

In Three sections - Forty Eight Pages

The Only Newspaper Printed and Published in Hicksville

Mid-Island Times

& Levittown Times

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Friday, January 26, 1990

New Appointee



Nassau County Executive Thomas S. Gulotta, left, congratulated Robert Schmitt, center, a Plainview resident, on his recent appointment as Nassau County Attorney. Looking on was Robert's wife, Barbara.

This Issue

This issue is complete in three sections.

The first section contains all of the local news and photos for the week.

The second part is a special Home/Office Technology Edition with related editorial content and local advertising. This edition is just one of special sections included at no extra cost to subscribers.

The third section is Discovery Magazine which contains something for the entire family - columns, restaurants, features. Discovery is a regular feature magazine of this newspaper.

Board Reviews Possible \$56 Million School Budget

By Maureen Traxler

Declaring that the 1990-91 Hicksville School Budget may require "some major surgery," Trustee William Bennett opened this year's budget review committee meetings by unveiling the Superintendent's preliminary budget for the coming year. The 56-million-dollar-plus budget is a 19.1% increase over the present budget and include \$9.8 million in added expenditures and revenue reductions.

The two major culprits in the over \$9 million increase are \$5,295,724 in salary increases and a \$2,500,000 allotment for asbestos removal, noted Mr. Bennett at the January 17 School Board Finance Committee meeting. These two expenditures account for 54.6% and 25.8% respectively. Other increases reflected in the \$9.8 million include payments to Nassau BOCES, added transportation costs, capital projects and equipment.

In addition to expenditures, the budget reflects \$735,068 in lost revenue. Mr. Bennett added that those losses can be attributed to reduced State aid, reductions in the EIT (Excellence in Teaching) fund (the previously accumulated funds were transferred to the general fund to be used to offset teacher salary increases in 1989-90) and the fund balance.

In the wake of the tax revolt of the spring of 1989, Mr. Bennett said, "It will be impossible to approach the public with a budget such as this." He called for scrutiny and innovative suggestions by the Trustees. In rough numbers, Mr. Bennett said that a \$56-million+ budget could mean a \$7.76 increase over last year, and translates into a \$350-500 increase to the homeowner.

The Superintendent's budget disclosed in January is given to the Board of Education for further input and modification. Assistant Superintendent William Hall noted that "there are alternatives which can be dealt with by the Board...and then they can direct administration to effect such changes."

With regard to the \$2.5 million asbestos allotment, Facilities and Operations Director Tom Shaw said that the second year of the district's three-year management plan calls for asbestos removal in four schools. Mr. Shaw noted that the district has chosen removal over encapsulation, since encapsulation costs run 90% of removal. The State and County mandated oil tank replacements are scheduled to be continued.

Resident Iris Wolfson pointed out that new State asbestos regulations have enabled some districts to reduce abatement costs. She posed this alternative to the proposed \$2.5 million installment for the coming year. Trustee JoAnn Miltenberg reminded the committee that it may be "more feasible" to spread the removal costs over six years (one million each year) than to complete the work in three. If the work is not completed by 1992, a new management plan is required by the state, but Mrs. Miltenberg added that a second management plan would be less costly, since less property would be reviewed.

Another area of possible belt tightening was in the reduction of the bus fleet. This could be brought about by decreasing the number of stops. Members of the public also suggested looking into cooperative bidding for outside district busing needs.

The proposed budget includes \$100,000 to improve the science laboratories at the high school. Improvement of the labs at the secondary level was adopted as a Board goal earlier in the school term. In addition, \$150,000 was added to the budget to expand the middle school library into a library/media center and \$50,000 was allotted to improve the computer center at the high school.

Assistant Superintendent Hall conducted the line-by-line review of Codes 1000 (General Support), 5000 (Transportation Services), 7000/8000 (Community Services) and 9000 (Undistributed). Mr. Hall scheduled review of Code 2000 (Instructional Services) for the next public budget review meeting which will take place on February 14, at 8 p.m., in the conference room of the Administration Building.

Theatre Trip To 'Grand Hotel'

The Hicksville Public Library has planned a Theatre Bus Trip to the musical "Grand Hotel." Saturday matinee, May 5. Price is \$66.50 which includes deluxe

bus and theatre tickets. Bus leaves library at 10 a.m.

Hicksville residents only. Register at Circulation desk of the Library.

Three Firefighters Injured Battling House Fire

On January 17, the Hicksville Fire Department was notified by the occupants of #19 Hewitt Street that their house was on fire. The time was 12:37 A.M. Sixty Five firefighters quickly responded to the alarm and first arriving units found the house engulfed in fire. The three occupants escaped unharmed.

Heavy fire and smoke hampered vamps as they fought for control of the fire. Three firefighters were injured, they were treated at the scene and released. After an hour, the fire and hidden pockets of smoldering debris was extinguished. Further investigation revealed two fire bombs were tossed into the dwelling after the windows were smashed. The Nassau County Fire Marshal and County Arson Squad continue to investigate the crime.

Nine pieces of apparatus responded under Department Chief Anthony Wigdzinski. A neighbor, during the early stages of the fire, criticized firefighters who were on the scene within two minutes - for not having a truck there as the new fire house was so close (Levittown Parkway Station).

The fire station is almost completed and at this time it is under the control of the builder - not the fire district. As soon as it is released to the district and all communication equipment is in place apparatus will be placed there, perhaps before the furniture. At such time the activation of the station will be announced.

Firefighters also wish to point out that many times response could be faster if vehicles would stop at intersections or pull over if possible, to give right of way to emergency vehicles. Firefighters responding use blue lights to identify them, but many motorists ignore them. As a result valuable time is lost. Something your firefighter can do nothing about.

Man Robbed At Station

Second Squad Detective Frank Mauro reports the details of a robbery that occurred at the Long Island Railroad Station, Hicksville, at 11:31 p.m. on January 14.

John Smith, 20, from the Bronx, was waiting for a train when he said he was approached by two male blacks, both armed with handguns. The two men took

assorted jewelry from Smith, including a gold chain and cross, a gold ring, and seven gold caps from his teeth. The two men also took a telephone pager. They then fled in a cream colored Honda automobile which was driven by a third male black.

There were no injuries. The second squad is investigating.

