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Vol. 47 No. 7

USPS 346-760

Friday, February 12, 1988



Nassau County Executive Thomas S. Gulotta, sixth from right, attended the annual dinner dance of the Zionist Organization of America's Long Island Chapter, which was recently held at the Garden City Hotel. County Executive Gulotta is shown congratulating the honoree of the dinner, Mr. Jacob Stefa of Hicksville, sixth from left, who is an outstanding member of the Zionist Organization of America. Also in attendance are members of the Zionist Organization of America's Long Island Chapter, from left to right: Rabbi Mordecai Waxman; Ambassador Richard Schifter, Assistant to the Secretary of State for Human Rights; Seymour Reich, President of the B'nai B'rith; Howard Schaefer; Milton Shapiro; Rabbi Joseph P. Sternstein; Larry Wenig; Boris Chartan; Lynn Slinger, Executive Director of the Long Island Committee for Soviet Jewry; Wallace Stein of the L.I. Region of ZOA in Lynbrook.

Legion Awards, Ceremonies Night

This year's Awards and Ceremonies Night of Hicksville's Charles Wagner Post of the American Legion will be held on Saturday evening, March 26, at the Joseph Barry Council, Knights of Columbus. Commander Harry Christo extends a cordial invitation to all Legionnaires and their guests to be present for the ceremonies and collation and open bar afterwards.

As is customary, a solemn ceremony for departed comrades, at 8 p.m., will be followed by continuous membership awards to Legionnaires, and special community service awards to

individual citizens who have contributed distinctively to Hicksville's well-being.

The Charles Wagner Post 421 has been actively serving veterans and their families and survivors for almost seventy years and, at the same time, sponsoring many patriotic, educational and community-betterment programs. The Hicksville American Legion welcomes new members. It holds its meetings on the first and third Monday of each month, in the parish house-school of the Holy Trinity Greek Orthodox Church, on Field Avenue, Hicksville.

Purim Carnival Planned At Y

The Purim Carnival at the Mid-Island YM & YWHA will be on Sunday, March 6, from 1-4 p.m. This annual event at the Y, 45 Manetto Hill Road, Plainview will be better than ever with clowns, food, Kiddie Carnival, fun booths for all ages, face painting, balloons, water rides, prizes, entertainment and more.

Admission to the Carnival is \$6 per family or \$3 per person. Booth tickets are 25 cents or five for \$1. Children who come in costume get two free booth tickets. Parking is free at the Y.

This year, Shalsh Manot will be part of the Carnival. If you bring nuts, cookies, candies or

dried fruit in a sealed package, you will receive a free booth ticket. These treats will be made into gift packages which will be delivered to patients in local hospitals and nursing homes.

All proceeds from the Purim Carnival are contributed to UJA/Federation. The Carnival is one of the Mid-Island Y's 40 events to celebrate the 40th anniversary of Israel. For further information call 822-3535.

The Holiday of Purim commemorates the rescue of the Jews by Queen Esther from a plot to kill them during the Persian Empire.

Art Society Member Show

The Independent Art Society will host its Annual Membership Show on March 6, until the 18, in the Community Rooms of Hicksville Public Library, 169 Jerusalem Avenue. This show will be judged by Janet Marzo, curator of the Firehouse Gallery of Nassau Community College.

On March 7, at the same place a regular meeting will consist of a critique of the award winning artwork also by Janet Marzo at 7:30 p.m.

This Issue

This issue is complete in three sections.

The first section contains all of the local news and photos of the week. The second section is our special annual Health Care edition which gives a complete rundown of all of the health facilities in the area and other important health related topics. It is one of 15 special sections that are included at no extra charge each year.

The third section is *Discovery Magazine*, the complete magazine section with something in it for everyone.

Hicksville Schools Air Reorganization Plans

Special to Mid Island Times
By Maureen Trasler

The Reorganization Study Advisory Committee of the Hicksville Board of Education called for the continuance of the neighborhood school concept and quality education at its final voting meeting on February 3. The committee, a reflection of a cross section of the Hicksville population, will present its recommendations to the Board for consideration at its upcoming meetings.

The goal of this committee, as set at its September 9 meeting, was to "create a cost system to utilize buildings effectively and efficiently at a 90% use level, with more than one section per grade, to provide the best educational system for the district." The ten suggestions for study of last fall were dwindled down to five "options" by February 3.

The committee voted favorably on two options--Redistricting and the Elimination of Temporary Buildings. The committee recommended that the Board consider redistricting or redrawing elementary school boundaries to balance elementary level class sizes as evenly as possible throughout the school district. Opinions expressed by members of the committee voting for this option were that it would affect the least amount of students and that the difference in busing costs would be negligible. One dissenting voter thought this option only a panacea. A few members suggested the redistricted lines be reviewed every five years, but the committee did not approve this amendment.

The committee recommended that the Board consider eliminating the temporary structures at the Burns Avenue and Dutch Lane Schools. Temporaries at other elementary schools and the middle school have been dismantled over the years. Most of the remaining buildings are used for storage.

The following options did not receive committee recommendation:

1. Pairing of Schools, a system by which two neighboring schools would be paired, and the students in the surrounding area would go to one school for grades K-3 and the sister school for grades 4-6. A committee member stated that this option was not viable in light of the numbers of working parents and single parents living in the Hicksville School District. Other opposing views pointed out that the "local school" gives stability to the K-6 student and that increased busing costs may be required.

2. Housing the 6th Grade Classes in the Middle School. This option called for moving the 6th grade classes to the Middle School building as a self-contained class, and not part of the middle school team-teaching plan. This option was defeated 21-2, with one abstention. Members opposed to this option pointed out that this move would have no educational value, that the students would be subjected to many influences and that this would further empty elementary schools, almost forcing a closure. In defense of the move, this could possibly make room for pre-K classes. Another member felt that the 6th grade students are more in line with 7th and 8th graders than K-5 students. The committee also defeated a recommendation to consider moving grades 7 and 8 to the high school building.

3. The option which prompted the closest voting was that of Closing One Elementary School. The recommendation that the Board consider closing a school was defeated 13 to 11; and a recommendation to consider the closing of two elementary schools was defeated 19 to 4, with one abstention. Members voting against this option expressed the following feelings: that this was an extreme option and one almost impossible to reverse, and that the district has already eliminated one or more schools over the years, by taking down unnecessary temporaries.

One member hoped that the district would not start "The Year of the Child," as dubbed by Governor Mario Cuomo, by closing down a school. He pointed out that the Governor's plans called for pre-school and all-day kindergarten, and the district should bear this in mind. Those voting for closings maintained that the "neighborhood school" concept could remain and that the move would bring a cost saving.

Overall, the committee seemed against going back to the days prior to special education, resource services, ESL and the like, or separate rooms for music and art classes. The committee leaned toward retaining present services and the space needed to conduct these services.

All final decisions on reorganization are made by the Board of Education. The options approved by the Study Committee are only recommendations.

Continued On Page 2

Continued From Page 1

The committee voted twice upon a recommendation by one of its members to establish a subcommittee to draft a written report based on the voting at the February meeting. The motion failed to obtain the necessary 13 votes for passage.

The February meeting of the Board of Education takes place on Wednesday, February 24, at 8:15 p.m. in the conference room of the Administration Building.

Window Service Reduced At Local Post Offices

Effective the week of February 14, the Hicksville Division of the U.S. Postal Service (all post offices in Suffolk and most of Nassau County) will implement the federal budget deficit reduction measures. The Omnibus Budget Reconciliation Act of 1987 requires the Postal Service to reduce its operating expenses and capital outlays by \$1.2 billion over the next 21 months.

"We are making every effort to limit the inconvenience to our customers. Every Long Island postmaster has been consulted and we have put together a plan tailored toward the postal needs of each community," said Roger Nienaber, Hicksville Division General Manager/Postmaster.

Window services at all Long Island post offices will either be reduced a few hours each day, or a half-day each week, or, in some cases, a full day each week.

Starting Sunday, February 14, there will no longer be collection of mail made on Sundays. Postal customers who normally mail on the weekend should deposit their mail before the last collection on Saturday.

Express Mail and Special Delivery will continue to be delivered on Sunday.

Delivery services will continue six days each week to homes, businesses and post office boxes. Post office lobbies will remain open at their normal hours when the window is closed (where security permits). This will allow customers access to their post office boxes and the use of stamp vending equipment. Ninety-five percent of Long Island post offices have stamp vending equipment available. Postal customers can also obtain stamps through the mail. Stamps-by-Mail

forms are available at post offices or from letter carriers.

Local Post Office changes are as follows:

Adjusted Window Hour Schedule Effective February 17

HICKSVILLE

Present Schedule

Mon., Wed., Fri. 8 a.m.-5 p.m.; Tue., Thur. 8 a.m.-7 p.m.; Sat. 9 a.m.-2 p.m.

Adjusted Schedule

Mon.-Fri. 8 a.m.-8 p.m.; Sat. 9 a.m.-2 p.m.

PLAINVIEW

Present Schedule

Mon.-Fri. 8:30 a.m.-5 p.m.; Sat. 9 a.m.-2 p.m.

Adjusted Schedule

Mon.-Fri. 8:30 a.m.-5 p.m.; Sat. 9 a.m.-11 a.m.

BETHPAGE

Present Schedule

Mon.-Fri. 8:30 a.m.-5 p.m.; Sat. 10 a.m.-1 p.m.

Adjusted Schedule

Mon.-Thurs. 9 a.m.-5 p.m.; Fri. 9 a.m.-1 p.m.; Sat. 9 a.m.-1 p.m.

WOODBURY

Present Schedule

Mon.-Fri. 8:30 a.m.-5 p.m.; Sat. 9 a.m.-12 p.m.

Adjusted Schedule

Mon.-Thurs. 9 a.m.-5 p.m.; Fri. 9 a.m.-12 p.m.; Sat. 9 a.m.-12 p.m.

SYOSSET

Present Schedule

Mon.-Fri. 8:30 a.m.-5 p.m.; Sat. 8:30 a.m.-12 p.m.

Adjusted Schedule

Mon., Tue., Thur., Fri. 9 a.m.-5 p.m.; Wed. 9 a.m.-12 p.m.; Sat. 9 a.m.-12 p.m.

JERICHO

Present Schedule

Mon.-Fri. 8:30 a.m.-5 p.m.; Sat. 9 a.m.-12 p.m.

Adjusted Schedule

Mon.-Fri. 9 a.m.-5 p.m.; Sat. 9 a.m.-12 p.m.

Pedestrian Struck By LIRR Train

Eighth Squad Det. Hank Walker reports the details of a pedestrian struck by a train that occurred at about 5:40 p.m. on February 3 at the railroad crossing on New South Road, Hicksville.

An eye witness, Charles Dziomba of Roslyn Heights, was sitting in a truck waiting for the gates to be raised. The lights were flashing and the bell was ringing while the gates were down. A woman was walking from north to south across the

tracks. As the train approached, the engineer blew the whistle and the woman started to run.

The train, #2062, was being operated by engineer G.S. L'Hommedieu. The train had just left the Hicksville station and was enroute to Ronkonkoma station as an eastbound passenger run.

The body was transported to Nassau County Medical Examiner's Office for determination of the exact cause of death. The deceased was identified as Lenore Cox, 42 of Hicksville.

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In Service

Chief Warrant Officer Steven T. Neuser, son of Maria Neuser of 33 Richfield St., Plainview, and brother of Sigrid Neuser of 4 Lexington Ave., New York, has been decorated with the Army Achievement Medal in West Germany.

The Achievement Medal is awarded to soldiers for meritorious service, acts of courage, or other accomplishments.

Neuser is a helicopter pilot with the 3rd Aviation Regiment.

He is a 1981 graduate of John F. Kennedy High School, Plainview.

Carlos A. Sanchez, son of Carlos A. and Ana M. Sanchez of 79 Spruce Street, Hicksville, has been promoted in the U.S. Army to the rank of private first class.

Sanchez is a cannon crewman at Fort Sill, Okla., with the 18th Field Artillery.

He is a 1977 graduate of St. Cecilia High School, El Salvador.



"How to Win Friends and Influence People" was heard many times at the February 3 luncheon meeting of the Hicksville Kiwanis Club as Mr. Geoffrey J. W. Godfrey, a representative of the Dale Carnegie Institute of Nassau, was the guest speaker.

In his presentation, Mr. Godfrey emphasized the Institute's goal of "Making Good People Better" as he spoke about the training courses they have available. He also mentioned some other slogans such as "If it is going to be, it's up to me," and, "Implement the idea, don't just talk about it."

At the conclusion of his talk, Mr. Godfrey presented the Club with a copy of Dale Carnegie's popular book. The members decided to raffle off the book with an impromptu fundraiser. Past President Dr. Keith Pastach was the lucky winner.

In the photo, Mr. Godfrey, center, is holding the Kiwanis paperweight presented to him by the Program Co-Chairperson, Beth Dalton, on the left, and Dr. Joseph Lupo, on the right, in appreciation for an interesting, thought-provoking program. (Photo by Steg Widder)

College Note

Ana Sanabria and Karen Sarowick, of Hicksville, have been named to the Dean's List of the Berkeley School, Hicksville campus, for the quarter ending in December.

To be named to the Dean's List, a student must maintain an average of 3.2 with no grade lower than a C.

Library Bd. Meeting

The monthly meeting of the Board of Trustees of the Hicksville Public Library, has been changed from February 17, to February 24, at 8 p.m.

Free Boating Course Offer

The Oyster Bay Power Squadron will once again offer its free safe boating course starting at 8 p.m., February 17, at C&W Post College Humanities Building. There is a nominal fee for the book and materials required.

The course will cover instruction in required equipment, government regulations, rules of the road, safety, seamanship, the mariners compass, aids to navigation and the use of charts for piloting local waters.

The course will run for twelve weeks and is open to everyone. For further information call Len Kantor at 364-0240.

Radio Shack Robbery

The Second Squad reports the robbery of Radio Shack, 421 South Oyster Bay Road, Plainview, at 8 p.m. on January 29.

An unknown male white entered the store and approached the salesman Roger Fregen, 21, and displayed a revolver in a shoulder holster then announced the robbery.

He fled the scene in an unknown manner and direction with \$268. The subject was described as 6'1", 180 lbs., wearing a dark blue hooded sweatshirt. No injuries were reported.

Lenten Services At Redeemer Luth.

Ash Wednesday begins the season of Lent on February 17 with a Communion Service at 8 p.m.

