget Chapman, Mike Delaney, Greg Economou, Johnathan Gee, Kimberly McCrea, Scott McDonald, Eric Mockler, Holly Mueller, Sarah Reilly, Joshua Strugatz, Aaron Tisdale and Anwar Djangmah.

**Ethnic Incident At Plainview J.C.**

The Second Squad is investigating an ethnic incident that occurred at the Plainview Jewish Center, Oak Dr., Plainview, between 5 p.m. February 2 and 9 a.m. February 3.

Marcia Skalka, 46, employed at the center, reported a 4' x 4'

swastika spray painted with white paint on the rear of a sign directory in front of the center.

Nassau County Police Inspector Kenneth Carey, coordinator of civil rights is in charge of the investigation.

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Mushroom	7.75	1.25	.75	8.75
Extra Cheese	7.75	1.25	.75	8.75

Add'l item on slice	.50
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Peppers & Eggs	3.00	Veal Cutlet	4.00
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Veal Cutlet Parmigiana	4.25	Shrimp Parmigiana	4.75
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Oyster Bay Town Councilman Thomas L. Clark presents a citation to Thomas Scannapleco in recognition of his attaining Boy Scouting's highest rank, Eagle Scout. A member of Hicksville Troop #64, Thomas received his award at an Eagle Court of Honor presided over by Scoutmaster John Russell. On hand to share their son's proud moment were Mr. and Mrs. Thomas Scannapleco.

### Spelling Champs At Woodland Ave.

Woodland Avenue School principal Dr. Clancy, presented National Spelling Bee certificates to the winners, Amy Entel, school champion and Karen Zeller, school runner-up. Both students are fifth graders. The contest sponsored by Newsday was conducted by teacher, Harry Mandel.



Woodland Avenue School Spelling Bee winners and their teachers, Mrs. Starnes, Amy Entel, Mr. Mandel and Karen Zeller.



Amy Entel, Dr. Clancy and Karen Zeller.

### St. Ignatius CYO News

Tony Mazurco's Clippers were victorious over the Celtics with a score of 30-5. Peter Mazurco and Ryan Quinn scored 15 points each to bring their team to a victory. Rick Hoffman's Warriors beat Brian Finelli's Nets with a score of 22-11. Nick Cassano scored heavily for the Warriors by putting 17 points on the scoreboard himself. Robert Haddad made the balance of the points for the Warriors while it was Tom Morillo who put the 11 points on the scoreboard for the Nets.

The Wild Cats beat the Lions Saturday by a score of 26-12. The total points by Billy Murphy of the Wild Cats would have been enough to win the game as 8 of his shots whooshed through the net. He was followed by his teammate Anthony Panarelli who scored 8 points. The trio of Kristin Baricevac, Robert Isey and Joey Michel played excellent defense for the Wild Cats and also contributed 2 points for the team with a basket by Kristin. Danny McGovern of the Lions broke out this week and scored two baskets for the team which was also matched by Gary Lewis and Marty Theis. The strength of Matthew Bruckner and the height of Patrick Scanlon under the net

contributed to an excellent fourth quarter by the Lions.

Scott Anderson's pulled achilles tendon forced the other members of John Anderson's 76ers to work harder in a team effort to win the game to stay undefeated. The team was led to victory by the valiant scoring of David Gleason, Tom Carolan, John Cicardo, Chris DeBanardo, and David Dorney. Strong defense for the 76ers was played by Peter Theogitis and Dale Gleason.

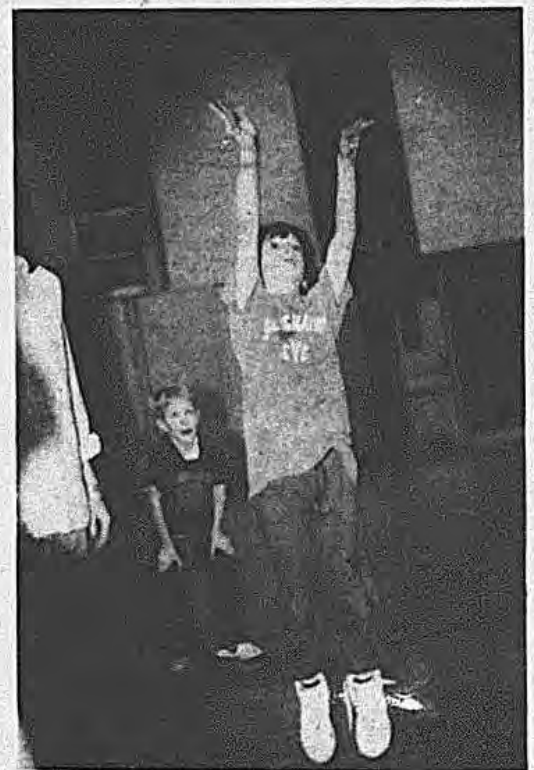
Ken Lewis' Pacers slaughtered Ed Passaro's Bullits 32-12 last Friday night and it was Frank DeStafano's Knicks who beat Don Cleary's Lakers to wind the 5th and 6th grade league down for the week.

On Thursday, February 19, at 8 p.m., CYO will hold its monthly meeting in the basement of the old school at St. Ignatius located at E. Nicholas Street, Hicksville. The topics for discussion this month will include the by-laws, sponsorship committee, spring picnic, baseball/softball.

All parents are encouraged to attend the monthly meeting and give CYO officials their input on the above mentioned topics.



First and second grade league Warriors 22 - Nets 11



Tom Morillo staking a foul shot. Keith Dubon's ready just in case.

# THE OFFICE CAT



By Gabby Tabby

**THERE IS** beginning to be great speculation among Oyster Bay Democrats that a wave of uncertainty and dissension among the Republicans may push a Democrat or two into the Town Board and Supervisor post next election day.....**THE N.Y. TIMES** goes so far as to say there might be some Federal indictments handed down against Town officials.....**THE DEMS** are thinking back to the years that Mike Pelito, the first and last Democrat to be Supervisor ran things. His right hand man was Lew Yevoli, now an Assemblyman. Most people believe Yevoli is willing and able to win.....**IN THE COUNTY** the revolving chairs left Tom Gulotta with the top county job but he has not been elected to the post. Trouble in Oyster Bay may spread.....**THE SNOW** removal was not good this week but luckily most of it is melting rather than being plowed.....**NASSAU** County windfall sales taxes totaled \$1.28 million greater than anticipated this year. But Nassau residents pay three fourths of a cent more than elsewhere in the state and Purcell fought giving that added tax up this year.....**THE SURPLUS** sales tax is going to be returned in proportion to population to the Towns. The Town of Oyster Bay will receive an extra \$212,973 to spend as it sees fit or to cut taxes with. Most serious betting is on spending the money rather than giving taxpayers a break.....**THE POLICE REPORT** is published each week as a public service to alert residents of where crime is committed in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911: **BURGLARS** went to the Tavares residence 88 Cedar Rd., Jericho on Feb. 2. They kicked in a rear door to gain entry. The loss is unknown.....**GLASS** in a rear door of the Mills residence 150 Princess St., Hicksville was broken by burglars on Feb. 3. They entered and stole assorted jewelry, a VCR and a rifle.....**NO LOSS** was reported from the Bugaro home 25 Kuhl Ave., Hicksville between Feb. 2 and 3. Burglars broke glass in the rear door.....**A REAR** window at a house at 6 Arthur Place, Plainview was broken in an attempted burglary Jan. 28 to Feb. 6. The loss is unknown.....**AN AUTO** stereo was stolen from the Garber residence 12 Wren Drive, Woodbury on Feb. 6. Entry was through the front door.....**BURGLARS** came through the rear door of the Rubinstein residence 7 Martin Place, Syosset on Feb. 7. A VCR was stolen.....**TWO BAKERY** cakes and jewelry were stolen from the Gruber residence 2 Martin Place, Syosset on Feb. 7. Burglars entered through a rear door.....**A VCR** was stolen from the Egrin residence 28 Forest Drive, Plainview on Feb. 7. Burglars entered by breaking glass in a front window.....**A STEREO** and cassette were stolen from the Silverbauer residence 80 17th St., Jericho between Feb. 7 and 8. Entry was by breaking glass in a rear window.....**THREE CAMERAS**, 5 watches and assorted jewelry were stolen from the Miller residence 47 Elderberry Rd., Syosset between Feb. 6 and 8. Entry was by breaking glass in a rear side window.....**BURGLARS** broke into the Diesso residence 15 Kingdon Ave., Hicksville on Feb. 3. They entered through a side window but no loss was reported.....**\$280** and jewelry were stolen from the Maguire residence 6 Marbourne Rd., Bethpage on Feb. 4. Entry was through a rear window.....**BURGLARS** entered the Nietteman residence 27 Elizabeth Dr., Bethpage. \$1350 and jewelry were stolen.....**BURGLARS** entered the house at 26 Elizabeth Dr., Bethpage on Feb. 5, the Sternreich residence. \$175 and jewelry were stolen. Entry was through a rear window.....**AT 24** Elizabeth Dr., Bethpage burglars entered the Cheslock home on Feb. 5 through a rear window and stole \$500; jewelry and a camera.....**BURGLARS** came through a rear window of the Panteler residence 4150 Joyce Pl., Bethpage between Feb. 7 and 8. They stole a VCR, jewelry and a mink jacket.....**BURGLARS** entered the Pelgari residence 84 South Zorraine Dr., Bethpage between Feb. 7 and 8. Then entered through a side window. No loss was reported.....**JEWELRY** was stolen from the Bowden residence 4147 Florence Rd., Bethpage on Feb. 8. Entry was through a rear window.....**A VCR**, jewelry and \$250 were stolen from the Faultings residence 3 Oxford St., Hicksville between Feb. 6 and 7. Entry was through a side window.....**\$322** and a cash register were stolen between Feb. 5 and 6 at the Photo Works 25 Bloomingdale Rd., Bethpage. Method of entry is unknown.....That's all the news for now.....G.T.

## Library Offers Children's Prog.

A performance by the Story Concert Players, a woodwind trio, will be the fourth program in the children's 1986-87 "Music-Go-Round" series, according to Oyster Bay Town Councilman Howard T. Hogan, Jr. "The Story Concert Players...clarinetist Dorothy Belford, oboist David Kossoff and bassoonist Donald McGeen...have performed extensively in the metropolitan New York area, with appearances at Lincoln Center Library, Brooklyn Museum, Pace University, Columbia University and N.Y.U.'s Maison Francaise," Hogan said. "In addition, the group recently performed its fifth series of intergenerational concerts for senior citizens and youth at locations throughout the greater New York area." For this performance, the Story

Concert Players will offer an introduction to chamber music especially geared for a young audience using excerpts from "Peter and the Wolf" and other childhood favorites. The performers will introduce each work to the audience, demonstrate the instruments and answer questions.

The program, which is the fourth in the series of 10 being sponsored by the Cultural and Performing Arts (CAPA) Division of the Department of Community Services, will be held on Friday, February 20, at the Plainview-Old Bethpage Public Library, 999 Old Country Road, beginning at 2 p.m. For further information, contact CAPA at 795-5943.

## Norstar Promotes Mary Kelly



Mary C. Kelly

Norstar Bank of Long Island announced that Mary C. Kelly has been promoted to operations officer and officer-in-charge of the Walt Whitman branch in Melville. Norstar currently has 58 banking offices serving Long Island with total assets of \$1.5 billion.

Mrs. Kelly joined Norstar in 1976 as a part-time teller in the Levittown branch. She progressed through various levels of branch responsibility and in 1984 was promoted to assistant branch manager in the Deer Park office. In 1986, as assistant branch manager, she assumed the responsibility of the operation of the Walt Whitman office in Melville.

She attended the American Institute of Banking and has completed a Dunn and Bradstreet course in credit and financial analysis.

Mrs. Kelly and her husband, Robert, reside in Hicksville and are the parents of four children.

## 'ManOfLaMancha' At Mid Island Y

The Broadway musical show "Man of La Mancha" will be performed at the Mid-Island YM & YWHA, 45 Manetto Hill Road, Plainview on Saturday evening, February 21 at 8:30 p.m.

"The Impossible Dream," "Dulcinea" and "Man of La Mancha" are among the many wonderful songs in this play about the adventures of Don Quixote. The fully staged performance is by Plaza Theatrical Productions under the direction of Kevin Harrington.

The cost of tickets is \$8 for "Y" members and \$10 for non-members with a \$1 discount for senior adults and students.

For more information call the Y at 822-3535.

## Arm Broken Off Crucifix Image

The Second Squad is investigating a criminal mischief to a crucifix that is located on the front lawn of the Holy Trinity Lutheran Church, Jerusalem Ave. and Old Country Rd., Hicksville.

Rev. Dominick Ciannella reports that between February 1 at 6 p.m. and February 2 at 9:30 a.m. the left arm of the 15' wooden Christ figure was broken off by person or persons unknown.

Anyone with information regarding the incident is requested to notify the Second Squad at 364-0500; all calls will be held confidential.

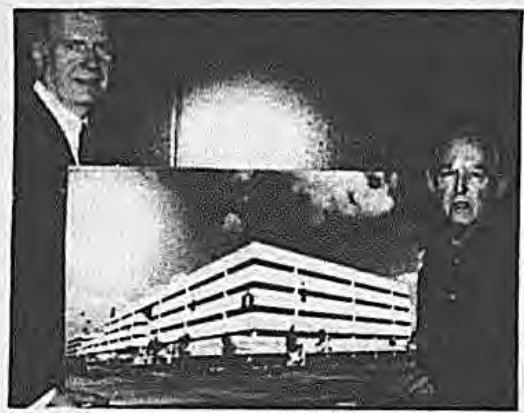
## Editor's Notebook

This is the time of year when most colleges and universities are acknowledging the accomplishments of their students during the fall semester. If you're a parent of a college-age student you may be wondering how we get to know this information for publication.

Well, some schools have very active public relations departments and poll students about local weekly newspapers in their hometowns. In this case the school sends us the information; sometimes about just one student and in other cases, such as Nassau Community College nearby, listing many local students.

Youngsters don't always want to have their names in print but it certainly is much better to be acknowledged for good deeds rather than bad ones. As your local hometown newspaper we invite you to let us know, in writing, about what's going on with your college bound children. Check out the school - if they don't send to local newspapers, tell them they can. If they don't have a staff to handle the job than you can certainly do it.

We are all aware that there are many problems facing teens in today's society. Where else will they get the pat on the back that they deserve when they do something good? Certainly not in the dailies, not on TV and definitely not in free throwaways. We, here at this newspaper, are interested in promoting the good about our community and with your help we'll achieve this goal. V.P.



Manufacturers' Hanover Senior Vice President Charles Walsh, left, enjoyed meeting members of the Hicksville Gregory Museum and Historical Committee, recently. Museum photographer Edward Bady right, and Historian Richard Evers, presented the prominent banking leader with a large color photograph of the bank's great credit card and consumer credit operations center in Hicksville, which Mr. Walsh administers. Erected in two stages, 1976 and 1981, the Duffy Avenue Hanover operation is the largest single-user building on Long Island and employs about 3,000 people.

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Per check charge if balance drops below minimum	none	\$ .25 if balance is under \$2,500	\$ .25	\$ .40	none
Free checking for Senior Citizens regardless of balance	yes	no	no	no	no

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Westbury, NY 11590  
333-1700

**HICKSVILLE OFFICE**  
405 Jerusalem Avenue  
Hicksville, NY 11801  
938-9500

**BOWLING GREEN OFFICE**  
2530 Stewart Avenue  
Westbury, NY 11590  
334-4000

**CARLE PLACE OFFICE**  
Parkway Plaza Shopping Centre  
(Glen Cove Road)  
Carle Place, NY 11514  
248-8700

### Free Tax Help Available

Beginning Monday, February 2, and continuing through Wednesday, April 15, assistance for Income Tax preparation will be available at the Hicksville Public Library. This service is provided by volunteers who are trained by the IRS through VITA (Volunteer Income Tax Assistance) program. The AARP (American Association of Retired Persons) volunteers will assist only people 60 years old and over. Students enrolled in Business courses at local colleges will be available to help everyone. The schedule is: Sunday - Hofstra, 1-4 p.m.; Monday - SUNY at Westbury 7-9 p.m.; Wednesday - AARP 10-2 p.m.; Thursday - Nassau Community 5-8 p.m.; Friday - Adelphi 2-5 p.m.; Saturday - SUNY at Westbury 10-2 p.m.

There is no charge for this service. Volunteers will be in the Young Adult Section of the Library.

### Fatal Accident In Old Bethpage

The Eighth Precinct reports a fatal auto accident on Round Swamp Road, near Melbourne Lane, Old Bethpage which occurred February 4 at 9:10 a.m.

A 1979 Pontiac, operated by Terry Fichter, 20 years, of 391 Woodbury Road, Woodbury, was southbound on Round Swamp Road. Anita Haegel, 66 years, of 104-79 Round Swamp Road, was walking northbound on Round Swamp Road when she was struck by Ms. Fichter's vehicle.

Upon arrival of Eighth Precinct officers, Ms. Haegel was transported to Nassau County Medical Center, East Meadow by a police ambulance.

The Eighth Squad reports that Ms. Haegel succumbed to her injuries at the Nassau County Medical Center. She was pronounced dead by Doctor L. Elyoussef of the staff at 5:15 p.m. on February 4.

Ms. Fichter was issued a summons for no inspection and the investigation is continuing.

### In Memoriam

#### Holly Zavattieri

Holly Zavattieri of South Elm Street, Hicksville, died on Saturday, February 7, after a long illness. The beloved wife of John Zavattieri, she was the mother of Mrs. Paulette Yarsinske, the late Joel Beniamino, and Daniel Beniamino of Colorado. Four grandchildren survive her: Lisa and Thomas Yarsinske and Autumn Rae and Vernon Beniamino. She was the dear sister-in-law of Anne and Richard Evers.

The daughter of the late Joseph McGlynn and Mrs. Mignonne DeGorta and sister of Mrs. Peggy Gillon, Mrs. Patricia Salay, Mr. Edward McGlynn and Mrs. Sandra Martz, Holly Zavattieri was born and raised in New Jersey. She came to Hicksville as a young bride in 1949, with her husband, the late Bernard Beniamino, a partner in the Hicksville Gables housing development on East Old Country Road.

The deceased was waked at Stocks Funeral Home, a Mass of Christian Burial was said at St. Ignatius R.C. Church on Wednesday, February 11, 1987.



## Students Visit Museum Of Art

On Tuesday, February 3 Dutch Lane's 6th grade students took a bus ride into the city to visit "The Metropolitan Museum of Art".

The students explored the galleries of Egyptian Art on the main floor, and got to go inside of a pyramid. They also saw "Treasures of Tutankhamun" including a gold Scarab Bangle bracelet and necklaces, a stone sculpture of a hippopotamus named "William", a cosmetic

vase in the form of an Ibeq, and bronze statues, etc.

The students learned how Egyptian families lived along the Nile River for thousands of years in its warm climate. They called their country Ta-mery which means "beloved land". After seeing the many pictures, models, personal belongings, and statues the students were able to understand the ways of the "Egyptian".



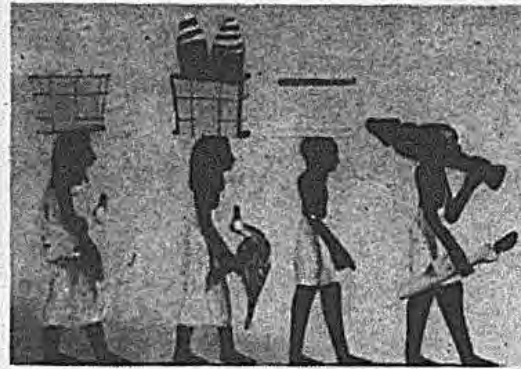
Students on bus ride into city: Dena Grippaldi, Jenny Ponech, Joy Marchese and Jennifer Reila.



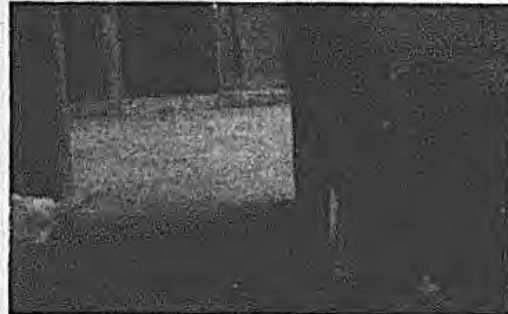
In front of the Museum of Art; Christine Lay, Sherry Lin, Karen Romanelli, Luisa Esobar, Mr. Provoet (6th grade teacher) and Eileen Hayes.



Mr. Smith (6th grade teacher) with students Karan Romanelli and Dena Grippaldi outside the museum.



Students got to see these replicas of "Egyptian Offering Bearers." It was interesting for students to see how Egyptians dressed, wore their hair, used make-up and carried items.



Students: Sumet Sondhi, Glenn Hirtzel, Wayne Rothschild looking into an Egyptian tomb.

## Mr. & Mrs. Club March Topics

Listed below are the programs sponsored by the Mr. & Mrs. Senior Adults of the Mid-Island Y:

Wednesday - March 4 - 8 p.m. - "Coping with Alzheimer's Disease" Maureen Campanello of the Family Support Group of the Alzheimer Association.

Wednesday, March 18 - 8 p.m. Entertainer Dale Friedman will perform in "Faces of Broadway". We will also have a Purim party and Hamantashen will be served.

Cake and coffee served at all meetings. Non-members \$1.00.

## Two Injured Crossing St.

Two pedestrians, crossing Broadway at the Mid-Island Shopping Center, Hicksville, at 3:15 p.m. February 2 were struck by a 1986 Ford operated by Anthony Campana, 27, 233 Grange St., Franklin Square.

Audrey Sonthe, 37, 104 Barrister Rd., Hicksville and her father, Louis Cohen, 67, 87-10 204th St., Queens, were transported to Nassau County Medical Center, East Meadow, by Nassau County Police Helicopter; pilot William Nolan and P.O. A.M.I. Michael Irise. The two subjects were listed in serious condition with head injuries. No charges were filed and the Second Squad is investigating.

## HBA Registration This Saturday

Open registration will be held at Levittown Hall on the next two Saturdays, February 14 and 21 from 10:30 a.m. to 1:30 p.m. or mail your check to: Carole Wolf, 7 Harkin Lane, Hicksville, NY 11801. Please make your check payable to the Hicksville Baseball Association.

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 during the All-Star dinner. The money is to be kept

by the family as a reimbursement towards registration. Therefore, registration costs can be as little as \$5.

A uniform deposit is required for the Senior League and Traveling Teams. This deposit is to be given when uniforms are distributed.

Registration fee: \$53 for the first child, \$65 for two or more children per family. Registration fee includes a team photo for each child. \$10 of this registration fee can be refunded by any of the following: 3 hours of shed duty, team mother, coaching, managing or by being a Board member.

If registration is received after February 21, there will be a late registration fee of \$10...no exceptions. Your registration will be returned to you if the late fee is not included.

Ages (as of July 31, 1987) for leagues, depending upon registration: Instructional - 6, 7 years for boys and girls; Farms - 8, 9 year old boys; Minors - 8, 9, 10 year old girls; 10, 11 year old boys; Majors - 10, 11, 12 year old girls; 11, 12 year old boys; Seniors - 13, 14, 15 year old girls and boys; Traveling Team - 16, 17, 18 year old young men and women

**AGREEMENT:** I, the parent of the player/players listed below, give approval for his/her participation in any and all activities sponsored by the Hicksville Baseball Association, and do hereby waive all claims against the organization it represents, except to the extent and amount covered by accident and/or liability insurance. I acknowledge the requirements of HBA: (a) All glasses worn by children must have safety lenses, (b) all boys will wear protective devices furnished by the family.

Signature of Father/Mother/Guardian \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

I, \_\_\_\_\_, am interested in MANAGING ( ), COACHING ( ) a girls/boys team in the \_\_\_\_\_ league, UMPIRING ( ) minimum age 14, COMMITTEE WORK ( ), SHED ( ).

Please print ALL the information for the children you are registering:

LAST NAME	FIRST NAME	AGE on 7/31/87	BIRTH DATE	M/Y	HBA 1976
_____	_____	_____	____/____/____	____	Y/N
_____	_____	_____	____/____/____	____	Y/N
_____	_____	_____	____/____/____	____	Y/N
_____	_____	_____	____/____/____	____	Y/N

Suggestions are greatly appreciated.