Father Harrer Reception Feb. 2

The parish community of St. Ignatius Loyola invites all parishioners and friends to celebrate with Father Fred Harrer forty-five years of his ordination to the priesthood, twenty-one years as pastor of St. Ignatius Loyola, and his retirement on Friday evening,

February 2.

There will be a mass at 7:30 p.m. with the reception immediately following in the cafeteria of the new school.

For more information please call the St. Ignatius Rectory at 931-0056.

Resident Displays Art Work

In the main lobby of Mid-Island Hospital, Sharon Tell Wood's work will be on display throughout the entire month of February.

Tell Wood's exhibit will include realistic oils, abstract acrylics with collage, as well as monoprints. In addition to new monoprints, the artist will be showing pastels and mixed media, some with a Southwestern theme.

Sharon Tell Wood received most of her fine arts education as a scholarship student at the Art Students League, New York. Since then, she has taken various courses in painting, printmaking, interior design and commercial art. She finds diversity keeps an artist from becoming stale and enjoys the unique properties of each medium.

The artist is a life member of the Art Students League and a member of the National Art League, Douglaston, New York, and the Independent Art Society. She has exhibited at the Studio Arts Gallery in Merrick, Gallery 52 in Port Washington, the Levittown Public Library and various group shows at the National Art League. She is currently a faculty member of Hicksville Public School's Continuing Education.

Thanks to the Town of Oyster Bay, Department of Community Services, Cultural and Performing Arts Division for coordinating the exhibit. The 223-bed hospital is located on Hempstead Turnpike in Bethpage. For more information, please call the Department of Public Relations at 520-2487 Monday through Friday, 9 a.m. - 5 p.m. On weekends, please call the hospital at 579-6000.

Editor's Notebook

In the new decade the chances are good that you will be meeting many young boys named Michael. More than two out of every hundred lads were given that name in 1988, the latest year statistics are available from the State Department of Health. Thus Michael is the most popular boy's name, continuing a trend started nearly 20 years ago.

Jessica is the most popular girl's name. In New York 3,256 girls out of the 282,000 babies born shared that name that has retained its spot at the top of the list for three consecutive years.

At the opposite end of the list were names which offered their owners a singular distinction. Hercules, Zeus and Arcangel were the only boys with those heroic names, and Venus and Apollonia are among the girls who stand alone.

Girls' names that were most frequently chosen 10 years ago: Michelle, Kelly, Heather and Amy, no longer appear on the top 10 list. Jason, Brian and James have also disappeared from the group of most popular names given to boys.

Finding just the right name takes great Patience (2) for parents who don't want to leave anything to Chance (6). If the child is Lucky (2), his parents will have a Passion (1) for selecting just the right name.

In 1988, approximately 41 percent of the males and 28 percent of the females were given a first name that ranked among the top 25 names.

The 10 most popular boys names in 1988 were: Michael (6,028), Christopher (4,181), Matthew (3,383), Daniel (3,035), Joseph (2,894), Andrew (2,503), Steven (1,525), Anthony (2,416), David (2,411) and John (2,409).

The 10 most frequently given names for girls born in 1988 were: Jessica (3,256), Amanda (2,612), Ashley (2,532), Jennifer (2,314), Sara (2,216), Nicole (2,160), Stephanie (2,133), Christine (2,101), Samantha (1,708), and Melissa (1,590).

While the above information is not earth-shattering, maybe it will interest the parents-to-be or prospective grandmas/grandpas who regularly read this paper.

Tax Help At Hicksville Library

Beginning February 1, assistance for Income Tax preparation will be available at the Hicksville Public Library.

This service is provided by VITA volunteers (students enrolled in Business courses at local colleges) who are trained by the IRS, and AARP volunteers who will assist older, low and moderate income taxpayers.

1990 Income Tax Schedule

VITA will be at the library: Sundays - 1-4 p.m.; Thursdays - 5-8 p.m.; Fridays - 6-8 p.m.; Saturdays - 10 a.m. to noon.

AARP volunteers will be at the library: Mondays - 10 a.m. to noon; Wednesdays - 10 a.m. to noon.

There is no charge for these services. Volunteers will be in the Young Adult Section of the library.

Mid Island Times & Levittown Times

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Dean's List At Nassau Comm. College

The Dean's List for Fall 1989 contains names of local students. Those who earned a perfect A (4.00) average are indicated with an asterisk.

Bethpage

Joyce Ackerman, Adam Berlin, Diane Eohlert, Michael Bollo, Eleanor Brosnan*, Mark Carlson, Rosa Caruso, Bruce Chipunoi, Bruce Christensen*, Donna Deland, James Doerbecker, Gail Feiner, Elizabeth Gerken, Jeanette McNamara, Holly Miller*, Danielle Neff, Maria O'Shea, Scott Reynolds, Kristina Satre, Christopher Settino, Christie Soulias.

Plainville

Lisa Bitter, Jodie Bloom, Laura Catanzariti, Janet Cirrone, Andrew Demopoulos, Natalie Gaj, Joseph Galletti, Tracy Governale, Mayuree Khamhaeng*, Christine Radau, Alyson Reiff, Robert Remick*, Lori Thomas, Steven Tomasini, Robert Voce, Jason Wasloff, George Watkins, April Wiener, Andrea Zangwill*

Hicksville

Alison Abrams, Joan Bergen, Deena Boyle, Jennifer Brennan, Mark Campbell, Patrice Caputo, Tina Caputo, William Cornelius, Michael Cummings, Steven DiGiuseppe, Abby/Abir El-Khatib, Mary Faccini*, Anastasis Georgiou, Stavroula Gretes*, Daniel Holland, Karen Jackson, John LaSpina, Maureen Lee, Francis Leone, Valerie Levinson, Christine Longo, Diane Lynch, Claudine Maas, Jacquelyn Martin, Brendan McCaffrey, Timothy Mohrmann, Jennifer Nunziata, Jennifer O'Reilly, Thomas Palmese, Pamela Riscica, Tracey Rogan, Denise Sciabarassi, Victoria Spence, Yiannis Stylianou, William Waters, Melissa Zelasko, Karv Yannes.

Local Woman 'Employee Of Month'

Evelyn Lyons of Hicksville, a Clerk II in the Nursing Department of the Nassau County Medical Center, Long Island's largest teaching hospital and trauma center, has been named the hospital's "Employee of the Month" for January.