Every Wednesday during Lent we will have mid-week services at 8 p.m. This year the mid-week meditations will focus on the Heart. "Yet even now," says the Lord, "return to me with all your heart." - Joel. Feb. 17, Ash Wednesday-Communion 8:00 p.m.

Feb. 24, Mar. 2, 9, 16, 23, Mar. 27	Mid-Week Lenten Services	8:00 p.m.
	Palm Sunday	8 & 11 a.m.
	Holy Week	
	Wednesday	8:00 p.m.
Mar. 30	Maundy Thursday-Communion	10 a.m. & 8 p.m.
Mar. 31	Good Friday Vigil	12 noon to 3 p.m.
Apr. 1	Tenebrae Service	8:00 p.m.
Apr. 2	Holy Saturday-Vigil	11:00 p.m.
Apr. 3	Easter Sunday-Communion	8:00 a.m.
Apr. 3	Easter Sunday Service	11:00 a.m.

Awards Program By Berkeley Schools

Outstanding high school business students from throughout Long Island will be honored at an awards program sponsored by The Berkeley School of Long Island, based in Hicksville with a campus in Oakdale.

The annual program will take place at 2 p.m. Saturday, March 12, at the Holiday Inn, Plainview. Parents and business educators will also be present for the event, at which two outstanding business students from high schools throughout Nassau and Suffolk Counties will receive plaques bearing their names. The students are being selected by the business education instructors at their respective high schools.

Speaker for the occasion will be Howard Newhouse, internationally known business educator, who travels throughout the world to conduct workshops, clinics, seminars and other educational programs. President emeritus of The Berkeley Schools, he is on the

faculty of Berkeley's Manhattan School, where he was honored as this year's "instructor of the year."

Mr. Newhouse will be introduced by Marion Angus, another internationally known figure in business education and a consultant in the field.

Hicksville Library Bus Trip

There are seats available on the February 27, Shop and Nosh Bus Trip to Orchard Street in Manhattan. Register at the Hicksville Public Library.

Cost of the trip is \$26, which includes transportation, lunch and escort Lou Singer who will entertain you with his knowledge of the Lower East Side.

Ask for details when you register. Check or Money Order only.



Left to right back: Elizabeth Kim, Melanie Cocchi and, left to right front: Lisa Witzer and Michelle Jerson. Missing from photo: Alanna Leyva.

KramerLa. Authors Enter Contest

At Kramer Lane School, Miss Capwell's fifth graders entered a "Publish-a-Book" contest sponsored by Raintree Publishers. Five girls wrote 700-800 word books centering around the theme of holidays here and around the world.

Michelle Jerson's book was entitled "A Chanukah Surprise." She wrote about nine year old Karen, who was confined to a wheelchair after a serious swimming accident. Her physical therapist told her that if she worked very hard she might be able to walk by Chanukah. When Karen's eleven year old sister Sarah took her shopping, Karen only purchased seven gifts for her parents. On the eighth day of Chanukah, Sarah asked Karen where her final gift was. Karen walked across the room to her parents, giving them a Chanukah surprise.

Lisa Witzer and Alanna Leyva's book was called "A Big Christmas Surprise." It told the story of six year old twins, Crissy and Karen, who really wanted a doll for Christmas. Their efforts to get the doll brought them many adventures, including getting lost in the shopping mall. When they were found, their parents and grandparents were so relieved that they were well that they bought them "a big Christmas surprise."

Elizabeth Kim and Melanie Cocchi wrote a Thanksgiving story called "Lost and Found on Thanksgiving." Three cousins, Samantha, Brian and Stacy, get into trouble when they eat the whole Thanksgiving dinner while it is cooking, before their parents even place it on the table. Luckily there is another turkey in the freezer, but their attempts to cook a new Thanksgiving dinner are not very appetizing. When their families see the replacement Thanksgiving feast, they hurry down to McDonald's. After dinner, they come home for dessert. The children decide to get fresh maple syrup to put over their vanilla ice cream and get lost in the woods!

The five young authors, who composed their works in the school computer room, enjoyed the process of creating their own characters and watching them come to life as their stories progress.

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Library Holidays

In Observance of the President's Birthdays, The Hicksville Public Library will be open from 10 a.m. to 5 p.m. Lincoln's Birthday, Friday, February 12. The Library will be closed Monday, February 15, in Observance of Washington's Birthday.

Legion Presents Oratory Awards

Hicksville High School students competed recently in an American Legion Oratorical Contest involving speeches honoring the Bicentennial of the United States Constitution. Thomas P. Reilly of Arcadia Lane won first prize with his 8-10 minute oration on "Our Constitution, Our Freedom, and Our Lives." Second prize was won by Erica Moncaya of Field Avenue, who spoke on the theme: "Two Constitutions in Comparison: The United States' and the Republic of India's." Jennifer Livingston of Rising Lane was the third prize winner with her address, "Our Changing Constitution."

Sponsored by Hicksville's Charles Wagner Post 421 and organized through the efforts of Post Americanism Chairman, Richard Evers and High School Social Studies Chairman, Kenneth McGinnis, the contest provided the student-participants with an opportunity to experience the challenge of researching, writing, memorizing and delivering an 8-10 minute oration. The members of Post 421 and Commander Harry Christo are pleased to recognize and honor the efforts of the Hicksville High orators with United States Savings Bonds valued at \$100 and \$50, and handsome pen and pencil sets. The winner and runners-up are being invited as guests with their parents to attend the American Legion Annual Awards and Ceremonies Night on March 26.

H.H.S. Performing 'Anything Goes'

Hicksville High School's next production will be the hilarious musical comedy "Anything Goes." Recently revived on Broadway this Cole Porter musical is great fun for the whole family.

The entire action takes place on board the transatlantic liner S.S. American, where disguises, gangsters, and cases of mistaken identity add to the confusion and the fun.

Directed and choreographed by Judith Paseltiner and under the musical direction of Thomas Buttice and the vocal direction of Charles Arnold, the production will involve nearly 100 students working in the cast, crew, and pit orchestra. Featured in the cast are Jane McQuade, David Danowski, Dawn Trenka, Tony Walker, Jessica Garnets, Jennifer Jackson, Jennifer Tower, Jennifer Kremer, Shawn Kraemer, Tara Shropfer and Robert Allen.

Performances will be on March 4 and 5, at 8 p.m. with a special free performance for senior citizens on March 3, at 6:30 p.m. All tickets are \$4 and may be purchased at the high school.



Congressman Norman F. Lent congratulates his nominees to United States Service Academies from Hicksville, Plainview and Jericho. The nominees are among the top students in the Fourth Congressional District. From left to right are: William Corrigan, Merchant Marine; John Kelly, Naval; Robert Kelly, West Point; Congressman Norman Lent; James Maune, Air Force; Jude McFeely, West Point; Michael Roth and Erik Werner, Air Force; Straughn Zimmerman, Naval.

Grumman Wants To Build Plant To Make Electricity

Grumman Aerospace wants to build its own electric generating plant and sell some of the power to Long Island Lighting Co. Grumman asked the Town Board of Oyster Bay for permission to build the plant in Bethpage. It would supply electric power and heat. The idea for the plant had been announced in 1985 and presently Grumman says it has financing to go ahead with the project. The cost of the plant would be about \$60 million. The company estimates that it will save \$3 million of the \$17 million it is now spending for electric power. The plant would be fueled by natural gas and would use 75,000 gallons of water a day for cooling purposes. The Board reserved decision on the petition.

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Our next orientation meeting will be SUNDAY, FEBRUARY 28, 1988 at 2 p.m. at 4 East 34th Street New York City R.S.V.P.

Editor's Notebook

News that the assessment process in Nassau County has resulted in a 17 percent error in assessment of homes will be viewed in varying ways by residents. To some it will be proof that the present system must be changed and to others it will mean that the present system is working as best it can with varying market prices of homes.

The present inequity results in an assessment over or under the value of homes probably weighted towards the older homes being under assessed. The county assessor uses a method of valuing property based on the 1938 cost of materials used in construction. With newer materials an approximate scaled value is given. A more modern method would be to use the market value of the house, whatever that might be and how it would be set is difficult to know and ever changing. The result would be a constant reassessing at a great administrative cost.

In fact, the cost of administering a fair property tax might be so high that it would in itself increase the tax and bring little benefit. The entire property tax dilemma leads to a conclusion that in time it may not be a good idea to depend heavily on this form of tax because it is just unwieldy and to finally phase it out altogether.

In addition to the administration of the property tax there can be a good case made that it is a very poor way of paying for a public school system that is supposed to give equal opportunity. The richer areas are able to afford the best and the poorer areas are impoverished.

A change from the property tax is one that will take time and thought but in the long run it may just have to happen.

Robert L. Morgan

THE OFFICE CAT  By Gabby Tabby

IF YOU light up a cigarette on the LIRR after next week you may not get a \$100 fine for smoking. The railroad will listen if you claim that you never heard of the ban, at least for the first few weeks....**THE LONG ISLAND** Power Authority, which wants to take over LILCO's role in supplying power, will have to do some figuring again if Grumman is allowed to begin running its own power plant. Grumman pays \$17 million yearly for power now. The Power Authority does not say that with the present figures it could lower rates, it just says that it could at least match the rates but that was with Grumman's \$17 million figured in....**CHANNEL 12** has placed cameras to monitor traffic on North Broadway, Hicksville and the Long Island Expressway to monitor traffic snarls. The only problem is that most cars will never have TV sets for the drivers to watch because they might be more dangerous than taking your chances on the traffic....**A BETTER** case, than selling the N.Y. Post would have been to move it to L.I. Newsday is ready to jump ship and become a full N.Y. newspaper any day now....**THE CRIME REPORT** is published each week as a public service to alert residents of where crime is taking place in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911: **BURGLARS** broke into the Manetto Hill Deli, 156 Manetto Hill Rd. Plainview on Feb. 2. They entered through the front door. The loss is unavailable....**CASH** and a video machine were stolen from Dano's Pizza 235 Robbins Lane, Syosset on Feb. 7. Entry was through a rear door....**THERE** was an attempted burglary at the Bindra residence 322 Split Rock Rd., Syosset on Feb. 3....**ON FEB.5** burglars attempted to enter the Postullo residence 213 Gardiners Ave., Jericho through a front window....**A COIN** collection and jewelry were stolen from the Kregel residence 24 Evelyn Drive, Syosset. Burglars pried open a rear door to gain entry....**BURGLARS** entered the York residence 31 Cedar St., Hicksville on Feb. 7 Cash was stolen. The means of entry is unknown....**A TV, VCR,** video and jewelry were stolen from the Cohen residence 38 Cornell Lane, Hicksville on Fe. 8. Entry was through a rear window. That's all the news for now....**G.T.**

Fundraiser Off To A Good Start

The 1988 fundraising drive for "ASPIRE" (Adolescent Sarcoma Patients' Intensive Rehabilitation with Exercise) was kicked off in high style with a party at the home of Julie Shapiro in Jericho on February 4.

ASPIRE is the special program that has been established in conjunction with the Hospital for Special Surgery and Memorial Sloan Kettering to help young people who have endured the trauma of amputation to save their lives from bone cancer. The program is designed to help those young amputees with the prosthetic devices, rehabilitation and physical therapy needed to get them back into the mainstream of life. The ASPIRE Program Director, Paddy Rossbach, is herself a leg amputee who overcame her handicap to become the first female amputee to complete the New York City Marathon.

The 1988 Long Island effort to raise funds for ASPIRE is being directed by the Plainview-Old Bethpage Road Runners Club and David Lerner Associates, and will be highlighted by the "Lerner Cup" 10 Kilometer Run in Plainview on April 9. The February 4 event was the first of a series of local gatherings that will focus attention on raising the necessary funds to help these young amputees along the road to recovery.

For more information about ASPIRE, call POBRRC's ASPIRE Fundraising Chairperson Julie Shapiro at 822-2835.

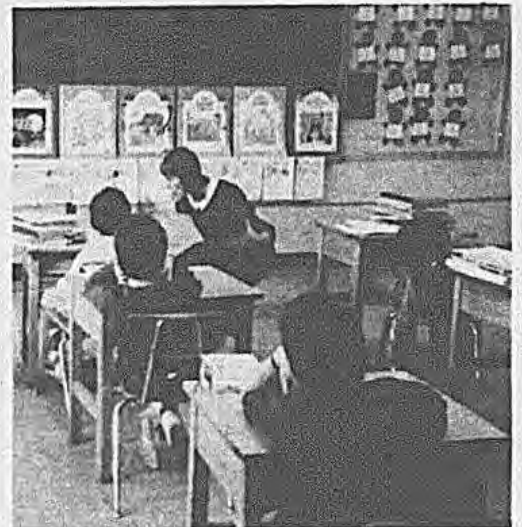


Pictured here, ASPIRE Program Director Paddy Rossbach addresses the audience at the February 4 fundraising party.



Nassau County Executive Thomas S. Gulotta, center, attended the Grand Opening of Apple Bank's Commercial Lending Administrative Headquarters which is located at 45 Executive Drive in Plainville. Joining the County Executive are, from left to right: William W. Riley, Senior Vice President of their Commercial Loan Department; George G. Brooks, Senior Vice President; Jerome McDougal, Jr., C.E.O. Apple Bank; Edward Brown, President of Apple Bank.

Storyteller Visits Central Blvd.



Dr. Margaret Hodgkin Lippert tells a unique story to Mrs. Neigeborn's class.

Last week Mrs. Neigeborn's second graders at Central Boulevard School were visited by Margaret Hodgkin Lippert, a professional storyteller. Dr. Lippert explained to them that when someone tells them a story they are giving them a gift. She told them "How the Moon Came Into the Sky," a story about six brothers who had unusual talents, such as "Cushion," who could turn himself into a huge pillow. The brothers used their talents to rescue their father from a series of mishaps which included being carried away by a huge bird and being swallowed by a fish. In gratitude, their father gave them the moon, but because they were not able to share the moon, he threw it up to the sky where it has remained to this day.

Dr. Lippert, who was involved with the Lincoln Center storytelling project, demonstrated to the students that listening to a well-told story can be even more entertaining than a visual presentation because the imagination is brought into play. The children have been using her books, "The Mitten," "Squirrel and the Pine Nuts," "The Wind and the Sun," "How the Moon Came Into the Sky," and "How the Deer Lost Its Tail" as supplements to the Macmillan pilot reading project in which they are a participating class.