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The Injuns of Woodland Avenue School enjoyed the Long Island Indians program of Gregory Museum Historian Richard Evers, recently. Standing in front of their room are fourth grade students of Mrs. Barbara Meyer. Hicksville fourth graders each year are immersed in the social study of Long Island Indians and receive much study reinforcement and enrichment from the Gregory Museum slide photo lectures and "hands-on" contact with genuine Indian artifacts.

## Statue of Liberty Bus Trip Planned

Hicksville Public Library will sponsor a bus trip to the Statue of Liberty, Tuesday, March 31. The bus will leave Municipal Parking Field #7 (entrance on W. Cherry St. or Carl St.) behind Chroma Paint Store on Broadway and W. Cherry St. (do not park in Chroma Parking Lot), at 8:30 a.m. and return at approximately 6 p.m.

The cost of \$24.50 per person includes lavatory bus, tour of the Statue of Liberty, lunch on your own at South Street Seaport and a backstage tour of Radio City Music Hall in the afternoon.

Reservations may be made at the Circulation Desk during regular library hours. Check or money order only. No refunds unless trip is cancelled or there is someone on a waiting list to take your place.

Registration closes March 20.

## Fatal Accident In Hicksville

The Second Squad reports the details of a fatal auto accident that occurred at the intersection of W. John St. and Charlotte Ave., Hicksville at 12:39 a.m. February 6.

Sean O'Rourke, 19, of 27 Venus Rd., Syosset was operating his 1986 Ford T-Bird east bound on W. John St. when he collided with a west bound 1984 Honda operated by Constance Brennan, 27 of 444 Powells Ln., Westbury.

Ms. Brennan was taken to the Nassau County Medical Center, East Meadow where she was pronounced dead at 1:45 a.m. Sean was also taken to the medical center for head trauma. He is being charged with 1192.3 D.W.I. He is to appear in court at a later date.

Both cars were impounded for testing. The investigation is continuing.

## 'Jewel Of Nile' Library Film

The film "Jewel of the Nile" will be shown Friday, February 27 at 7 p.m. at the Hicksville Public Library Community Room.

"The Jewel of the Nile" is a swashbuckling sequel to "Romancing the Stone." A funny, fast-paced gem of a movie you won't want to miss. Rated PG.

## 'The Boy Friend' HHS Production

Hicksville High School is following up last year's sell-out production of "Grease" with the roaring twenties musical "The Boy Friend" to be performed at the high school on March 13 and 14 at 8 p.m. A special performance will be given free of charge for Senior Citizens on Thursday, March 12 at 6:30 p.m.

Many people know "The Boy Friend" as the rollicking musical that made Julie Andrews famous. Others know it best for its lively music, knockout dance numbers and sheer fun, as a group of English school girls on the French Riviera sing and dance their way through this spoof of a roaring twenties musical.

Directed by Judi Paseltiner, with music direction by Charles Arnold and Tom Buttice and technical direction by James Quinlan, this delightful show will involve approximately 60 students. Featured in the cast are Cathy Heberer, John Hawkins, Gina Aiello, Robert Dombrower, Jennifer Jackson, Michael Kiernan, Jessica Garnets, Matt Lloyd, Jeanmarie Georgiano, and Jeanne Antonio.

Reserved seat tickets may be purchased at the high school or ordered by mail. All seats are \$4.00.

To order by mail, send your request to Mrs. Judith Paseltiner, Hicksville High School, Division Avenue, Hicksville, N.Y. 11801. Be sure to enclose check payable to Hicksville High School for the number of tickets desired at \$4.00 each, and indicate your choice of performance date. Name, address, and phone numbers must be included on all requests so that tickets can be processed.

## In Service

Marine Pfc. John G. Huttie, son of Patricia C. and John G. Huttie Sr. of 11 Harrison Ave., Hicksville, has completed the Infantry Combat Training Course at Maine Corps Base, Camp Pendleton, Ca.

During the six week course, Huttie received classroom instruction and participated in field exercises involving infantry tactics; the construction and camouflage of fighting positions; and the use of mines, demolitions and intra-company communications equipment.

He is a 1986 graduate of Hicksville High School.

Army Private Brian E. Whalen, son of Dorothy A. Whalen of 58 Hope Drive, Plainview, has completed basic training at Fort Jackson, S.C.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

He is a 1986 graduate of John F. Kennedy High School, Plainview.

## LEGAL NOTICE THE PEOPLE OF THE STATE OF NEW YORK BY THE GRACE OF GOD FREE AND INDEPENDENT

TO: ATTORNEY GENERAL, STATE OF NEW YORK SALVATORE L. ODDO, PUBLIC ADMINISTRATOR OF THE COUNTY OF NASSAU, and any and all of the persons cited upon this proceeding as heirs-at-law and next-of-kin of said JOHN E. RENKE, deceased, are unknown, and cannot, after diligent inquiry, be ascertained; and, that if said persons or any of them be dead, that the names or parts of the names, and place or places of residence, of any and all unknown persons who are the respective executors, administrators, heirs-at-law, next-of-kin, distributees, legatees, devisees, husbands or wives, or successor in interest of said deceased persons are unknown, and cannot, after diligent inquiry be ascertained and that personal service of the Citation cannot, with due diligence, be made upon them within the State.

### GREETINGS:

WHEREAS, FRED ALTHAUS who is domiciled at 50 Arcadia Lane, Hicksville, New York, has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing, bearing the date the 5th day of August, 1977 relating to both real and personal property duly proved as the Last Will and Testament of JOHN E. RENKE, who was at the time of his death domiciled at 12 Acre Lane, Hicksville, New

York in said County of Nassau, THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 4th day of March, 1987 at 9:30 a.m. of that day why the said Will and Testament should not be admitted to probate as a Will of real and personal property.

IN TESTIMONY WHEREOF, we have caused the seal of the Surrogate's Court of our said County of Nassau to be hereunto affixed.

WITNESS, HON. C. RAYMOND RADIGAN, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 12 day of January 1987. PEYTON BOSWELL, III

Clerk of the Surrogate's Court This citation is served upon you as required by law. You are not obliged to appear in person. If you fail to appear, it will be assumed that you consent to the proceedings, unless you file written verified objections thereto. You have a right to have an attorney-at-law appear for you.

ROSENTHAL & CURRY, Attorney for Petitioner, 1600 Front Street, East Meadow, New York 11554, MIT 1970 4x1/23,30;2/6,13

## Plainview Fire Called Arson

The arson squad reports the details of a house fire that caused extensive damage to the Citrella residence, 6 Glen Dr., Plainview, at 7:30 p.m. February 4.

The fire caused extensive damage to the rear and second floor of the house. It took the Plainview F.D. one hour with 65 men and 6 trucks to extinguish. There were no occupants in the house at the time except for a cat and dog which were rescued.

A fireman, Richard Towsey, 26, was taken to Central General Hospital where he is being treated for lacerations and contusions of the left eye which he received from falling debris. Det. Millar and Fire Marshal Lynch are investigating.

### LEGAL NOTICE

#### NOTICE IS HEREBY GIVEN

that a resolution was duly adopted by the Board of Fire Commissioners of the Hicksville Fire District, Town of Oyster Bay, County of Nassau, State of New York, on the tenth day of February, 1987 subject to a permissive referendum, as provided for by Sec. 6-G of the General Municipal Law.

An abstract of the resolution is as follows:

The Hicksville Fire District maintains a Capital Reserve Fund under Sec. 6-G of the General Municipal Law in which account there is sufficient funds, to accomplish the purpose herein set forth, namely to purchase computer equipment hardware, software and accessory material for storing and recalling necessary information for Fire District purposes.

The resolution further provides that there be transferred from the present Capital Reserve 6-G Fund of the Hicksville Fire District a sum not to exceed Ninety Thousand Dollars and the District Treasurer is authorized to effect such purchase.

This Resolution shall not take effect until March 12th, 1987 unless in the meanwhile, a permissive Referendum, as provided for in Sec. 6-G of the General Municipal Law is required to be held.

Board of Fire Commissioners  
Hicksville Fire District  
Dated: February 10th, 1987  
Attest: John Knight  
District Secretary  
MIT 1973  
1x2/13

## New Tax Laws Library Topic

Tuesday, March 3, at 8 p.m. a tax specialist from H&R Block will speak about "The New Tax Laws" at the Hicksville Public Library.

A question and answer period will follow. This program is free and everyone is welcome.

## College Notes

The following students from Hicksville graduated from Nassau Community College as of December 1986:

Katherine Joyce\*\*\*, Bernadette Scannello\*\*\*, Warren Carpenter\*\*\*, Helen Behan\*\*, Patricia Fulgham\*\*, Susan Porten\*, Dorothy Rausch\*, Karen Brazill\*, Rosalie Basile\*, Elizabeth Kilfoil\*, Gina Santore\*, Eileen Whelehan\*, James Arlet, Christine Kitt, William Cody, Ieva Slogenbergs, Thomas Powderly, Michael Flash, Stan Rykowski, Maureen Geib, Marianne Gannon, Francine Powderly, Steven Culhane, Kim McCandless, Theresa DiConza, Richard Marra, Joseph Johnson, William Cardone, Patricia McGrane, Katherine McCarthy, Barbara Ann Moore, Sandra Sienkiewicz, John Mauro, Maria Cavalluzzi, James Loesch, Joanne Schomburg, Cornelia Kochler, Loretta Lynch, Victor Porcasi, Michael Lastihenos, Mary Cardella, Michelle Bergeron.

The highest honor, summa cum laude, is awarded to students whose final grade point average at the College ranged between 3.9 and a perfect 4.0. It is indicated by three asterisks.

Magna cum laude honors, ranging between 3.7 and 3.89, are indicated by two asterisks.

Cum laude honors, ranging between 3.5 and 3.69, are identified with one asterisk.

Three Hicksville residents have been named to the Dean's List of State University College at Oneonta for the first semester of the 1986-87 school year, according to Dr. Carey Brush, vice president of the college.

They are: Danielle Antonio, 78 Spindle Rd.; Anthony Bongiorno, 62 Linden Blvd.; and Michael Elvers, 54 Cedar St.

Eligibility for the Dean's List requires placement for the semester in the top 10 percent of the class.

## Young Judaea Club Meetings

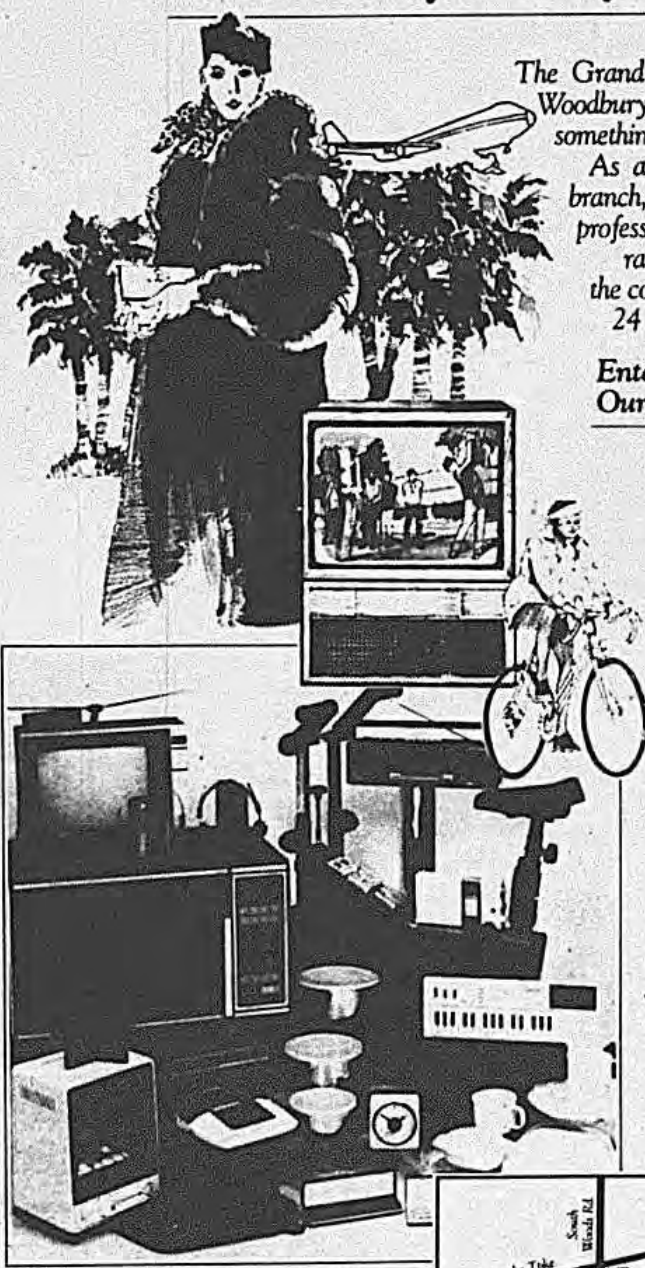
Thursday, February 19 and 26 the regular weekly Young Judaea Club will meet for high school age youth, 8-9:30 p.m. at Mid Island Y. Plainview. Call 433-4960 for information.

\*\*\*\*\*  
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\*\*\*\*\*

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Friday, February 13, 1987

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# VFW Voice Of Democracy Winners Announced

MID ISLAND TIMES Friday, February 13, 1987 PAGE FOURTEEN

The Hicksville V.F.W. Post 3211 held its annual Voice of Democracy program, Monday, February 9 at its post headquarters, 320 South Broadway, Hicksville. Vincent Ferrara, Jr., Vice Commander and Theresa Tisdell, Vice President of the Ladies Auxiliary were the chairpersons.

This year's theme was "The Challenge of American Citizenship." The V.F.W. presented the students with citations, medals, V.O.D. Pins and monetary awards and Thomas S. Gulotta, Supervisor of Nassau County also presented citations on behalf of the County.

Winners from the high school level were: 1st place Genevieve Clark, Holy Trinity High School; 2nd place Scott O'Callaghan, Hicksville High School; 3rd place Paul Herman, Holy Trinity High School.

The sixth grade winners were: 1st place Guy Carlone, Dutch Lane School; 2nd place Michael Loveno, Dutch Lane School; 3rd place Erik McLain, Trinity Lutheran School.

The sixth grade runner up winners were: Andrew Sham, Dutch Lane School; Kerri Ann Corrigan, Willet Avenue School; John Simoneño, Lee Avenue School; Kathy Knauer, Fork Lane School; Renee Fabrizio, Woodland Avenue School; Michael Brindise, Burns Avenue School; Michele Averano, East Street School; Jennifer Brennan, Lee Avenue School; Edward Rivolve, Old Country Road School.

Genevieve Clark and Edward Rivolve also placed in the Nassau County Council Veterans of Foreign Wars Voice of Democracy Program. Dignitaries present who aided in the presentations were William Schuck, Jr., Commander of Post 3211 VFW; Tom Bennet,

Nassau County Council VFW Commander; Carmela Vitiello, President elect of the Ladies Auxiliary Post 3211 VFW; Thomas Gulotta, Nassau County Supervisor; William Bennett, President, Hicksville Board of Education; Thomas Clark, Oyster

Bay Town Councilman and Dennis Dunne, Director of the Nassau County Veterans Service Agency.

Hicksville Veterans of Foreign Wars Post 3211 would like to thank the principals and teachers of all the schools who helped

make this program a success. To the many young people who participated, but did not win, we express our appreciation. The youth of America is the future of America. We salute you!



Thomas Gulotta, Nassau County Supervisor addressing students, teachers, parents and members of Post 3211 VFW on the merits of the Voice of Democracy program.



Dennis Dunne, Thomas S. Gulotta, Scott O'Callaghan, 2nd place winner, Hicksville High School; Tom Bennet and Thomas Clark.



Left to right: Dennis Dunne, Nassau County Veterans Service Agency Director; Thomas Gulotta, Nassau County Supervisor; Genevieve Clark, 1st place winner, Holy Trinity High School; Tom Bennet, Nassau County Council VFW Commander and Thomas Clark, Oyster Bay Town Councilman.



Dennis Dunne; Thomas S. Gulotta; Paul Herman, 3rd place winner, Holy Trinity High School; Tom Bennet and Thomas Clark.



Left to right: William Frohnhofer and Vincent Ferrara, Jr. Vice Commander Post 3211 Veterans of Foreign Wars getting ready for the Voice of Democracy program to get underway.



Some of the winners showing their citations from Nassau County.



Left to right: William Schuck, Jr., Commander of Post 3211 VFW, Theresa Tisdell, Vice President of the Ladies Auxiliary Post 3211 and Vincent Ferrara, Jr. Vice Commander.



Sixth grade winners, left to right: 1st place Guy Carlone; 2nd place Michael Loveno, and 3rd place Erik McLain. In the rear Theresa Tisdell and Vincent Ferrara.

(Photos by Vincent Edwards)

## Choral Concert At Lee Ave.

The Lee Avenue School held its Chorus Concert on Wednesday, January 28, at 7:30 p.m.

The program consisted of:

**THIRD GRADE CHORUS**  
Winter's In The Air Jim Gallina  
The Not So Boring  
Minuet J. S. Bach  
Kids Are Music Ruth Artman

**FOURTH GRADE CHORUS**  
We've Got Music  
Mary Lynn Lightfoot  
Soloists: Sandra Patti, Michelle Zaffato, Razi Nezami, Brian Wong  
Little Lamb Ruth Artman  
The Great Muppet Caper  
Fight Song Joe Raposo  
Lee Avenue Cheerleaders: Liza Carsley, Jennifer Grassick, Deborah Drew, Catherine McEneaney, Suzanne Martha

**FIFTH & SIXTH GRADE CHORUS**  
Jingle Bells Through

The Ages Allen Poto  
Narrator Edward Russo  
Elvis William Ponnell

Soloists: Christopher Dabrowski,  
Christine Linsi  
Children's Waltz Philip G. Klein  
American Bandstand's  
Rate-A-Record

Dick Clark Justin Farrell  
Karen Karlyle, Diana Hoffman,  
Steve Studbrook, Sean Culver  
Disc Jockey Brian Fayda  
Maracas: Laura DeAngelis,  
Gerard Halfpenny, Christina Kilmeth

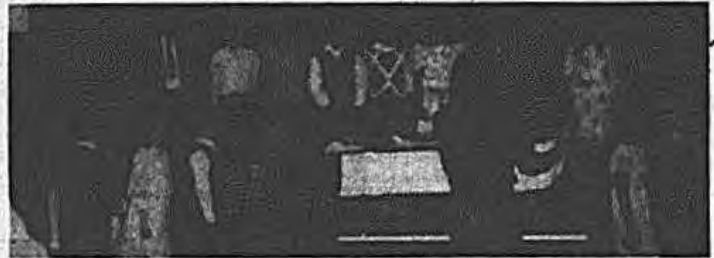
Choral Director  
Joanne Haban

All who attended were delighted with the program and we wish to thank all the children who participated for a very enjoyable evening.

A special thanks to Joanne Haban, Lee Avenue's Choral Director.



Third Grade Chorus



Fourth Grade Chorus

## Yevoli Named To Water Comm.

Assemblyman Lewis J. Yevoli (Dem., Old Bethpage) has been appointed by Assembly Speaker Melvin Miller as a member of the prestigious Ways and Means Committee, considered by many to be the most powerful committee in the Assembly. In addition, Yevoli also received an appointment to the Long Island Water Resources Commission. The Assemblyman is currently a ranking member of the Assembly's Environmental Conservation and Local Governments Committees. He also serves on the Commerce, Industry, and Economic Development Committee and on the Legislative Commission on Solid Waste Management.

Upon notification of the two new assignments, Yevoli stated: "I welcome the opportunity to serve as a member of the Ways and Means Committee where all of the state's fiscal bills are

reviewed. It is an awesome responsibility and as always, I will give it all my energy. I am looking forward to working on the Long Island Water Resources Commission since the problem of ground water contamination and its effect on the future of our potable water supply is one of the greatest challenges we face in Nassau and Suffolk."

Assemblyman Yevoli, who has won praise from taxpayer groups for his efforts on their behalf, is expected to bring his strong views on limiting government spending to his new post on the Ways and Means Committee. His experience and dedication to preserving Long Island's water, which earned him the 1986 Sierra Club's "Environmentalist of the Year Award", should have a beneficial impact on the Long Island Water Resources Commission.

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THE NEXT DENTS?



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Fifth and Sixth Grade Chorus



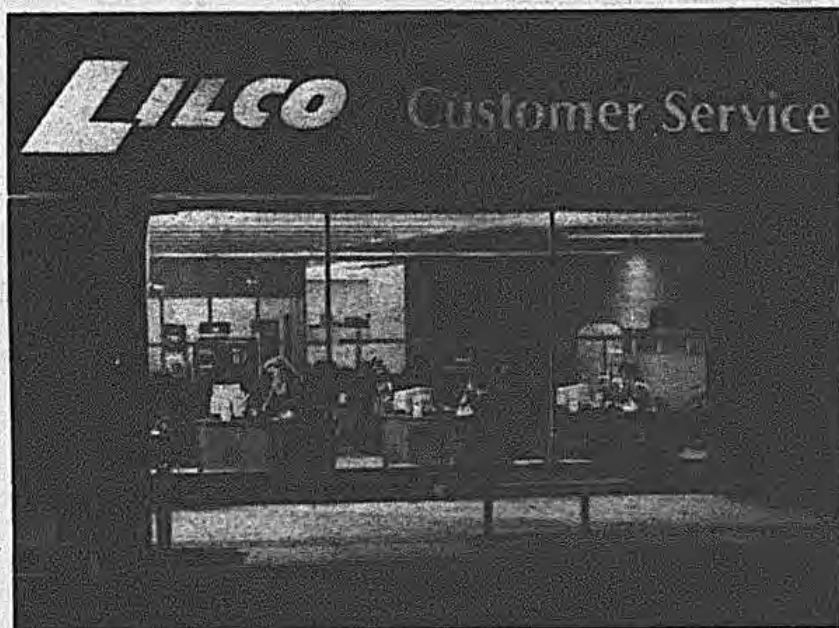
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# Discovery!

Magazine

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



Friday, February 13, 1967



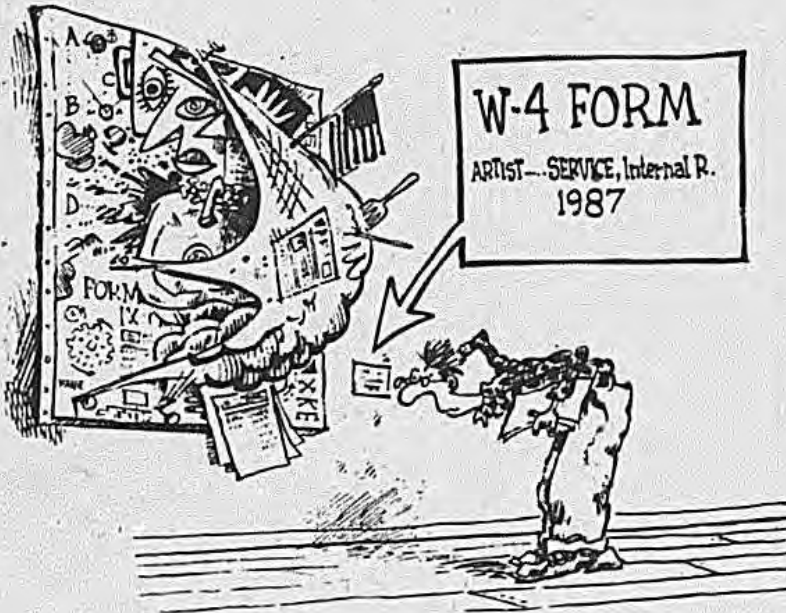
Seasonal  
Grumblings

SEE PAGE 3



## THE QUESTION OF THE WEEK

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5. Publishers reserve the right to edit, modify or omit any and all material.

## Input Callers Favor State Law Against LIRR Strikes

Most callers to Input believe that there should be some form of the Taylor law applied to the Long Island Railroad in answer to this question: "Do you think that the LIRR should come under the non-strike provisions of the Taylor Law?"