Lyons, who has been an employee of the hospital since 1985, was honored by the medical center's chief executive officer, Dr. Tracy E. Strevey, Jr., during a recent ceremony. She was given a beautiful bronze plaque to commemorate the occasion, \$100 in cash, and a special parking space for the next 30 days. In presenting the award, Dr. Strevey said: "Evelyn is a reliable and dedicated worker. She carries out her duties willingly and cheerfully. We're proud to have her on our team."

Lyons, whose tasks include checking and replenishing medical supplies on the sixth floor of the Dynamic Care Building, enjoys "making sure that the nurses and patient care assistants have what they need to do their jobs."

What's she going to do with the \$100 award? "Well," she said, "I might frame it. It's the only thing I ever won!"

Valentine's Day Special



In celebration of Valentine's Day, the Bethpage Public Library, 47 Powell Avenue, Bethpage, will present the Feinberg Duo on Sunday, February 11, at 3 p.m. The program entitled "Love Makes the World Go Round" will feature Selma and Sheldon Feinberg, a popular husband and wife singing team who have appeared widely on concert stages, radio and TV. Sheldon is a certified Cantor as well as an author and entertainer. Selma, a Contralto soloist, has been in the field of education for many years and has conducted choral groups of children and adults. She accompanies their voices alternately on piano and guitar. "Love Makes the World Go Round" is a joyful musical presentation of love songs in English and other languages highlighted by exciting narration that their audiences find irresistible.

Community Council Meets Feb. 1

Hicksville Community Council will hold its February meeting Thursday, February 1, at 7:30 p.m. at Hicksville Public Library Community Room. The program will include:

1. Excellence and accountability in our schools. Dr. Fenton - Hicksville Superintendent of Schools

2. Operation of the Nassau County Sheriff's Office. Joe Jablonsky - Nassau County Sheriff

3. Town of Oyster Bay Report. Councilman Tom Clark will lead an open discussion on the pending Broadway Mall Food Emporium and Theatre Plans.

MARC JANOSON, PH.D.
WILLIAM KITAY, PH.D.

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- INTELLECTUAL EVALUATION
- PERSONALITY EVALUATION
- SPECIFIC LEARNING DISABILITY EVALUATION
- VOCATIONAL EVALUATION

December Graduates At Nassau Community

The following residents are among local students who have completed degree requirements at Nassau Community College as of December, 1989.

Honors graduates are indicated by the asterisk next to their names.

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

Magna cum laude, which ranges between 3.7 and 3.89, is indicated by two asterisks. Cum laude graduates, between 3.5 and 3.69, are identified with one asterisk.

Bethpage

Joanne Aumuller, Mary Biesel, Michele Capozzi, Bruce Christensen, Michael DiGiuseppe, Jill Faiella, Robert Faskowitz, John Forman, Gayle Gardner, William Harvey, Geraldine Hynes*, Joanne LaRosa, Carolyn Manz, Linda Mayo, John McCue, Jeannette McNamara, Ian Norwood, Tracey Ruland, Sean Sanders, Jill Siegelbaum, Quan Vuong, Lorie Danenza, Erika Benoliel

Jericho

Melyssa Sherman*, Anita Zimmerman***

Syosset

Christine Depoto, George Erle, Tricia Trebing, Stephanie Zeiler

Woodbury

Ernest Hauhuth
Plainville
 Andrew Bloom, Diane Bozart, Elisa Camardi, Dave Didonato, Eric Eisenberg, Wendy Freedman, Lisa Gurak, Kelly Ibanez, Marilyn Kavanaugh, Nancy Leib, Barbara Lema, Mark Lennon, Stacey Post, Kathleen Presta, George Reilly, Louella Rosana, Todd Schwartz, Robert Voce

Hicksville

Karen Bello, Michael Bier, Alex Brill, Terence Coffey, Geraldine Connelly, Catherine Davis*, Maryann DeDomenico, Rona Eisenberg, Anastasis Georgiou*, Laura Gramstad, Phillip Imperato, Karen Jackson, Karl Kaufmann, Frank Kolovich, Laurie Lederer, Richard Lee, Joseph Manna, Kevin Markowitz*, Lori Mason***, Carolyn Merchant, Brian Murphy, Marsha Nathan, Michael Neofytides, Susan Noto, Thomas Palmese, Anne Pedicini, Joan Potente, Victoria Pronevitz, Michael Redman, Catherine Reed, Thomas Reynolds, Barbara Rodman, Paul Schumann, Yiannis Stylianou**, John Turk, Adrienne Urso*, Sheila Yorke

RESTAURANT OWNERS

Have you seen the Reader Ratings Section in Discovery Magazine? For one low price you can advertise your restaurant in eight weekly newspapers. Don't miss out, call for information today!

931-0012

Holiday Program At Library



On Saturday, February 10, at 2 p.m., the Children's Room of the Hicksville Public Library will present Dayle Friedman in "Hall of Presidents."

Come for an informative look at U.S. presidents, highlighting the history and music of four of our most eminent presidents. There will be live piano accompaniment. It is free to all school age residents and older.

In Service

Marine Lance Cpl. Michael E. MacBride, son of Roland R. and Marjorie M. MacBride of 8 Peter Road, Hicksville, was recently commended while serving at Marine Corps Combat Development Command, Quantico, Va. MacBride was recognized for his outstanding performance of duty, professionalism, and overall dedication to the service. He joined the Marine Corps in November 1987.

Fork Lane Lunch Time Program

The Fork Lane PTA has begun a new program during lunch recess on Tuesdays. As an alternative to playing in the gym, the students are offered choices of Bingo, Jazzercise, Arts & Literature, Spanish and Arts & Crafts. The students look forward to these special activities. The PTA mothers responsible for bringing this program to the students are: Anita DeFelicce, Celeste Simonelli, Megan Nerdalen, Maria Maisonet, Karen Silver, Joanne Toich, Cindy Vella, Vandy Lieu, Jane Chiusano, Janice Siano, Rita Latraverse and Adrienne Salzo.



PTA mothers Maria Maisonet and Megan Nerdalen teach students Spanish.



Students in Arts & Crafts are given assistance by PTA mothers Jane Chiusano and Cindy Vella.



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We live in a weight-conscious society where diets and dieting are part of our everyday conversation. Unfortunately, few of these regimens live up to their claims and some can be dangerous to your health.