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Guitar People At Mid Is. Y

Guitar People will present "Deb Kayman & Ethnic Routes" at the Mid-Island YM & YWHA in Plainview on February 28, at 2:30 p.m. This Sunday Matinee Performance at the Y, 45 Manetto Hill Road, Plainview is part of the Y's Jewish Cultural Arts series for children and adults.

This fast paced musical performance consisting of voices, guitar, mime and percussion includes a treasury of Yiddish, Hebrew and Sephardic music to appeal to families of all ages.

Admission is \$3 for Y members and \$4 for non-members. For further information, contact Children and Youth Services at the Y 822-3535. Seating is limited, so advance purchase of tickets is recommended.

Student Art Displayed In Gallery

During the month of February, artwork by students from Charles Campaigne, Central Boulevard and Kramer Lane Elementary Schools is on display in the Gallery of the Bethpage High School Library. Visitors are invited to view the display on any school day between 8 a.m. and 3 p.m.

The display, which features a variety of techniques and mediums, including collages, masks, paper bag puppets, weaving, paper plate pilgrims, and paper dolls, features the work of forty-seven students.

From Central Boulevard School: Brett Wasserman, Daniel Roth, Steven Gregg, Michelle Mafri, Michael O'Farrell, Keith Beshears, Dawn O'Connell, Kyle Carpenter, Kia Lam, George Rusinak, George Zafropoulos, Heather O'Connell, Steven Auer, Kara Zuaro, Jessica Bielo, Melissa McCarthy, Tracey Ginty, Stacy Murphy, Billy Chiarello, Jessica Untener.

From Charles Campaigne School: Nicole Mascoli, Steven Alexander, Anthony Parrinollo, Christine Masi, Laura Holz, David Menzies, Jobbin Thomas, Brian Lynch, Shihou Fujimori, Steven McEnaney, Kenny Justiniano, Jimmy Tsikis.

From Kramer Lane School: Lisa Balducci, Erica Arizollahoff, James Leahy, Michael Vecchione, Joseph Cocchi, Jolene Bachman, Martin Lissy, Jeanette Spataro, Lainie Greenberg, James Wright, Donna Balducci, Kenny Gilhuley, Christine Young, Alison DiStefano, Denise McInerney.

NOTICE

HAVE YOU A HIDDEN TALENT that has yet to be discovered in print?

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

If you want to be published and be part of an issue of Discovery, you may submit your article to: Litmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11601.

Exxon Corp. Seeks Zone Chg.

A request by Exxon Corporation for a change in zone in Hicksville will be the subject of a public hearing by the Oyster Bay Town Board scheduled for Tuesday, March 1, according to Town Councilman Howard T. Hogan, Jr.

"The applicant is seeking a change of zone from 'F' business to 'G' business and special use permit to demolish an existing gasoline service station and erect a new one," Hogan explained.

"The property is located on the southeast corner of Old Country Road and South Oyster Bay Road."

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

Santulli Named Student Of Week



Dyana Santulli

Eighth grader Dyana Santulli has been honored as John F. Kennedy Junior High School's Student of the Week. Dyana is described by her teachers as an "excellent student who is very eager to learn and wants to do the best she can in all areas." She is also an avid student athlete who participates in volleyball and basketball in the winter and softball in the spring. Recently she represented JFK in a foul-shooting contest sponsored by the Elks Club and was looking forward to going to the second round of competition.

Dyana's favorite subjects are Spanish and Math, but she tries her best even in her hardest subject, Earth Science. Her parents, Joe, a salesman, and Cathy, a lunchroom worker at JFK, can be very proud of Dyana's enthusiasm, effort and accomplishments.

Dyana, who also has a sixteen year-old brother, Mark, and a six year-old sister, Danielle, enjoys listening to the radio in her spare time.

In Service

Army Private Charles W. Bashwiler, son of Warren and Lella Bashwiler of 19 Arch Lane, Hicksville, has arrived for duty with the 8th Infantry Division, West Germany.

Bashwiler, a combat engineer, is a 1987 graduate of Hicksville High School.

Registration Dates For Kindergarten

Kindergarten registration for the Hicksville Public Schools will be held on February 29, and during the month of March at the Administration Building, on Division Avenue at 6th Street. Children who will be five years of age on, or before December 1, 1988, and who will attend the following schools in September will be registered during the weeks listed below:

Burns Avenue and Dutch Lane -- Week of February 29, East Street and Fork Lane -- Week of March 7, Lee Avenue and Old Country Road -- Week of March 14, Willet Avenue and Woodland Avenue -- Week of March 21. If you have any questions, please call the Registration office at 933-6653.

Spiegel Signs Industrial Lease

Arthur Sanders, President of Spiegel Associates, Jericho, a leading Long Island builder and owner/manager of commercial and industrial properties, has announced the signing of a lease with General Instrument Corporation, with an aggregate term rental in excess of \$4.5 million. This lease covers a 50,000 square foot building, located at 530 West John Street, Hicksville. The space will be utilized for the additional

development of the corporation's Government Systems Division, which will add approximately 100 people to its staff.

General Instrument is the industry leader in cable TV electronics, coaxial cable and satellite encryption systems.

For additional information, contact: Spiegel Associates, 375 North Broadway, Jericho, New York 11753 935-1100.

Case No. 1356

SAT Score Improvement: 230 points



Name: Michael Dean

School: Garden City H.S.

Dilemma: When he received his combined PSAT score of 950 he couldn't believe it. He had even prepared for the test with a private tutor. Since his school grades were just average, he felt he needed that extra edge of high SAT scores to get into the colleges that he was interested in.

Advice: Intensive math and verbal skills training using Princeton Review's advanced test-taking techniques.

Consequence: 1180 combined on the November 7th SAT.

Comments: "My guidance counselor and my parents didn't believe an SAT course would help raise my scores, so I had to pay for most of The Princeton Review myself. My parents said that if I raised my scores 150 points they would give me back the money. Well, I improved my scores 230 points. I have a better chance at a good school, and I have some extra spending money. The teachers at the Princeton Review were great—they were down-to-earth and could really relate to the pressure I was going through. They gave me an incredible amount of individualized attention—they even gave me their home phone numbers in case I had any questions. I recommend The Princeton Review to all the kids in my school."

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February 10

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February 11

Robbie Walker

HAPPY ANNIVERSARY

February 8

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February 11

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February 12

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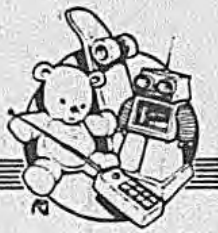
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Our Children



By Willard Abraham, Ph.D.

Gifted children often neglected

Q. Our son is in fifth grade, has received almost straight A's since he started school, and tests at an eighth grade level in many areas. Our school system has numerous programs for handicapped children, but nothing for the gifted ones.

He tells us how bored he gets during classes because he knows almost all the material. He has asked his teachers for extra assignments, but they tell him he must stay with the rest of the class.

We have also tried, to no avail, asking his teachers to let him advance on his own in each class or give him something to stimulate his mind.

He does not want to skip a grade because of his friends. Emotionally and socially he is comfortable with his own age group.

We are very frustrated. Any suggestions?

A. How much I understand, and sympathize with, your situation. Unfortunately you are not alone in your concern regarding these often neglected children. That can also be a fortunate factor, for not being alone means there are others to talk to and share ideas with, and also to plan with.

Is there any teacher, school psychologist, school social worker, or administrator (even one) who believes as you do that gifted children need special school help? If it really is impossible to get any school support and understanding, here are a few other suggestions:

1. Home and parent enrichment — plans that include reading, selected TV, organized games, other activities.

2. Community — enrichment possibilities through clubs, Scouts, other child activities.

3. Parent groups — getting a group started who can work closely with the one or more professionals you can identify, at least taking first steps toward developing a challenging program for your son and others.

Ideas from the literature on the gifted — a lot of good sources, including books by Walter Barbe and Joseph Renzulli, Barbara Clark, James Gallagher, Goertzel and Goertzel, Audrey Grost (an especially fine one titled "Genius in Residence"), Felice Kaufman and James Webb. My own (not new, but basic and readable), "Common Sense About Gifted Children," may be helpful to you, and also two by the American Association for Gifted Children — "The Gifted Child, the Family and the Community" and "On Being Gifted" (in which the children speak for themselves).

I hope these and others are available through a library not too far away or a good bookstore.

Q. If you tell me I'm butting in where I don't belong, I'll take your advice and "butt out."

The potential problem is a young neighbor who has a 2-year-old, is divorced, and lives alone with the child. Not often, maybe every week or so, she leaves her little girl alone while she goes shopping, sometimes for two or three hours. Because she does this in the evening and her child is presumably asleep, she seems not to worry about it.

She works full time during the day and has a woman who babysits her youngster then, but not at night. Perhaps it is a financial problem. I just don't know.

I'm writing to you because I am concerned.

A. And rightfully too. I really can't think of any time that a young child should be left unsupervised, sleeping or not. Many things can happen — being caught under covers, wandering around, awakening in fear, and a lot more.

Expressing your concern to your neighbor in a friendly manner may be appropriate. You'll be relieved, and she might learn something from you. If it makes sense to you, you can offer to be available occasionally or suggest someone nearby and qualified as a baby sitter. Even without these possibilities, alerting her to possible dangers could be a worthwhile move on your part.

Q. I've heard several times recently that there is a definite trend away from jogging because of the leg problems it might cause. My husband ignores all that as he jogs at least 5 miles each morning and seems to enjoy it.

That is fine with me, but I don't like the fact that he has started to take our children with him. Although he never insists that they go the full distance (a mile or 2 is the limit), I hate to see them acquire a habit that may be detrimental to them. They are 10 and 12 years old, both girls.

He is a pretty stubborn man, so the persuasion approach is futile. So what else will work?

A. The opinion of your family physician or pediatrician, and an orthopedic specialist to whom he or she refers you, might be helpful.

It is sometimes difficult to involve parents and their children in activities they all enjoy together, so I hesitate suggesting that you interfere with one in which they presumably do like to participate.

YOUR SOCIAL SECURITY

By William M. Acosta

What does SS do with surplus money?

Q: I understand that Social Security now takes in more than it pays out. What does Social Security do with the money left over after benefits are paid out? — M.E.V.

A: The law requires that any reserves that are not used for payment of benefits or operational expenses (which are consistently less than 1.5 percent of revenues) are invested only in U.S. government securities bearing rates of interest similar to those for long-term securities issued to the general public. The amount of interest earned is substantial. For example, in 1986 the Social Security trust funds earned \$3.9 billion in interest.

Q: My mother did not enroll in Medicare last May when she became age 65. When will she be eligible to apply for Medicare? — B.V.

A: Beginning Jan. 1 through March 31, 1988, people who have failed to enroll in Medicare medical insurance when they could have, or who withdrew, will have another opportunity to enroll. Coverage will begin July 1. A late charge of 10 percent is applied for each year they could have enrolled but did not.

Q: My brother and I were talking about how long you can hold

your Social Security check before cashing. Is there a time limit? — J.P.C.

A: A check may be negotiated at any time after issuance. However, it is recommended that all Social Security checks be cashed promptly. Many financial institutions are reluctant to honor a check with an old date. By promptly cashing your checks you lessen the possibility of the check becoming lost or stolen.

YOUR SOCIAL SECURITY

Q: I was previously married and divorced. I will soon be entitled to Social Security retirement benefits. Can my divorced wife and my present wife both get benefits on my record? — P.L.C.

A: Under some circumstances, both can. If your divorced wife is at least 62 and your marriage to her lasted 10 years or more, she can get benefits on your record provided that she is not married. Contact your local Social Security office for additional information.



**SHE'S BACK FROM THE GRAVE!
SHE HAS A HOCKEY MASK!
SHE'S MAD!**

FATAL ATTRACTION II

COMING TO A THEATER NEAR YOU.

VFW 'Voice Of Democracy' Prog.

The Hicksville Veterans of Foreign Wars held its annual Voice of Democracy program Tuesday evening, February 2 at the V.F.W. Hall in Hicksville. This program is sponsored by the Veterans of Foreign Wars and its Ladies Auxiliary. This year's theme was "America's Liberty - Our Heritage."

This year's high school winners were all from Hicksville High School. They are: 1st place Joanne C. Rivera; 2nd place Steven Rubin; 3rd place Tom Reilly.

This year's 6th grade essay winners are: 1st place Irene Lee, Fork Lane School; 2nd place Michael Beinert, Woodland School; 3rd place Jennifer Murphy, Old Country School.

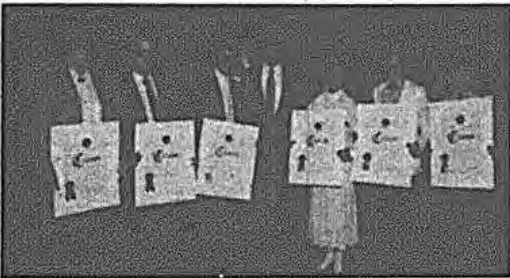
Post 3211 V.F.W. was honored this year by the many dignitaries who gave of their time to help present the awards. They were: County Executive Thomas S. Gulotta, Honorable Judge Semenga, Councilman Thomas L. Clark, Thomas Nager, representing Dr. Catherine Fenton, Superintendent of Hicksville School District; William P. Bennett, member Hicksville Board of Education and Carole Wolf, Secretary, Hicksville Board of Education, along with Commander Vincent Ferrara and Auxiliary President Esther Palladino.

Voice of Democracy Chairman and Chairlady, Anthony J. Ferrara and Carmella Vitiello and Post 3211 would like to thank all of the school principals and teachers who helped make this program the success that it was. To all those students who participated in the program we hope they will encourage other students to do the same. With their support, we can look for a greater program next year. At the conclusion of the program, a cold buffet, coffee, cake and soda were served.



All this would not be possible without the dedication and work of those members of the V.F.W. and its Auxiliary. Left to right: Post 3211 Auxiliary President Esther Palladino; Sr. Vice Commander and V.O.D. Chairman Anthony J. Ferrara; V.F.W. Nassau County President and Aux. member Carmella Vitiello and V.F.W. Post Commander Vincent Ferrara.

(All photos by Vincent W. Edwards)



The Honorable Judge Semenga presents citations from County Executive Thomas S. Gulotta to 1st, 2nd and 3rd place winners - high school and 6th grade children. Left to right: high school winners Joanne C. Rivera, Steven Rubin, Tom Reilly; 6th grade winners Irene Lee, Michael Beinert and Jennifer Murphy.