### STATE TAKE OVER

Yes. I think the state should take over the enforcement of laws on the Long Island Railroad. It is silly to still be talking about the Federal Railway Act in connection with a purely local rail facility. The Long Island Railroad is almost completely a commuter line and has very little freight business which would throw it into the national picture. There definitely needs to be a way to make strikes unlawful for the LIRR. J.W.

### EXTORTION

The strike was about the worst method of extortion that can be used. The Long Island Railroad and the management of it are working together to make the public so glad that the railroad is again running that they can up commuter fares and give the unions anything they want. If the two had reached agreement without a strike, the management would have to increase the fares to pay for it and then the public would howl. M.T.

### NOT NATIONAL

Considering that the Long Island Railroad is strictly a local service, there is no logical reason for its labor problems to be under the jurisdiction of the Federal Railway Labor Laws. According to our media reports, it would be a simple, and certainly desirable, change for our legislators in Albany to put the railroad under the control of the non-strike provisions of the Taylor Law. In looking at the current salaries of the railway workers, there certainly was no call for them to cause such a massive commuter traffic upheaval. Especially, when under the Taylor Law and without striking, they would most likely end up with the same contract gains. C.K.

### YES TO TAYLOR LAW

I do feel that the Taylor Law should come into effect with the LIRR. This is something that affects hundreds of thousands of people. I, myself, am not a LIRR user but from what I've seen around me, it has put so many people out and it is quite unfair. Many of the railroad people may need more money and they have their rights, but when their rights infringe on so many others, it really doesn't become fair. These things should have been worked out before the contract ended. R.D.

### COURT DECISION

The idea of the Taylor Law and the recent LIRR strike is actually a moot point since the courts have decided that the Federal Railway Labor Act applies. Taylor Act unions have struck, even though not legal. Almost any commuter would feel that the LIRR union should not be allowed to strike given the result of the inconvenience and economic upheaval which is far out of bounds with any gains they may have made for themselves. The real problem here is the political and organizational structure of the Long Island Railroad and its unions. We have here a state mandated monopoly which under usual business laws is probably a restraint of trade. Its unions use the strike threat against commuters as a bargaining tool and its management is accountable to no one. I have several management degrees and I have to question the skills of a labor negotiating team that can't arrive at a contract two years after the due date. No wonder the unions strike. The avoidance of a costly strike is a goal of most profit-oriented companies, but not of the LIRR which has no accountability. Just let the commuters pay. The obvious solution is to disband the LIRR. Let the state maintain the track bed and signal systems. Let's solicit bids to private companies to run the trains. You could have several companies running trains on a single line or multiple lines. And you could have different classes of service ranging from strap-hanger fares to more expensive fares. Presto! The commuter has economic choice and leverage. The management finally becomes accountable to someone and the unions have better bargaining opportunities. G.R.

### THEY OVER-REACHED

I'm no longer a commuter—having retired some years ago, but I suffered during each passing day of the recent LIRR strike just the same. While this action was not a new tactic with the workers, in my opinion this time they over-reached themselves and didn't deserve to be accorded the reasonable restraint of the public and the government. We get excited about hostages being taken in the Middle East but, in this strike, the unions held all of us hostage—the commuters, vendors, businesses of all kinds which depended upon the commuters for their livelihood and profitability and, of course, the public at large. Some managed to get a wind-fall out of the fiasco—buses, subways, hotels, etc.—but, once again, at the expense of the harried commuters. Long Island has forged ahead in recent years but it can ill afford the economic consequences of a take-it-or-leave-it and the hell-with-the-public pressures of organized labor on the vital services of this important commuter lifeline. And, I won't even go into the details of their demands with exaggerated relevancy to the effects of inflation or the requirements and responsibilities of their jobs. Clearly, as an unhappy member of the public, my answer to the question without equivocation is that the LIRR should come under the non-strike provisions of the Taylor Law. P.G.S.



# Discovery!



## Seasonal Grumblings

By Victoria Lemley

Just about now, seasonal grumblings are setting in. The old Scrooge's "bah humbugs" came around Christmas. Mine come in January, actually closer to February...

...when each day I plan to take down, pack up and put away Christmas trimmings and that day comes and goes but the boughs of holly haven't.

...when visions of boughs of hearts and flowers and Valentine-bearing Santas torment my head.

...when the tree seems to be taking itself down--having lost its will to live, several of its ornaments and most of its needles.

...when most of its needles can be found most often under bare feet.

...when the fallen ornaments once painstakingly replaced on just the right branch now provide batting practice for the cat, a red crocheted Christmas bell in particular.

...when the cat has the bell cornered in the living room, my son is making his way up to the attic with a half-filled box twice his size that belongs in the basement and my daughter is standing on an assortment of quivering shirt boxes about to dive into the tree for the last of the candy canes.

...when my husband is looking for his bathing suit for a business trip to the Bahamas.

...when the Pfeernusse are the only Christmas cookies left, the chocolate miniatures are but a memory and the hard candy hasn't been touched.

...when picking up my daughter's room I find three angels that should be with a set of eight in the living room.

...when three angels and four on the end table make seven and all that's under the couch is a red crocheted Christmas bell.

...when what's under the tree (aside from the flattened shirt boxes) doesn't work now or never did, is the wrong size or hasn't a place to call its own as yet and the children want to know how long it is before their birthdays.

...when the sewing machine is incapacitated by unfinished Christmas projects to be completed in February for sure.

February. That's when I diet away the chocolate miniatures (in time for the heart-shaped boxes of chocolates) and return to the attic with the last of the angels (surely it will surface) and the tree skirt overlooked on top of the dryer.

### ABOUT THE AUTHOR

Victoria Lemley, a free-lance writer, is a resident of Garden City and has made frequent contributions to *Discovery*.

# DINING GUIDE

READER RATINGS


**Barbara Rader 9/6/82**  
**Cathy Urbach Pennysaver 9/28/84**

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## READER RATINGS



### SUPERB SERVICE

Devins is an upbeat restaurant in Garden City. It features superb continental food served by a staff that is attentive to your every need. We took a group of eight people there last week and found that the food was excellent and that the service was remarkably good at a time when many restaurants just let you wait and wait. The restaurant had many people in it, but we were still taken care of with good service. Devins has excellent Italian veal parmigiana and fine fish dishes. We recommend that your readers go there and find out for themselves what a good place this is. L.R.

Q. Will you please describe the correct procedure for introducing one couple to another (1) when the couples are approximately the same age, (2) when one couple is older or more distinguished in station than the other? M.J.

A. When the couples are about the same age it doesn't matter whose names are mentioned first. When one couple is older or more distinguished or perhaps guests in your town-you introduce the younger couple.

Q. If your guests completely finish their white wine, down to the last drop, isn't it all right to pour red wine into their same glasses? H.B.

A. No. Either have separate clean wineglasses on the table for the red or wash the dirty glasses and bring them back to the table.



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# READER RATINGS



**Q.** As a non-drinker, I sometimes feel ill at ease in a restaurant when everyone at the table orders cocktails except me. However, liquor makes me ill. Should I say no to my companions?  
**A.** There is no reason for you to feel uncomfortable or to give reasons why you do not drink. When the cocktail orders are being taken, simply smile and say, "Nothing for me, thank you!" or if you prefer, order ginger ale or Perrier water.

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# RESTAURANT GUIDE

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Q. My friend and I enjoy a relaxing drink at the bar before eating dinner in our favorite restaurant. How much should we tip the bartender?  
A. Ten or fifteen percent of the bill is the usual amount.

**DINE OUT**

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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# DINING GUIDE



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## READER RATINGS

Q. Last week we went to a well known restaurant with a party of four people. Each person ordered something different and the result was that the waitress brought the orders out at different times. What happened was that some people had to sit there and let their food get cold while waiting for the others. Some in the party said "go ahead and eat" but no one wanted to do that because it didn't seem right. What should have been done?

G.H.  
A. What should have been done is that you should have complained to the management. You have mentioned a good restaurant and we are going to send the complaint on to them. The food should all be served at once or as nearly as possible. Otherwise no one is dining together and you might as well have all gone alone. That restaurant will have to get on the ball.

Q. Recently I was a guest at a club luncheon in a restaurant. Accidentally, I overturned my tomato juice. What was the right thing to do? The waiter didn't see the accident immediately. T.L.

A. A waiter seeing such an accident would immediately change the cloth, or if that was impossible at a long table, would spread a clean napkin over the spilled food. As the waiter did not do this because he was busy elsewhere, at a large luncheon you could have spread a napkin over the spot yourself, without undue discussion of the incident. Everyone occasionally has things like this happen.

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

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

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

**(Guide to Good Dining)**

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# DINING GUIDE

## READER RATINGS



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Reservations 746-3713

Q. What is the correct way to eat crackers in soup?  
A. Small crackers, such as oyster crackers, may be added to the soup and eaten that way. However, large soda crackers should really not be crumbled into the soup; it is better to keep them on the plate and eat them along with the soup.

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**READER RATINGS**

**DINING GUIDE**

**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 the 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.

**FINE SEAFOOD**

Our party of four had dinner at Estoril Granada, on Mineola Boulevard in Mineola. Seafood seems to be their specialty. We asked the waiter for suggestions and he thought we would enjoy Carne Porco Alentejana. This consists of pork and clams in a delicate brown sauce. It was a happy choice. The other couple ordered the Caldeirada, which is the Portuguese version of Bouillabaise. Our friends heartily endorsed their choice. If you are hankering for something unique and delicious, I think you will enjoy Estoril Granada. We enjoyed the ambiance of the restaurant and found the service excellent. G.W.

Q. I have noticed that tips are said to range from 15 to 20 percent of a bill in a restaurant. When you calculate this, do you figure in the sales tax? R.K.

A. No you do not generally figure the sales tax in the tip but a great many people now are doubling the sales tax to quickly arrive at the amount of the tip. With the new increased fraction the tip will then closely approximate a 15 percent gratuity.

**Lee's Tea Garden**

82 Hillside Ave., Williston Park

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Special 11:30 - 3:30  
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Take Out Orders



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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 and a paid listing of many prominent selected restaurants in this area. While many of them have been rated by the great, and near great food connoisseurs, our readers will have the last word through "Reader Ratings."

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

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

(Guide to Good Dining)

# Cooking Corner



By Maureen Clancy

Every meatloaf lover thinks that his or her recipe is the best.

However, for those who will consider experimenting with this all-American creation, we offer these recipes.

## THE SILVER PALATE'S ITALIAN MEATLOAF

2 pounds ground beef chuck  
1 pound sweet Italian sausage, casings removed  
1 medium-size yellow onion, chopped  
5 cloves garlic, minced  
3 cups fresh bread crumbs  
1 cup chopped fresh Italian parsley  
2 tablespoons Italian seasonings  
Salt and freshly ground black pepper, to taste  
2 eggs, lightly beaten  
½ cup tomato juice  
½ cup cup dry red wine  
2 cups fresh basil leaves  
4 ounces sun-dried tomatoes (packed in oil), drained  
1 pound smoked mozzarella, thinly sliced

Preheat oven to 375 F.

Combine ground beef, sausage, onion, garlic, bread crumbs, parsley, Italian seasonings, and salt and pepper to taste in large bowl. Add eggs, tomato juice and wine and mix thoroughly.

Lay out 1 large sheet of waxed paper or parchment paper. Spread meatloaf mixture out in a 15x12-inch rectangle on waxed paper. Arrange basil leaves over surface. Scatter sun-dried tomatoes over basil and arrange three-fourths of smoked mozzarella on top.

Using waxed paper as an aid and starting from one short side, roll up meat like a jelly roll. Peel back paper as you roll. Place seam side down on a baking sheet lined with aluminum foil.

Bake 1 hour. Place remaining smoked mozzarella over top of loaf and bake until cheese is melted and bubbling, about 10 minutes more. Serve meatloaf hot with fresh tomato sauce, or refrigerate until cold and cut into thin slices like a pâté.

Makes 8 to 10 portions

## ROQUEFORT MEATLOAF

1 pound ground beef chuck  
8 ounces ground pork  
8 ounces ground veal  
1 medium-size yellow onion, chopped  
2 cups fresh bread crumbs  
½ cup chopped fresh Italian parsley  
¼ cup ketchup  
1 tablespoon Dijon-style mustard  
2 eggs, beaten  
1 teaspoon dried thyme  
Salt and freshly ground black pepper, to taste  
½ cup light cream, scalded

8 slices firm white bread, crusts trimmed, diced  
8 ounces Roquefort cheese, crumbled  
1 egg, lightly beaten

Combine ground meats, onion, bread crumbs, parsley, ketchup, mustard, 2 eggs, thyme, and salt and pepper to taste. Spread mixture out on large piece of waxed paper or parchment paper into a rectangle about 15x12 inches.

Preheat oven to 375 F.

Pour scalded cream over bread in medium-size bowl and mix well. Add cheese and lightly beaten egg and beat with fork until smooth.

Spread cheese mixture over meat mixture, leaving 1-inch border on all sides. Using waxed paper as an aid and starting from one short side, roll up meat like a jelly roll. Peel back paper as you roll. Place seam side down on a foil-lined baking sheet.

Bake 1 hour. Cut into thick slices and serve immediately.

Makes 6 to 8 portions

## MEATLOAF

### A LA CHINOISE

1 pound ground lean pork  
1 pound ground lean beef  
2 tablespoons peanut, vegetable or corn oil  
1 cup finely chopped onion  
1 tablespoon finely minced garlic  
½ cup finely chopped, drained water chestnuts  
½ cup finely chopped parsley  
2 tablespoons finely chopped fresh ginger  
¼ cup finely chopped scallions  
1 cup fine fresh bread crumbs  
2 tablespoons soy sauce  
½ cup dry sherry  
1 egg, lightly beaten  
Salt, if desired  
Freshly ground black pepper to taste

Preheat oven to 400 F.

Combine pork and beef in mixing bowl.

Heat oil in a saucepan and add onion and garlic. Cook, stirring, until onion is wilted. Let cool briefly.

To combined meats add onion and garlic mixture, water chestnuts, parsley, ginger, scallions, bread crumbs, soy sauce, wine, egg, salt and pepper to taste. Blend well with hands.

Pack mixture into loaf pan measuring about 9x5x3 inches. Set pan in larger pan of water. Bring to boil on top of stove. Place both pans in oven and bake for 1 hour (internal temperature should be 160 F). Let stand about 15 minutes before slicing.

Makes 8 or more servings.

## DINNER MEATLOAF

1½ pounds ground beef  
½ pound ground pork  
¾ cup instant oatmeal  
2 eggs, beaten  
½ cup milk  
½ cup tomato juice  
Onion, minced  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
¼ teaspoon pepper

Preheat oven to 350 F.

Mix beef, pork, oatmeal, and eggs. Blend in milk, tomato juice, onion, Worcestershire, and seasonings. Pack firmly into 9x5-inch loaf pan, shaping a rounded top.

Bake 1½ hours. Let stand 10 minutes before slicing. Drain off any excess juice at bottom of pan.

Serves 8.

## ANN LANDERS' MEATLOAF

1 pound ground beef  
½ pound ground veal  
½ pound ground pork  
1 teaspoon Worcestershire sauce  
2 eggs  
1½ cups cracker crumbs  
¼ cup ketchup  
¼ cup warm water  
1 package dry onion soup mix  
4 strips bacon  
1 (8-ounce) can tomato sauce

Preheat oven to 350 F.

Mix meats together by hand in large bowl. Add Worcestershire, eggs, cracker crumbs, ketchup, water and soup mix. Mix. Shape into a loaf in a shallow baking dish. Drape loaf with bacon strips, then pour tomato sauce over loaf.

Bake 1½ to 2 hours, or until done to your liking.

Serves 6 to 8.

## MEATLOAF WITH PIQUANT MUSHROOM SAUCE

2 pounds ground beef chuck  
¾ pound spicy pork sausage or Italian sweet sausage links (casings removed)  
1 onion, finely chopped  
1 celery rib, finely chopped  
1 large garlic clove, minced  
½ teaspoon dried thyme  
¼ teaspoon dried crushed bay leaf  
1 tablespoon chopped fresh dill  
¼ cup tomato ketchup  
2 eggs  
2 slices of white bread, toasted  
1 teaspoon salt  
Tabasco and freshly ground

pepper

2 cups beef stock, homemade or canned  
3 tablespoons tomato ketchup  
1 cup finely chopped mushrooms  
Watercress for garnish

Preheat oven to 375 F.

Combine chuck, sausage, onion and celery in large mixing bowl and mix lightly with hands. Add garlic, herbs, the ¼ cup ketchup and eggs, and mix again thoroughly. Crumble toast finely over mixture, add salt and Tabasco and

pepper to taste, and continue mixing till all ingredients are well-blended.

Pack mixture tightly into a 1½-quart loaf dish and bake for 1½ hours or till nicely browned on top.

Shortly before loaf is finished baking, bring stock to boil in saucepan, add the 3 tablespoons ketchup, stir and reduce slightly. Add mushrooms, reduce heat to moderate and cook for about 5 minutes or till sauce is reduced to desired consistency.

To serve, transfer meatloaf to paper towels to drain, then serve with sauce on the side.

Serves 6.

## PIERRE FRANEY'S INDIVIDUAL MEATLOAVES

½ pound finely ground lean beef  
½ pound finely ground veal  
½ pound finely ground lean pork  
1 tablespoon butter  
1 cup finely chopped onion  
¼ teaspoon finely minced garlic  
1 cup fine fresh bread crumbs  
1 egg, lightly beaten  
¼ cup finely chopped parsley  
¼ cup milk  
Salt to taste, if desired  
Freshly ground pepper to taste  
¼ teaspoon freshly ground nutmeg  
½ teaspoon ground allspice  
8 teaspoons freshly grated Parmesan cheese

Preheat oven to 425 F.

Put meats in mixing bowl.

Melt butter in saucepan and add onion and garlic. Cook, stirring, until wilted. Add this to meats. Add bread crumbs, egg, parsley, milk, salt, pepper, nutmeg and allspice. Blend well.

Divide mixture into four equal portions. Pack each portion into a 1½-cup mold, such as an individual souffle dish. Sprinkle top of each meatloaf with 2 teaspoons of grated cheese.

Place in oven and bake 30 minutes. Run briefly under broiler until browned and nicely glazed. Let loaves cool about 5 minutes before unmolding. Spoon tomato sauce with mushrooms over loaves, and serve. These loaves are excellent when cold and may be used sliced in sandwiches.

Yield: 4 servings.



Cooking Corner



By Desiree Vivea

## Veal and cheese in filo pastry

By Paul Bensen

When planning a recent dinner, I decided to experiment with a combination of thinly sliced veal, mushrooms, cheese, lemon juice and wine, wrapped in a light crust of filo pastry. My goal was to create a veal dish that was unusual and festive enough to be the mainstay of a special dinner party, but also quick and simple to prepare.

The veal that I chose was a tenderloin cut into very thin slices, but veal scaloppine, cut into medallions 1/4-inch to 3/8-inch thickness, would also have been fine.

The sauce with which I topped the veal, a blend of mushrooms, shallots, capers, lemon juice and sherry, echoes some of the same flavors of the dish itself, but with a different accent.

Filo pastry is almost impossibly thin and light, and by using several layers you get a crust that flakes apart and almost melts in your mouth. Filo is a central ingredient in Middle Eastern dishes such as *spanikopita*, a spinach-cheese pie, and is also used in a variety of filled pastries and fruit tarts. You'll find filo pastry in the frozen food section of almost every large supermarket.

Today's recipe is a rich, yet light dish. The textures and flavors of the mushrooms and veal are set off nicely by the filo wrapping, and the dry white wine used to cook the mushrooms and artichoke hearts and the cream sherry in the sauce add two more distinctive flavors.

The first time I prepared this recipe, I served it with baked tomatoes stuffed with a cream cheese, garlic and parsley mixture. A tossed green salad with a light oil and vinegar-based dressing would be another good accompaniment.

### VEAL WITH CHEESE IN FILO PASTRY

- 3 tablespoons butter, plus 1/4 cup melted butter for brushing filo pastry
- 1 pound veal scaloppine, cut in 1/4-inch thick medallions (or a veal tenderloin, cut in 1/4-inch-thick slices)
- 1 cup thinly sliced mushrooms
- 1 can artichoke hearts, packed in water, drained and quartered
- 2 tablespoons dry white wine
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste
- 8 leaves filo
- 1/4 cup freshly grated Parmesan cheese

### SAUCE:

- 3 tablespoons butter
- 1/4 cup very finely chopped mushrooms
- 1/4 cup minced shallots
- 1 scant tablespoon flour
- 4 tablespoons cream sherry
- 1 tablespoon fresh lemon juice
- 2 tablespoons capers
- Salt and pepper to taste

Total preparation/cooking time: 40 minutes

### First, make the sauce:

In small saucepan, melt 3 tablespoons butter until bubbling. Add mushrooms and shallots and simmer 5 minutes. Add flour and mix well. Simmer another minute to thicken. Add sherry, lemon juice, capers and salt and pepper to taste. Simmer, stirring, another minute. Remove from heat and set aside.

In a large skillet, melt 3 tablespoons butter over medium-high heat. When very hot, saute veal, in several batches if necessary, briefly on each side until browned. Set veal aside and, in remaining butter, saute mushrooms and artichoke hearts until they begin to brown. Add wine, lemon juice and salt and pepper to taste.

Brush melted butter over bottom of 9-inch round (or comparable size) shallow baking dish. Place layers of filo, one at a time, in bottom of pan, overlapping sides. Brush each layer lightly with melted butter before adding next layer.

On top of filo, sprinkle Parmesan and then lay veal pieces over it in one layer. Spread sauce over veal and top with mushroom-artichoke mixture. Fold each layer of filo over top of filling, brushing each layer of pastry with butter, as before (this time, you'll be brushing outside, rather than inside of pastry).

In preheated 400 F oven, bake 20 minutes until filo is golden brown.

Serves 4.



After Work  
Gourmet

## Love them spuds!

### TWICE-BAKED POTATOES

- 4 medium-size baking potatoes
- 6 slices bacon
- Scant 1/4 cup milk
- 3 tablespoons butter or margarine
- 1/4 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup shredded cheddar or Swiss cheese
- 2 tablespoons minced green onion
- Paprika

Preparation Time: 5 minutes  
Cooking Time: 17 to 27 minutes  
Oven Setting: HIGH (100 percent power)

Scrub potatoes and pat dry. Prick each with fork in several places. Place 2 layers of paper toweling on oven floor. Arrange potatoes in circle on paper towels, spoke fashion, and microwave 10 to 15 minutes, until potatoes are soft to the touch, turning once after 6 minutes. Set aside.

Separate bacon strips and arrange in single layer on microwave roasting rack or in oblong glass dish. Microwave 4 to 7 minutes, or until done, turning over after 3 minutes. Set aside.

Slit potatoes and scoop centers out into medium-size mixing bowl. (Set shells aside.) Add milk, butter, dry mustard, salt and pepper. Mash well to blend, then stir in cheese. Crumble cooked bacon and stir into potato mixture, reserving several tablespoons for garnish.

Spoon mixture into potato shells, then sprinkle tops with minced green onion and reserved bacon. Dust with paprika. Arrange on plate and microwave, uncovered, 3 to 5 minutes or until heated through, rotating dish 1/4 turn after 2 minutes.

Serves 4.

### CREAMY TATERS 'N' PEAS

- 1 pound small new or red potatoes
- 2 tablespoons butter or margarine
- 2 tablespoons minced onion
- 1 tablespoon flour
- 1 teaspoon dried dill weed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup light cream or half-and-half
- 1 (10-ounce) package frozen peas, defrosted

Preparation Time: 5 to 10 minutes  
Cooking Time: 16 to 22 minutes (plus 3 minutes standing time)  
Oven Setting: HIGH (100 percent power)

Scrub potatoes and pierce each several times with a fork. Place 2 layers of paper toweling on oven floor. Arrange potatoes in circle, spoke fashion, on paper towels. Microwave 10 to 12 minutes, turning over and rearranging after 6 minutes, until potatoes are fork-tender. Set aside.

Combine butter and onion in 4-cup glass measure. Microwave 30 to 45 seconds, until butter is melted. Blend in flour, dill, salt and pepper. Blend in cream gradually, stirring constantly. Microwave, uncovered, 3 to 5 minutes, stirring every 2 minutes, until mixture thickens.