You are cordially invited to this highly informative meeting conducted by medical experts in the field of obesity research.

Guest speakers will be:

- Ashok Vaswani, M.D., Medical Director of United Weight Control Corp. and Associate Director, Endocrinology & Metabolism, Winthrop-University Hospital.
- Cathy Nonas, M.S., R.D., Director of Program Development, UWCC.
- Karen Santoro, M.A., R.N., Administrator, UWCC, Mineola.

G. Terence Wilson, Ph.D., Professor of Psychology, Rutgers University.

Topics covered will include losing fat vs. lean tissue, comparison of low-calorie formula diets, effective long-term weight maintenance, how dieting affects metabolism and medical concerns of obesity and weight loss. A question and answer period will follow.

Date: Tuesday, January 30

Time: 7:30 p.m.

Place: Breed Conference Room Winthrop-University Hospital

Admission is free, but since seating is limited we suggest that you call 742-8922 to reserve your place.

Winthrop University Hospital



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SADD To Issue Life Contracts

On Monday, February 5, the Hicksville High School S.A.D.D. (Students Against Drunk Driving) Chapter will be issuing a Contract for Life to all students during homeroom. This contract is an agreement between the parents and their children stating that if the child or the driver has been drinking, they will promise to call home. The parents agree to pick

them up no matter what and discuss the issue at a later time. The contract is signed by both the parent and the student and returned to school. It is a contract to save lives and prevent useless deaths.

The Hicksville School District urges all parents to become involved in this wonderful and life-saving project.

Navy Lt. j.g. **Larry J. Stein**, a 1982 graduate of Bethpage High School of Bethpage, recently participated in PACE89 while serving aboard the destroyer USS Leftwich, homeported in Pearl Harbor, Hawaii.

Stein was among 2,000 sailors of the USS Missouri Battleship Surface Action Group which participated in various multi-

national training exercises in the Pacific Ocean. He also visited several foreign ports including Pusan, Republic of Korea.

He is also a graduate of The Pennsylvania State University, University Park, Pennsylvania, with a Bachelor of Science degree. He joined the Navy in January 1987.

Town Clerk Can Now 'Tie The Knot'

The Oyster Bay Town Board has appointed Town Clerk Carl L. Marcellino as a marriage officer for the Town, according to Town Councilman John Venditto.

"Mr. Marcellino, along with Deputy Town Clerk Herbert A. Streicher, have been appointed marriage officers for the Town in accordance with a State Law adopted in 1989," Venditto stated. "Both men will be able to perform a civil marriage ceremony that will meet the requirements set down by the state for such unions."

In accepting the appointment, Marcellino said, "The Town is taking on this task with all the seriousness and respect due the institution of marriage and to provide a service to our residents." He noted that in the past, his office has received inquiries about the Town Clerk performing marriages.

Presently, there will be no fee

for the marriage itself, but that policy will be reviewed as there are extra responsibilities placed on the Town Clerk's Office in having the Town Clerk perform a marriage. Ceremonies will be held only at Town Hall in Oyster Bay, subject to the availability of the marriage officers and the Town Hearing Room. At least a two week notice for the Town Clerk's services is requested. Marcellino said that he will require two witnesses for the

ceremony.

"In performing marriages, the Town is not looking to supplant religious institutions or even judges who conduct weddings," Marcellino concluded. "We are merely offering a service to those people who, for whatever reasons, find it more convenient to have the Town's marriage officer unite them in matrimony."

For further information, contact the Town Clerk's Office at 922-5800 ext. 2390

Antique, Wager Bus Trip

Like antiques? Like gambling? Like both?? Join us Saturday, March 17, on a bus trip to the largest indoor antique and collectible market in North America in Atlantic City's Con-

vention Hall and/or to a Casino. Use your Casino rebate to gamble or to pay the \$10 admission to the Antique Show. Cost of bus trip is \$25. Leave from Sears in Hicksville at 7 a.m.

If you are interested call Kathy, 731-3588.

LEGAL NOTICE

Notice is hereby given that **SEALED PROPOSALS for: RELOCATION OF GRANULAR ACTIVATED CARBON FILTER FROM PLANT NO. 8 TO PLANT NO. 4**

will be received by the BOARD OF COMMISSIONERS of the HICKSVILLE WATER DISTRICT, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 p.m., Prevaling Time, on Tuesday, February 6, 1990, at which time and place they will be publicly opened and read.

Instructions to Bidders, Proposal, Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Thursday, January 25, 1990. A deposit of Fifty Dollars (\$50.00) is required for each set of documents furnished, which will be refunded to bidders who return specifications within ten (10) days of bid opening in good condition; other deposits will either be partially or not refunded.

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

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

BOARD OF COMMISSIONERS HICKSVILLE WATER DISTRICT
 Gilbert E. Cusick, Chairman
 Nicholas J. Brigandi, Treasurer
 Richard A. Humann, Secretary

DATED: THURSDAY, JANUARY 25, 1990
 MIT2322
 IX1/26

LEGAL NOTICE

Notice is hereby given that **SEALED PROPOSALS for: INSTALLATION OF WATER MAINS & APPURTENANCES 12" WATER MAIN RELOCATION BROADWAY MALL**

will be received by the BOARD OF COMMISSIONERS of the HICKSVILLE WATER DISTRICT, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 p.m., Prevaling Time on Thursday, February 8, 1990, at which time and place they will be publicly opened and read.

Instructions for Bidders, Proposal, Plans and Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Friday, January 26, 1990. A deposit of Twenty-Five Dollars (\$25.00) is required for each set of documents furnished, which will be refunded to bidders who return Plans and Specifications within ten (10) days; other deposits will either be partially or not refunded.

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

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

BOARD OF COMMISSIONERS HICKSVILLE WATER DISTRICT
 Gilbert E. Cusick, Chairman
 Nicholas J. Brigandi, Treasurer
 Richard A. Humann, Secretary

DATED: January 16, 1990
 MIT2321
 IX1/26



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Gregory Museum Upcoming Programs

The Hicksville Gregory Museum, located on Heitz Place, is pleased to announce its upcoming programs.

February 3 - How To Do A Science Fair Project

Learn the principals of scientific investigation and the techniques needed to do a science fair project. Each session will cooperatively put together a simple project.