County Executive Thomas S. Gulotta commends officers of Post 3211 for a fine community service. Left to right: V.F.W. Chaplain Michael Montleone; Sr. Vice Commander and V.O.D. Chairman Anthony J. Ferrara; County Executive Thomas S. Gulotta; V.F.W. Commander Vincent Ferrara and William Fronboefer, Adj.



High School Voice of Democracy winners receive congratulations and awards from, left to right: Anthony J. Ferrara, V.O.D. Chairman; Thomas L. Clark, Councilman; 3rd place Tom Reilly; 2nd place Steven Rubin; County Executive Thomas S. Gulotta; 1st place Joanne C. Rivera; V.F.W. Commander Vincent Ferrara.



Sixth grade essay winners receive congratulations and awards, left to right: Anthony J. Ferrara, V.O.D. Chairman; Thomas L. Clark, Councilman; 2nd place winner Michael Beinert; County Executive Thomas S. Gulotta; 3rd place winner Jennifer Murphy; V.F.W. Aux. President Esther Palladino; 1st place winner Irene Lee and V.F.W. Commander Vincent Ferrara.



Some of the children who were not winners but who participated in the program received Certificates of Merit, left to right in rear of children: Anthony J. Ferrara, Thomas L. Clark, County Executive Thomas S. Gulotta and Commander Vincent Ferrara.



Left to right: Dignitaries attending V.O.D. program: Anthony J. Ferrara, chairman, V.O.D.; William P. Bennett, School Board member; Honorable Judge Semenga; County Executive Thomas S. Gulotta; Commander V.F.W. Vincent Ferrara; Carole Wolf, Secretary, Board of Education; William Fronboefer, Post Adj. and Councilman Thomas L. Clark.

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Friday, February 12, 1987

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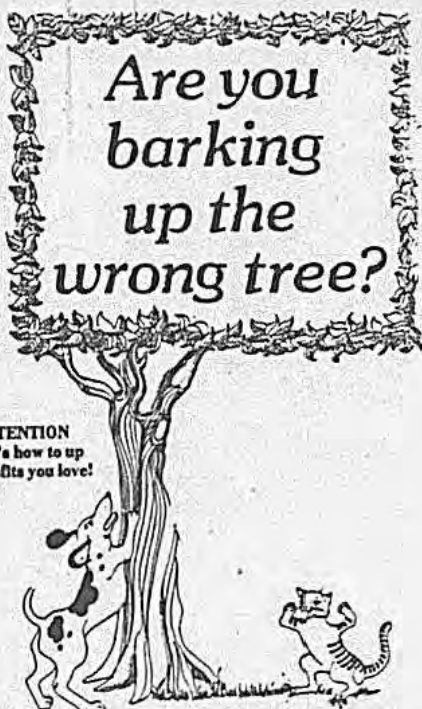
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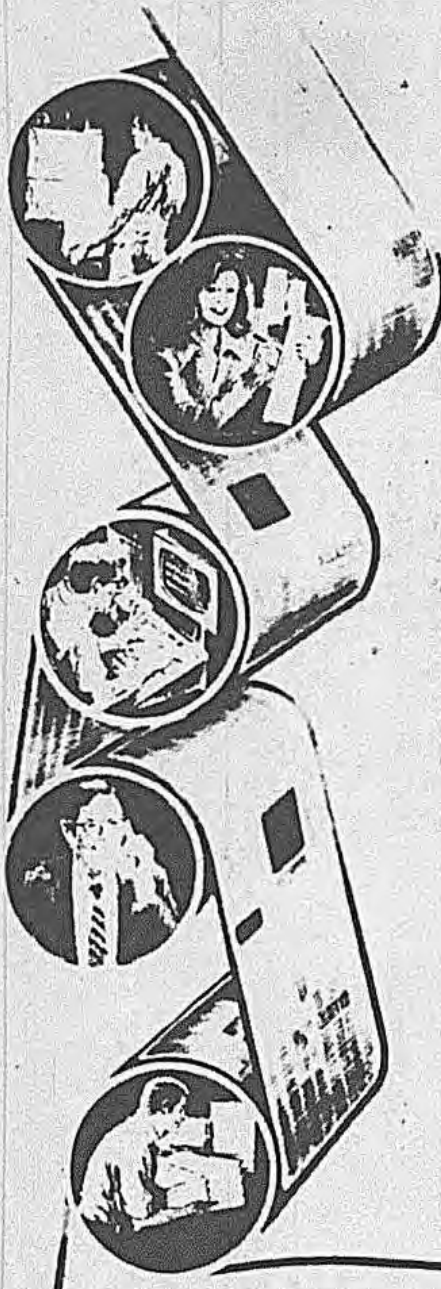
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LEGAL NOTICE

TO: STEVE MARINCHAK, DOLORES MARINCHAK, JOSEPH MARINCHAK and DOROTHY MARINCHAK and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said **JOHN SIMANSKY**, deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

GREETINGS: WHEREAS, Ariene Cerrito Stroke who is domiciled at 430 Riverview Avenue, N. Arlington, New Jersey has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 12th day of August 1969 relating to both real and personal property duly proved as the Last Will and Testament of **JOHN SIMANSKY**, who was at the time of his death domiciled at 64 Sylvia Lane, Plainview, 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 30th day of March, 1988, 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 27th day of Jan. 1988
Peyton Boswell, III
Clerk of the Surrogate's Court

Richard T. Lombard, ESQ.
181 Dogwood Lane
Manhasset, New York 11030

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.
MIT2062
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Nassau Conserv. Back Jack Kemp

At the regular monthly meeting held in Hicksville, The Executive Committee of the Nassau Conservative Party voted unanimously to support Congressman Jack Kemp in his bid for the Republican Nomination for President of the United States. The upstate New York representative is locked into a hotly contested battle with Vice-President George Bush and Senator Robert Dole in the early caucus and primary races, which will take place over the next two weeks in Iowa and New Hampshire.

The endorsement gives congressman Kemp a needed boost from his home state by the most powerful Conservative County organization in New York.

In announcing his Executive Committee's move, Chairman John O'Leary said, "Although Conservatives are precluded by the election law and party comity from voting or active engagement in the GOP primaries, as Americans we have a great interest in the Presidential nominees of the major parties, and as Conservatives we want to help assure that the Reagan legacy is built upon by a bona fide conservative presidential successor."

"The timing of the announcement by the committee at this critical time before the early races, is to encourage the financial and physical support of Nassau Conservatives to bolster the Kemp campaign, particularly in New Hampshire," O'Leary stated. Some of the latest New Hampshire polls show Kemp passing Senator Dole and picking up momentum against front runner Bush. The Kemp organization has a media blitz planned for the closing days of the New Hampshire campaign. A good showing in New Hampshire will give Kemp the momentum he needs to carry him into the "Super Tuesday" primaries on March 8.

O'Leary said, "None of the other announced GOP candidates are sounding the liberal clarion call, but in spite of their new found Conservative rhetoric, only Jack Kemp has consistently championed conservative issues and is a part of the Conservative movement."

"While Bush and Dole have over the years supported the continuation of an onerous and unfair tax system, Jack Kemp has worked for policies leading to economic growth and full employment. The 1981 Kemp-Roth tax bill slashed tax rates 25 percent across the board. Many of his ideas were incorporated into the 1986 tax reform."

"Kemp has been a defender of open trade in the face of rising protectionist pressures. He believes Americans can compete globally if they have a stable dollar and open markets."

"Most important, Jack Kemp believes that America's strength must be restored and maintained and has called for the early deployment of the strategic defense initiative to protect us from nuclear attack."

O'Leary continued, "Kemp has been a consistent defender of the family as the foundation of American life; from protecting low income workers from the ravages of inflation and taxes, to the preservation of human life."

"In addition, only Jack Kemp has surrounded himself with genuine conservative activists such as Law Lehrman, a former GOP candidate for Governor of New York State. In contrast, Bush and Dole's campaigns are dominated by "moderates" such as James Baker and Bill Brock. Kemp is the only one that will be certain to bring the Conservative activists back into government."

"For these reasons, amongst others", O'Leary concluded, "The Nassau Conservative Committee will be putting the full resources of the committee behind the Kemp candidacy to do our part to preserve what President Reagan has started."

LEGAL NOTICE PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, February 23, 1988, at 10 o'clock a.m., prevailing time, in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering a proposed amendment to the Building Zone Ordinance of the Town of Oyster Bay in the manner set forth hereinafter: **PROPOSED AMENDMENT:** Petition of **PAUL P. KERANTZAS, GEORGE D'ARVELO and ISABEL D'ARVELO** for a Change of Zone from "D" Residence District to "R-O Residence-Office District to utilize the premises for an accounting practice business on the premises described as: ALL that certain plot, piece or parcel of land, situate at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, which is bounded and described as follows: A parcel located at the southeast corner of Woodbury Road and Elm Street, Hicksville, New York, having frontages of 94.97 feet on Woodbury Road and 59.80 feet on Elm Street, being further known by the street address '61 Woodbury Road', Hicksville, Town of Oyster Bay, Nassau County, New York, and further identified on the Land and Tax Map of Nassau County as Section 12, Block 326, Lot 33. The abovementioned petition and map which accompanies it are on file and may be viewed daily (except Saturday, Sunday or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay and Massapequus. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

TOWN BOARD OF TOWN OF OYSTER BAY
Angelo A. Delligatti
Supervisor
Carl L. Marcellino
Town Clerk

Dated: January 26, 1988
Oyster Bay, New York
MIT2060
1x2/12

Volley Ball Fun At Fork Lane

Fork Lane held its annual volleyball game between fifth and sixth graders and their parents and teachers. The first two games, parents-teachers vs. students, with parents winning both games. The third game was quite exciting with boys vs girls. After trailing behind by atleast ten points, the girls made a terrific comeback by winning with a score of 21-19.

After these fun packed games, refreshments were served. This also was an opportunity for Fork Lane PTA to conduct a general meeting and to honor five sixth grade Moms for their support and service to the PTA through the years. Each Mom will be leaving Fork Lane along with their graduating children and move up to Middle School. We want to thank them once again for their never ending energy and advice that makes our PTA thrive.



Honored Moms: Suzanne Dalby, Sue Lipson, Jackie Adelstein, Eileen Patricola. Not pictured: Monica Lee.



Our scorekeepers Jenny Traxler, Kristen Zelders, Jamie Doberty. Not pictured: Tia Pappas.

MOMMY... DON'T

Don't take drugs unless your doctor, who knows you're pregnant, prescribes them. And... get early and regular prenatal care.

March 7 Times

Hicksville Youth At Elks HoopShoot

Hicksville Elks Lodge #1931 hosted a local "Hoop Shoot" contest at Hicksville High School on January 23. It was the first in a series of contests that end up in Indianapolis, Indiana with national champions. Last year it was endorsed by hundreds of school systems around the country with over three million boys and girls entered. There are three age categories (8-9, 10-11 and 12-13).

Our special thanks to Bob Kenny and his staff at Hicksville Schools for their efforts and cooperation. Boys and girls were entered from Fork Lane, Woodland, Old Country Road, Dutch Lane, East Street, Burns Ave. and Hicksville High. The

year old boy who won was Keith Cromwell who scored an impressive 20 out of 25 shots. Keith is from Fork Lane School, but entered as a member of Holy Family CYO. The young lady who won from the 8-9 girls group was Laurie Zeller from Woodland School. Dutch Lane School had a winner in the 10-11 boys group, Billy Rogers. Hicksville PAL had a winner in the 12-13 boys group, Robert Paul. Our thanks also go to Bill Toelstedt from Hicksville PAL and Gene Cromwell from Holy Family CYO. It was also nice to see the large turnout of parents to cheer the boys and girls on. The winners advance to a district contest also at Hicksville High.



Left to right: Mr. Rogers; Billy Rogers (Dutch Lane), Winner, 10-11 Group; Anthony DeStefano (Burns Ave.), Second Place, 10-11 Group; Mr. DeStefano.



Hicksville PAL entries for Elks Hoop Shoot.



Holy Family CYO entries for Elks Hoop Shoot.



Left to right: Mr. and Mrs. Breen; Tara Breen (Old Country Road), Second Place, 10-11 Group; Mr. Zeller; Laurie Zeller (Woodland Ave.), Winner, 10-11 Group.



Left to right: Mr. Paul; Robert Paul (Hicksville PAL), Winner, 12-13 Group; Jason Sharp, Second Place, 12-13 Group; Mr. Sharp.



Left to right: Mr. and Mrs. Santulli; younger daughter Dyana Santulli (JFK), Second Place, 12-13 Group; Keri McGovern, Winner, 12-13 Group.



Left to right: Gene Cromwell, Holy Family CYO; Keith Cromwell, Winner, 8-9 Group; Artie Senior, Youth Chairman; Jimmy Toelstedt (Hicksville PAL), Second Place, 8-9 Group; Bill Toelstedt, Hicksville PAL.

JFK Students Join Elks Hoop Shoot

Students from JFK, Bethpage participated in the Hicksville Elks Lodge #1931 local "Hoop Shoot" contest. It was held at Hicksville's Middle School on January 23. This was the first in a series of contests that could lead to a national championship at Indianapolis, Indiana. This was the 16th year of national competition. There are three age groups (8-9, 10-11 and 12-13).

Thanks go to Bob Anziano, Athletic Director, his lovely helpers Barbara and Nancy. The students that entered the local contest were Dyana Santulli, Michele Scabarassi, Eric Watson and Jacob Lee. They competed in the 12-13 age group. Coming in second place in the local contest was lovely Dyana Santulli. Due to a no show at the District Contest on Feb. 6, she was able to fill in as an alternate and took second place again. It should be noted at the district level the competition was sharper. We're looking forward to greater participation from Bethpage next year, even a first place winner.

Hicksville Elks Lodge #1931 will have three first place winners representing them at the regional "Hoop Shoot" on Feb. 20. This will be at 10 a.m. in Christ the King High School in Middle Village. Thanks go to all of our local school districts that entered and helped make this annual contest a continued success.

B.H.S. Wrestlers Make Qtr. Finals

The Bethpage High School wrestling team won matches against Seaford and Oceanside last weekend as they advanced to the County quarterfinals to be held this week. Coach Ron Abatelli hopes that his team, which is now ranked tenth on Long Island and thirtieth in New York State, will advance to the semifinals and finals to be held at Long Beach High School Saturday, February 13, at 11 a.m. and 4 p.m.

The Dads' Club and Bethpage High School Cheerleaders led the crowd in rooting for their team during Bethpage's 47-16 victory over Seaford on February 5 (Noisemaker Night). Winning Bethpage wrestlers included Sinacore, D'Andria, Wolf, Corniselli, Agrillo and Barletta.