Combine potatoes and peas in 2-quart glass casserole. Pour hot cream sauce over vegetables. Cover and microwave 3 to 4 minutes, stirring gently halfway through cooking time, until mixture is piping hot. Let stand, covered, 3 minutes before serving.

Serves 4.

### BASIC POTATO SOUP

- 1/4 cup minced onion
- 2 tablespoons butter or margarine
- 1 1/2 cups water
- 3 cups cubed raw potatoes
- 1/4 teaspoon salt
- 2 tablespoons flour
- 2 cups milk
- 2 tablespoons minced fresh parsley
- 1/4 teaspoon each paprika and freshly ground black pepper

Preparation Time: 5 to 10 minutes  
Cooking Time: 18 to 24 minutes  
Oven Setting: HIGH (100 percent power)

Combine onion and butter in 2-quart glass casserole. Microwave, uncovered, 2 to 3 minutes, stirring halfway through cooking time, until onions are translucent. Stir in water, then add potatoes and salt.

Cover and microwave 12 to 15 minutes, stirring every 5 minutes, until potatoes are tender.

Blend flour with a small amount of milk to make a smooth paste, then blend in remaining milk. Stir into potato mixture with remaining ingredients and microwave 4 to 6 minutes longer, until soup is thickened and heated through. Do not boil. Garnish with additional minced parsley, if desired.

Serves 4.

When baking a large number of potatoes (more than eight), a conventional oven will do the job more efficiently than your microwave. And never try to deep-fry potatoes in a microwave oven, since temperature cannot be controlled and grease may overheat.

# Here's How



By Gene Gary

**Q:** I recently had one of the no-wax floors installed in the kitchen. It has the appearance of tiles, white with almond grout.

Although I use the floor cleaner recommended by the manufacturer, I notice beige areas on the surface of the floor. I assume these may be traces of asphalt from the driveway tracked in on our shoes. The cleaner will not take these off.

**Do you have a solution? — R.N.**

**A:** It is probable that the stains you describe are not caused by dirt and grime, but the result of improper flooring installed over an on-grade floor. On- or below-grade floors require specific types of flooring and special adhesives that prevent moisture from rising up through the flooring from below.

The problem you describe is prevalent when the wrong type of flooring is applied to concrete slabs. If you have a wood floor with a crawl space, the problem may still be caused by moisture from below. In either case, the floor covering you have currently may be permanently damaged requiring removal and replacement. Cleaners would have removed surface stains. These types of stains completely impregnate the vinyl

and cannot be removed.

A qualified flooring dealer will be aware of the problem and can recommend proper flooring material for your situation. There are numerous no-wax vinyls that would be suitable.

If the problem is moisture rising from a crawl space below, this will require some corrective steps as recommended for our reader who wrote in with the problem described in the following question.

**Q:** I saw an article in the newspaper about mildew. I am having a problem in my house on one wall just when it rains. The wall starts mildewing. It starts at the baseboard and travels up the wall.

I have already had my house done by professionals. They applied a sealer and painted it. After a year this moisture problem started again. It is not as bad as before, but it still is a problem.

I called them and they inspected the problem. The man said the moisture is coming from the bottom of the house. I asked him if he could take care of it and he said they don't know how.

**I have asked other people but nobody seems to know how to take**

care of this problem. There must be other people with this problem. I thought you might be able to help me. — L.G.

**A:** First inspect the ground area around the foundation. Be sure the ground slopes away from the foundation and provides for drainage of rainwater away from the house. You might also inspect the roof gutters and make sure they extend beyond the house and empty where the ground slopes away from the foundation. If you have a crawl space underneath the house, inspect this area for moisture problems.

One method for preventing excessive moisture from this area is to cover the ground with heavy plastic or roofing paper. Be sure to overlap the seams of the material you use to cover the ground. Use bricks to weight down the material along the overlapping seams or use roofing cement. This should prevent moisture from the ground seeping through to the foundation and flooring.

You can also use insulation on the underside of the flooring to help prevent moisture and condensation. In addition, you can use a waterproof sealer applied to the interior side of the exterior walls. Apply a mildew resistant paint over the sealer.

Adequate ventilation is a must. Too much moisture trapped inside the house will add to your problem. You can get window ventilators or even small vents that are installed in the side of the house. In short, your job is to see that moist air is permitted to escape. If it has a way to get out, it won't condense on cool surfaces. Sometimes, just opening windows a crack will solve the problem. An alternative is to use a dehumidifier, which will trap moist air.

pharmaceutical companies can have differing side effects, specifically because of possible differences in the methods of formulation. If you have side effects that are unacceptable — including light-headedness — from one drug, you might have a different side effect from a similar drug from a different manufacturer.

Problems in side effects are magnified, catalyzed and confused all the more when you take more than one medication at a time. The drugs can interact to produce differing, even conflicting, results and a new set of side effects.

Consider being a "body detective." Learn more about how your body works, the medications you are taking and how possible alterations of lifestyle might benefit your body and its best functioning. Your doctor or pharmacist can give you straight answers if you ask straight questions.

In many cases, you have a new direction open to you. I, for one, would never accept a "nothing can be done about it" statement without getting a second opinion. Perhaps in that particular doctor's field of expertise nothing can be done about it. But there are other disciplines and areas of medical expertise.

I commend your question and your concern. I commend your achievement as a long-time widow having raised three children.

Each one of us today is a product of how we have taken care of our bodies over the years.

# TWEEN 12 & 20

By Robert Wallace, Ed.D.

**Teens:** In a recent article in the *Chicago Tribune*, a federal study revealed that college women are more likely to smoke cigarettes than college men. The findings suggest that advertising has successfully linked female smoking with glamour and success.

According to psychologist Lloyd Johnston, the major themes in getting young women to smoke are (1) associating smoking with liberation and (2) women should smoke to stay thin. That's why very tall slender models pose with long slender cigarettes.

The study showed that the smoking rate for college females was 18 percent, compared to 10 percent for college males. Smoking is related to grades and school performance, Johnston said, with the smarter kids less likely to start smoking. Results from the 10-year study conducted for the National Institute for Drug Abuse showed that of the high school seniors who did not plan to attend college, 21 percent smoked, while only 6.5 percent of the college-bound smoked. In other words, the great majority of smart teens do not smoke! For those who do — wise up!

**Dr. Wallace:** I'm going to have a birthday party at my house in three weeks and I'm going to invite 10 boys and 10 girls. I'm going to be a teenager. It will be my 13th birthday.

My mother, father, aunt and uncle are going to chaperon. My problem is that they are going to "mingle" with the crowd. They will be visible the entire time. I don't like that idea. I'd like them to stay in their rooms (my aunt and uncle are spending the night) and be available if a problem arises.

Do you think that I'm being unreasonable? We are all good kids. We don't need four adults spying on us for three (7 o'clock to 10) solid hours. Your advice will be appreciated. — Pat.

**Pat:** I see no need for four adults to mingle at the party for three hours. Maybe you can talk the adults into staying out of sight but mixing periodically with the guests, just to see how things are going.

**Dr. Wallace:** I was interested in your statement about high schools having smoking areas on their campuses so students wouldn't smoke in the bathrooms. At our high school we have had a smoking area for nearly 10 years and students (mostly girls) smoke in the rest room anyway.

The reason for this is that some girls don't want to be seen in the smoking areas because kids who smoke there are considered the "lower forms of campus life." Also, since the smoking area is "off limits" during class hours, those students who want a smoke during class ask to go to the bathroom where they light up.

Even with a designated smoking area, sometimes the girls' bathroom is so full of secondhand smoke, one can barely see, much less breathe. Is there any way to solve this problem? — Lynn.

**Lynn:** As long as cigarettes are sold, there will be a smoking problem in high school bathrooms. One possible solution is to have paid adults (possibly parents) monitor the rest rooms during the lunch break and between classes.

**Dr. Wallace:** Two weeks ago I fell off my bicycle and broke my arm. I'm 14 and have \$600 in the bank. It took me over a year to save it. My parents are not rich but they are not poor, either. What they want me to do is pay the doctor bills of over \$500 (I didn't have to spend the night in the hospital). They said it was my responsibility since they didn't have insurance on me.

I think that my parents are not being fair. It would have been better if I hadn't saved my money. Do you think my parents are right in making me pay? They can afford it. — Bobby.

**Bobby:** No. Since they can afford it, they should pay your medical bills.

**Dr. Wallace:** What's the deal? I'm 6 foot 11, weigh 195 pounds but I've got a bit of a gut and I'm trying to get rid of it.

For eight weeks, I've been doing sit-ups and I'm up to 100 per day. The problem is that I haven't lost an inch around my middle. I thought sit-ups were the remedy for fat guts.

Help! — Timm

**Timmy:** Reducing a particular area (spot reducing) is a fallacy. Sit-ups strengthen the stomach muscles but not the stomach fat above it. The best way to lose your stomach fat is to get on a well-balanced, tailor-made diet and to take up an aerobic exercise (jogging, cycling, etc.).

Before you do, it would be wise to have a checkup by your family doctor.

# TWEEN 12 & 20

SOMETHING FOR EVERYONE



## Mainly for Seniors

By Leonard J. Hansen

When might a prescribed medication be wrong for you? What if the side effects caused you more concern than the original ailment for which you are being treated? Do you stop the medication? Do you seek a new direction?

**Q:** I am 72, and until one year ago I was feeling very good. Now, I feel light-headed — my doctor says I do not have enough oxygen going to the brain, and nothing can be done about it. I have been taking medications for blood pressure. Can this be caused by being a longtime widow who brought up three children alone? — F.M.

**A:** Let's tackle the question in three parts: oxygen and light-headedness, medication and side effects and then a new direction.

Oxygen has a critical function in our bodies. From lungs to the blood system and the brain. Exercise — ever moderate exercise like a 30-minute walk three or four times a week — can do wonders for blood flow and the effective use of oxygen in the system. The old assumption of just sitting and resting when older can now be identified as a cause or catalyst for physiological problems earlier assumed to be a "part of aging."

If there is a body functional reason why the oxygen is not flowing as it should in your system, there

just might be a medical solution. You should not accept the statement by a single doctor that "nothing can be done about it."

Seek another professional medical opinion. Phone the office of your local medical society and ask for two or three referrals. You may explain your symptoms and they can recommend a selection of other doctors.

On exercise, I recommend reading Dr. George Sheehan's fine book, "Dr. Sheehan On Fitness." Under this title it is available in paperback as published as a Fireside Book by Simon and Schuster. It was earlier published in hardcover as "How To Feel Great 24 Hours A Day." Read this for the concept of reasonable exercise, if not for the advanced exercises in running. Your library should have a copy under either of the above titles.

On medication, know that there is potential for side effects on just about all medications. As the medication goes to work to perform its corrective function on one part of the system, it causes an imbalance or effect in another. Medications are accepted for "tolerable" side effects — which means that for the result necessary from the medication, the offsetting side effects are considered acceptable. Each drug has a list of side effects and your doctor or pharmacist can, on request,

show you the list for your better understanding. Even similar medications produced by different



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**TYPIST; P/T, EXCELLENT** Typing with dictaphone. Garden City location. Flexible hours, full benefits. Call: 222-0007. gcf2

**BABYSITTER FOR TWO** Children, ages 12 & 5, 2:30-4:40 p.m. Mon. to Fri. Garden City Eastern Section. My home or yours. References. 741-2234. gcm1

**HOUSEKEEPER/BABYSITTER** Needed. Housekeeping responsibilities & child care after school, 11-4:30 p.m. References. Garden City home, Eastern section. Mon-Fri. 741-2234. gcm1

**RECEPT/TYPIST - PART TIME,** 9:30-3:30 p.m. flexible. Garden City area. Call Eileen McNerny, 747-0310. gcf2

**PART TIME OFFICE PERSON;** Immediately; 3 days per week. Light typing, filing and phones. Accountants' Office. Call: Mon. thru Sat. 354-8877. gcf3

### Help Wanted

**NEWSPAPER LAYOUT EDITOR** Immediate, part time, evenings hours, Mondays, Tuesdays, Wednesdays +. High school or college experience helpful. Hicksville area. 931-0012. hfnf4

**HOUSEWIVES, RETIREES,** Senior Citizens - part time two days, light shop work in Hicksville newspaper plant. Approx. 16-20 hours per week. Steady work. Call 931-0012. hfnf4

**BABYSITTER, MATURE** Woman: 2 days per week, excellent salary; references required. 746-5389. gcf3

**HOUSEKEEPER NEEDED.** European background, experienced. Hempstead. Must like animals. One person in family. Write Box "D", Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530 gcm1

**GIRL/GUY FRIDAY TO TAKE** Over office duties. Full or part time. Williston Park office. Call 294-1818. wf2

**LEGAL SECRETARY, PART** Time, Tuesday and Thursday in Mineola. General practice Law office. Dictaphone, word processor experience preferred. 747-4020. wf2

**BABYSITTER/MOTHER'S** Helper. 3 Days, 3 p.m. to 6 p.m. Garden City Mott vicinity or own transportation. Children 3 1/2 and 2. Call 294-2984. wml

**REAL ESTATE SALESPERSON;** FT/PT. Experienced preferred. Active congenial office, high commission. Come in and talk. J.K. Realty 747-1562. gcf2

**LIVE-IN CHILD CARE -** Experienced, warm & cheerful woman for 2 1/2 yr. old girl. Light housekeeping & cooking. References. Call 747-1636. gcm1

**CLERICAL/INSURANCE; F/T** Mature friendly person for modern agency. Must type and have good telephonic skills. Experienced or will train. Excellent opportunity for right person. Good hours and benefits. 741-8355. gcf2

**SALES PERSON - LARGE** Moving Company. Good closer, aggressive. Experience preferred but will train with sales experience. Salary plus commission. High potential. Must have own car. Call Eleanor, 516-741-8048. hf2

**CHILD CARE/HOUSEKEEPER** Needed to care for 5 yr. old girl in my Garden City home. Mon.-Fri. 7:30 a.m. to 5:30 p.m. Own transportation; recent references. Call 775-7334. gcf4

### Help Wanted

**CHILD CARE; WARM** Responsible person to become part of our family. Own room, live-in or out. Part time working mother needs a caring, English speaking person for 1 1/2 year old girl. Light housekeeping and cooking. Bayside area. Call: Rosemarie or Arthur: (718)428-0344 or (516) 326-8989. gcf4

**CHEERFUL, CARING,** Capable Woman Needed: For child care and housekeeping, 2 p.m. to 5 p.m., Monday through Friday. Must have car and references. Please leave message. 747-6406. gcf4

**RN GARDEN CITY** Dermatology office, non-smoker, PT/FT, hours flexible, call 746-4644. gcf2

**HOUSEKEEPER/BABYSITTER** 5 days a week. Care for infant and 5 year old. References. Spanish speaking okay. Mineola. Call 877-1429. wf3

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

**CLEANING PERSONS WANTED** applications are being taken at room 12, every Friday between 4-6 p.m. 1335 Jericho Tpke., New Hyde Park, NY 11040. gcf4

**IMMEDIATE; F/T DRIVER FOR** Pick-up and deliveries, 5 days per week, Garden City South area. Retirees welcomed. Call before 5 p.m. 486-3543. gcf3

**WANTED CASHIERS, DOOR-** Men. Good for retirees, flexible hours. Evenings and weekends. Call 883-5500 between 9:30 a.m. and 1:30 p.m. also 747-1789 after 7 p.m. wf2

**LIVE-IN HELP WANTED.** Young woman in early 20s needed to do housework and assist with care of 1 child. For more information call 775-4376. wf4

**TELEPHONE ORDER ENTRY.** Part time, morning to early afternoon hours available. Mon. thru Fri. Some knowledge of keyboard helpful, will train, pleasant surroundings. 746-4348, ext. 235. wf2

**IMMEDIATE; TELEPHONE** Receptionist. Local national company has opening for full time telephone/receptionist. Other office duties. Must have excellent telephone voice. Salary, fringes and medical coverage. Braberry Sales Corp. Williston Park. 248-4363. hf2

### Help Wanted

**CHILD CARE/HOUSEKEEPER;** Live in 5 days a week to care for 1 year old, keep house in lovely Garden City home. Must be loving, cheerful, gentle. Non-smoker, recent references required. Please call 747-6454. gcf2

**PART TIME SALES \$50-\$75** possible. Three hours at night starting 7:30 p.m. Undercover Wear Lingerie parties. Host a party first and then decide. Call Francine 226-7395. hf2

**CLEANING WOMAN/** Laundress-Garden City. Experience preferred. Thursday or Friday 9 a.m.-3 p.m. Salary is open. 248-6356. gcf2

**MATURE WOMAN; TO BABY-** Sit for 2 children in our home. Must have own car and references. Non-smoker. Part time, \$30. per day. 741-5869. gcf4

**CHILD CARE PROFESSIONAL;** Warm, creative person for three year old. My home. Must love outdoors, swim and drive. Three to four days per week, 10 a.m. to 5 p.m. Top references. 747-6443. gcf2

**MATURE WOMAN; TO WATCH** my 2 children ages 2 and 3 years old. Preferably in my Floral Park home. Monday-Thursday, 8 a.m. to 6:30 p.m. Driver's license preferred. 354-5841. gcf2

### Situations Wanted

**MATURE EXPERIENCED;** Certified nurse's aide will take care of hospital discharges, male or female. Sleep-in or out. Excellent references. Driver's license. Will take complete charge of person. Call: 538-2776. gcm1

**I AM SEEKING CLEANING ONE** Or Two days per week. I am experienced, reliable and a good worker. Own transportation. Prefer Garden City/Vic. Days and hours to be arranged. (718)525-1217. gcm1

**HOUSECLEANER AVAILABLE.** Mature very efficient experienced woman. References available. Call 741-8588. wml

**MATURE SITTER AVAILABLE.** Highly experienced with children of all ages. Will help with homework and/or start dinner. Excellent local references. 489-9198. gcm1

**MATURE LADY SEEKS HOUSE-** Cleaning position. Anytime of the week. Experience, own transportation. Call 623-3561 after 7 p.m. gcf3

**Situations Wanted**

**BABYSITTER AVAILABLE** mature, excellent references, excellent character, reliable. My home or yours. Trustworthy, affectionate p/t or f/t. 538-6128. gcf4

**ATTENTION VACATIONERS** would you like to go away and know that your pet dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fences in yard. 352-9113. gem

**BABYSITTER AVAILABLE** mature experienced mother is willing to babysit for your child in my home. References available. Williston Park and vicinity. Call 742-9162. wf2

**HOUSECLEANER AVAILABLE:** Mon. - Fri. 9 a.m. to 2 p.m., experienced. 489-2683. gcf3

**HOUSECLEANER AVAILABLE.** Days or Even. Experience, own transportation. Call 481-4562 gcf3

**HOUSECLEANING AVAILABLE** Couple with experience and references. Also carpets, windows and waxing floors. Call 481-0706. gcf3

**MATURE, YOUNG WOMAN** seeks full time bookkeeping position. A/R, A/P, C/R, C/D. Non smoker, 15 years experience. Available immediately. 561-6548. gcf3

**LIC. PRACTICAL NURSE** - Garden City gal with 10 years nursing experience looking for local position. Excellent references. Call 292-1360. gem1

**EXPERIENCED NURSES AIDE/** Companion seeking live in position. Certified, P/T or F/T; driver's license. Call weekends. 541-7913. gem1

**EXPERIENCED MATURE** Woman will do cleaning, washing, ironing. Days. References, own transportation. 486-5950. gcf3

**HOUSECLEANING AVAILABLE** Sat. & Sun. 5 hours. Experienced, references. Call 333-7599 after 5 p.m. gcf3

**HOUSECLEANER AVAILABLE** Saturdays. Experienced. Call 481-8186 between 5-6:30 p.m. and 8:30-9 p.m. gem1

**BABYSITTING AVAILABLE** in my Garden City home. Please call 358-7654. gcf2

**HOUSECLEANER AVAILABLE.** experienced and reliable person. Week days. For further information, call: 333-3297. gcf4

**RENT A GRANDMA YOUNG** Garder City grandmother will babysit children while parents vacation. Own car, non-smoker, non-drinker. Excellent references. Call 794-8056 hf4

**HOUSECLEANER AVAILABLE** 7 days per week. Experienced, own transportation, references. 718 495-2380 after 4 p.m. gcf2

**EXPERIENCED CERTIFIED** Nurses Aide with excellent references available full time days or nights. Sleep out only. Reasonable hourly rate. 481-6068 or 674-3084. gcf4

**Situations Wanted**

**MATURE WOMAN SEEKING** To care for elderly woman as aide. Light housekeeping. Live in or out. Own transportation. 798-2470. hf3

**HOUSECLEANING AVAIL-** able: Own Transportation and references. 932-9445. gem1

**ST. JOHN'S UNIVERSITY LAW** Student: Garden City resident looking for a summer position with a local firm. Internship or clerkship. Mature, hardworking and excellent grades. Please call: 452-0020, after 4 p.m. gem1

**HOUSECLEANING AVAIL-** able: Monday through Saturday. Prefer Garden City and vicinity. Experienced and own transportation. 486-3021. gem1

**HOUSECLEANER AVAILABLE** Mon.-Sat, daytime, references, own transportation, call 718 271-6305 after 3 p.m. gcf1

**HOUSECLEANER AVAILABLE.** Mon. to Fri. Experienced, references, own transportation. Call 292-0205. gem1

**HOUSECLEANER AVAILABLE -** Experience, references, own transportation, Call Estela. 481-0196. gcf4

**HOUSECLEANER AVAILA-** ble: European background; references, experienced. 3 days per week, own transportation. Call evenings: 746-5549. gcf4

**MATURE LADY AVAILABLE** for housecleaning. Experienced, references. Call 248-9295. gcf2

**MATURE LADY AVAILABLE** for babysitting in Garden City. Experienced. Call 248-9295. gcf2

**HOUSECLEANER AVAILABLE** experienced, references available Tuesday, Wednesday and Thursday. Call 292-9434. gcf2

**HOUSECLEANER AVAILABLE -** 5 days: Sleep-in. Experienced. Call 5-6:30 p.m. and 8:30-9 p.m. gem1

**NURSE'S AIDE AVAILABLE** days. Experienced, excellent references. Call 481-6366. gcf2

**HOUSECLEANER & BABY-** sitter in spare time. A neat and reliable person that you can call to work for you. Good references. 746-5144 after 4 p.m. gcf2

**HOME ATTENDANT AVAIL-** able: weekends. References available. 741-4969 days. 333-3226 evs. gcf2

**HOUSEKEEPER AVAILABLE** experienced, good references, own transportation, call anytime 718 740-4185. gcf2

**HOUSECLEANER AVAILABLE -** Experienced, references: own transportation. Also available Sat. Call Anna. 489-7121. gcf4

**CLEANING SERVICE: HOMES/** Offices. Quality Work. Have openings for Tuesday and Wednesday mornings and of course available evenings and weekends. Please call: 489-5941. If no answer, please leave message on the machine. gcf4

**Situations Wanted**

**HOUSECLEANING/BABYSIT-** ting: Care of elderly. Experienced references. Call: 997-4344, after 5 p.m. gcf4

**DUTCH LADY LOOKING FOR** Housecleaning. Mon., Wed. and afternoons. Garden City only. Own transportation. 781-3957. gcf4

**BABYSITTER AVAILABLE -** Flexible hours: Garden City area; my home. References. 741-3156. gcf4

**Real Estate For Sale**

**MINEOLA/HORTON HOUSE -** Large one bedrm; mint. Modern kitchen, a/c; walk-in closets. Near RR. Principals only. \$127,500. 741-6295 evs. gem1

**FRANKLIN SQUARE/G.C.** Border. St. Anne's Parish. Expanded 4 BR. Cape, M/D. In ground pool, central air. 1/2 car garage, sprinkler system. Everything new. Mint. \$299,000. Principals only. 775-3167 or 437-6330. gcf3

**GARDEN CITY SOUTH - 3 BR** Tudor type, stucco and brick home, 2 baths, new kitchen, finished basement, sliding glass doors, 2 decks, possible mother/daughter. \$212,000; **FLORAL PARK 4 BR** Cape, 3 baths, finished basement, mint condition with in-law suite. \$229,900. **ELAINE NOLAN** 485-7054 or 292-9749 wf2