Schedule: Children in grades 1 and 2 - 1 to 1:45 p.m.

Children in grades 3 and 4 - 2 to 2:45 p.m.

Children in grades 5-8 - 3 to 3:45 p.m.

Free for students from Hicksville; all others \$50¢ in addition to regular museum admission.

February 20-23 - Vacation Programs

Tuesday, February 20 - "Crystal Gardens" (using household materials) - 1:30 - 2:30 p.m. Ages 6-12. Members \$1, non-members, \$2.

Wednesday, February 21 - "Nature Blowing its Top," a slide presentation of volcanoes in action. 10:30 a.m. - 1:30 p.m. There is no charge other than regular museum admission.

Thursday, February 22 - Scavenger Hunt at the Museum. 10:30 a.m. - 1:30 p.m. No charge other than regular museum admission.

Friday, February 23 - Slide presentation, "Travels with the Curator" (life in Central America) 10:30 a.m. - 1:30 p.m. There is no charge other than regular museum admission.

Reservations are required for all children's programs since space is limited. Call the museum at 822-7505.

February 25 - Anniversary Party and Open House

The museum is celebrating its 27th year in the old Heitz Place Courthouse, and all our members and friends are invited to join us for this party. Meet the members of the board of trustees and the staff, and learn about the museum's plans for the future. Also, join us for a video

presentation, "Hicksville and the Gregory Museum - a Retrospective." Refreshments will be served.

March 31 - Pteranodon Kites

Start Spring off by making your very own pteranodon kite, and then use your imagination to paint and decorate it. After the kites are finished, and weather permitting, test flights will be made in front of the museum. Ages 7 - 12; 1:30 to 3 p.m. Members \$6, non-members \$8.

April 21 - Fun With Bubbles

In this program adapted from one developed at the Boston Museum of Science, we will learn all about bubbles and how, using every day items, we can create bubbles of all sizes, including monster-sized ones. Ages 6-12. 1:30 to 2:30 p.m. Members \$4, non-members \$6.

May 5 and 6 - Third Annual Mineral Sale

Join the museum at its third annual mineral sale and open house for special exhibits, lectures, and, for collectors, many fine mineral specimens. The mineral sale will again be held outside on the museum lawn. For children there will be a rock swap and a "Lost mine." If you have any unidentified specimens, bring them to our mineral identification clinic. Hours are from 10 a.m. to 5 p.m. on Saturday, and from noon to 5 on Sunday. Refreshments will be available. Free admission to the museum on both days. **Volunteers are needed to help with the mineral sale.** Please call the museum at 822-7505.

June 9 - Seeds and Seed Dispersal

Many seeds survive seasonal changes to make our world alive with trees, and grasses and flowers. Take a close look at seeds from the smallest to the largest, examine their neat packages, and find out how they travel from place to place. Make a bird feeder. Ages 4-6, 1:30 to 2:30 p.m.; ages 7-9, 3 to 4 p.m. Members \$6, non-members \$8.

LEGAL NOTICE NOTICE TO BIDDERS

Notice is hereby given that Sealed Proposals for the purchase of Office Furniture by the HICKSVILLE WATER DISTRICT will be received and considered by the Board of Commissioners of the HICKSVILLE WATER DISTRICT at the Office of the Board at 4 Dean Street, Hicksville, New York, until 4:00 p.m., February 1, 1990 bids will be publicly opened and read at 7:00 p.m.

Each proposal submitted must be accompanied by a Certified Check or Bid Bond, payable to the HICKSVILLE WATER DISTRICT, in a sum equivalent of five percent (5%) of the total amount of the bid.

Specifications, Information to Bidders and Proposal Forms may be obtained at the Office of the District.

The Board reserves the right to reject any or all bids, waive any informalities, and to accept such bid as, in its opinion, is in the best interest of the HICKSVILLE WATER DISTRICT.

**BOARD OF COMMISSIONERS
HICKSVILLE WATER DISTRICT
Town of Oyster Bay & Hempstead**
Gilbert E. Cusick, Chairman
Nicholas J. Brigandi, Treasurer
Richard A. Humann, Secretary

Dated: Hicksville, New York
January 16, 1990
MIT2319
1X1/26

Best Decorations



The Hicksville Post Office was selected as having the best holiday lobby decorations of post offices throughout the Long Island Division. Letter carrier Frank Bonfiglio designed and erected the display. Above, he thanks Holy Trinity High School teacher Nick LaBella and students, left to right, Keith Lambert, Jane Shelton, Michele Bloniarz and Amy Socca.

Road Runners \$2000 Scholarships

The Plainview-Old Bethpage Road Runners Club is now accepting nominations for its sixth annual scholarship awards.

POBRRC will present \$2,000 savings bonds to each of two graduating high school seniors to be chosen on the basis of their involvement in and service to the Long Island running community. All high school seniors from anywhere in either Nassau or Suffolk County are eligible for consideration.

The first annual POBRRC scholarship in 1985 was a dual award presented to Michael Kaufman of Syosset High School

and Douglas Nassisi of Hicksville High School. The scholarship was won by Christine Gray of Holy Trinity High School in Hicksville in 1986, by Brett Dixon of Plainview Kennedy High School in 1987, and by Eileen Downy of Syosset High School in 1988. No award was presented in 1989.

Applications for the 1990 Scholarship can be obtained from POBRRC Scholarship Chairman Lee Bertram at 472-6986. The deadline for submission of applications is April 20, and the scholarship will be awarded at the May 15 General Meeting of POBRRC.

CHILDREN'S SCIENCE FAIR

Sponsored by: The Hicksville Gregory Museum
Long Island Earth Science Center
Heitz Place, Hicksville, NY 11801
(516) 822-7505

DATE: Judging - Saturday afternoon, March 3, 1990
Public Display - Saturday March 3, 10:00 A.M. to Noon
Museum Winners' Display - March 3 through 11

PROJECT SPECIFICATIONS: A three dimensional display in the form of an experiment including purpose, preparation of data, observations, and conclusions.

PROHIBITED: fire, hazardous chemicals, explosions, and projectiles.

SIZE: table space no larger than 22 by 28 inches.

You may include a standard size oaktag sheet to be attached to the front table edge for charts, diagrams, labels, graphs, pictures, etc. You must supply your own extension cord if your project requires electricity. Original work only with minimal parental guidance. Only individual projects (no groups) will be accepted.