In the first round of playoffs, the following day, Bethpage edged Oceanside by a 28-25 score in an exciting competition which came down to the final match between sophomore heavyweight Frank Ellinger and Oceanside senior Zabelli. Frank's victory, which clinched a place in the quarterfinals for Bethpage, brought the crowd to its feet. Other victorious Bethpage wrestlers included Sinacore and Wolf.

.....
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POBRR Winter Fun Run



The runners head up Cold Spring Road about one mile into the Fun Run.

More than 250 runners were on hand to take part in the Plainview-Old Bethpage Road Runners Club's annual celebration of winter running on January 31.

It was a beautiful morning, crisp and clear, with the temperature in the low forties, as the crowd gathered at the Woodbury Mall on Jericho Turnpike for a jaunt through the rolling hills of Woodbury, Laurel Hollow, Oyster Bay Cove and Cold Spring Harbor. The runners had their choice of accurately measured courses of 3.1 miles, 5.8 miles, 9.0 miles, and the new "Marquis De Sade" 13.1 mile course up and down some of the North Shore's toughest hills. Jerry Miller, Pat Mulrain, Jeff Jacobs and David Balsley led about 20 hearty souls who tackled the Marquis DeSade.

Hot coffee, orange juice and bagels awaited everyone back at

Woodbury Super Star Sneakers and Sports when they finished their run.

POBRR president Mike Polansky and Winter Fun Run Director Sam Zinn were ecstatic at the success of this year's Fun Run. "There are plenty of regular races that don't draw 250 people," Zinn observed, "so we are certainly thrilled by the turnout at our Fun Run. More to the point, we were able to put on a pressure free event that was just plain fun for every participant. Smiling faces were the rule today, and that's just great!"

Thanks and congratulations go to Sam and to his crew of volunteers -- Steve Winkler, Audrey Saltsberg, Chris Simonsen, Angie Miller, David Ginsberg and Arnold "Turk" Turkus -- for putting on another successful event.

HHS Swimmers Set Seven Records

The Hicksville High School swim team set seven new records in winning the Nassau Conference II Championships at Nassau Community College on February 5.

200 yard freestyle, 1:56.43
Scott Fried, 100 yard butterfly, 57.05
Mike DeFina, 500 freestyle, 5:10.67
Scott Fried, 100 back-

stroke, 1:03.82, Mike DeFina, 100 breaststroke, 1:02.89
Scott Epstein.

In addition, the new records are:

Team scoring 369
200 yard medley, 1:51.70 - Mike DeFina, Scott Epstein, Ed Marshall, Robert Kratochvic.

Campagne Holds Super Volleybowl

At Charles Campagne School, parents, staff and students had their very own January Super Bowl--Super Volleybowl I, held at the Campagne gym January 14. The Bethpage Midget Football League cheerleaders led the rousing crowd to root for their favorite teams. Referees included Miss Mary Quinn, principal; Harold Resnick, Board Trustee; Bob Anziano, Director of Health and Physical Education; Roger Buttner; and Campagne's Physical Education teachers, "Mr. Roz," and Renee Radazo.

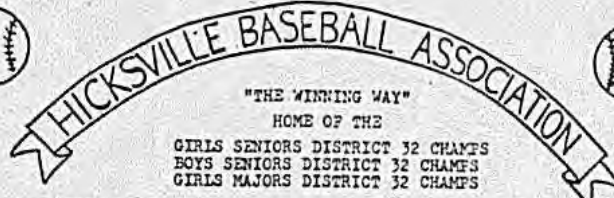
A rundown of the action packed play, described that night by an enthusiastic Ann DiPrima, follows: Kindergartners: 2nd graders played modified newcomb. The Red Team edged the Green Team 4-3. Third/Fourth Graders: Parents and staff



Red and Green teams compete in Campagne's volleyball.

played the eight and nine year olds in a newcomb game, emerging victorious by a 21-19 score. Fifth/Sixth Graders: The ten and eleven year olds played

modified volleyball and trounced their "taller" opponents 18-17. The adults had such a great time that an extra game was added to allow them to play one another.



REGISTRATION FEE: \$53.00 for the first child, \$65.00 for two or more children per family. Registration fees include a team photo for each child. A UNIFORM DEPOSIT is required for the Senior League. This deposit is to be given when uniforms are distributed.

Included in the registration fee are FIVE chance books for each family; SIX 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 can cost as little as \$3.00.

Register as soon as possible. If payment is received after February 20th, 1988, a late registration fee of \$10.00 must be included. No Exceptions. Finally, if the registration is postmarked after February 29th, we cannot guarantee placement of your child.

Please make your check payable to the Hicksville Baseball Association and mail to: Carole Wolf, Player Rep HBA, 7 Harkin Lane, Hicksville, NY 11801...OR...come to open registration which will be held on Saturday, February 6th, 13th, and 20th from 10:30 A.M. to 1 P.M. at Levittown Hall.

AGES (as of July 31, 1988) for divisions, depending on registration

	BOYS	GIRLS
INSTRUCTIONAL	6,7	6,7
FARMS	8,9	-
MINORS	10,11	8,9,10
MAJORS	11,12	10,11,12
SENIORS	13,14,15	13,14,15
TRAVELING TEAM	Registration forms will be mailed out in March	

AGREEMENT: I, the parent of the player(s) listed below, give approval for his/her participation in any and all activities sponsored by HBA, 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 _____ Town _____ Zip _____

Please print ALL the information for the children you are registering

LAST NAME	FIRST NAME	AGE ON 7/31/88	BIRTH DATE	M/Z	HBA 1987
_____	_____	_____	____/____/____	_____	y/n
_____	_____	_____	____/____/____	_____	y/n
_____	_____	_____	____/____/____	_____	y/n

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I, _____, am interested in managing/coaching in boys/girls _____ league. Suggestions are appreciated.



CYO Sports St. Ignatius Loyola

By Barbara Lewis
Cheerleading

Our response to our new program has really been wonderful. Gary held his first meeting this past week with Linda Mirro and Vicki Passaro who will be running this new program. The two women came up with some wonderful ideas and they are very excited. Any girls that are still interested in joining this program please contact Gary at 681-6947. This program will start in April to get the girls ready to march in the Memorial Day Parade. For the girls that already have signed up they will be notified by mail when the program starts.

A little tidbit on our New Year's Eve Dance, all the food that was left over that night was donated to Sister Kathleen who is in charge of Catholic Charities. It gives us all at CYO a very rewarding feeling to see that nothing was wasted.

Basketball Highlights
On Saturday, January 30, Joe

Basso called in his teams winning score.

Lions 12 vs Cubs 8

Great playing by Marcus Moncayo 8 pts., Jason Basso 4 pts. Outstanding playing by Jody Durkin, and Brian Kaplan.

On February 2, another win for the Lions....

Lions 15 vs Tigers 4

This team is going for the gold, Patrick Walker 10 pts., Andrew Colton 5 pts., and excellent defense by Jason Basso, Brian Kaplan and Marcus Moncayo. Keep up the good work.

Any coaches that are interested in calling in their teams wins please call Barbara Lewis at 681-6947.

Registration Update

On March 20, in St. Ignatius Old School we will be holding our final registration between the hours 9 a.m. and 12 noon. Anyone that is unable to make this registration please feel free to call Gary Lewis, and we will be more than happy to send you any information.

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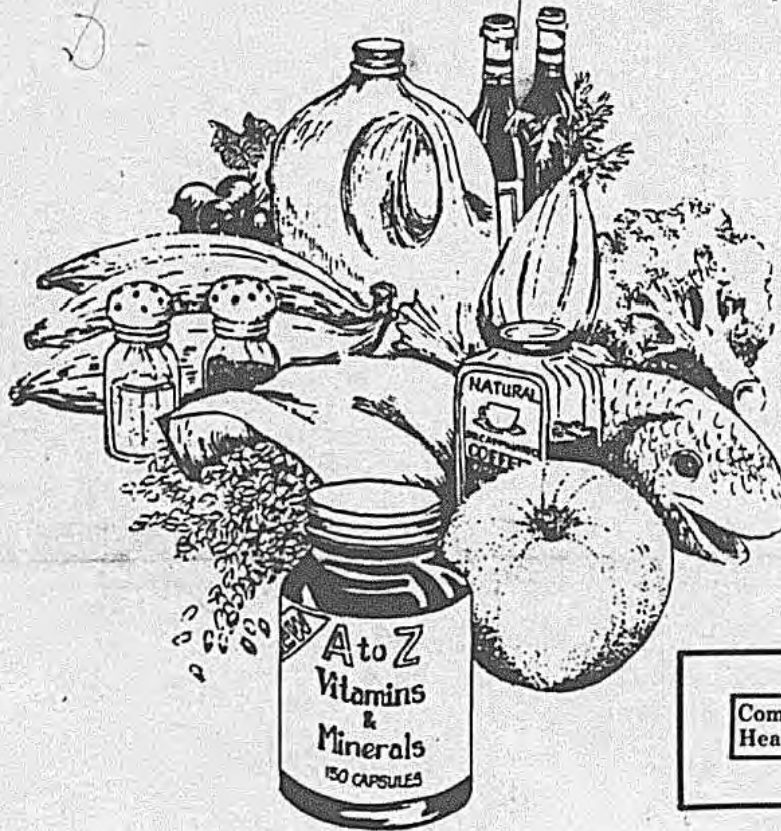
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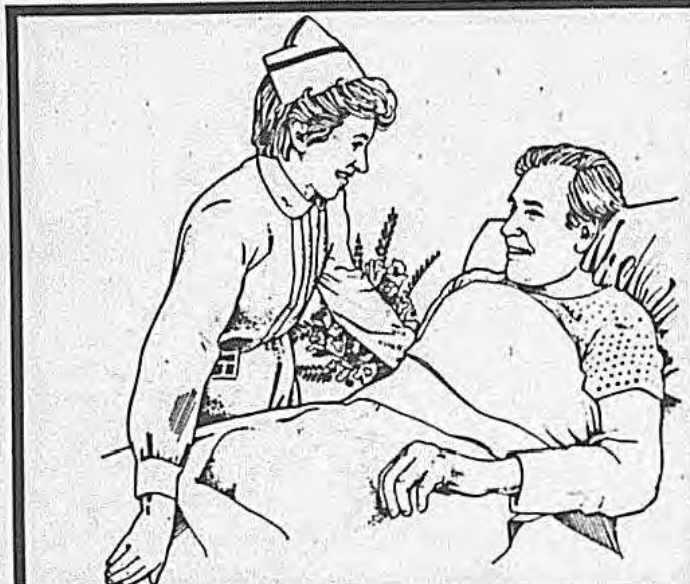
Health Care

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

Friday, February 12, 1988



Complete Directory of
Health Care Facilities





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Members Cope with or Improve

- Chronic Illnesses/Medical Conditions
- Family Problems
- Emotional Problems
- Other Chronic Conditions

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and Chronic Illness and more...

Saturday, March 12, 1988 9:00 a.m.-4 p.m.
Salsbury-on-the-Green Restaurant
(Eisenhower Park)
East Meadow, Long Island, N.Y.

FOR FURTHER INFORMATION OR
FOR A FREE COPY OF OUR
MONTHLY NEWS LETTER CONTACT
The Center For Coping
2268 Hempstead Turnpike
East Meadow, N.Y. 11554
(516) 735-2080

Robert R. Weiss, M.D., F.A.C.O.G.
Taru Khulpateea, M.D., F.A.C.O.G.
Georgia L. Vnook-Early, R.N.C.

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2nd Opinions
Welcome

MASTERCARD, VISA AND AMERICAN EXPRESS ACCEPTED
MOST INSURANCE PLANS HONORED



Checking out the possibilities

By Allison Ashton

You've just slipped and broken your ankle while getting out of the bathtub — what alternatives do you have to an expensive visit to the emergency room?

Perhaps you're due for some surgery. How do you cut down the cost of an expensive hospital stay?

Maybe you suspect that mole on your shoulder is more than an innocent freckle — should you seek out a specialist on your own?

The escalating cost of medical care has spawned a number of alternatives to traditional care from the family doctor and/or local hospital.

Says Claire Fagin, dean of the School of Nursing at the University of Pennsylvania: "In the United States in the recent past, health care was seen as a public good which should be available — in some form — regardless of the ability to pay. This concept is now being challenged daily in the marketplace with less notice than might be expected."

Drastic cutbacks in Medicare funding took place in 1984 in the form of Diagnostic Related Groups. This simply means that hospitals are reimbursed by the government for the treatment of 470 ailments on a standardized pay scale.

Kidney transplant patients, for example, are allowed 15 days in the hospital, although patients might need to stay as long as a month. And the idea of standardized pricing for medical treatment is catching on with insurance companies.

Don't worry, there are ways to receive adequate treatment and still save money.

THE FAMILY DOCTOR

"Patients need and want a doctor who will provide ongoing, comprehensive health care, not just episodic treatment — a doctor who knows the whole family and treats each patient as a person rather than a disease," says B. Leslie Huffman Jr., M.D., former president of both the American Academy of Family Physicians and the American Board of Family Practice.

Despite the proliferation of health maintenance groups, a survey conducted by Research & Forecasts Inc. revealed that 81 percent of Americans are satisfied with their family doctor. Fifty-seven percent prefer to see the family doctor first when they are ill.

Family Practice has been a recognized specialty since 1969. Unlike general practitioners, family practice specialists undergo a three-year residency training and must be certified by the American Board of Family Practice.

IN CASE OF EMERGENCY

Let's say you have an emergency and can't wait for the family doctor. If you're like most people, you'll make tracks for the emergency room at the nearest hospital.

Unless your situation is life threatening (heart attack or severe bleeding) or of a really serious nature (head injuries or stomach pain), you'll have to wait an hour or more until you can be treated.

Even then, the doctor might be called away when a more serious injury comes in or when another patient takes a turn for the worse.

Sometimes it's hard to know if your condition merits a visit to the emergency room.

With more insurance companies refusing to pay for emergency room visits they deem unnecessary, you should evaluate your symptoms before rushing to the nearest hospital. The American College of Emergency Physicians offers seven guidelines for determining when you should seek emergency treatment:

- Chest or upper abdominal pains or pressure (heart attacks are often mistaken for indigestion).
- Difficulty breathing or shortness of breath.
- Fainting or feeling faint.
- Dizziness, sudden weakness or a severe change in vision.
- Sudden severe pain anywhere in the body.
- Severe or persistent vomiting.
- Suicidal or homicidal feelings.