**MATTITUCK: SPECTACULAR** View of L.I. sound from many windows, beach, mooring. Beautiful large new contemporary. 3,200 sq. ft., skylights, atrium, landscaped, a/c, sprinkler system, vacuum system. Magnificent design. \$475,000. Princ. only. Call: 437-8520 or 298-4065. gcf4

**UPPER BROOKVILLE FARM** ranch with Colonial interior. Huge rooms, 6 BRs, 5 1/2 baths, private road, 3 car garage, much more. Owner. \$895K. Call 516 481-4938. hf4

**MINEOLA-GARDEN PLAZA** Co-Op 2 bedrms; 2 baths; w/w; a/c. Walk to RR, hospital, courts. Mar/Apr occupancy. \$147,000. Owner. 294-9533 after 7 p.m. gcf4

**CHERRY VALLEY APT -2** Bedrms; new kitchen and bath. Completely renovated. Mint condition. \$152,000. Call 741-7693. gcf4

**GARDEN CITY \$395,000** 4 extra large bedrooms, 3 full baths, I.R. DR. EIK, den, screened porch, fin. bsmt., vinyl siding. 775-5974. gcf4

**DEL RAY BEACH FLORIDA** oceanfront townhouse, 2 BRs, 2 1/2 baths, large kitchen, DR, LR, den, 38 units, pool, garage, recreation hall, Italian tile. Great buy, must see! Asking \$155,000. Call 628-1649 or 628-3457. wf3

**NEW HYDE PARK CAPE, 5** Br's, 2 baths, finished basement W/W carpeting, 2 car garage, sprinkler system, many extras. Herricks School Dist. \$267,000. owner. 516-746-8098. hf1

**Real Estate for Sale**

**GARDEN CITY; 4 BR BRICK** stucco, C/H Colonial, 2 1/2 baths, massive log burning fl, center island cik, first floor laundry, heated Florida room, finished basement/wet bar, 100x120, plush plot, \$595,000; **Western Section, 4 BR granite brick/marble C/H Ranch, 2 baths, fl,** finished basement, 100x120, suit professional, \$550,000; **Estates Handyman 3 BR slate roof Colonial, 2 baths, fl,** 5450,000; **4 BR Brick Tudor, 3 1/2 baths, den, 2** car, \$419,000; **Estate 3 BR Colonial, new 1 1/2 baths, EIK, fl,** den, finished basement, sprinklered, \$395,000; **3 BR Ranch, 2** baths, EIK, finished basement, \$389,000; **3 BR 2 year old High Ranch, 2 baths, spacious EIK,** den/fl, skylights, master BR suite/sauna/shower/whirlpool, C/A, central vac, \$375,000; **Western Section 4 BR brick Cape, 2** baths, EIK, Florida room, finished basement, walk RR, \$335,000; **5 BR Splanck, 2** baths, EIK, den/fl, 1st floor laundry room, \$335,000; **4 BR Colonial, 2 1/2** baths, breakfast room, den, 1st floor laundry room, 1/4 acre, 2 car, \$305,000; **4 BR Brick Split, 2** baths, EIK, 65x135, \$240,000; **Hempstead Cathedral Gardens,** on the Garden City Line, exciting **5 BR slate roof mini mansion, 3 1/2** baths, oversized gourmet EIK, spectacular amenities, a must for the entertaining family, \$695,000; **6 BR C/H Victorian Colonial, 5 1/2** baths, gourmet kitchen, walnut paneled library, screened porches deck, 2 car, specimen trees on plus acre, permanence of yesterday, excitement of today, \$650,000; **3 BR Williamsburg Colonial, 2** baths, eat in microwave kitchen, fl, leaded glass windows, kidney shaped pool on 3/4 plus acre, \$495,000; **Gorgeous 4 BR C/H Colonial, 2 1/2** baths, large EIK, oversized den plus spacious music room, closets galore, C/A, walk-up attic, walk RR, on 80x100 landscaped plot, \$325,000; **5 BR C/H Colonial, 2 1/2** baths, gourmet kitchen, breakfast room, 2 flps, den 20x30 Florida room, 1 acre, landscaped plot overlooking golf course, "charming oldie" \$315,000; **3-4 BR Victorian, 1 1/2** baths, wrap around porch, den, 1st floor laundry, parquet floors, latticed windows, 100x150, walk all, \$300,000; **3 BR slate roof C/H brick Colonial, 2 1/2** baths, breakfast area, all natural woodwork, fl, summer porch, 75x160 manicured plot, \$269,000; **3 BR Tudor, 1 1/2** baths, tongue and groove wood ceiling den, fl, 1st floor laundry room, \$249,900; **3 BR quaint Colonial, 1 1/2** baths, EIK, den, 2 car, inground pool, walk RR, \$225,000 **Country Club Estates, 3 BR Salt Box Colonial, 2 1/2** baths, EIK, butlers pantry, 2 flps, new gas heat, 70x130 landscaped plot, walk all, \$190,000; **Ingraham Estates, 3 BR birch Colonial, 2** baths, large EIK, fl, \$179,000; **4 BR Cape, 1 1/2** baths, finished basement, built like a ship with built-ins, \$149,900; **3 BR Colonial 1 1/2** baths, 2 car, walk RR, in cul-de-sac, great starter house, \$148,000; **3 BR Colonial, 2** baths, 70x110, \$129,000; **4 BR Cape, low** taxes. \$124,900.

**ELAINE NOLAN** 485-7054 or 292-9749 wf2

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**NEW HYDE PARK CAPE, 5** Br's, 2 baths, finished basement W/W carpeting, 2 car garage, sprinkler system, many extras. Herricks School Dist. \$267,000. owner. 516-746-8098. hf1

**Real Estate For Sale**

**MINEOLA FOR SALE JERICO** Typke, building, 3 offices, large reception area, 2 baths, kitchen, garages, storage. \$425,000. Exclusive J.K. Realty 747-1540. wf2

**NEW HYDE PARK WIDE CAPE** 3 BRs plus 1 semi finished BR. DR, LR, EIK, near all transportation and schools. \$250,000. Call 775-1017. Principals only wf4

**SHELTER ISLAND; PRIVATE** Setting, overlooking lovely pond and waterview of inlet. Completely furnished; 4 BRs, 2 BTHs, contemporary with heat and air conditioning. One block to beach and tennis. \$225,000. 669-7315. gem1

**GARDEN CITY 9 MORE T-W EXCLUSIVES**

**Country setting, one floor living.** 2 BRs, 2 baths, LR/fl, den, EIK, \$279,000. **A quality estate brick cottage, LR/fl, EIK, 3 BRs, two** car garage, \$315,000. **Young Estate Colonial, LR, DR, family** room, EIK, 3 BRs, low taxes \$365,000. **Mott Tudor, charming** and distinctive, 3 BRs, mint condition, low taxes \$375,000. **Reduced maintenance free** contemporary, LR/fl, DR, family kitchen, 4 BRs, 3 full baths, recreation room, make offer \$399,000. **Best buy, heart of** estates, C/H, brick wood shingle, 3 BRs, 2 baths, finished basement 80x100, \$435,000. **Garden City South, custom cape, original** owner retiring, LR/fl, DR, 4 BRs, 2 baths, den, heated breezeway, 2 car, 80x100, \$299,000. **One BR co-op, Cherry Valley,** new kitchen, mint condition, \$128,000. **Two BR, co-op, Cherry** Valley, new kitchen, mint condition, attic storage \$156,000. **Taylor-Warner** 101 7th St., Est. 1919 516-741-4422 hf2

**ESCAPE TO FOUR SEASON** spacious ranch on 2 acres. Enchanted forest setting in Pocono's. Enjoy large brick fl in living and dining room, 1 1/2 baths, kitchen with dishwasher, refrigerator, electric stove, breakfast bar. Full finished basement, 15' wet bar, fl, nightclub setting, laundry room, washer, dryer, work area, outside entrance. 50' deck, lakeview. Access lot to lake for great fishing, sailing, swimming, cross country skiing; 200 acre private community hunting preserve. Some furniture \$80,000. Call 516 747-3085. wf2

**GARDEN CITY; WESTERN** Section, vinyl sided corner split. 3 BRs, 1 1/2 Bths, LR/FP, DR, kitchen, family room, finished basement. 2 zone oil heat. Central A/C. patio, 1 car garage. \$337,500. Owner. 488-4796. gcf4

**WEST HEMPSTEAD; Colonial, 7** rooms, 3 BRs plus, 1 1/2 BTHs., eat-in-kitchen, attractive street and desirable area, excellent condition. \$189,000. Call 9am - 5pm. 742-7573 gcf2

**NEW HYDE PARK- Wide Cape,** center hall, corner lot; 3 bedrms; modern e-i-kit; fin. bsmt; large garage; brick patio. Near transportation, schools, shopping, churches. \$225,000. Principals only. 742-0720 gcf2

**Real Estate For Sale**

**GARDEN CITY VIC.**  
Cathedral Gardens - West Hempstead - School District #27. Custom brick Col., 3 bedrooms, 2 1/2 baths, LR/fpl; DR, mod. e-kit; den; fin. bsmt; 60 x 150. \$325,000. Principals. 538-9766. gcf2

**G.C. CHERRY VALLEY CO-OP**  
1 BR completely renovated, new kitchen with appliances & dishwasher, new bathroom and electric, A/C, and refinished oak floors. Low maintenance, walk RR \$120,000 principals only. 294-5963. gcf2

**FREPORT CO-OP**  
Large one BR (possible junior two), completely renovated, new kitchen with GE appliances, all new windows, A/C, W/W, walk to RR. Must see. Asking \$90,000. Principals only, 868-8690. hml

**MANHATTAN - ONE BEDRM.**  
Co-Op overlooking Irving Place, off Gramercy Park. 24 hour doorman; a/c; low maintenance. \$225,000. Call 747-6428 between 6-8 p.m. gcf3

**SOUTHOLD: CREEK FRONT**  
In-ground pool, 2 story Colonial, 4 BRs, 2 1/2 BTRHs, eat-in-kitchen, DR, LR/FP, large paneled den/family room, laundry room, full cellar, OHW, intercom, plus many other amenities. Must be seen by appointment and by owner. Asking \$279,000. 298-9676 gcf4

**G.C./G.C. SOUTH - FIND YOUR**  
Dream house from \$200,000 to \$500,000. ATTY. 437-8825. gcf3

**GARDEN CITY CO-OP**  
Hamilton House, modern 2 BR, 2 bath, mint condition. Large sunny rooms, central location, walk 7th St. shopping and Garden City Station. March/April Closing. Owner: 747-8817. gcf4

**EAST HAMPTON - WOODED**  
2 1/2 acres, beautiful new 3 bedroom, 3 bath home. Jacuzzi, fpl; skylights, cathedral ceilings, balcony, center hall and breakfast room with Mexican tiles; pool, cedar decks; 2 + garage; full bsmt. Bike to beach. Princ. only. \$360,000. 746-3910. gcm1

**G.C./HEMPSTEAD BORDER**  
Cathedral Gardens studio co-op. New appliances, kitchen cabinets; 400 sq. ft.; separate dressing area; new wall mirrors. Maintenance only \$278. 79% deductible. \$56,000. firm. 431-8053. gcm1

**GARDEN CITY VIC - SUPER**  
Mint condo. Professionally decorated 3 bedroom, 2 1/2 bath townhouse. W/w; central air; low maintenance; garage. Walk to stores & RR. Must see. Owner. \$175,000. 538-0643. gcm1

**JAMESPORT - BEAUTIFUL**  
Location, Corner Cape, under construction. Deeded beach rights. 1652 ft. living space + 2 car garage (22 x 24) 22 x 14 deck; 2 full baths, 3/4 bedrooms; den; LR; DR/cathedral ceiling; two skylights; laundry room; full bsmt. Should be finished for Spring occupancy. Builders special. \$255,000. Write Box "J", Jamesport, N.Y. 11947. gcm1

**Real Estate For Sale**

**GARDEN CITY - PLAZA 230.**  
Professional office condo. Immediate sale or lease of individual office or suite. 24 hr. security; parking. Newly decorated. By owner. 746-0556. gcf2

**CAROLINA BEACH-OCEAN**  
front; pool, 1 BR condo, sleeps 4, decorator furnished. Must sell. \$69,500, firm, terms 10% down. Write PO Box 985, Mattituck, NY 11952. gcf2

**GARDEN CITY 3 STORY BRICK**  
elegant, entertaining home, 6 BRs, 5 baths, all alarm systems, 100x300 property, 3 fpls, billiard room, 12 ft. ceilings, 20x50 in ground pool, cabana, luxury living. Low taxes and maintenance. 2 car garage. Principals only. Asking \$995,000. 248-0857 or 741-2020. gcf2

**GARDEN CITY EXCLUSIVE!**  
Perfect for the large family, LR/FP, formal DR, eat-in-kit, den/FP, 4 BRs plus maid's room with bath, finished basement, professionally landscaped. \$475,000. Price to Sell! This mint home offers 4 BRs, 3 BTHs, den, LR/FP, formal DR, country kitchen. Must see! \$499,000. Stella Realty: 565-5506. gcf2

**SOUTHOLD - GREAT WATER-**  
view; deeded beach rights to Peconic Bay. 3 bedroom, 2 bath Ranch; A-1 condition. Highly desirable private community. Exceptional buy at \$298,500. Southold - Charming 5 bedroom, 2 1/2 bath, 2 story frame, c. 1900; A-1 condition; sultal M/D; well landscaped + fr trees; 2 car gar. with det. work shop; other out buildings. Good location; privacy. Excellent buy at \$275,000. Southold - This is a large 10 rm. 2 story Col. with deeded water rights. "Stone's throw" to ideal swimming beach on Peconic Bay. 2 car det. gar. Call for appt. \$215,000. Southold - 3 bedroom, 2 bath ranch; excellent condition. Deeded beach rights to Peconic Bay. Private community; owner anxious. Reduced to \$160,000. Nassau Pt. - Cutchogue - 5 yr. old central hall Col. on 1 acre plus in beautiful wooded setting. 3 bedrooms, 2 1/2 baths, LR/fpl; family rm; lge. 2 car garage; lge. deck. Near swimming and boating. Privacy. Must see to appreciate. \$350,000. Nassau Pt. - Cutchogue - 3 bedroom, 2 1/2 bath split level; LR/fpl; family rm; set in wooded surroundings. Well maintained. Screened deck; large patio; oversized 2 car det. gar with storage above. Near swimming and boating. Great buy at \$315,000. Baker R.E. 765-2310. gcf2

**SOUTHOLD - EXCLUSIVE - 3**  
year old, 3 bedroom, 2 1/2 bath ranch in desirable area. Mint condition. Large LR; formal DR; country kit/fpl; 30 ft deck; 3/4 acre. Asking \$244,900. Southold - Gracious 2 story Colonial; 4 bedrooms; 2 1/2 baths; e-i-kit; LR/fpl; formal DR; Florida Room. Walk to bay beach. Asking \$215,000. Southold Waterfront - Deluxe 2 story contemporary with deep water docking; 2 story, 3 car garage with fabulous game room overlooking professional tennis court. Your own mini-estate on 1.4 acres. Asking \$775,000. Marlon R. King Realty, 734-5657. gcf2

**GARDEN CITY VIC - PLAZA 230.**  
Professional office condo. Immediate sale or lease of individual office or suite. 24 hr. security; parking. Newly decorated. By owner. 746-0556. gcf2

**CO-OPS/CONDOS: GARDEN**  
City and Vicinity - One BR, mid 80's to 130's. Two BRs, 2 BTHs. \$110,000. to \$270,000. Garden City Condos, Inc. 742-0933. gcf2

**GARDEN CITY 6 BEDRM.**  
Brick Colonial. Near courthouses & railroad, 1st floor: LR, DR, lge. EIK, laundry room, 2 BR's, lge. divided bath, 1/2 bath, 2nd floor: 4 BR's, lge. divided bath, large closets, storage room. Basement: 25 x 30 finished room with 3/4 bath, 3 closets; separate entrance, storage room, furnace rm. Central air, 3 zone heat. Adaptable. 4000 plus sq. ft. By owner 248-6709. \$390,000. gcm1

**CHERRY VALLEY 1 BR APT.**  
New Kitchen, central air, w/w carpet 2nd floor. Magnificent view and area. \$114,990. 795-2308. gcf3

**Real Estate For Sale**

**GARDEN CITY AND VICINITY:**  
2 BR Co-Op with F/P, formal DR, walk all. \$179,000; Cathedral Gardens, Hempstead, Garden City Line. 3 BR Condo, 2 1/2 baths, C/A, finished basement, walk RR. \$189,000; 3 BR Condo, 2 1/2 baths, C/A, \$75 maintenance. \$179,000; 1 BR Co-Op, elevator building, walk all. \$79,500; 2 BR Co-Op, LR, EIK, walk RR. \$105,000; 1 BR Co-Op, brand new LR, walk RR. \$86,500; Elaine Nolan 485-7054 or 292-9749. wf2

**EAST WILLSTON, NORTH OF**  
Hillside. Charming 3 BR, 2 1/2 bath Split. New kitchen, all new windows, cathedral ceilings, 2 car garage. Asking \$389,000. J.K. Realty Exclusive. 747-1562. wf2

**GARDEN CITY: IDEAL**  
Location, sprawling, contemporary, 1/2 acre; 2 1/2 baths; large eat-in-kitchen; Florida room and family den, 2 car garage. Walk to RR and village. Possible professional. \$625,000. 741-8732. gcm1

**GARDEN CITY ESTATE SEC.**  
Tudor, 3 BRs, 1 1/2 baths, LR/fpl, fam. rm., DR, EIK, gas heat, low taxes, walk to RR. Adelphi only, and stores. \$319,000. Principals only. 747-2560 or 248-6011 eves/weekends. gcf4

**STEWART MANOR: MOTHER/**  
Daughter. Hi-Ranch with full finished basement. First floor: 3 rooms, eat-in-kitchen and bath. Second floor: LR, DR, eat-in-kitchen, 3 BRs, 1 BTH. Mid - \$300's. Attorney: 437-8825. gcf2

**MATTITUCK - 4 BEDRM. 2**  
BATH Bath ranch with cathedral ceilings in LR & DR; fpl; lovely landscaping; creek rights. Bike to beach. \$210,000. Southold - Custom 5 bedroom, 2 1/2 bath ranch, LR, DR, den, large kitchen; many extras. Deeded boating rights. \$215,000. Marilyn Lang Realty, 734-6473 or 734-6690. gcf2

**SAG HARBOR WATERFRONT:**  
On Noyac Bay, 5 rooms, 2 BRs, porch, fpl., large front deck, garage. \$295,000. by owner. 725-2188. gcm1

**LAUREL/MATTITUCK:**  
Panaramic view of Peconic Bay....Charming 4 BRs, eat-in-kitchen, LR/FP, large enclosed porch, 50' to private sandy beach. \$249,000., by owner. 746-2594. gcm1

**CO-OPS/CONDOS: GARDEN**  
City and Vicinity - One BR, mid 80's to 130's. Two BRs, 2 BTHs. \$110,000. to \$270,000. Garden City Condos, Inc. 742-0933. gcf2

**GARDEN CITY 6 BEDRM.**  
Brick Colonial. Near courthouses & railroad, 1st floor: LR, DR, lge. EIK, laundry room, 2 BR's, lge. divided bath, 1/2 bath, 2nd floor: 4 BR's, lge. divided bath, large closets, storage room. Basement: 25 x 30 finished room with 3/4 bath, 3 closets; separate entrance, storage room, furnace rm. Central air, 3 zone heat. Adaptable. 4000 plus sq. ft. By owner 248-6709. \$390,000. gcm1

**CHERRY VALLEY 1 BR APT.**  
New Kitchen, central air, w/w carpet 2nd floor. Magnificent view and area. \$114,990. 795-2308. gcf3

**Vacation Rental**

**SKI STRATTON, VT. 3 BR**  
Condo, den, sleeps 10, 3 full bths, adjacent to Inn and Restaurant. Shuttle bus to and from slopes. Daily and weekly rentals. 248-1070 (9-5 p.m.) gcm1

**BROMLEY VILLAGE, VT. SKI**  
From front door of lovely 3 bedroom, 2 bath condo with fully equipped kit/DR; lodge style LR & fpl. Call 248-2188. gcf3

**MT. SNOW, VERMONT.**  
Magnificent Townhouse Condo, sleeps 8 to 10, F/P, sauna, jacuzzi, 2 full baths in your unit. Free shuttle bus to mountain - less than 1 mile away. Racquetball, gym, swimming pool in beautiful new clubhouse. Call 741-1824 wf4

**HILTON HEAD S.C. PALMETTO**  
Dunes. Newly decorated 2 BRs plus loft Villa on Fazio golf course. Pool and tennis included, near beach, sleeps 9. Microwave, 2 TVs, \$550. to \$695. (301) 730-1022, (301) 730-6068 for brochure. wf4

**SOUTHOLD - SECLUDED**  
Creekside 4 bedroom house, large eat-in-country kitchen. Nicely furnished. Deck, 5 acres of woods; fenced yard, quiet area. 59000 Memorial Day to Labor Day. 765-3356. gcf4

**EAST MARION BAYFRONT**  
5 BRs, 2 baths, large deck, private beach, fully equipped, near gold and tennis. Spectacular views of Orient and Shelter Island. Available May, June, Sept. and Oct. 437-3333. gcm3

**STRATTON VERMONT 2 LEVEL**  
Chalet: 4 BRs, 2 baths, sleeps 12. fpl, 10 minutes to slope, also ski Bromley or Magic. Weekly \$600, 4 1/2 hours from Garden City. 367-9122. wml

**SKIERS OR GET AWAY**  
weekend. Saw Creek, PA. 209 North near Fernwood. Ski at Shawnee Mt., 2 hours from Geo. Washington Bridge. Club house facilities, skiing at Saw Creek. Sleeps 8, large living area with fpl, 2 baths, 3 BRs, with loft. Winter rates, not pets, families or responsible couples. Call evenings 742-0532. wf4

**SKI STRATTON**  
1 BR condo. Sleeps 4; ski in/ski out. Beautiful view, 20 minutes from Manchester, Vermont. Call 741-1318. gcf2

**SKI OKEMO - KILLINGTON**  
rent by week or weekend, 3 plus BRs, sleeps 9, 1 1/2 baths, LR, w/fpl, and color TV, \$475 week. Mar. 15-22; Mar. 22-29; Mar. 29-Apr. 5, Call 621-6321. wf4

**NORTHFORK SO. JAMESPORT**  
waterfront, pvt. beach, 1 BR, studio efficiency co-op. Summer rentals, \$2200 per month. Call 775-2383 after 7 p.m. wf2

**SUMMER RENTAL, EAST**  
Hampton: Spacious new 3 story house on 2 1/2 acres of private wooded land. Close to water and Sag Harbor. Sleeps 8 comfortably. Three BRs, 3 full BTHs. Fpl. Available Memorial Day to Labor Day. \$11,000. Stella Realty 565-5506. gcf2

**Vacation Rental**

**SKI WINDHAM COZY**  
Cottage, sleeps four, all conveniences, four miles to slopes, rent weekend/week. 516-921-5210 hml

**BERMUDA. ENJOY THE**  
Luxury of a private cottage at the St. George's Club. Tennis, Golf, Pools, Beach Club, Members' Clubhouse, Daily Maid Service. Call Mr. Meyer. 574-0211. gcm1

**EAST QUOGUE, GREAT**  
Location - 1/2 acre, full water view; 3 bedrooms; 3 baths; e-i-kit; laundry room. August through Labor Day weekend, \$6000, 742-4069 after 6 p.m. gcm1

**Real Estate For Rent**

**GARDEN CITY SO. 4 BR CAPE**  
fin. bsmt., LR, DR, kitchen, near RR, shopping. Call 248-2188. gcf3

**GARDEN CITY - LOVELY,**  
quiet, furnished room; private entrance, bath. Mature, non-smoking lady preferred. References. 746-0018. gcf2

**GARDEN CITY - LOVELY**  
bright furnished room with private entrance, private bath. One block to RR. Non-smoker; call after 2 p.m. 354-8360. gcf2

**FURNISHED BASEMENT RO-**  
om, Private entrance and bath. Male, non-smoker. References required. 741-1098. gcf2

**ROCKVILLE CENTRE: LOVELY**  
sunny room, private home, parking. Mature, professional, non-smoker. Available 2/8/87. Call any day to 11 p.m. 766-8496. gcf2

**FLORAL PARK STUDIO APT.**  
available. Quiet neighborhood, near shopping, Gentleman, 50-70 years, non smoker, non drinker. 358-9355 between 9 a.m. and 9 p.m. gcf3

**GARDEN CITY SOUTH APT.**  
suitable for two males to share. Spacious first floor, 2 BRs (5 rms), W/W, A/C, patio, yard, walk to RR, stores and Adelphi Univ. \$350 plus. Available immediately. 481-9377. gcf3

**FREE RENT: LOVELY BRAND**  
new one BR apt., furnished or unfurnished on small North Shore estate. Available to cheerful, mature, non-smoking couple in exchange for 4 hours daily housework from woman and weekend gardening/handyman help from man. Recent references essential. Will also consider single female or two sisters with same qualifications. Occupancy April 1987. Please write with full details to Garden City News, Box "S", 821 Franklin Ave., Garden City, N.Y. 11530 gcf2

**RESTAURANT OWNERS!**  
Have you seen our successful Restaurant Guide in the Discovery Magazine Section? Call 931-0012 + 294-8900 or 746-0240 for rates and information.