ELIGIBILITY: All first through eighth graders residing in Hicksville or attending a public or private school in this district.

ENTRY: Fill out both parts below and return them to the Gregory Museum by February 17, 1990. Additional entry forms are available at the Gregory Museum and the Hicksville Public Library.

PLACE: Woodland Ave. School, Ketcham Rd., Hicksville, N.Y. (off Woodbury Rd. just east of the firehouse)

RECEIVING: At the school Saturday, March 3, 9:30 A.M. to 10:00 A.M.

JUDGING: You must be prepared to make a two minute oral presentation to the judges about your project and be ready to answer their questions. During the presentations, only the student participants will be allowed in the judging room.

JUDGING SCHEDULE: Grades 1 and 2: 1:00-2:00 P.M.; Grades 3 and 4: 1:30-2:30 P.M.; Grades 5 and 6: 2:00-3:00 P.M.; Grades 7 and 8: 2:30-3:30 P.M.

AWARDS: All students entering will receive a participation certificate. First, second and third place awards will be given in each grade category. Awards presentation will begin promptly at 3:30 P.M.

REMOVAL: The three winning projects in each category will be transported to the Gregory Museum for further display. These projects must be picked up at the museum on Sunday, March 11 from 1-4 P.M. All other projects must be removed from the school after the awards have been presented.

LEASE Form	Grade _____	PLEASE PRINT	Grade _____
Name _____		Name _____	
Social Security # _____		Address _____	
Address _____		Phone _____	
Home _____		School _____	
School _____		Project Title _____	

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931-0012

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Town Restrictions On Proposed Bldg.

Twenty restrictive covenants have been placed on a special use permit granted to Agway Petroleum Corp. in Hicksville, according to Town Councilman Douglas J. Hynes.

"The applicant was seeking a special use permit to use part of its premises, which is located in an industrial 'H' district at the southwest corner of Duffy Avenue and Henrietta Street, also known as 351 Duffy Avenue, for office purposes," Hynes stated. "Pursuant to a public hearing held on July 11, 1989, the Town Board granted the application subject to twenty restrictive covenants."

The Board stipulated that the office space will be limited to 1,925 square feet and must be used in conjunction with the operation of the fuel oil business. No office space may be sublet. The Board also covenanted that there will be no expansion in storage.

With regard to storage of equipment, no vehicles or delivery trucks may be parked overnight off the premises. In addition, no more than three emergency service vehicles may be taken home by technicians on call.

Expressing concern for the environment, the Town Board mandated that all underground storage of diesel fuel, unleaded fuel or any other such material must be in double wall tanks with a monitoring system. That system must be installed and maintained in compliance with standards set down by the Fire Marshal of

Nassau County. All applicable water conservation measures as set forth in the Town's Plumbing Code must be adhered to.

Outdoor storage of garbage is prohibited except in closed containers fenced in on three sides. All garbage pickups must use a common driveway and there will be no garbage pickup between the hours of 10 p.m. and 8 a.m. the following day.

The Board addressed itself to the maintenance of the property by stipulating that the entire premises must be maintained in good condition at all times. Exterior lights must be located so as not to interfere with traffic or spill over onto adjacent properties. No exterior audio systems are permitted, and all signs must comply with Town ordinances.

Hynes noted that in the event the proposed office use changes, or any other use is contemplated, the new use is subject to Town Board approval after a public hearing. He added that no building permit or certificate of occupancy will be issued until a site plan has been submitted to, and approved by, the Town Board. The plan must show all access and egress; the location, layout and striping of all parking areas; the location of all dumpsters; the location and identification of all buildings; the size, type and location of signs, exterior lighting and landscaping; the location of underground storage tanks and other information deemed pertinent by the Department of Planning and Development.

Oyster Bay Parking Permits Avail

Commuter parking permits for Town of Oyster Bay parking fields are now being issued by the Town Clerk's Office, according to Town Clerk Carl L. Marcellino.

"The Town has sent renewal applications to Town residents in unincorporated areas and incorporated villages who currently hold Town parking permits, which expire on March 31," Marcellino said. "For residents who do not currently hold a parking permit and would like to obtain one, an application can be obtained by calling or stopping by the Town Clerk's Office at Town Hall East, Audrey Avenue, Oyster Bay (922-5800) or the Town Clerk's Annex at Town Hall South, 977 Hicksville Road, Massapequa (795-1000). The fee is \$10 for residents in unincorporated areas of the Town and \$40 for those living in incorporated villages."

Marcellino advised residents to carefully read the instructions before filling out the form to be sure all necessary information is supplied. Residents who have had a change in license plate number since their last permit must submit a copy of the vehicle's registration with the permit application. Permit applications or leased cars must be accompanied by a copy of the lease agreement. Drivers of company-owned cars are required to submit a letter from the company assigning sole care and custody of the car to them.

Marcellino noted that applications should be in the Town Clerk's office no later than Wednesday, March 7, to allow sufficient time for processing. "The process for permit renewal gets underway as soon as the

application is received," Marcellino stated. "However, there are verification procedures to be followed which makes it time consuming. Early renewal insures that we have sufficient time and the resident has an up-to-date permit before the expiration date."

Cold weather may make it difficult for residents to affix the permit decal to the bumpers of their vehicles so Marcellino offered the following suggestions: "Special care must be taken to ensure that the surface of the bumper is clean and dry. Residents having vehicles with rubber bumpers may find it worthwhile to put a small piece of duct tape, which can be purchased at any hardware store, on the bumper and then place the decal on the surface of the duct tape."

In Service

Navy Seaman Recruit **Louis N. Castro**, son of Carol A. Castro of 4218 Florence Road, Bethpage, has completed recruit training at Recruit Training Command, San Diego.

During Castro's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

Castro's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1987 graduate of Plainedge High School, North Massapequa, he joined the Navy in August 1989.