A number of hospitals across the country have set up "convenience care centers" as part of their emergency services.

These centers serve patients with non-urgent injuries, usually at a lower cost. You'll also probably be treated faster because you don't have to wait with people who need more immediate care.

Another alternative is privately run emergency clinics. In addition to providing basic medical care, these centers, which are cropping up across the country, offer treatment for minor emergencies such as the cut finger or twisted ankle.

HEALTH CARE AT HOME

In an effort to keep health care costs down, many patients are opting for in-home postsurgical recovery. This form of home care literally brings the hospital home. Many medical practitioners feel that patients recover more rapidly, and happily, in familiar surroundings.

Home health care can include anything from visits from a nurse to physical therapy. And it can save you a bundle.

Changing Times magazine noted that "Home care for quadriplegic patients can cost almost \$10,000 a month less than hospital care without shortchanging the patient."

The majority of Blue Cross/Blue Shield plans cover home care; many HMOs and PPOs cover some of the cost as well. You'll need to check with your insurance company regarding coverage when arranging for in-home care.

HospHôtels of America Inc. is joining hospitals and medical staffs to provide pre- and post-operative patients low-cost housing close to the hospital.

Nassau Thoracic & Cardiovascular NONINVASIVE DIAGNOSTIC VASCULAR LABORATORY

The purposes of some of the tests performed are to detect deficiencies in circulation in the arteries of the legs or feet, problems with veins such as varicosities or blood clots and hardening of the arteries in the neck which could lead to a stroke or TIA (transient ischemic attack or ministroke). In many cases these tests may eliminate the need for other INVASIVE tests.

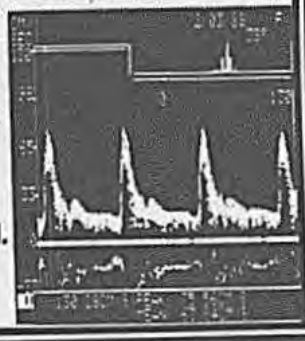
The lab offers the most state-of-the-art ultrasound and plethysmographic (study of volume change) equipment and technology. A nationally certified vascular technologist performs all of the tests. All reports are computer generated and subsequently sent to your physician.

NONINVASIVE vascular tests are painless and are used to detect circulatory problems in the arteries and veins. NO X-rays, needles, dyes or catheters are used, and no preparation is necessary for most of the tests.



For
Information
please call:
248-6565

at
173 Mineola Blvd.
Suite 201
Mineola, N.Y.



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Hand Rehabilitation
Upper Extremity
Rehabilitation

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516-333-1481

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Southfield, Mass., is tested weekly for purity - after many years these tests continue to prove the water 100% bacteria free - every time. A certified analysis will be provided immediately upon request.

You may visit the spring if you wish. Just call to set up an appointment.

The water flows in **BERKSHIRE MOUNTAIN SPRING WATER'S** gleaming stainless steel bottling plant, where it is instantly bottled and capped in sterile, chemically inert, non-porous Lexan containers, then delivered to the customer's homes.

To drink to your family's health call **BERKSHIRE MOUNTAIN SPRING WATER** (328-7918)

You'll receive a **FREE** gallon container with your first 2-container order.

PANIC ATTACKS? PHOBIAS? ANXIETY? AGOROPHOBIC?



Do You Fear or Avoid Venturing Away From a Safe Place or Person or Any of the Following:

- | | |
|---|--|
| <input type="checkbox"/> Trapped Situations | <input type="checkbox"/> Elevators |
| <input type="checkbox"/> Driving | <input type="checkbox"/> Bridges |
| <input type="checkbox"/> Being Alone | <input type="checkbox"/> Tunnels |
| <input type="checkbox"/> Shopping | <input type="checkbox"/> Enclosed Places |
| <input type="checkbox"/> Social Functions | <input type="checkbox"/> Open Spaces |
| <input type="checkbox"/> Business Meetings | <input type="checkbox"/> Criticism |
| <input type="checkbox"/> Flying | <input type="checkbox"/> Embarrassment |
| <input type="checkbox"/> Escalators | <input type="checkbox"/> Leaving Your Home |

If you have checked any of the above, HELP IS AVAILABLE

Call Terrap

A National Treatment Center
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and Speak to One of Our Recovered Phobics

(516) 549-8867

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 535-2280

Health Centers

Child, health, immunizations, general medical, maternity, gynecology, family planning, rehabilitation services, chest and dental care available at most Health Centers. There is a fee for most services based on ability to pay.

Elmont Health Center
Elmont Road & Village Avenue
Elmont 11003 354-3604

Freeport/Roosevelt: 480 North Main Street
Freeport 11520 378-7310

Grand Street: Grand Street Bldg.
Westbury 11590 333-6996

Hempstead: 497 S. Franklin Street
Hempstead 11550 481-6688

Inwood/Lawrence: 270 Lawrence Avenue
Lawrence 11559 239-2200

Long Beach: 615 Riverside Blvd.
Long Beach 11561 889-1707

Plainview: 1535 Old Country Road
Plainview 11803 420-5200

The following services are maintained by the Department:

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 535-3678
Water Pollution Control 535-2404
Public Water Supply 535-3325

Information and Referral Service
A central source of information on immunizations, available health programs and facilities and information and validation on required vaccinations for international travel 535-3410

Poison Control Center
Nassau County Medical Center 542-2323
Medical Emergency call 911

Smoking Control
Nassau County has one of the most comprehensive public health laws restricting smoking in public facilities such as restaurants, stores, office buildings and the work place.
For information 535-2482/2012

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

Home Care Services
Public Health Nurses and related staff provide on a part-time basis; professional nursing care, physical, speech and occupational therapy; medical, social services, nutrition and health guidance.
For information call 535-3522

Area Offices

Long Beach
705 Lincoln Blvd., Long Beach 431-3004
Mineola
180 Old Country Rd., Mineola 535-3566
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
WIC (Women, infants, children) 535-3449

Special Children's Services
Helps financially eligible parents who need assistance with medical care of physically handicapped children with conditions that can be corrected or improved.
For information 535-3448

Public Health Education
Programs provided in the community and clinic setting on a variety of topics including parenting, child development, home safety, prenatal care and dental health. Speakers available to schools and groups 535-3344

NASSAU COUNTY DEPT. OF HEALTH

Provides therapeutic and preventive personal health services and also monitors and works to preserve and improve the environment for residents.
240 Old Country Road, Mineola 11501 535-3410

DRUGS & ALCOHOL

Alcoholics Anonymous Meetings

Garden City-Garden City Community Church, Stewart Ave., Sunday 8 pm (Closed Discussion)
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)
Hand in Hand-Gay Group 38 Old Country Road Friday 7:45 pm (Step)
9 pm (Closed Discussion)
St. Anne's R.C. Church 35 Dartmouth St. Sunday 8 pm (Step)
Thursday 8 pm (Closed Discussion)
Nassau Community College-Nassau Hall Room 07, Tuesday 11:30 am (Closed) Thursday 11:30 am (Closed Discussion)
For additional information call 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

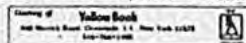
Comprehensive alcohol treatment program for the alcoholic and his/her family. Individual, group, marital, family and children's sessions. Psychiatric consultation; vocational services, weekly Alcohol Education Series for adults and children. Staffed by psychiatrists, social workers and counselors. Medicaid, Medicare, Blue Cross, Major Medical, sliding scale fees.
Hours: Monday-Thursday 8 am-9:30 pm; Friday 8 am-4 pm
366 Jericho Tpke, Mineola 11550 742-4015

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 Tuesday 7-8 pm
600 Hempstead Tpke, West Hempstead 11552 481-2890

Mercy Hospital Family Counseling

Out-patient program for individuals and family members of those suffering from alcoholism. Individual, group, family, educational services. Sliding scale fee based on ability to pay. Medicaid and Medicare accepted.
393 Front St., Hempstead 11550 483-3377



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SPECIAL HEALTH CARE EDITION APPEARING IN
William Towne/Mineola Edition, New Hyde Park Herald Center, Syosset Advance,
Mid Island Times, Jericho News Journal, Bethpage Newsgram,
Garden City News & The Great Neck News

Continued From Page 4

DRUGS & ALCOHOL (cont.)

**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.
 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

HANDICAPPED

ANCHOR

Town of Hempstead Department of Parks and Recreation

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

**Child Development/Learning Diagnostic Program
 Schneider Children's Hospital of LIJ Medical Center**

Program designed to help each child achieve the maximum potential for academic, social and emotional development. A highly skilled, multi-disciplinary professional staff provides complete diagnostic services and a broad range of remedial and therapeutic services. The program serves children from birth to adolescence, with problems in development and/or learning. For an application or referral, call the Program Social Worker. Hours: Monday-Friday 8:30 am-5 pm by appointment.
 271-17 76th Avenue, New Hyde Park 11040

Irene Hassett, Ph.D., Director.....(718) 470-7000
 Social Worker.....(718) 470-3141
 Anita Gurin, Ph.D., Coordinator.....(718) 470-3140

**Long Island Center for Independent Living
 for the Disabled**

Provides an open forum for all disabled and visually and hearing impaired in Nassau County at no charge. Advocates for the disabled with Social Security Administration, County Department of Social Services. Coordinates all rehabilitation information and keeps a directory of suppliers, equipment, aids and services. Holds formal and informal workshops on benefits, legislation, college and school related problems and independent living skills.

Hours: Monday-Friday 9 am-5 pm
 3601 Hempstead Turnpike, Levittown.....796-0144/5; TTY 796-0135

**Nassau County Department of Health
 Physically Handicapped Children's Program**

Provides a diagnosis and evaluation program and a treatment program for children 0-12 years of age who have physically handicapping conditions. The diagnosis and evaluation services to potentially handicapped children at approved specialty centers or by medical specialists. The treatment program makes available financial assistance for comprehensive medical, surgical, rehabilitative, orthodontic, and other related services to handicapped children in Nassau County who meet medical and financial eligibility requirements.

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.
 1550 Franklin Avenue, Mineola 11501.....535-3147

Office of Vocational Rehabilitation, State Education Department

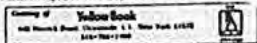
Counseling, training, and placement for the mentally and physically handicapped, and learning disabilities.
 50 Clinton Street, Hempstead 11550.....483-6510

South Nassau Chapter of Self Help for Hard of Hearing People

A non-profit and volunteer organization for people who are hard of hearing. 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 546-751

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, medical-social services, adult services, vocational rehabilitation and recreational programs, dental and podiatric clinics day and residential programs.
 380 Washington Ave., Roosevelt 11575.....378-2000



Continued On Page 6

**ISLAND DIAGNOSTIC
 IMAGING, P.C.**

**Nuclear Medicine
 and
 Nuclear Cardiology**

Bone Scans Thyroid Scans
 Liver-Spleen Scans Parathyroid Scans
 Renal Studies Gallium Scans

Thallium Stress Studies
 Gated Cardiac Studies

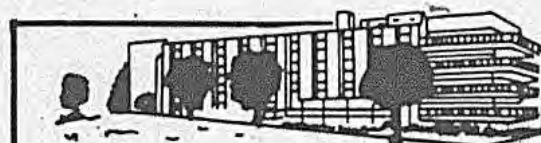
Lucille P. Taverna, M.D.
 Harvey L. Lefkowitz, M.D.
 Richard L. Stapen, M.D.

230 Hilton Avenue
 Hempstead/Garden City
 (516) 565-2550

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466-3001

Continued From Page 5

MENTAL HEALTH

Adelphi Social Services Center

(Division of Adelphi University's School of Social Work)
Staffed by social work faculty members, social workers, graduate and undergraduate students and consulting psychiatrist, psychologist and family therapists. Individual, group and family counseling. Special programs for women in transition, crime victims, rape victims and their families, pre and post breast cancer surgery women, hearing impaired people, learning disabled adults.
Sliding scale based on ability to pay.
General number 228-7407
Breast Cancer Information and Support Services 248-8888
TDD (for deaf clients) 294-8494
Hard of hearing people (voice) 228-7424

Association for Children with Learning Disabilities

A non-sectarian, non-profit organization, providing services to the learning disabled, neurologically impaired and developmentally disabled child, youth and adult throughout Long Island. Services include recreation and social programs, weekend and summer trips, vocational counseling, assessment and placement, residential and day programs for severely handicapped young adults, family support programs, summer educational program - Camp NYABIC, respite program
265 Post Avenue, Westbury 11590 334-4210
VOCATIONAL CAREER CENTER
Roosevelt Field Mall, Lower Concourse
Garden City 11530 747-5000

Central Long Island Family Counseling Services, Inc.

Non-profit individual, family and rehabilitation counseling center. Complete psychological, educational and vocational testing, stress management, biofeedback. Staff includes school psychologist, social workers, pastoral counselors, rehabilitation counselor, marriage and family therapist.
Hours: 9 am-10 pm, 7 days a week by appointment.
225 Jericho Turnpike, Floral Park 11001 354-8926

Family Life Center

A non-profit, non-sectarian agency providing marriage and family counseling, information and referral, and family life education groups on a sliding scale fee. Groups include parenting, stress management, assertiveness training, and self-esteem.
Hours: 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, after school respite recreational program.
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 Canton St., Hempstead 11550 489-2322

Middle Earth

Crisis Counseling and Referral Center

Hot line and walk-in center, 24 hours a day, 7 days a week. Free confidential counseling, information and referral for Nassau County youth and their families, regarding depression, suicide prevention, sexuality, birth control, pregnancy, sexually transmitted diseases, gay and lesbian concerns, AIDS, rape spouse abuse, physical abuse, alcohol and drug abuse, runaway and homeless youth concerns. Volunteers are needed. No expense necessary. We will train you. Non-profit agency.
2740 Marton Ave., Bellmore 679-1111

The Nassau Center for the Developmentally Disabled, Inc.