**Real Estate For Rent**

**GARDEN CITY FURNISHED**  
Studio available immediately. Private entrance, private bath, parking. Walk to all. 741-3791. **gcf2**

**GARDEN CITY 3 BRN**  
north Estates section, 3 BRs, 2 baths, Florida room, \$1800 a month. Call Hubbell and Klapper at 747-2900. **hf2**

**MATURE WOMAN OR COUPLE**  
3 room apt. available in Plainview area Jan. 2. \$500 a month includes utilities. Call 681-5901 after 6 p.m. or weekends. **hfnf4**

**WILLISTON PARK STORE**  
Rental. Choice Hillside Ave. location. 1100 sq. ft. retail/office with 1100 sq. ft. basement. Available Spring 1987. Inquiries Mr. Davaliere, owner/broker. 627-8866. **wf2**

**WILLISTON PARK 4 ROOM**  
Suite. Professional building, 101 Hillside Ave. \$650. per month including utilities and air condition. 742-3644. **wf2**

**GARDEN CITY: 2 SEPARATE**  
Rooms. New carpet and floor, microwave cooking. Private entrance, quiet area, close to RR. One room at \$280. per month and one room at \$300. per month. Non-smokers, professional ladies preferred. Call after 12 p.m. 354-5064. **gcf4**

**FRANKLIN SQUARE: (GARDEN**  
City Border) Modern, 4 room apartment. Private entrance. \$750. includes gas and heat. Near U.I.R.R. Owner. 328-3082 after 6 p.m. **gcf4**

**GARDEN CITY AND VICINITY:**  
Large studios, \$600. and up. Near RR. Garden City Condoms, Inc. 742-0933. **gcf2**

**GARDEN CITY - 5 ROOM APT.,**  
Quiet street, March 1st occupancy. \$775. 328-1526 or 365-3725. **gcml**

**GARDEN CITY: FURNISHED**  
Room: Private, both entrance; no cooking; no smoking. Security and references. Call after 7:00 p.m. 741-2251. **gcml**

**NEW HYDE PARK: HOUSE**  
Available. 4 BRs, 3 BTHs, lovely split level. Walk to all. \$1,500 per month. J.K. Realty 747-1562. **gcf2**

**GARDEN CITY AREA:**  
Luxurious new 1 BR apt., n/w, beautiful area, parking. Convenient to all. Must see. Call after 7:30 p.m. 746-2888. **gcf4**

**NEW HYDE PARK - STUDIO**  
Apt. available. Mature professional woman preferred. References & security required. 354-4369. **gcf4**

**GARDEN CITY 2 FURNISHED**  
room apartment in lovely private home. Private bath, \$550 monthly including utilities. Also one large room available. Walk to RR, bus and stores. No smoking. 742-0878 prefer early a.m. calls, keep trying. **gcf1**

**NEW HYDE PARK 2nd FL. APT.**  
3 rooms, BR, LR kitchen, W/W carpeting, private entrance, near RR and shopping. Mature gentleman preferred, non smoker, \$622 includes all utilities. 352-9113. **gcf3**

**Real Estate Wanted**

**PRIVATE GARAGE WANTED**  
for storage of occasional car, Garden City area. 746-1618 eyes. **gcf3**

**2-3 BEDROOM APARTMENT**  
utilities included. Syosset Plainview area preferred. Call 496-3483. Ready to move in 2-1-87. **hfnf4**

**FORMER GARDEN CITY**  
Executive desires 2 BR apartment with garage. Reliable. As soon as possible. Price open. Contact 485-7054 or 292-9749. **wf2**

**GARDEN CITY FAMILY LOOK-**  
ing for larger house in Garden City. Four or more large BRs, good fire property. Serious buyers. Principals only. Write to: Williston Times, P.O. Box 430-K, Williston Park, NY. 11596. **wf2**

**GARDEN CITY HOME**  
Wanted, priced low to mid \$300's. No brokers. Call 486-2573 **gcml**

**YOUNG GARDEN CITY**  
Family: Looking to buy small bungalow near water, for our own use, on Eastern end of Long Island. Please call 747-3527, if not home, please leave message. **gcml**

**For Sale**

**SAILING SHIP MODEL**  
three masted barkentine. Full rigged. Circa 1800s. 48"x31". Magnificent, must see. \$500. Call 921-8483. **hf2**

**MOVING SALE-Colonial pine**  
dining room table, 60 in. round, 2 leaves, pads, 4 captains chairs. \$250. Plus triple dresser, excellent condition. \$150. Stereo Pioneer speakers, much more. 248-1503 **gcF2**

**ANTIQUA PRIMITIVE PINE: 3**  
drawer chest, \$165., antique primitive pine rocker. \$145. No reasonable offer refused. 747-3412. **gcF2**

**FRUITWOOD PIANO with bench**  
excellent condition, needs tuning. \$500. Two brass lamps, very good condition, \$25 each. Black leather couch, good condition, \$50. Brown tweed casual chair, good condition, \$25; 352-8174. **gcF2**

**REDECORATING: Boy's Bed-**  
room set, Bassett. Captain's bed, armoire, desk with bookcase & chair. Excellent condition, \$850 negotiable. 354-6424 after 6 p.m. **gcF2**

**DINING ROOM SET-French**  
Provencal. Table, 3 leaves, 4 chairs, 60 inch breakfront. Includes matching desk and chair. \$475. 746-2496. **gcF2**

**FOR SALE:**  
**ANTIQUES AND COL-**  
lectibles: Victorian sofa, (needs some repair), shaving mugs, pressed glass, old silverplate flatware, Fulper, Roseville, Haeger pottery, Celadon collectible jewelry etc. **The Little Shop, Floral Park Methodist Church 35** Verbena Ave. Open every Wed., 10 a.m. to 3 p.m. **gcml**

**SCANDANAVIAN DINING**  
room set. Excellent condition, \$400. Call 921-8483. **hf2**

**For Sale**

**BEIGE RUST 90 INCH COUCH**  
almost new, \$325. Walnut dresser Bassett, 56" long x 29" high, \$30. 248-3998. **gcf3**

**REDECORATING: TUFTED**  
back couch with matching love seat, coffee table, end table with lamp, kitchen table with 4 cane chairs. No reasonable offer refused. 873-9034 anytime. **gcf3**

**DINETTE SET BUTCHER**  
block Formica, 42" round table with 4 swivel chairs in beautiful condition. \$100. Please call 775-5281. **gcf3**

**VICTORIAN COTTAGE**  
furniture, full labeled nursery set, original decoration, dresser with mirror, washstand, rocker, table, twin beds, \$2500. 742-9018 after 3 p.m. **gcf3**

**OVAL DINING TABLE**  
Duncan Phyfe legs, 2 leaves, opens to 7ft. \$375. 538-4322 after 4 p.m. **gcf3**

**LEVOLOR VERTICAL BLIND**  
For Cherry Valley Apts. with picture window, 116 1/2 x 52 in. Mirror finish, one year old. \$150. 741-0711. **gcf4**

**TWO GIRLS BEDRM. SETS,**  
\$300 each. Boy's bedrm. set, \$500. Queen size sofa bed, \$300. 742-8479. **gcf4**

**1900 OAK WHEELCHAIR: IRON**  
Wheels, 741-8838, after 7:30 p.m., weekdays; all day weekends. **gcf4**

**SOFA, SCALAMANDRE, SILK**  
Damask, shrimp color, 92 inches, down cushion. Mint condition. Misc. end tables. 294-8541. **gcf4**

**HENREDON: CONSOLE TABLE,**  
Walnut (54 l. x 16 w. x 28 h.). Matching lamp table, 25 l. x 19 w. x 25 h. \$600. for both. Matching couch (90 in.) and love seat (62 in.) from W.J. Sloane. Excellent condition. Fabric is beige/blue/rust. \$7150. Also selling girl & boy 10 speed Huffy bikes. \$120 for both. Call after 7 p.m. 746-2974. **gcf4**

**LEWIS OF LONDON CRIB**  
With matching dressers; toy box; yellow/white. Plus assorted baby equipment. 741-6621. **gcf4**

**SURDIAC-SOUTHPORT COAL**  
Stove. Color Cordova. Good condition. Includes 1 1/2 tons of coal. \$450. Call 437-7614. **wf4**

**PIANO-HARDMAN-PECK**  
Console. Excellent tone and action; with bench & lamp. Beautiful walnut cabinet. \$1200. Call after 7 p.m. 799-1352. **gcml**

**BRIDAL GOWN, WHITE;**  
Original Privila, with cathedral train & slip. Size 10. Reasonable. Call 747-2463. **gcf2**

**XEROX COPY MACHINE**  
fast, reliable, letter-legal size, excellent condition, recently serviced. Great for office use. Able to make between 500-3000 copies/month. Take over payments \$25 month. 735-1673 **hfnf4**

**GREAT BARGAIN. EUROPEAN**  
Blue Fox Jacket. Brand new, size 8. Incredibly low price. Interested? Call 822-7597 after 4 p.m. **hf4**

**For Sale**

**ARTLEY FLUTE AND BOOSEY-**  
Hawkes Clarinet: \$60. each. 433-9651 days. **gcf4**

**WURLITZER ORGAN: MODEL**  
#4500. \$2,000. 486-6253. **gcf4**

**DRUM TABLE AND COCKTAIL**  
Table: With slate tops. Best offer. 481-1657. **gcf4**

**LIVING ROOM FURNITURE -**  
Castro 91" convertible sofa, upholstered chairs, cocktail tables, Grandfather clock, curio cabinet, Lowry organ, Stiffel and brass lamps. Cash/carry. Call 364-2552. **hf4**

**MOVING IN MARCH!**  
Everything in our Hicksville home must go! Queen size maple four-poster bed, brand new mattress and box spring, \$225; dressers, maple \$20 each, twin maple BR set, mattress, box spring, night table, 2 dressers (one w/mirror), desk with chair. All excellent condition, perfect boy's set \$250 takes all. Swivel LR rocker \$50, 2 end tables \$30 each, coffee table \$50, lamps \$25 each, three cushion sleeper sofa \$250, round picnic table, 4 benches, umbrella and stand, very good condition \$50. DR set, china closet, buffet, table and six chairs \$400; plus air conditioners, RCA 19" color TV (needs work), 3 speed boy's bike, and much, much more. Call after 6 p.m. 433-9264. **hfhm3**

**Services**

**HANDYMAN WE DO ANY**  
Type of job. 10 yrs. experience. References available. Buddy, 481-7312. **gcml**

**VINCENT NASO**  
**PROFESSIONAL PAINTER**  
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Exterior & Interior  
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All work guaranteed 100%  
30 years in Business  
Serving all Nassau County  
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Neat, clean, excellent work  
328-0028 **hf4**

**THE CUISINE SCENE FINE**  
Catering for all occasions. We prepare food, serve, clean up, at home, the office, anywhere. Take outs to full service. References available. Call Susan 742-1956 **gcf2**

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\*Carpentry  
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Call Fred 654-2610 or 931-1155  
**wap2**

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Certified Teacher: To tutor students of all ages and abilities including those with special needs. Available immediately for one to one instructions. Also RCT and regents preparation. Call: 248-8804. leave message. **gcf3**

**Services**

**UNIQUE PARTY SERVICE**  
with personal touch by Sheila. Professionally coordinated parties complete service-home, office, dinner parties, cocktail parties. All occasions. For consultation call 746-0966. **gcml**

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Cleaned-repaired-replaced  
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**hap3**

**INCOME TAX PREPARATION**  
by 2 former IRS agents with 35 years experience. Reasonable rates. Call Anne or Roger M. Gedgard, 746-0425. **gcap2**

**MASOTTI CONSTRUCTION**  
It's not too early to think of spring home improvements. Scheduling now! Call 248-0857. Fully licensed and insured. Free estimates. **gcap3**

**INTERIOR PAINTING**  
Specialists. We need customers who care as much as we do! We take pride in our dependability, quality and cleanliness. Free estimates! Fully insured! Mike Walsh 422-1854. **gcml**

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Stoops \* Fireplaces \* Patios  
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Skylights Installed  
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**gcml**

**NERVOUS TENSION MUSCU-**  
lar stress? Relaxing Swedish massage therapy in your home or sports massage, catering to the weekend athlete by N.Y.S. licensed massage therapist, Male FEMALE. Michael Corr, Lic.# NYS 2174. 623-0540. **gcml**

**CALL INPUT 931-6027**  
24 hours a day! Answer the Question of the Week or express an opinion on other topics of interest to readers.....

the  
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Frederick T. Coulter  
489-7961 gcm1

**HOME TAX SERVICE**

over 15 years experience. Income tax specialists. In-home preparation no extra charge. 10% discount for senior citizens. John J. Dugan - Lawrence A. DiFiore 516-741-2624. hmy1

**MAJOR MOVING COMPANY**

Save 5 - Reduced rates locally, long distance. Moving to all points in USA. Storage. Call Eleanor 741-8048. hf2

**LADIES**

**RELAX AND ENJOY**

Your Next Party!  
Catering and Experienced Professional Services for assisting with Preparation, Serving and Cleanup, before, during and after your party. Bartenders Available. Call Kate at 248-1545 or 746-8264. wf4

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Interior & Exterior  
Repair Sash Cords & Windows  
Clean Out Gutters  
General Handyman  
\*Satisfaction Guaranteed\*  
Call Fred Lee 794-7405 gcm1

**Car For Sale**

**1980 VOLKSWAGEN RABBIT:**  
White, 2 door, standard shift, dual Webbers. Call for details. Many performance parts. \$1,800, negotiable. 747-3368. gcf2

**1981 PORSCHE 924, SUN ROOF,**  
5-speed, Blaupunkt stereo, A/C, new Michelin tires, 40K. Excellent condition, \$9,000. Call 746-2731. wf2

**1985 MAZDA, RX 7. 5 SPEED,**  
Tender blue, sunroof, 12,000 miles. Mint condition. Price to sell at \$10,500. 741-8884, leave message. gcf4

**1982 PONTIAC J2000 STATION**  
Wagon. A/C, am/fm radio, silver in color. Good condition. \$5,000, negotiable. Call after 4 p.m. 294-5448. wf4

**'83 TOYOTA 4 DOOR**  
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**NOVENA TO ST. JUDE**  
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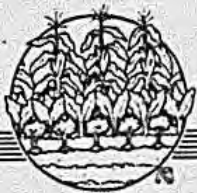
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# Backyard Gardener



## Roses have long history as landscaping favorites

By Patrick Denton

For more than 2,000 years roses have been grown and loved for their very special beauty and fragrance, and rare indeed is the home gardener without this plant in his home landscape.

Apart from the strong attraction of its classic beauty, the rose is a most satisfying plant to grow. Purchased and settled into good soil in an open, sunny spot, most modern roses will bloom from late spring into the autumn.

For most of us, the only really confusing aspect of growing roses lies in choosing from among the perplexing number of varieties available in local garden outlets during fall and spring.

One guideline in choosing a good, reliable rose for our gardens is to select from among the All-America Rose Selections award winners. These roses, while they are certainly not the only really excellent roses on the market, have been tested vigorously under normal home garden conditions in a wide range of climates and have been judged to be both superior and easy to grow.

In fact, the whole idea for selecting exceptional roses for awards was borne out of the confusing numbers of new varieties that began flooding the market in the early part of the century, when plant breeding began to accelerate. In 1933, rose producers and marketers decided to form a non-profit organization with the purpose of testing new rose varieties to determine which of them, if any, could be recommended to the public as exceptional.

Test gardens were established in a wide range of climates to represent the many growing situations over the North American continent, and a program of care for the roses to be tested was set up so that the plants would receive only the care that would normally be provided by a good — but not necessarily an expert — gardener.

During their two-year testing, when the entries are identified only by number, assigned expert judges grade the roses for vigor, pleasing growth habit, disease resistance, foliage quality, flower production, bud and flower form, opening and finishing color, fragrance, stem length and quality and overall value in the home landscape. The scores are then compared with other, similar roses tested at the same time and with the standards already established by the All-America Rose

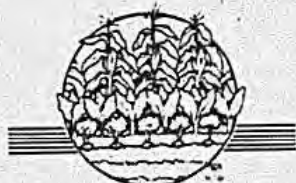
Society for awarding winning status to a rose.

The AARS testing program has encouraged rose breeders to improve the vitality, strength and beauty of roses through the years, and since 1940, the meticulous grading process has served to promote some of the classic roses of all time — Peace, Tropicana, Mr. Lincoln, Double Delight, Queen Elizabeth and Europeana among them.

Of all these all-time favorite roses, probably Peace is the best known and loved — and the most rich in historical significance, as well. Introduced 40 years ago at the end of World War II, the Peace rose was to symbolize the end of the tribulations the war had brought to the world. And at the first meeting of the United Nations in San Francisco, the secretary of the American Rose Society presented each of the heads of the 49 delegations with a single bloom of Peace.

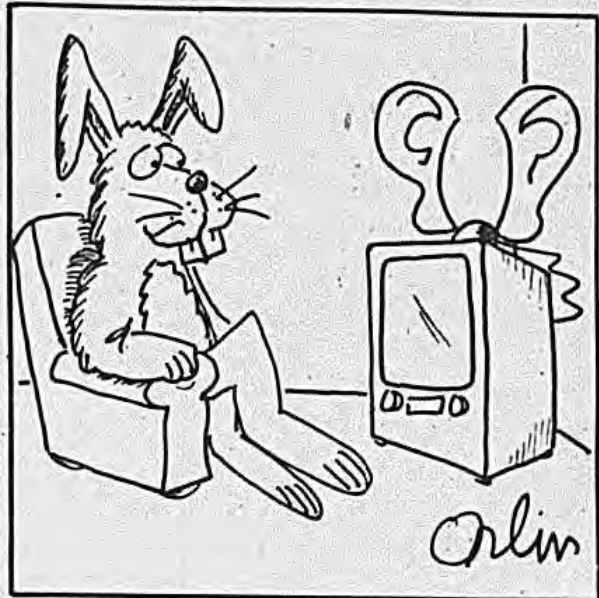
Today, plants of Peace grace the gardens of the United Nations in New York. There, and in our own home gardens, Peace signifies hope for the present and the future in the midst of a troubled world. Its vigor, beauty and resistance to disease are indeed signs of hope and life. Peace grows tall and bushy, with an abundance of glossy, dark green leaves and large, long-lasting flowers. The magnificent ivory buds appear on long, stalwart stems and as they open, the flowers turn a pale golden yellow with a pink blush at the petal edges.

The big news in roses for 1987 is a new selection of shrub roses just introduced by the same family of breeders who produced Peace. More about these, and the 1987 award-winning roses, next week.




# Backyard Gardener

## TV TOONS



PAGE 21A Friday, February 13, 1987

SOMETHING FOR EVERYONE



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# Decor Score



## Banish ugly TV stands with storage on wheels

By Sharon Owen Haven

**Q:** Though we like some of the built-in TV storage ideas we've seen, this solution really won't work for us because we need our TV to roll around the room. On the other hand, the TV stands we've seen are unbelievably ugly.

**A:** Do you have any ideas? — L.M.

**A:** You may have to build your own TV stand or have it custom-made. The Plywood Paneling Council made the stand pictured out of 3/4-inch plywood covered with the same striped paneling that was used on the walls. It is trimmed with molding and rolls easily on casters.

For access to the storage space, a touch-latch door can be mounted on the front. Or, easier yet, leave the back of the stand open.

In addition, here are a couple of their ideas:

— Simply mount casters on any side table or coffee table that is the appropriate size and use it as a stand.

— Buy a ready-made, press-board cube from an unfinished furniture store, paint it or stain it and add casters. You can store records, books or TV accessories inside.

Remember, whatever you choose, the stand will look best if it matches or coordinates with either the walls, flooring or other furnishings in the room. You would hardly want to trade one eyesore for another.

**Q:** My older home has an open archway that divides the den and the living room. I got an estimate

on French doors that was very high. How else can I close off the archway? — L.B.

**A:** The arch, of course, is what made the estimate for French doors higher than you expected. The arch, on the other hand, is an appealing design element and it would be a shame to destroy its shape.

One possible solution is to add draperies over the opening, using one of the new arched drapery rods now available. This would close off the opening but permit passage through it. The draperies could be tied back when you wanted the area between the two rooms left open.

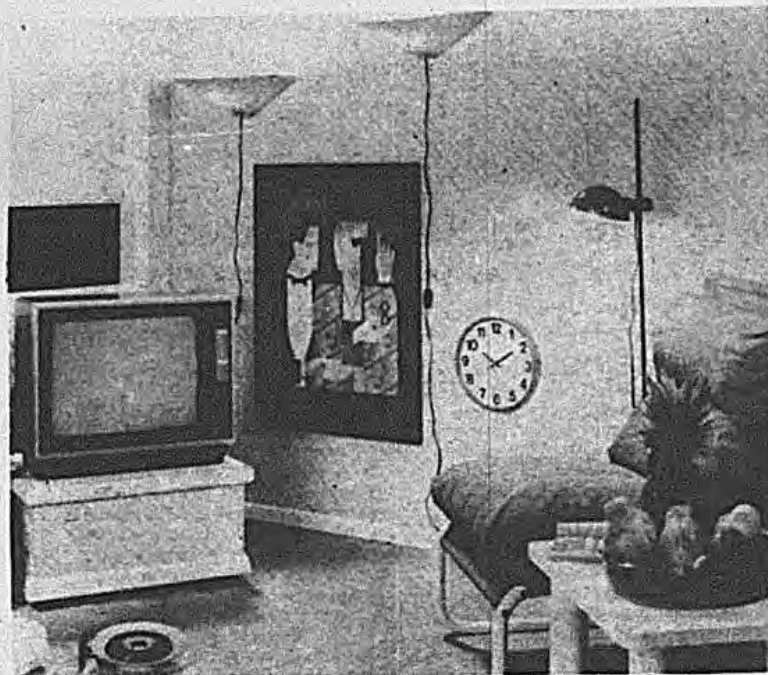
Though any conventional doors would probably run into an expense comparable to the French doors, you might consider a screen. A clever solution I once saw was a Chinese screen mounted on a ceiling track. The screen could be moved to cover the doorway or to grace the wall to the left of it. All with a light touch of the hand. When the doorway was covered, no one knew it was even there.

If you want to close the archway permanently there are more options available. Here are a few:

— Close with arched panel of etched or stained glass.

— Add glass or wood bookshelves horizontally over the opening if the thickness of the wall is at least 8 inches.

— Or close off one side flush with the wall and use the other (recessed) side to frame a work of art or sculpture.



**TV STORAGE** — This attractive, low-profile TV stand stores video paraphernalia and rolls where it is needed.

## BENCHWARMER'S SPORTS TRIVA

Can you name the two Giants on base when Thompson hit his 1951 play-off home run against the Dodgers?



BY BOB ALEXANDER  
ANSWER:

Whitney Lockman and Clint Hartung.

On Monday, October 8, 1956, Don Larsen pitched the only perfect game in World Series history as the Yankees beat Brooklyn 2-0. Can you name the Yankee infielders?