An Israel Summer For Teens

How about enjoying approximately six weeks this summer. Sip Turkish coffee or coke in a sidewalk cafe. Bargain for gifts with shopkeepers in the centuries old Arab market. Walk through the golden alleyways of the Jewish Quarter of Jerusalem. Experience the wonder of the Western Wall, where you may sit beside the huge stones and place your own wish in one of its crevices. Enjoy miles of wilderness and desert in the south of Israel. Climb the famous fortress of Masada in the early morning hours. Sunbathe in the mineral rich Dead Sea, where you'll need no float, to keep you afloat. Enjoy the sun of Tel Aviv's golden beach. Uncover the past, the history of the Jews, the connection you have to Israel's past, present and future.

Last year, 189 high school students from Long Island (among 800 from all over the United States), visited Israel with Masada. Masada Israel summer programs unfolded the treasures of Israel for them, by taking them to museums, archeological sites, nature reserves, beaches, high tech settlements and more, all throughout the land of Israel. With the reputation for quality programs, the best supervision provided by any Israel summer programs, and the experience of more than 27 years of summer programs, Masada is proud to offer the programs for the summer of 1990.

Masada Israel summer programs offer nine programs, each divided into compatible co-ed age groups. The TAC (teen-age camp) is a special program, it is open to young teenagers. Therefore, there is additional supervision for this group and many youngsters celebrate their Bar or Bat Mitzvah in Israel while on this program. The group tours and explores its Jewish heritage - developing feelings for Israel, while having a great time. The TAT (teen-age tour) open to teens 14-18, travels the length and breadth of Israel offering an opportunity to meet Jews from all over the world, plus to learn about Israel from Israelis. The LTC (leadership training course) for 16-19 year olds, is a mixture of touring and seminars which develop the leadership skills of youngsters interested in a thoughtful approach to exploring Israel and their Jewish heritage. The MKP (Masada kibutz program) offers the youngsters a chance to be a volunteer and work the land of Israel on a kibutz together with Israelis. Two weeks are spent on the kibutz and four weeks in touring.

The MCLP (Masada community leadership program) combines all the experience of Masada's twenty-six years in bringing Jewish youth home with the personal touch of a home-town organizer. The "Masada Touch" will begin with orientation prior to the summer and will continue by providing the participants with their "best summer ever."

The MIW (Masada institute for water sports) spends ten days in Eilat on the shore of the Red Sea, where visitors can swim and dive, viewing the beauty of some of the world's most spectacular color reefs. Upon satisfactory completion of the course, participants receive an internationally recognized diving certificate. After ten days, the group will tour the rest of Israel.

The MIS (Maccabi institute for sports training) lets teens improve their athletic skills in football, tennis and basketball at Kfar Hamaccabiah (the Israel olympic village). The MST+ (Masada student tour plus) is for college students. It's time to close your books and join other college students in bringing pictures to life. See and feel what Israel has to offer you on a tour designed specifically with the college student in mind. MST+ facilitates a 10 day kibutz stay "add on" for an in depth look at this sector of Israeli society.

The MUST (Masada University Student Tour) is also for college/university students. Spend almost six weeks traveling

in Israel and earn up to five credits. What a unique way of earning credits while touring, sightseeing and having fun. Spaces are limited to two groups only.

Only a certain number of youngsters are enrolled in these programs, both to keep the standards high and because of the limited number of airline seats (only by El-Al). Don't be one of the 200 who couldn't be enrolled on Masada Israel programs in the last year, because the programs were filled.

For information, call Itzick Eddy at 593-9222 - or write to Masada of ZOA, 381 Sunrise Highway, Suite 501, Lynbrook, N.Y. 11563.

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For example, fix broken streetlights. Provide transportation and escorts for the elderly. Keep an eye on all the neighborhood children and start a McGruff House program as well. But you can't do it all yourself, so report anything suspicious to your local Police or Sheriff's Department. For more information on how to get more actively involved, write to me, McGruff, PO. Box 562, Washington, D.C. 20044. And help me. Take a bite out of crime.



TAKE A BITE OUT OF CRIME

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 6, 1990, 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 an application for a special use permit pursuant to the Building Zone Ordinance of the Town of Oyster Bay as follows: **PROPOSED SPECIAL USE PERMIT: Petition of DELCO DEVELOPMENT/MID ISLAND CO., as Fee Owner, for special use permits to allow the relocation of an existing movie theater, demolish the present theater, convert 21,400 square feet of existing retail space to a 500-seat food court, and reconfigure the existing ring road in certain areas, relocate the bus stop, and change some signage, in a "G" Business District on a certain parcel of land located in Hicksville, Town of Oyster Bay, County of Nassau and State of New York on the following described premises: an irregular parcel located west of North Broadway (New York State Route 106/107); east of adjacent dead-end streets known as Prospect (Prose Street), York Street and Regent (Windsor) Street; south of Nevada Street and adjacent dead-end streets known as Jeanson Place and Rotary Place; and north of adjacent dead-end streets known as William Street, Sackett Street, and Wyckoff Street, situated in Hicksville, New York, which premises are known as Broadway Mall, formerly Mid-Island Shopping Plaza. Said parcel is further identified as Section 11, Block D, Lots 1247, 1249, 1250, 1297, 1299, 1356, 1364, 1365, 1366, 1368, 1376 (formerly 1369), 1370 and 1375. The above-mentioned 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 Massapequa. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.**

**TOWN BOARD OF
TOWN OF OYSTER BAY
ANGELO A. DELIGATTI,
Supervisor
CARL L. MARCELLINO,
Town Clerk**

Dated December 12, 1989
Oyster Bay, New York
MIT2320
1X1/26

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St. Ignatius CYO News

By Barbara Lewis

The Way To Go Is C.Y.O.

On Sunday, January 28, we will be holding registration for our 1990 season. Registration will be held from 9 a.m. to 1 p.m. in the Old School Basement of St. Ignatius.

Tyro League

For 9th & 10th Graders

St. Ignatius C.Y.O. has always taken pride in our Travel Teams. We have had in the past travel teams for our 5th, 6th, 7th, and 8th grade boys. Last year we were also pleased to be able to enter an 8th grade travel team for our girls program. This year we are very pleased to announce a Tyro League for our boys in 9th and 10th grade. Tryout dates will be announced for all our Travel Teams.

Doyle America's #1
Baseball School

Doyle Baseball, sponsored by St. Ignatius C.Y.O., is coming to Hicksville, March 17 and 18. The two-day clinic is available for boys and girls ages 8 to 18. We have a limit on registration so please respond quickly. For information and registration, please call Audrey Andrews at 933-0887 or Joan Famiglietti at 935-6369.