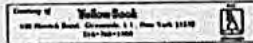
A voluntary agency serving Nassau County providing for children and adults excluded from other programs and identified clinically as suffering from autism, pervasive developmental disorders, chronic organic brain syndromes, and/or mental retardation. Complete clinical diagnostic and treatment procedures for social, intellectual, and emotional disorders. Medical, psychiatric, psychological, social, educational, remedial, habitative, residential placement.
Special educational, residential and supportive clinical services. Full day activities for adults and children. Clinical services available to families.
72 South Woods Road, Woodbury 11797 (5-21 yrs) 921-7650
101 New South Rd., Hicksville 11801 (over 21 years) 433-8300

**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

North Shore Child & Family Guidance Center

Mental health services to children, adolescents, and their families. Clinical services include psychodiagnostic assessments, individual, family, and group therapy, chemotherapy, parent counseling, crisis intervention, short-or-long term therapy, Early Childhood Study Center. Services tailored to meet the needs of a particular community. On-going educational counseling groups (Adoptive Parents, Single Parents, etc.). Full array of clinical services for Spanish-speaking families. Staffed by psychiatrists, psychologists, psychiatric social workers.
Main Office: 480 Old Westbury Road, Roslyn Heights 11577 626-1971
1495 Northern Boulevard, Manhasset 11030 627-6671
Westbury Branch: 183 Grant St., Westbury 11590 333-3990



Continued On Page 8

WICKER & WHIMS

THE WICKER CENTER

Huge Selection of Furniture and Accessories!!

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Vogue Rattan
Lewittes Rattan
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Glass Cut To Size
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Decorator Baskets

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SPECIAL HEALTH CARE EDITOR ATTENDING IN
 William Thomas, M.D., M.P.H., New Hyde Park Branch, General Administration,
 KIM Leland Thomas, Jackie Hayes, Pamela, Stephanie, Margaret,
 Candice, Cary, Nancy & The Great Food Store



R·E·C·I·P·E·S

American Heart Association

Wheat Germ Pancakes

Pancakes during Lent season are an ancient tradition with a purpose: to get rid of all of the households' fats and oils before fasting. This recipe is tasty and nutritious plus low in fat.

- | | |
|--|--------------------------------|
| 1 cup white flour | 1 1/4 cups skim milk |
| 2 1/2 tsp. baking powder | 2 tbsp. oil |
| 1 tbsp. sugar | 1/2 cup low-fat cottage cheese |
| 1/2 cup wheat germ, toasted with honey | |

Sift together flour, baking powder and sugar. Add wheat germ. Combine the milk and oil and stir in the dry ingredients until just moistened. Stir in cottage cheese only until mixture is slightly lumpy (if smooth batter desired, whip the cottage cheese with liquid ingredients in blender). Drop batter by spoonfuls onto a greased pan. Cook until bubbles appear on upper surface, then turn and brown on the other side. Turn only once. Continue until all batter is used. Serve with maple syrup.

Yield: 10 4-Inch Pancakes

Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook. Copyright 1973, 1975, 1979, 1984 by the American Heart Association, Inc. Published by David McKay Company, Inc.

Wheat Germ Pancakes Nutritional Analysis per Serving

108 Calories	2 mg. Cholesterol
5.9 g. Protein	14.7 g. Carbohydrates
3.3 g. Total Fat (est.)	71.2 mg. Calcium
.7 g. Saturated Fat	162 mg. Potassium
1.2 g. Polyunsaturated Fat	187 mg. Sodium
1.4 g. Monounsaturated Fat	



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(516) 560-1200

Joseph F. Turner, Jr. Executive Director



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AND ANNOUNCING.....

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 - Back to Work Conferences
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 - Educational Activities

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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. We're affiliated with the Maternal Child Care Center at Winthrop-University Hospital.

Michael M. Sher, M.D., F.A.C.O.G., F.A.C.S.
Gary M. Levine, M.D., F.A.C.O.G., F.A.C.S.
Lydia Valderrama, M.D., F.A.C.O.G.

Mineola Office
135-137 Mineola Blvd.
Mineola, N.Y. 11501
Tel. 741-4321

Port Washington Office
47 Main Street
Port Washington, NY 11050
Tel. 767-1717

SPECIAL HEALTH CARE EDITION APPEARING IN
Wildcat Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advertiser,
Mid Island Times, Jericho News Journal, Bellings Newsgraph,
Garden City News & The Great Neck News

Continued From Page 6

Runaway Youth Coordinating Council (RYCC)

Case management service provided to runaway/homeless/maltreated adolescents ages 10 years-20 years services 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 Hotline489-6056
80 N. Franklin Street, Suite 200-204, Hempstead, NY 11550

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 11572763-3942
Hargate Clinic: 2949 Long Beach Road, Oceanside 11572764-8664

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 special Early Childhood Assessment Program. Treatment Program for children of Alcoholics. Service available to Spanish speaking families. Counseling services to parents and siblings of developmentally disabled children. Sliding scale fees based on family size and gross annual income, Medicaid, 3rd party insurance accepted. Parents may apply by calling clinic and requesting an application.

Hours: Monday, Tuesday and Thursday 9 am-9 pm, Wednesday and Friday 9 am-5 pm.
17 West Merrick Road, Freeport 11520868-3030

TRI-The Rehabilitation Institute

Comprehensive vocational rehabilitation services for the emotionally handicapped aged 16 and older. Helps individuals return to the community as competitive workers. Intensive program of vocational evaluation, training and job placement. Psychiatric, psychological and social services at no cost.

223 Jericho Tpke., Mineola 11501741-2010
Sheltered Workshop 971 Stewart Ave., Garden City 11530222-2092

West Nassau Mental Health Center-Elmont Family Counseling Center

Individual and group therapy for children, adults, joint and marital counseling. Consultation, diagnosis, psychological testing. Sliding scale fees, Medicaid or Medicare. Hours: Monday, Friday 9 am-5 pm; Tuesday, Wednesday, Thursday 9 am-9 pm, (also Saturday 9 am-2:30 pm - Franklin Square only).

West Nassau Mental Health Center
365 Franklin Avenue, Franklin Square 11010437-6050
Elmont Family Counseling Service
90 Meacham Avenue, Elmont 11003437-8060

Woodward Mental Health Center

Designed to meet the needs of emotionally disturbed children, aged 3-21. Program for 3-5 year-olds provides diagnostic, intervention, and prevention; program for 6-15 year-olds is a special education in a therapeutic setting; program for 16-21 year-olds provides (on an individual basis) an academic curriculum or aid-to-daily living curriculum. Electives include pre-vocational skill areas. All programs are based on a treatment plan for both the child and the family by fully qualified professionals.

Hours: Monday-Friday 8:30 am-4:30 pm
201 West Merrick Road, Freeport 11520379-0900

MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

Association for Children with Down Syndrome, Inc.

Offers multiple services to persons with Down Syndrome and their families on Long Island, including emotional support for new parents and their families; social services, parent education, community education outreach program, parent advocacy. The early intervention program is designed to optimize each child's ability to become a functioning member of society. School programs include infants, toddlers and preschoolers. Services also include speech occupational and physical therapies; services for over-five age group including adolescent rap groups, school sponsored get-togethers, after school recreation and Saturday program.

2616 Martin Avenue, Bellmore221-4700

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.

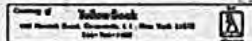
189 Wheatley Road, Brookville 11545626-1000

SPECIAL SERVICES

A.I.D.S.-Acquired Immune Deficiency Syndrome

An illness that impairs the body's natural ability to fight infection and disease. Anti-Body testing for HIV is available at New York State Health Department. Testing is free and confidential.

Nassau County535-2004
AIDS HOTLINE is toll free (8 am-midnight)(800) 462-1884



Continued On Page 10

Good food not just taste

By Jack Williams

As most of us will attest, the sight and smell of food often can dictate taste.

But there's more to this culinary equation than meets the tongue. How we perceive food, as it turns out, also can influence metabolism and absorption.

Dr. Walter Mertz (director of the U.S. Department of Agriculture's Beltsville Human Nutrition Research Center in Beltsville, Md.) said: "If food is administered intravenously, without sight or smell, the metabolic effect will not be so great."

Mertz cited a study involving Swedish and Thai subjects accustomed to diametrically different diets.

"Thai subjects absorbed less iron from the Swedish food (than from their own), and vice versa," said Mertz.

"The subjects found the foreign food to have an unappetizing odor, and their psychological response affected their absorption (of the nutrients in the food)."

This points out the importance of food that appeals to the eye and sense of smell, said Mertz.

"I firmly believe that following these principles will meet the nutritional requirement of all healthy people. I'm convinced there are no bad and no good foods.

"Even wine and beer in moderation have their place, and can be an important part of the day for the elderly."

Mertz said he strongly opposes substituting supplements for food because of risks from interactions. Besides, he said, food tastes better.

"I wouldn't use fish oil pills," he said, "because it tastes awful. There are too many beneficial substances in whole fish, and it tastes much better."

While supporting the evidence that certain fish oils containing omega 3 can decrease the risk of heart disease and lower serum cholesterol, Mertz pointed out that it also can deplete vitamin E and selenium from the system.

"In laboratory experiments," he said, "we used fish oil to kill animals."

But not to be overlooked was the fact that the more fish oils in the diets of laboratory animals, the fewer the tumors, Mertz pointed out.

Whatever the evidence, pro or con, it is subject to change in the dynamic field of nutritional research.

"Our knowledge," stressed Mertz, "is not complete. We don't have the secret to total health."

This uncertainty was reinforced by John W. Bode, USDA assistant secretary for Food and Consumer Services. Said Bode: "Even when most scientists think enough is known about a new piece of the nutrition puzzle to establish or revise a dietary guideline, there may not be a consensus on exactly

what the guideline should be or to whom it should apply.

"Consensus sometimes gets ahead of the science. As Nobel laureate Konard Bloch recently wrote, '... consensus today may become a controversy tomorrow.'"

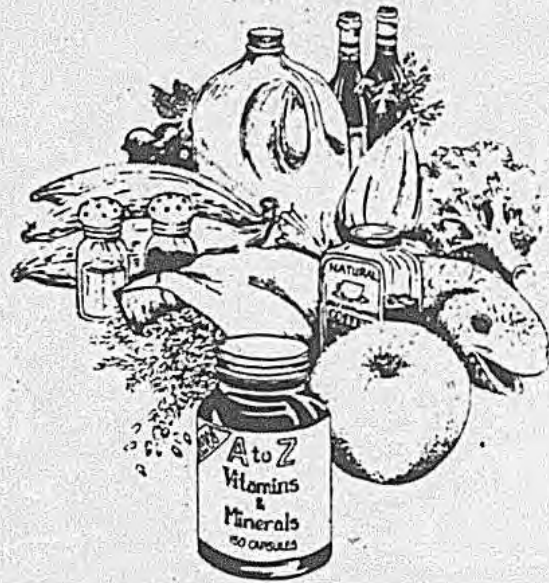
Nutrition, Bode concluded, is a "complex topic about which we still know little in relation to what we would like to know.

"We do not yet know enough about nutrition to identify an 'ideal diet' for each individual."

What we do know, Mertz said, is that nutritional deficiencies and exposure to environmental toxins will prevent us from achieving our genetic potential. "Our major concern," he said, "is that our diet is adequate to enable us to fulfill our genetic potential."

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 William Times/Minnota Edition, New Hyde Park Herald Courier, Suncoast Advocate,
 Mid Island Times, Jericho News Journal, Bethpage Newsgram,
 Garden City News & The Great Neck News

PAGE 9B Friday, February 17, 1988



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Continued From Page 8

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 Island796-1610

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. Volunteers for neighborhood units, the above services, bingo, and thrift shops.
Cancer Information Service.....385-9119
145 Pigeon Hill Rd., Huntington Station 11748

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, call741-5522

Birthingright, Inc. of Nassau-Suffolk

Counseling to girls and women who are distressed by pregnancy. Non-profit, non-sectarian. Offers, at no charge, pregnancy tests, layettes, maternity clothes, baby equipment, housing, and referral to reduced medical fees. Birthingright offers a positive alternative to abortion.
1939 Wantagh Ave., Wantagh.....785-4070

Cancer Volunteers of America

Free services to cancer patients and their families including 24-hour emergency answering service, financial aid, purchase and loan of modern and spotless home hospital equipment and other sickroom supplies, Blood Banks and Donor Programs, counseling, group and individual therapy, Post Mastectomy Salon Accounts for mastectomy patients in need of garments, drug assistance, health guidance, Medical Department Services, Referral Medical Supplies, Nursing Services, Health Aides, Lump Sum Benefits.
25 Franklin Place, Great Neck 11023
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).
450 Jericho Tpke., Mineola, 11501.....746-0080

Friends of Hospice

Friends of Hospice is a multi-faceted information/referral and Educational Organization committed to the needs of the terminally ill, their families, the professionals who serve them, and the community-at-large. Comprehensive information on area programs that provide hospice-type care, nursing, financial counseling, telephone hotlines, transportation, volunteer/companion aid, patient/family support groups and bereavement groups. Public education is provided through community speaking and public forums. Articles and books on Hospice are available through a lending library. Friends of Hospice is a member of the hospice networking group for area professionals and helps to coordinate its activities.
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 Person437-0543

Overeaters Anonymous Meetings

For information call794-1333

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., Mineola742-0144
535 South Franklin Street, Hempstead 11550.....483-3033

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 74 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 11021829-4510

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 understand and cares. Beatrice Ball, Area Rep741-8032

HEALTH WATCH

What the public knows about cholesterol

Percentage of people who responded correctly to questions asked by the Cholesterol Awareness Survey of the National Heart, Lung and Blood Institute.

- Cholesterol and fats are different 35%
- Cholesterol is found only in animal products 32%
- Saturated fat is found primarily in animal products 60%
- Saturated fat raises cholesterol 51%
- All fats have the same calories 20%
- Polyunsaturated fat is found primarily in vegetables 55%



Allergy Alert

One of every six Americans is allergic to something and most of those somethings make it into the home. Pollen can be carried inside on your clothing or blown through an open window, microscopic dust-mites are your permanent roommates and then there's smoke, dust and pussycat and fido dander.

And as homes become more airtight with extra insulation, weather stripping and caulking, allergy aggravations can increase due to lack of indoor air circulation.

One of the best ways to deal with allergy irritants is with an air cleaner. There are dozens on the market. Some fit on a table or desk, but these are too small to be very useful.

Larger units can remove 75 percent of the dust, smoke, pollen and animal hair particles in the air of a 120-square-foot room in just half an hour. There also are air cleaners that attach to your heating and air-conditioning system to clean the air of the entire house.

The best air cleaners use a fan to draw in dirty air and circulate clean air. The Association of Home Appliance Manufacturers has rated several air cleaners.

A list of ratings can be obtained by sending a self-addressed,

stamped envelope to AHAM, Room Air Cleaner Program, 20 North Wacker Drive, Chicago, IL 60606.

A free poster describing air cleaners and other ways to purify the air in your home, called "The ABCs of Allergy Relief," can be obtained by writing to Floyd Carlstrom, Research Products Corp., 1015 East Washington Ave., Madison, WI, 53701-1467.