BY BOB ALEXANDER  
ANSWER:

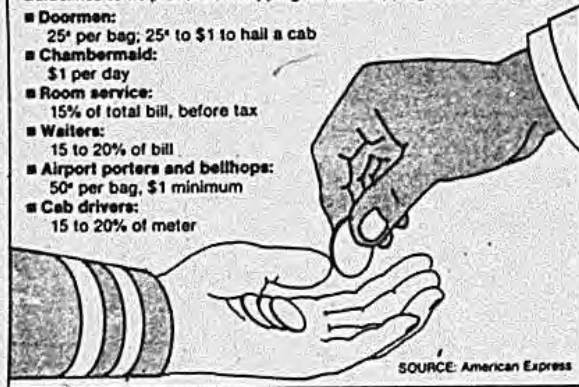
Backing up Larsen's gem were Yogi Berra catching, Joe Collins first base, Billy Martin second base, Gil McDouglald shortstop, and Andy Carey third base.

## SMART MONEY

### How much to tip?

Guidelines to help avoid over tipping or under tipping while traveling.

- **Doormen:**  
25¢ per bag, 25¢ to \$1 to hail a cab
- **Chambermaid:**  
\$1 per day
- **Room service:**  
15% of total bill, before tax
- **Waiters:**  
15 to 20% of bill
- **Airport porters and bellhops:**  
50¢ per bag, \$1 minimum
- **Cab drivers:**  
15 to 20% of meter



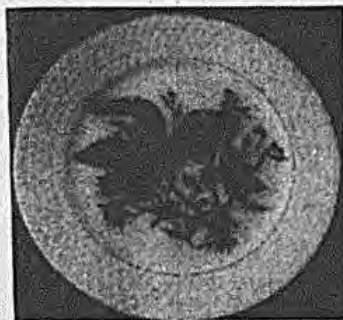
SOURCE: American Express

# ANTIQU OR JUNQUE



By James G. McCollam

## Petrus Regout Co. made your plate



**Q:** What can you tell me about my plate that is decorated with a floral arrangement? On the back is printed the following, "P. Regout and Co., Maastricht."

**A:** Your plate was made by Petrus Regout Co. in Maastricht, Holland. It was made during the first quarter of the 20th century and probably would sell for about \$25 in a retail shop.

**Q:** What can you tell me about Royal Copley figurines? Are they scarce? Where are they made? Would you advise collecting them?

**A:** Royal Copley pottery was made by Spaulding China Co., in Sebring, Ohio. The company was in business from 1939 to 1960. The figurines are inexpensive

**Q:** I have an 11-inch cake plate with handles. It is decorated with hand-painted tulips and has the enclosed mark on the back.

What can you tell me about its origin, vintage and value?



**A:** R.S. Prussia porcelain was made by the Schlegelmilch Bros. in Tillowitz and Suhl, Germany. Your cake plate was made around 1900 and probably would sell for \$275 to \$325.

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

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## Points on Pets

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

### Are worms in dogs contagious?

**Q:** Our dog's fecal material contains "ricelike" granules. Some of these granules appear to move. Are these worm eggs?

**A:** How can we find out if our dog has worms? If our dog has worms, how can we get rid of them? Are worms of dogs contagious for humans?

Of course, it is impossible to know without examination of the stool whether the white granules in your dog's stool were worm eggs. You should take a fresh stool sample to your veterinarian for diagnosis. Your veterinarian will be able to tell you if your dog has worms, and, if so, the kinds of worms that your dog is harboring.

The type of signs that you have described are typical of tapeworms. Following examination of the stool sample, your veterinarian can recommend the best treatment for your particular dog. Dogs usually acquire tapeworms from ingesting fleas carrying the infective larvae or by ingesting infected raw meat, fish or discarded animal parts. Whenever a dog ingests an infected flea, the infective larvae develops into adult tapeworms within the dog's intestines.

The adult tapeworm consists of a head with hooks and suckers that attach to the inner lining of the intestine and a body consisting of reproductive segments. The tapeworm obtains nourishment by absorbing nutrients from the intestinal tract directly through the cuticle that covers each body segment. Eggs produced by the adult tapeworm pass out of the dog with its feces and then are eaten by an

intermediate host such as a rabbit, rodent or flea. The eggs develop into infective larvae in the intermediate hosts.

Although relatively rare, humans have become infected with tapeworms by ingesting infected fleas. Most dogs with tapeworms do not demonstrate any signs of illness. Usually, tapeworms are not suspected unless the tapeworm segments are noticed clinging to the hair or skin around the anus or in a fresh bowel movement. The white or pinkish-white rectangular tapeworm segments may be seen moving in fresh manure. Some dogs will scoot their rear ends on the floor or ground due to the irritation of tapeworms.

Following diagnosis of tapeworms, your veterinarian can prescribe a safe tapeworm-killing drug that can be administered at home or can administer the medication at the veterinary clinic. Drugs obtained at grocery stores or pet stores usually are not effective against tapeworms.


Because fleas are an intermediate host for tapeworms, every effort should be taken to control fleas on your pets. Dogs should not be allowed to eat raw meats or rodents. Tapeworms can be controlled by good sanitation and flea control. Although tapeworms usually cause the dog very little harm, they should be prevented because of the human health hazard.

## Points on Pets

### Putterin' Pete


By FRYE

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## JUNIOR EDITION



### Aunt Tilly's Corner

On Saturday of this week we will all be celebrating Valentine's Day. It will be a time to remember those we love with a card or gift.

The day was named after a very kind man named Valentine who provided poor young girls with doweries so they could marry. In those times it was the custom for the bride-to-be's parents to provide the future groom's parents with a gift. If the parents were poor they were not able to afford this gift and the couple could not marry.

It is said that St. Valentine would often come to the rescue of poor couples in love in this way. That is why he is remembered as the patron of love, with the heart as his symbol.

Your friend,  
Aunt Tilly

P.S. This week's coloring contest winners are Virginia Sewell and Doug Ormond.

#### 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 20, 1987.
  3. Paint, watercolors and crayons must be used on the above.
  4. Decision of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:  
165 Hillside Avenue  
Williston Park, N.Y. 11596

## The World's Most Beautiful Grandchildren

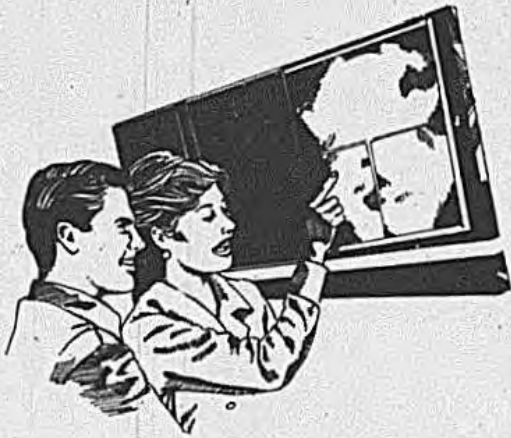


These are our beautiful grandchildren Kristen Stephanio and Matthew Brian Johnson. They live with their parents, Denise and Andrew Johnson in Huntington. They are the joy of our lives.

Clem and Joan Martello  
Jericho

.....  
**GRANDPARENTS** - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. See the Notice column in the Classified Section for more information or call 931-0011.  
 .....





SPECIAL COVERAGE★

# Health Care

'87



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



Friday, February 13, 1987

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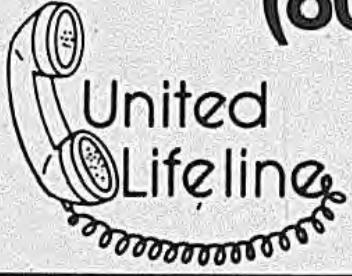
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Mid-Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News  
SPECIAL HEALTH CARE EDITION APPEARING IN



## R · E · C · I · P · E · S

American Heart Association

### Apricot Ham Steak

A great idea for leftover ham. Try this recipe when you want a gourmet delight with little preparation time.

- |  |                                       |
|--|---------------------------------------|
| 1 1 1/2-pound ham slice,<br>cut two inches thick | 1 whole cloves                        |
| 1/4 cup firmly packed<br>brown sugar             | 1 16-oz. can peeled whole<br>apricots |

Remove any fat around the slice of ham. Place in a shallow baking pan. Sprinkle with sugar and stud the sides with cloves. Drain the apricot juice. Pour 1/3 cup of the juice over the ham. Bake at 325 degrees for one hour, basting often with the juice in the pan. Arrange the drained apricots on top of the ham and bake 15 minutes longer, or until richly glazed.

Yield: 6 Servings

Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook. Copyright 1973, 1975, 1978, 1984 by the American Heart Association, Inc. Published by David McKay Company, Inc.

### Apricot Ham Steak Nutritional Analysis per Serving

66 Calories	4 mg. Cholesterol
2.3 g. Protein	13.8 g. Carbohydrates
.5 g. Total Fat (est.)	14.5 mg. Calcium
.1 g. Saturated Fat	200 mg. Potassium
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## THERAPIST ROLODEX What's new in therapy, finding right counselor

By Eric Jude



If you have a soaring fever, you call the doctor. A few pounds to lose? Visit the nearest dietitian. But when you're plagued with anxieties, panic and worry, whom can you turn to?

Oftentimes, talking with a friend or family member will do. When that's not enough, it might be time to think about getting help from a mental health professional.

To some, the word "therapist" conjures up the image of a man taking copious notes and smoking a pipe while the patient lies on a couch talking about his problems. In reality, the counselor you choose could be a social worker, sex therapist, psychiatric nurse, psychologist, psychiatrist or clergyman, according to *Diabetes Forecast* magazine. You'll be able to choose from many academic backgrounds, training programs and theoretical orientations.

There are three major categories of psychotherapy, according to "Women and Psychotherapy: A Consumer Handbook":

**BEHAVIORAL**  
 The focus is on changing behavior. The therapist will likely give you specific tasks or challenges to accomplish between sessions. Behavioral techniques include assertiveness training, relaxation techniques and behavior modification.

**HUMANISTIC**  
 The theory is that how you act in therapy provides one way of examining how you act in life. So, you examine your feelings and needs and your relationship with your therapist.

**PSYCHODYNAMIC**  
 Childhood events and unconscious conflicts are seen as the origin of emotional problems. You'll examine those early years and your relationship with your therapist will be viewed as reflecting those experiences.

Experts say the keys to successful therapist/patient encounters are competence and compatibil-

ty. Research has proven that therapy tends to be successful when the patient feels accepted, understood and liked by the therapist.

Checking the competence factor simply requires the consumer to research potential therapists, considering their credentials, training, experience and reputation.

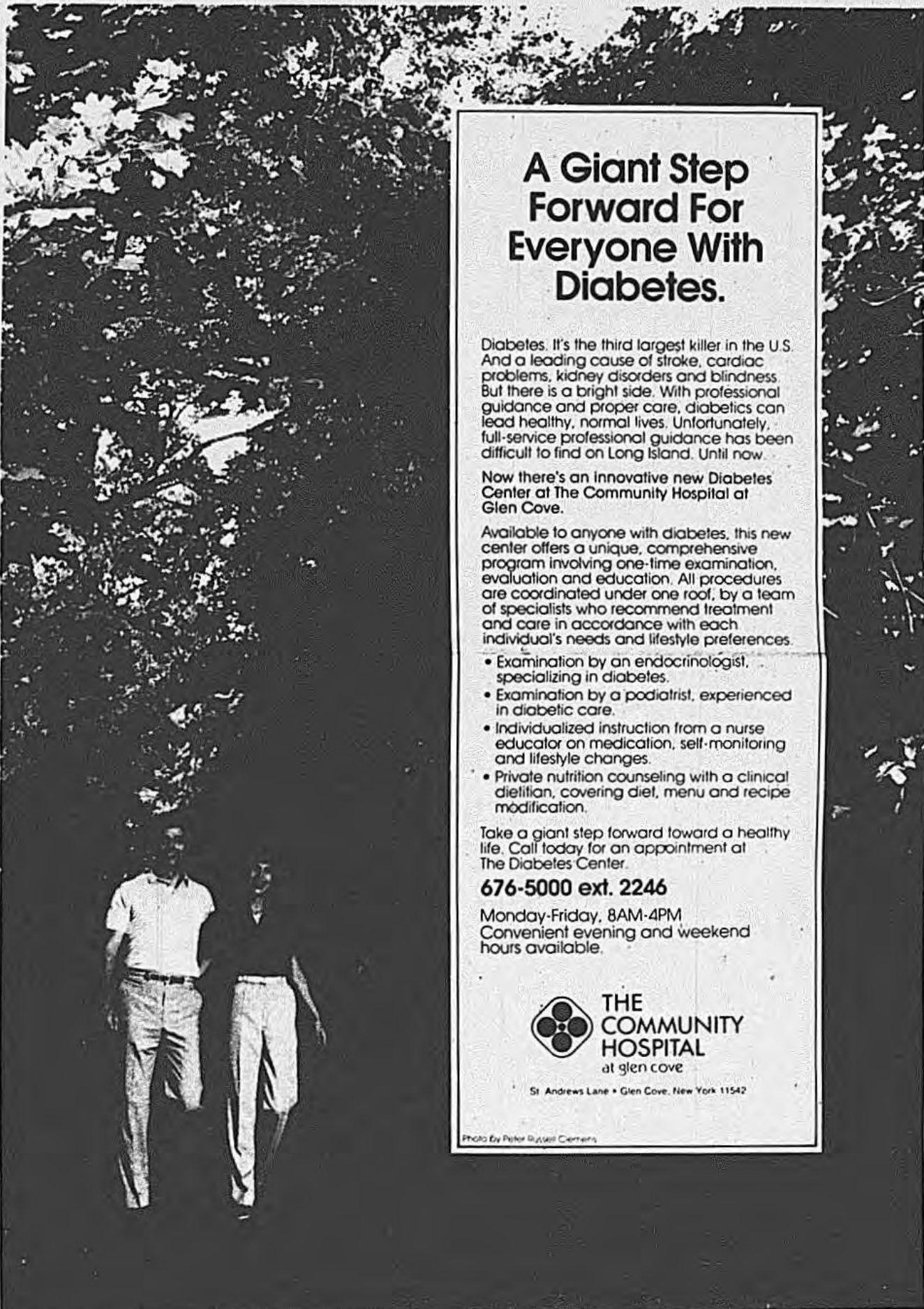
According to *American Health* magazine, you can find clues to compatibility by actively interviewing the therapists you're considering. Ask a lot of questions to get a sense of what the therapist is like as a person. Consider integrity, ethics and overall manner.

In his pamphlet, "Choosing A Psychotherapist" (Minerva Press: \$1.25), Michigan psychologist Steven Charles Fisch offers a checklist of questions to ask yourself after meeting a therapist:

- Did the therapist relate to you sincerely and genuinely?
- Did he or she respond to questions thoughtfully and considerately?
- Did you feel you were being taken seriously and treated with respect?
- Do your instincts say this is a person you can trust, one whose basic skill, experience and sensitivity are comforting?

Of course, you'll have to consider cost when choosing a therapist. You'll find therapists' fees will vary with factors like training, education, geographical location and whether the therapist is in private practice or works, as part of a community health agency.

Health insurance can make therapy more affordable and many community mental health agencies charge fees based on your ability to pay. Insurance coverages vary, so read your policy before scheduling that first appointment.



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## HOSPITAL SAVVY

# Checking out wards, ER before you check in

By Steve Hartado



Going into the hospital isn't something too many people look forward to. Still, the chances are good that at some time in your life, you'll need to choose a hospital for medical treatment. The time to check out a hospital is before you check into one, and knowing what to look for is critical to making the right choice.

Nobody needs to tell you how complex the health-care system has become in recent years. Out-patient surgery, health maintenance organizations, home health care and other innovations mean choosing a hospital involves more than choosing a building. When you choose a hospital, you want one that offers a complete range of health-care services.

"Look for a hospital that is capable of networking various levels of care," says John King, president and chief executive officer of Evangelical Health Systems in Chicago. "A good hospital should be a full-service hospital, one that can provide the patient with a continuum of care — from outpatient procedures, to inpatient care, to home health care and extended care, if necessary."

A full-service hospital takes the burden of decision-making off the patient, King says. "When you're ill, the last thing you want to do is research the health-care system. A full-service hospital can help guide you through it."

Undoubtedly, your physician has a great deal of influence in your selection of a hospital, but you may not want to rely on his advice alone. Ask your doctor for the names of other physicians on staff at a hospital, then call them for their opinion. Find out how many of them are board-certified in their specialties and how many different specialties are represented.

"The fact is, physicians want to be affiliated with the best hospitals," King says. "Finding out the hospital where local doctors practice gives you a good idea which facilities they feel are best."

To qualify for treating Medicare patients, hospitals must be accredited by the Joint Commission for the Accreditation of Hospitals. Accreditation is an important indicator of a hospital's quality, but you should demand more.

"Many other organizations, such as the American Heart Association, evaluate specific hospital programs and services," King says. "Most good hospitals see these certifications and display them proudly."

He suggests a simple walk-through of a hospital's lobby, noting the various accreditation certificates the hospital has received.

Everyone is concerned about the rising costs of health care. Probably no one is more concerned than health-care providers. Unfortunately, cost information provides little insight to a hospital's quality. It is almost impossible to compare costs for procedures or room rates, because so many variables make them difficult to validate.

King recommends that would-be patients find out the number of HMOs and preferred provider organizations that have contracts with a hospital. As financial middlemen between consumers and hospitals, these organizations look for the best prices for health-care services. A hospital with attractive pricing and quality care will probably be successful in garnering a number of these contracts.

All hospitals are not created equal. Still, the choice is not so much a matter of "good vs. bad" as it is choosing between "better" and "best." Naturally, you want the best for you and your family.

"Consumers have much more health information available to them," King says. "And they are expected to ask questions. The best hospitals will be very eager to help you make the right choice."

Finding the best may take some looking, but in the end your family's health will be better for it.

# Health Related Agencies

## 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., M.P.H., 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 .....239-2200

**Plainview Health Center**  
1635 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 of Health:  
**Environmental Health Division**

Works to control all actual or potential environmental hazards to public health:

- Air Pollution Control .....535-3232
- Food & Beverage Control .....535-3681
- Radiological Health .....535-3313
- Residential Environment .....535-3878
- Water Pollution Control .....535-2404
- Water Resources .....535-3323

### 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

## DRUGS & ALCOHOL

### Alcoholics Anonymous Meetings

Garden City-Garden City Community Church, Stewart Ave., Sunday 8 pm (Step), 8 pm (Closed Discussion), 8 pm (Young People) 8 pm (Young People Step) 8 pm (Women Discussion), Tuesday 7:30 pm (Beginners), 7:30 pm (Young People), 7:30 pm (Closed-Non-Smoking), 8:30 pm (Closed Discussion); Friday 7:45 pm (Beginners), 9 pm (Open), 7:45 pm (Young People), 7:45 pm (Closed); "Saturday Night Discussion", Church in the Garden, 88 Osborne Road, Saturday 8:30 pm (Closed Discussion), Hand in Hand, Gay Group, 38 Old Country Road, Friday 7:45 pm (Step), 9 pm (Open Discussion), Thursday 11:30 am, St. Anne's R.C. Church, 35 Dartmouth St., Tuesday 8 pm (Closed Discussion), Easy Does it, Garden City Adelphi University Bldg, Hi Wienberg Room 10 Lower Level Thursday 7:30 (Open Discussion).  
For additional meeting places and times call .....(516) 794-1144 or 292-3040

### Al-Anon and Alateen

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

### Families Anonymous Meetings

Anonymous self-help group for families of drug and alcohol abusers and related behavior problems. Meeting places in Nassau, Suffolk, Brooklyn and Queens.  
For information call .....(516) 221-0303, (718) 449-4778  
Your call will be returned within 24 hours.

### 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; vocational 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  
366 Jericho Tpke, Mineola 11550 .....742-4015

### Certification of Vaccination

For information call .....535-3410

### Communicable Disease Control Program

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 care, physical, speech and occupational therapy; medical, social services, and nutrition service (when requested by a physician).  
For information call .....535-3522

### Area Offices

**Freeport**  
460 N. Main St., Freeport .....378-8820  
**Glen Cove**  
Family Practice Building  
11 Trubee Pl., Glen Cove .....759-0916  
**Mineola**  
160 Old Country Rd., Mineola .....535-2403  
**Plainview**  
1535 Old Country Rd., Plainview...420-5241

### Office of Public Health Nutrition

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

### Physically Handicapped Children's Program

Provides financial assistance and monitors treatment and rehabilitation services for children under the age of 21. Financial eligibility determined by Department of Social Services or "supplemental programs".  
For information call .....535-3446  
Orthodontal program .....535-3443

### Public Health Education

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



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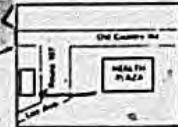
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Continued On Page 9

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

## Spring-cleaning regimen for your medicine cabinet

By Eric Jude

If you're up to your elbows in medicine bottles, consider undergoing a new type of chest X-ray, one that looks inside the medicine chest.

Keith W. Sehnert, M.D., author of "How To Be Your Own Doctor (Sometimes)," believes medicine chests tell more about health practices and attitudes than 10 Gallup Polls, according to an article in Rodale's "Body Bulletin."

Sehnert says a well-stocked medicine cabinet could save rushed trips to the doctor, since many minor problems will run their course without consequence if given a little tender loving care.

Here's his three-step plan for putting together a ready-for-anything chest.

### SPRING-CLEANING

Most people tidy their basements, attics and garages at least once a year, and should do the same with the medicine cabinet. Start your spring-cleaning by dividing the present contents of your medicine cabinet into two piles — one for prescription medications, the other for over-the-counter products. Then, question prescription drugs with the following:

- Is the name of the drug on the label?
- Are the instructions clear?
- Is the date less than 18 months old?
- If a liquid, does it look the same as it did when first acquired?
- Do you still suffer from the

condition for which the medication was prescribed?

Anything that gets a "no" should be thrown away (garbage disposal, toilet or sink — not in the garbage can).

For non-prescription drugs, ask:

- Has the medication exceeded its expiration date?
- If there is none, does the medicine still look and smell like it did when first purchased?
- Throw any medicines away that don't pass the test.

### PROPER STORAGE OF WHAT REMAINS

Here's how to store the remaining medications:

- Check each medication for

special instructions like refrigeration.

- Check the label of each medication to make sure it's firmly attached, and tape it on if not.

- Return all medications in an orderly fashion, positioning those that get the most use within easiest reach.

- Attain a list of emergency phone numbers to post inside your medicine-cabinet door.

- Most medications hold up best when stored away from moisture and heat, Sehnert says. If your bathroom is frequently as steamy as a sauna, you might want to move your medicines to another location.

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**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 fee; Medicaid and Medicare.  
Hours: Monday, Tuesday 9 am-9 pm; Wed. & Thurs. 9 am-7 pm; Friday 9 am-4 pm.  
Free Orientation Group Monday 7-8 pm  
600 Hempstead Tpke, West Hempstead 11552 .....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.  
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 Pills & 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.  
Alcohol Help.....742-2400 Other Drugs.....542-3925  
Cocaine Hotline.....481-4000 General information.....560-1919

**YDA-Medical Service Clinic  
South Nassau Communities Hospital**

Hospital-based program which provides medical care and health related services to patients who are referred from community based substance abuse agencies throughout Nassau County. Monday, Thursday, Friday 9 am-5 pm; Tuesday, Wednesday 9 am-8 pm.  
2445 Oceanside Rd., Oceanside 11572 .....764-1347

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Continued On Page 10

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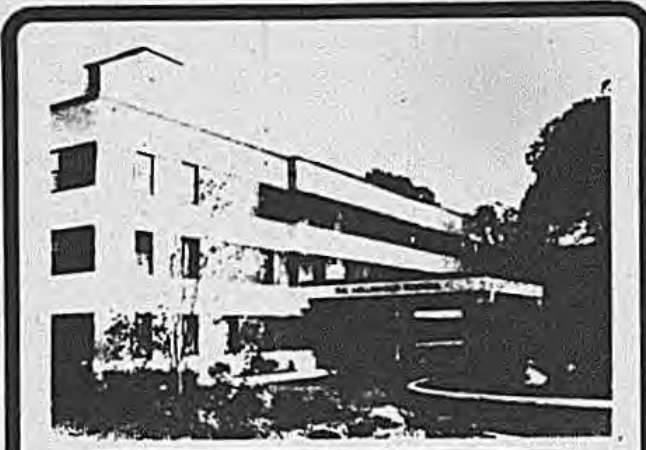
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**Child Development/Learning Diagnostic Program**  
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**Long Island Center for Independent Living for the Disabled**  
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 Hours: Monday-Friday 9 am-5 pm  
 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.  
 Orthodontal program .....535-3443  
 240 Old Country Road, Mineola 11501      Medical Program .....535-3446

**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.  
 240 Old Country Road, Mineola 11501 .....535-3881

**Office of Vocational Rehabilitation, State Education Department**  
 Counseling, training, and placement for the mentally and physically handicapped, and learning disabled.  
 50 Clinton Street, Hempstead 11550.....483-8510

**South Nassau Chapter of Self Help for Hard of Hearing, Inc.**  
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 Davison Avenue, Oceanside  
 For information call .....764-5957 or 546-7514

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

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 Breast Cancer Information and Support Services.....248-8866  
 TDD (for deaf clients) .....294-8494  
 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  
 265 Post Avenue, Westbury 11590.....334-4210

**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: Monday-Thursday 9 am-4 pm, evenings by appointment.  
 101 Kensington Rd., (Garden City Community Church), Garden City 11530 .....746-1709

**Little Village School & Day Treatment Program**  
 (For Developmentally Disabled)  
 A full year 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, and learning disabilities. No tuition charge to students. Programs encompass family counseling and supportive clinical services. Early Intervention Program for infants and parents.  
 Call 24 hours a day for information .....746-5575  
 Bayberry Avenue, Garden City 11530.....746-5575

**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

By Gregg Howard

Many would-be exercisers walk away from jogging, aerobic dance and other sports that would benefit them physically. And many of them have their doctors' blessings.

That's because they've found their niches in the world of exercise by putting their best feet forward ... literally. They're walking their way to better physical condition and having fun along the way.

People once walked only when necessary, especially since the invention of the car. Thanks to the fitness revolution, one can now spot walkers at any hour of the day, whether it's a couple of business executives getting some exercise during their lunch hour or a group of "mall walkers" striding the long corridors before the stores open.

Many are walking because it can provide the benefits of more strenuous sports, say running or aerobic dance, with virtually none of the risks. Among the potential benefits are increased muscle tone, weight loss and improved cardiovascular and respiratory fitness.

A person can burn just as many calories walking a mile as running one because he's moving the same mass over the same distance. Walking burns calories at the rate of 300 to 400 per hour.

Walking fits into the most hectic schedules, yet can be an enjoyable leisure activity when a person has a few extra hours.

Some people use lunch hours and breaks for walks, others walk for transportation to and from work. Many walkers frequent school or club tracks or malls every day to get their established number of laps.

Walking is a solo or team sport. Partners and members of walking clubs motivate each other on uninviting mornings and make walking a time for socializing.

Walking is also a great way to get out and see new places, whether it's a new neighborhood, park or stretch of the beach. Some even take "walking vacations" where they see scenic territory.

Unlike many other sports, there's no need for different clothing, a shower, a court reservation or club membership when walking.

A good pair of walking shoes is a must. Experienced walkers and medical experts usually agree a moderate heel lift (five-eighths to 1-inch), a good tread and solid heel support are essential, according to an article in *Working Woman* magazine. Some say running shoes will do the trick, others say walking shoes are best. Usually made of leather or nylon, walking shoes have somewhat stiffer soles and stronger heel supports than aerobic exercise shoes to enhance walkers' heel-to-toe rolls.

The motions of walking come naturally, of course, but there are a few points to keep in mind for a safe, effective workout.

A person's normal stride is probably the way he should walk for exercise ... he should just be sure to land on the heels and roll the foot forward onto the toe and use good posture, says the *Working Woman* article. To increase the workout, a person can try swinging arms, lengthening the stride and taking deep, regulated breaths.

Cooling down afterward is a good idea because it increases flexibility and helps stretch out

muscles.

Experts suggest walking 20 to 30 minutes three to five days a week. Don't overdo it at the beginning — start off by walking only comfortably fast and work gradually toward a speed of about 4 mph.

Those who are walking away from strenuous exercise have no reason for guilt as long as they're striding into a new routine for fitness.



# GO FOR IT!



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Continued From Page 10

### Middle Earth

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 2740 Martin Ave., Bellmore ..... 826-0600

### Nassau County Department of Mental Health, Mental Retardation and Developmental Disabilities

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)

Case management service provided to runaway/homeless/maltreated adolescents include: crisis counseling, short-term counseling, peer counseling, emergency housing and food, information, referrals and advocacy. Crisis and short-term counseling are provided to the families of these youth. Services are also available to young people and families in an attempt to prevent family difficulties from developing into runaway, homeless, or maltreatment crises. Services provided free to youth and families from Nassau County.  
 Hours: Monday-Friday 9 am-5 pm 24 Hour Hotline ..... 489-6066

### South Nassau Communities Hospital Mental Health Clinic

For Nassau County residents only. Outpatient mental health services include individual, family, marital and group counseling, chemotherapy and relaxation therapy. Special interest in Crime Victims Crisis Counseling Services, including victims of incest, sexual molestation, rape, family violence or street crime. Other special programs include Biofeedback for migraine and tension headaches; therapy for families going through separation and divorce; and a special program for Help with Ailing, Illness and Loss. Psychiatric and psychological evaluations and other diagnostic services as prelude to treatment. Staffed by psychiatrists, psychologists, clinical social workers. Medicaid, Medicare and private insurance accepted. Open evening and weekend hours.  
 Oceanside Clinic: 2485 Oceanside Road, Oceanside 11572 ..... 763-3942  
 Hargale Clinic: 2949 Long Beach Road, Oceanside 11572 ..... 764-8664

### 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

Continued On Page 13

## Dr. Patricia J. Ausman

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Continued From Page 12

special Early Childhood Assessment Program. Treatment Program for children of Alcoholics. Hours: Mon. through Fri. 9 am-5 pm; Mon., Tues. & Thurs. evenings until 9 pm. 17 West Merrick Road, Freeport 11520.....888-3030

**West Nassau Mental Health Center - Elmont Family Counseling Service**  
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365 Franklin Avenue, Franklin Square 11010.....437-8050  
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**TRI-The Rehabilitation Institute**

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223 Jericho Tpke., Mineola 11501.....741-2010  
Sheltered Workshop 971 Stewart Ave., Garden City 11530.....222-2092

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**Association for Children with Down Syndrome, Inc.**

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.

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 too handicapped to qualify for vocational training, summer day camp; summer resident camp; after-school and evening recreation programs; family counseling; hostels; information and referral service.

230 Hansa Avenue, Freeport 11520.....548-7700  
115 East Bethpage Rd., Plainview 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, Box 788, Melville 11747.....271-3900

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Nassau County.....535-2004  
AIDS HOTLINE is toll free and confidential (8 am-midnight).....(800) 462-1884

**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 throughout Long Island.....796-1610

**American Cancer Society, Long Island Division, Inc.**

Services for patients and their families; information; referral and guidance; group counseling; limited financial assistance; free loan of sickroom equipment; transportation within certain areas; speech therapy for laryngectomees, rehabilitation visitation programs for mastectomy, laryngectomy, and colostomy patients. Laryngectomy and colostomy clubs in both counties. Public education programs for adults and youth: film showings; speakers; distribution of literature; cancer detection and smoking withdrawal clinics. Programs for health professionals. Research through Cancer Prevention Study II to find environmental and lifestyle causative factors in cancer. Memorial plaques.

Cancer Information Service.....385-9119

**American Heart Association**

Raises money for heart research, provides information and referral for heart and stroke related services, and sponsors various self-help groups for heart and stroke patients and their families.

365 Willis Avenue, Mineola 11501  
Memorial donation or information about services, call.....741-5522

**Birthright, Inc. of Nassau-Suffolk**

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PAGE 13B Friday, February 13, 1987

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

## Effective equipment enhances bicycle workout

By Monica Perez

You may have noticed the roads are getting more crowded these days, mainly over in the bike lane areas. And those funny, tight Bermuda-length shorts are popping up everywhere, on and off bicycles.

Bicycling is finally coming of age. In the 1980s, the fitness-conscious have become convinced that biking is a way to maintain health, and they're hitting the road to prove it.

Part of the appeal of bicycling is that, like running, it's as social a sport as you choose it to be. It can be done in the fresh air and sunshine, it burns a lot of calories and gives its participants a good aerobic workout. Unlike running, cycling places only minor stress on the muscular-skeletal system.

Cycling demands more equipment than just a pair of running shoes, but the investment may just be one you'll want to consider. Good equipment can make the difference between an enjoyable workout or a grueling experience that will never be repeated.

The first thing a new biker needs is, of course, a bike. While there are many different types of bicycles available — trail bikes, beach cruisers and racing bikes — most riders choose the multi-gear touring bicycles when they intend to travel more than a few miles from their homes on paved roads, yet aren't quite game for the racing circuit.

The number of gears on these bikes allows the rider to select the one that keeps him pedaling at the most effective level, not too fast so the pedals spin without propelling the bike forward, but not so slowly that knees ache with the effort.

Now for the garb that sets serious bikers apart.

A helmet is an essential. *Bicycling* magazine says if everyone who rides a bike would wear a quality hardshell helmet, there would be nowhere near the 1,000 cycling-related fatalities in the U.S. each year (an approximate number for 1984).

The helmet should fit comfortable and completely cover the head without impairing vision, according to an article in *American Health* magazine.

Those stiff-soled cycling shoes with the little ventilation holes also serve an important purpose. Cycling shoes are stiff and solid, built with little flexibility so all the power of pedaling goes into the stroke.

Cleated racing shoes can't be beat for riding, but the soles are slippery and prone to cracking, making them difficult to walk in.

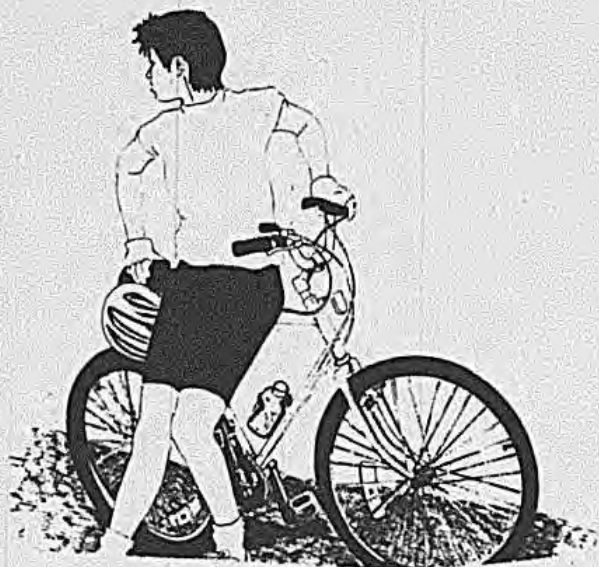
Touring shoes are a compromise for the cyclist who likes to ride for an hour, then walk around. They have no cleats and are softer than stiff cycling shoes, yet firmer than regular sports shoes.

Gloves may seem like just another extra to spend money on, but those padded-leather cycling

gloves, the ones with the fingers cut half off, minimize the steady road vibration that often numbs the hands on long rides.

Cycling clothing has never been as popular as it is today. Once reserved strictly for the racers, bicycling shorts are showing up in designer collections and department stores as fashion apparel.

When selecting shorts, the number one priority should be comfort, according to *American Health*. Cycling shorts are long and tight to protect the legs from chaffing against the crossbar and cut down on wind resistance. They also have a padded chamomis crotch to wick away sweat and make riding more comfortable.



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**Cancer Volunteers of America**

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24 Hour Emergency Telephone Answering Service .....487-1740

**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). 450 Jericho Tpke., Mineola, 11501 .....748-0080

**Friends of Hospice**

A multi-facet Long Island Information/Referral and Educational Organization committed to the needs of the chronically and terminally ill, their families, the professionals who serve them and the community-at-large. Comprehensive information on programs that provide hospice-lines, transportation, volunteer/companion aid, patient/family support groups, and bereavement groups. Public education is provided through community speaking, public forums, and classes. Articles and books on Hospice are available through a lending library. A county-wide listing as to areas of expertise. 1845 Northern Blvd., Manhasset, 11030 .....627-6376

**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.**

894 North Village Avenue, Rockville Centre 11570 .....536-1320  
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care and rehabilitation at home Nutritional guidance  
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Help with sick room equipment Special therapy  
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**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) 462-8408

**Planned Parenthood of Nassau County**

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

**South Nassau Chapter of Self Help for Hard of Hearing, Inc.**

A non-profit and volunteer organization for people with hearing impairment. There are lectures by experts in the field, demonstrations of assistive listening devices, group discussions and socials. Meets 2nd Thursday at 7:30 pm, Oceanside Library Meeting Room Davison Avenue, Oceanside For information call .....764-5957 or 546-7514

**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**

A nationally affiliated group of volunteers who have been widowed as well. Shares needs, experiences and approaches to adjustment with a trained volunteer who understands and cares. Beatrice Bell, Area Rep .....741-8032

Courtesy of YELLOW BOOK 1986 Community Information Section

**HEALTH WATCH**

**Cost for hospital stay going up**

The average cost of semiprivate room in a U.S. hospital has gone up but the average length of a hospital stay is shorter.

- ☐ Jan.-July 1985
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## Osteopath Explains Meaning Of Profession

By Patricia J. Ausman, D.O.

When I moved to Long Island from Pennsylvania, I was amazed to find that very few people knew about osteopathic medicine. I grew up in an area where D.O.s (Doctors of Osteopathy) and M.D.s (Medical Doctors) worked together without any problems. I am also an osteopathic physician.

Osteopathic medicine was conceived in the late nineteenth century by a medical doctor who was dissatisfied with the medical treatments available at that time. The profession has grown considerably since its beginnings. D.O.s (Doctors of Osteopathy) are the major primary physicians in many areas of the United States.

To better explain what osteopathic medicine is, let's discuss the training of an osteopathic medical student. In order to be accepted into an osteopathic medical school, a student must have been graduated from an accredited undergraduate college. He or she must have taken and passed all of the required premedical courses. He or she must have passed the Medical College Admissions Test (MCAT's) with good grades. The student is then interviewed by the admissions board of the osteopathic medical colleges to which he or she has applied.

Once accepted to an osteopathic medical school, the student begins four years of concentrated studies to become an osteopathic physician. The topics studied are almost identical to those studied

in regular medical schools - e.g. anatomy, biochemistry, pathology, microbiology, pharmacology, medicine, surgery, obstetrics/gynecology, pediatrics, and radiology. In addition to these subjects, osteopathic medical students study the relationship of the bones, muscles, and joints to each other and to the rest of the body. This includes training in manipulative therapy. The first two years are spent in the classroom and the last two years are spent in hospitals and doctors' offices.

After graduation, D.O.s complete a 12 month rotating internship before going on for further training or into practice. A rotating internship involves practical training in all of the specialties of medicine and surgery.

In order to practice medicine in any state or territory of the United States, osteopathic physicians must meet that state's licensing requirements. This usually involves an examination similar to that taken by M.D.s.

Throughout the United States, D.O.s and M.D.s have the same practice rights and limitations. Their professional obligations are similar; frequently, they participate in the same medical societies.

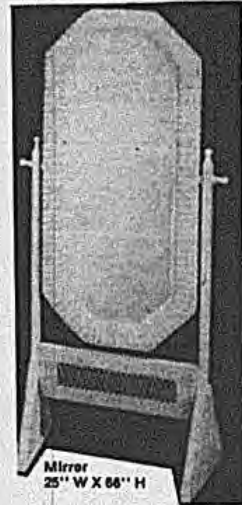
Hopefully, this brief description of Osteopathic physicians will unravel the mystery of osteopathy for Long Islanders.

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American Heart Association

## Curried Turkey with Water Chestnuts

After the holidays, use leftover turkey in this deliciously different mild curry dish. Grand for entertaining.

1/4 cup oil	3 tbsp. flour
1 bunch green onions	1 tsp. curry powder
1 small stock celery	1 tsp. paprika
1 green pepper, sliced	1/2 tsp. sweet basil
1 tbsp. slivered almonds	1 1/2 cups chicken broth
2 cups water chestnuts, thinly sliced	1/4 cup pimiento
2 cups diced, cooked, turkey or chicken	1 cup drained pineapple tidbits

Slice green onions and celery diagonally, about 1/2 inch thick. Heat oil in a skillet and sauté onions, celery and peppers until slightly browned. Add almonds, water chestnuts and cooked turkey. Mix well with flour, paprika, curry powder and basil. Sauté lightly, stirring constantly, until well blended.

Mix in broth, pimiento and pineapple. Cover and let steam briefly. Season with pepper. Serve on rice. A good accompaniment is Cranberry Chutney.

Yield: 6 Servings

## Curried Turkey with Water Chestnuts Nutritional Analysis per Serving

308	Calories	47 mg.	Cholesterol
24.2 g.	Protein	24.9 g.	Carbohydrates
12.8 g.	Total Fat (est.)	52.5 mg.	Calcium
2 g.	Saturated Fat	781 mg.	Potassium
6.2 g.	Polyunsaturated Fat	262 mg.	Sodium
4.6 g.	Monounsaturated Fat		

## Artichoke Hearts Riviera

Celebrate Heart Month... and Valentine's Day on the 14th by preparing this mouth-watering, heart-healthy treat. It's a dish you'll love.

2 10-oz. packages frozen artichoke hearts	1/2 tsp. dry mustard
1/2 cup dry vermouth	freshly ground black pepper
1 tbsp. lemon juice	1/2 tsp. dried tarragon
1 tbsp. chopped parsley	1/4 cup margarine
1 clove garlic, crushed	

Cook artichoke hearts as directed on package. Drain. Combine vermouth, lemon juice, garlic, seasonings and margarine in a sauce pan. Cover and simmer five minutes. Pour over cooked artichoke hearts. Garnish with chopped parsley.

Yield: 6 Servings

## Artichoke Hearts Riviera Nutritional Analysis per Serving

94	Calories	0 mg.	Cholesterol
2.7 g.	Protein	6.7 g.	Carbohydrates
7.9 g.	Total Fat (est.)	23.2 mg.	Calcium
1.5 g.	Saturated Fat	254 mg.	Potassium
2.3 g.	Polyunsaturated Fat	132 mg.	Sodium
4.1 g.	Monounsaturated Fat		

## Cranberry Chutney

A great way to use up leftover holiday cranberries. Freeze and use for December!

1 cup light seedless raisins	1/8 tsp. salt
1 8-oz. package pitted dates, chopped	1/4 tsp. each ground ginger, cinnamon and allspice
2 16-oz. cans whole cranberry sauce	1/8 tsp. ground cloves
3/4 cup sugar	3/4 cup cider vinegar

Combine all ingredients and cook, stirring occasionally, for 30 minutes. Spoon into hot sterilized jars; seal. Excellent with turkey or chicken.

Yield: 6 Half Pints

Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook. Copyright 1973, 1975, 1978, 1984 by the American Heart Association, Inc. Published by David McKay Company, Inc.

Contemporary  
Health Care Issues

## Menopause

The good news about menopause is that it no longer carries the negative, upsetting connotations of the past. An educated woman can choose good health during this phase of her life, retain her vitality, and minimize the unpleasant physical and emotional symptoms.

Contemporary women have powerful weapons to combat some of the symptoms of midlife change. Physical and emotional signs of your body's changes include the famous hot flash, intermittent periods of chills and perspiration, mood swings, vaginal dryness, insomnia, osteoporosis, and nervousness. But you can take positive steps to insure your continued good health.

Nutritional supplements, hormonal replacement therapy, and appropriate weight bearing exercises can alleviate symptoms of menopause. Combined with a regular examination by a caring physician with whom you can establish a frank, open dialogue, your opportunities to lead a full, healthy life are unlimited.

*This medical news is being brought to you as a community service by the Long Island Women's Health Care Group. We're a dedicated group of obstetrician-gynecologists who treat each patient as an individual.*

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# PRESIDENTS' SALE



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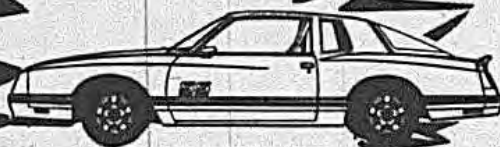
Conquest Van  
Now Available



Camaro IROC-Z



Celebrity Eurosport 4-dr. Sedan



Monte Carlo SS Aero Coupe



Rebates  
up to \$1,000.  
on Selected  
Models

3.9%  
financing  
on selected  
models

## KORT CHEVROLET

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

**EXERCISE CHART**



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

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

**Before the game... After the injury...**

**Following the surgery...**

**KNEE REHABILITATION**

**SPORTS PHYSICAL THERAPY ASSOC., P.C.**

Stanley W. Mason, Jr., R.P.T.      Ann M. Hickey, R.P.T.  
 Valerie Karllivacz, R.P.T.      Allyn M. Swenson, R.P.T.

**Specializes in:**

- Preseason Screening • Prevention • Muscle Strains
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- Painful Joint • Arthritis • Muscle Atrophy
- Post-Arthroscopy • Shin Splints • Cervical/Back Pain

...in our fully equipped gym that specializes in knee rehabilitation but is ready to treat all medical and surgical conditions.

Most of the cost of our services is covered by your medical insurance policies. We are participating providers in the Empire Plan.

- Convenient daytime and evening hours
- 24 Hour Answering Service

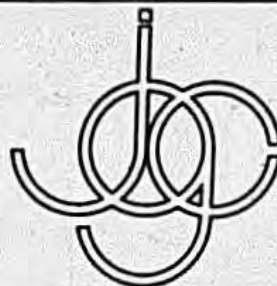
**516/621-5200**

9 Northern Blvd. Greenvale, N.Y.

PAGE 19B Friday, February 13, 1987

**JEWISH INSTITUTE FOR GERIATRIC CARE**

**Bringing New Hope and Dignity to the Frail Elderly**



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• SHORT TERM REHABILITATION THERAPY

• MEDICAL AND SOCIAL DAY CARE CENTER

• HOME DELIVERY OF HOME CARE SERVICES

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Simply Call Virginia Maar, R.N.

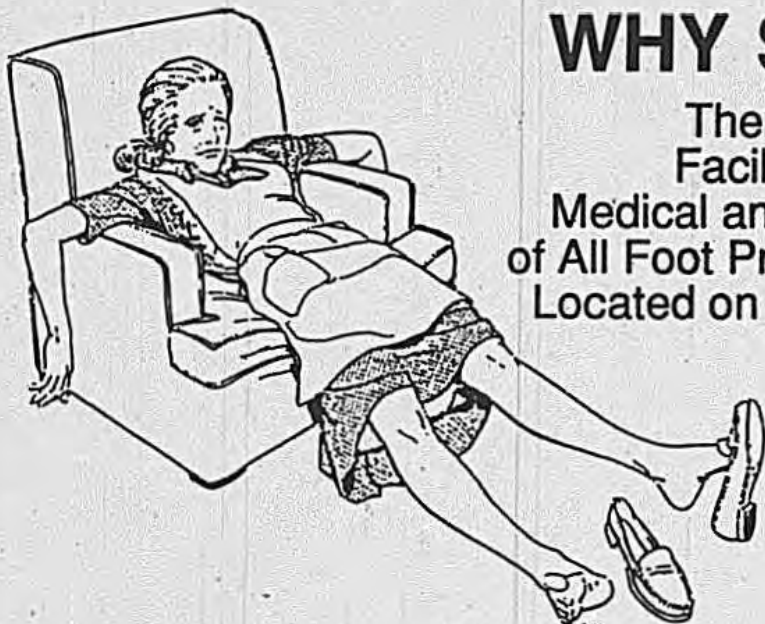
(516) 437-0090, Ext. 353

JIGC IS LOCATED AT 271-11 76th AVENUE, NEW HYDE PARK, N.Y. 11042.

# OH MY ACHING FEET!!!

## WHY SUFFER???

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For the simple *IN-OFFICE* correction of:

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- Warts
- Arch and Heel Pain
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**FREE CONSULTATION**

Come visit us and discuss your foot problems at no charge.

HOUSE CALLS AVAILABLE

### Meadowbrook Foot Care Specialists

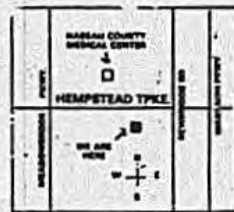
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