Keeping your house clean is a vital step to ridding your house of allergens. But they can still collect inside humidifiers, dehumidifiers and air conditioners, which inevitably blow the allergens back into your home's air. It is important, therefore, to regularly clean these appliances.

If you are allergic to your dog or cat, you can always get rid of the critter. But if breaking up is hard to do, Dr. Robert McLellan, director of environmental and occupational health at the Gesell Institute for Human Development in New Haven, Conn., suggests that the pet be kept out of the bedroom and brushed outdoors (once a week throughout the summer, less frequently the rest of the year) by someone who is not allergic.

And if you can't abide having a four-footed roommate, but still crave companionship, you can always try goldfish.

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Women 40 to 49 should have a mammogram every one to two years.

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- A demonstration and literature on breast self-examination
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Mammography Centers

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Great Neck, N.Y.
Suite 106
516-466-3663

Woman's Imaging Center
43-12 Parsons Blvd.
Flushing, N.Y.
718-353-7571

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PAIN AND HEALTH

What to do when it hurts

By Sharon Williams

You want to ignore it and continue on with your workout, but you know it's there — stabbing and gnawing and annoying, undermining the integrity of each movement of your body.

It's pain — the bane of both weekend and professional athletes.

Why is pain so hard to ignore? Pain simply is the stimulation of nerves in an injured area to send patterns of nerve impulses to the brain via the spinal cord, according to the pamphlet "How To Talk To Your Doctor About Acute Pain."

Interpreting these actions, the brain sends messages to the mus-

cles to produce the most appropriate behavior.

There isn't always a direct relationship between the injury and the amount of pain experienced. For instance, a major sports injury might be barely detectable, while a minor injury may bring on violent pain.

Pain patterns also are affected by psychological and physiological factors, according to the pamphlet.

If you do sustain an injury, don't try to work it out, advises John Thompson, manager of Campbell's Health and Fitness Program in New Jersey. He suggests listening to your body so you know when to bolster self-care with medical attention.

Pay particular attention to when and how often the pain occurs. If you hurt only after the activity, minor changes in training routine, such as re-evaluating your stretching exercises, replacing worn out shoes and reducing the length of the workout may do the trick.

When pain reaches the next stage — it hurts during exercise — take a week off.

At this point, William Southmayd, M.D., and Marshall Hoffman, author of the book, "Sports Health: The Complete Book Of Athletic Injuries" recommend the RICE treatment — an acronym for rest, ice, compression and elevation.

If pain progresses to stage three — it hurts both during and after exercise — it's time to consult a doctor.

A physician may refer you to a physical therapist who specializes in sports medicine. Physical therapists can help by evaluating an athlete's performance weaknesses and physically condition him to

correct the problem, according to the American Physical Therapy Association.

They also can recommend safety equipment to reduce injuries and help develop fitness programs geared for the individual athlete.

Treatment goals established by the physical therapist include preventing disability, relieving pain and restoring function.

These goals may be accomplished through treatments such as therapeutic exercise, postural re-education, joint mobilization and a range of motion exercises, cardiovascular endurance training, relaxation exercises, therapeutic massage or biofeedback.

Chiropractic clinics also offer treatments for aches and pains in areas such as the lower back and neck.

Sometimes pain is hard to pinpoint. You know what it feels like and where it is, but it's hard to translate into words.

Recent advances in pain treatment technology make finding the pain easier. For instance, thermography has become more widespread as an adjunct to conventional diagnosis in its medical applications.

A probe measures the heat produced by vascular activity and metabolic reactions taking place in the tissue. Where there is unusual heat, there often is injury and dysfunction.

When blood supply to an injured area increases, so does the temperature of the area — enough to be detected on a thermogram, which is a coloroscope reflecting the heat of specific areas of the body.

Chiropractor Joan Baum compares the thermogram to a heart chart. The heat chart compares both sides of the body; if the symmetry is off, areas of injury and dysfunction are pinpointed.

Irregularities in the bones, nerves and circulation may show up in thermography that aren't detected in X-rays or other tests. Stress fractures also can be identified.


Aches and pains don't always come as a result of exercise. But as in the case of arthritis, exercise can actually aid in the treatment of pain.

Experts acknowledge that water exercises offered through books such as "Pain-Free Arthritis" by Dvera Berson, or the Arthritis Foundation's own hydrotherapy program, can bring considerable relief to arthritis victims.

There also are videotapes, such as "Jayne Powell's Fight Back With Fitness" that offer exercises on improving flexibility, movement and development of muscle tone.

There's even new hope for those who suffer chronic pain caused by extensive illness or injury.

Several new treatments cover a wide range of approaches: From deep brain stimulation and nerve stimulation by electrodes placed on the skin, to nervous system blockers — painkillers derived from hot pepper and synthetic analogues of the body's own pain killers. There also is a trend toward more refined use of established painkillers, such as morphine.



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By Karen Caldwell

If your body is perfect, don't read this.

OK, what would you like to change? Your chubby knees or love handles? That bump on your nose? Those ears that Dumbo would envy? How about those acne scars, or that ever-spreading bald spot?

Sorry, we didn't mean to get personal. But if any of the above really bothers you, help is at hand. (Or at face. Or at derriere — you get the idea.)

Before you recoil in horror at the thought of going under the knife for something your health insurance won't pay for, relax. New techniques are simpler than ever. Your options are greater. And even though it still means an investment in time and money, good results are likely — and more long-lasting.

BODY SHAPERS

Nose jobs, ear pinning and face-lifts are only a small part of what modern cosmetic surgery has to offer.

The newest technique for sculpting a more perfect body is liposuction. The operation removes small, localized fat deposits that persist despite vigorous exercise and Spartan diets. It can remove blubber from just about any part of the body: neck, cheeks, upper arms, breasts, stomach, thighs, knees and ankles.

More than 100,000 people in the United States have had the operation, making it the third most common plastic surgery operation after eyelid tucks and nose jobs.

"I think it has probably exceeded our expectations," says Robert Reeder, president of the American Society of Plastic and Reconstructive Surgery, the group most skeptical of liposuction initially. But, Reeder cautions, "There's been an awful lot of hype with it. People think this is the total answer. And it isn't."

Liposuction doesn't do a thing for cellulite, general plumpness, sagging skin or lack of muscle. A good candidate for the treatment is someone with good skin tone who is no more than 20 pounds overweight, in good health and under the age of 40.

It costs between \$1,500 and \$6,000, depending on how much fat is removed and whether it is done in a hospital or a doctor's office. The operation is quick — usually less than an hour. Recovery time and pain afterward vary, depending on the amount of fat removed.

If you have cellulite, a weak chin, sunken cheeks or acne scars, you may be a candidate for fat reinjection. That's right — the same stuff that makes you pudgy in one area can be used to fill in another area. Fat reinjection is reputed to last longer than collagen injections. It may be better for larger depressions than implants. Best of all, it uses natural tissue that your body won't reject.

SKIN SMOOTHERS

If your face is scarred, pock-marked or wrinkled, there are many ways you can return it to smooth, taut and terrific.

Everyone knows that plastic surgeons de-jowl their patients with face-lifts, and cinch up droopy eyelids and eyebrows. But few people realize that there are other routes to skin enhancement.

Dermaabrasion, for example,

works by "sanding" irregularities so they blend with the surrounding skin. It minimizes rough scars and pits caused by acne or chickenpox. A chemical peel is similar to dermaabrasion, but chemicals are used instead.

Among the quickest, easiest and least expensive treatments for irregular skin are collagen injections. This natural product is injected into depressions in the skin. When the lines or pits are filled in, they disappear — for up to six months. Recovery time is less than half a day.

Another relatively inexpensive, uncomplicated option for those of us whose crow's feet seem to be on the march is acupuncture. Says Dr. Gary A. Richwald, assistant professor of public health at the University of California at Los Angeles, acupuncture is "the best preventive and restorative care for your appearance, a safe and natural way to give your face a lift."

One woman said enthusiastically of her acupuncture treatment, "By the time I had undergone seven sessions, my profile looked like a knife-edged silhouette. Laugh lines on my cheeks and along the sides of my nose to my chin looked airbrushed."

The process usually involves 10 to 15 sessions at about \$30 each. After the needles are removed, electrical and laser therapy are applied, toning muscles and rejuvenating skin surfaces.

If your skin needs none of the above, now's the time for maintenance — whether you're male or female. Consult your dermatologist, beauty care specialist, or visit a skin care clinic or department store cosmetic counter. Ask about skin care products such as Clinical Formula or colloidal oatmeal (Aveeno products) that will help your skin stay soft and youthful.

BANISH BALDNESS

If you're feeling the breeze where your hair used to be, there are ways to plant a new crop of follicles.

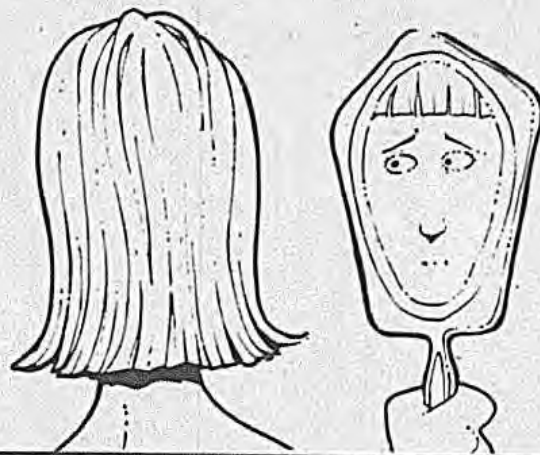
The most common permanent solution to hair loss is the transplant. A local anesthetic is applied to numb the scalp, and small plugs of hair-bearing scalp are transferred from one portion of the head to another — usually from the back to the crown.

Gaining in popularity are "scalp flaps." This involves the rotation or pivoting of whole flaps of hair-bearing scalp from one area to another. Since the flap is sewn to a bald area with its own blood supply, the procedure seldom shocks the hair into the resting and shedding phase, as occurs with transplants. The result is instant hair that looks more natural than plugs.

The newest technique for remedying hair loss is "scalp expansion." Small balloons are inserted into the scalp above the ears. Over several weeks, the balloons are filled with saline solution, causing the hair-bearing portion of the scalp to stretch. This new skin is then pulled up to cover the bald area during surgery.

Scalp expansion is a nifty trick, but most men don't want to walk around for several weeks with bulges above their ears.

No doubt it won't be long before the American Academy of Facial and Plastic and Reconstructive Surgery announces even better techniques for building beautiful bodies.



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Where to take your angst

By Shelia Sobell Moramarco

What do you do in these three cases, if you've never had to deal with erratic behavior before?

Your preschooler doesn't seem to be capable of the same attention span as the other children. At circle time, he's out of the circle more than he's in it. When he is sitting, he's constantly in motion, rocking back and forth. You know he's bright; in fact, he speaks several languages, but his social interaction skills seem non-existent.

You have just remarried and find yourself in the tricky situation of blending families. Whenever you try to discipline your new husband's teenage son, he tells you sarcastically, "Bug off. You're not my real mother." When you tell your husband about the problem, he brushes it off, attributing it to "just a stage." Your position in the family feels unbearable; you're an authority figure without any power. As much as you love your new husband, you're beginning to think this marriage won't make it to the finish line.

Your friend's husband of 20 years has just confessed he's in love with another woman and wants a divorce. His wife is distraught and spends most of the time crying. She can't function effectively at work and is afraid she's going to lose her job. She hardly eats and can't get a decent night's sleep. From everything you've heard, it seems as if your friend has fallen into a serious depression.

Many people need the help of a mental health expert at some point in their lives. But knowing who is best suited to treat a particular problem can be quite confusing. The guide that follows describes the credentials, training and special interests of the mental health professionals you are likely to encounter.

PSYCHIATRIC PHYSICIANS

Many people don't realize that a "psychiatric physician" or psychiatrist is a licensed medical doctor. According to the pamphlet "What Is Psychiatry?" by the Psychiatric Society of Virginia, "A psychiatrist specializes in prevention, diagnosis and treatment of mental and emotional problems and is trained to understand both the physical and emotional components of illness."

Qualified to order laboratory tests and to prescribe medications, the psychiatric physician is the only mental health professional qualified to determine whether an emotional or behavioral problem is caused by a medical or psychological condition.

"This qualification is extremely important because serious physical diseases, such as hormone problems and high blood pressure, can produce symptoms that resemble those of mental illness. With an understanding of the psychological, physical and social aspects of health and illness, the psychiatrist is prepared to treat the whole person."

What is a psychiatric physician's training? Four years of

medical school; one year working with hospital patients with medical and surgical problems, plus a minimum of three years in intensive psychiatric training to learn the diagnosis and treatment of mental and emotional problems.

What if the patient is a child? According to the Psychiatric Society of Virginia, "A child psychiatrist has special expertise in helping children with emotional problems, just as a pediatrician has special qualifications to care for the medical problems of children."

This specialty entails at least two additional years of intensive training in the study of childhood development and treatment of children's emotional illnesses.

Although there often is significant overlap in the types of cases treated by mental health experts, a psychiatrist's practice usually emphasizes disorders that require medical intervention, such as schizophrenia, depression and manic-depression, as well as hyperactivity in children.

Also included are organic brain syndromes, like dementia, delirium and Alzheimer's disease (usually in conjunction with a neurologist).

PSYCHOLOGISTS

Psychologists complete either a five-year graduate program earning a Ph.D. or a multiyear course at a professional school of psychology resulting in a Psy.D. About 5 percent receive an Ed.D. (doctor of education) and choose school psychology as a specialty. Whatever path they elect, doctoral candidates must complete a two-year internship treating patients under direction and supervision. Independent practice requires passing a demanding two-part licensing examination.

Because of their presence in schools and workplaces, psychologists often are "first contacts" when people seek help. "A major distinction between psychologists and other mental health professionals involves the area of testing," according to the public information office of the American Psychological Association. Psychologists are specially trained to administer tests like MMPI (Minnesota Multiphasic Personality Inventory) and to use the results to help diagnose disorders like phobias and depression. Treatment by a psychologist can include behavior modification, biofeedback, family and individual counseling.

SOCIAL WORKERS

To become a licensed clinical social worker, a master's degree in social work, two years of treating patients under supervision and the completion of a state licensing exam are necessary.

According to the National Association of Social Workers, "Half of the mental health treatment in the United States is given by professional social workers." It's easy to understand why, given the scope of community services they provide — child abuse prevention and intervention, social services for the elderly and other special populations.

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