Attending the clinic will be "1978 World Series Hero, Brian Doyle." Brian was signed out of High School in 1972 with the Texas Rangers. He played with the Yankees in the 1978 World Series, leading all batters with a .438 average. Other accomplishments were playing with the Oakland A's, Toronto Blue Jays, and the Cleveland Indians.

So don't miss out....call now!!!
Basketball Highlights

K-2 League

1-11 Cubs 10 Bobcats 6
Playing for the Bobcats, Brent Rogers made 4 pts., and Mike Seid made 2 pts.

1-10 Leopards 26 Tigers 7
The scorers for the Leopards were: Mike Kearney, Brian Horvath, Steve Verde, Tom Tyson and Chris Gluszak.

1-12 Panthers 17 Lions 16
A very exciting game played by both teams. Excellent all-around game played for the Panthers were: Steve Alvarez, Tom Foran and Chris Myron. For the Lions, John Cashin with 8 pts., Brian Hebron had 6 pts., and Chris Carsten with 2 pts.

3rd and 4th Grade League

1-5 Lakers 20 Knicks 18
Great playing for the Lakers, Pat Walker with 14 pts., Brian Kelly with 4 pts. and Sean Napolitano with good defense. For the Knicks, Joe Panarelli had 8 pts., Danny Johnson and Sean Cain with good defense.

1-8 Knicks 29 Supersonics 25
Great game played by Joe Panarelli with 17 pts. for the Knicks. Brian McCartney, Kevin Russell - 10 rebounds each. And great playing by Rob Delbago, Michael Verde, JT Quinn and Paolo Fumagalli.

1-12 Knicks 27 Warriors 20
Playing another great game for the Knicks, Joe Panarelli with 18 points. Good defense played by Matt Connolly and all-around good game played by Sean Cain and Joel Shurley.

1-17 Bobcats 6 Lions 4
Making the 6 pts for the Bobcats, Michael Seid. Good defense for the team by Timmy Johnson and Danny Rogers. For the Lions Tony Fumagalli and Chris Carsten 2 pts. each. Good defense by Michael Albinski.

5th and 6th Grade League

Bullets 43 Knicks 21
Another super game played by Danny Sydor with 23 points for the Bulls. Michael DelBago 10 pts., Kevin Capobianco 2 pts., Kenny McCullough 2 pts., Craig Finn 6 pts. and John Brannan with great defense.

1st Playoff
Celtics 34 Knicks 17

The Celtics finishing their season with a 7-4 record, wins 1st playoff game. High scorer Tommy Morillo with 11 points, followed by Brian Bruckner with 10 pts., and Ryan Quinn with 7 pts. Excellent defense by Jim Powderly, Mike Logan, Sean Pearsall and Tony Charalambous.

7th And 8th Grade League

1-7 Bullets 65 Bulls 36
The Bullets raced to their fifth straight victory with another fine team effort. The team was led by Rod Carolan with 23 points, Dave Gleason had 16 points, Dave Dorney and Peter Berzins each had eight points. The Bulls were led by Danny Meeagan with 19 points and Bob Rombach with 11 points.

1-11 Bullets 73 Bulls 37

Dave Gleason had 31 points and Brian Rigert had 17 points to lead the Bullets to their sixth straight win. Rod Carolan and Dave Dorney chipped in with 8 points each, Peter Berzins had 7 points and Jimmy Sivertson had 2 pts. Mike Pfeifer, Paul Gomez and Matt Morillo played a tight pressing defense. The Bulls were led by Dennis Kelly with 18 points, Bob Rombach had 9 points, Brendon Amabile had 6 points and Keith Flynn had 4 points.

Remember to Register Early for the 1990 Season....at all registrations C.Y.O. will be holding a cake sale; everyone is welcome to help support C.Y.O. so come down and bring home dessert.

Suspicious Fire
Under
Investigation

Arson Squad Detective Charles Millar reports the details of a suspicious fire that occurred at 12:37 a.m. on January 17 at 19 Hewitt Street, Hicksville, a single family dwelling.

The owners of the house, Joanne and Patrick Goss, and their daughter, 18 year old Karen, were home at the time of the fire and got out of the house without injury. A son, 21 year old Thomas, was not home at the time.

The fire started as a result of a blunt object being thrown through Thomas' bedroom window, followed by a plastic jug that contained an unknown flammable substance which was ignited. The fire caused considerable damage to the entire house. It took 65 firemen under Chief Wigdenick one hour to extinguish the fire.

There are no suspects at this time. The investigation is continuing by Arson Squad and fire Investigator Lynch.

In Service

Navy Seaman Recruit Anthony N. Zito, a 1989 graduate of Holy Trinity High School of Hicksville, has completed recruit training at Recruit Training Command, Great Lakes, Ill.

During Zito's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

Zito's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of College credit in Physical Education and Hygiene.

Navy Lt. Cmdr. Charles J. Gusette, a 1967 graduate of Plainview Old Bethpage High School of Plainview, was visited

by President George Bush and participated in joint exercises with the Tunisian armed forces while deployed to the Mediterranean Sea aboard the aircraft carrier USS Forrestal, homeported in Mayport, Florida.

During the deployment, President Bush addressed the crew as the kick-off event for the recent US/USSR Malta Summit, while observing carrier flight operations. Gusette participated in several exercises in various locations along with other units of the Sixth Fleet. The exercises included an amphibious exercise in the vicinity of Cap Serrat, Tunisia as well as several air exercises. The aircraft carrier's primary role was to provide aircraft for close-air support. He joined the Navy in May 1971.

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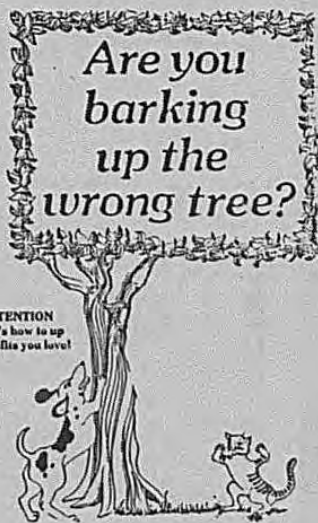
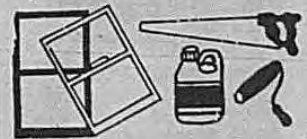
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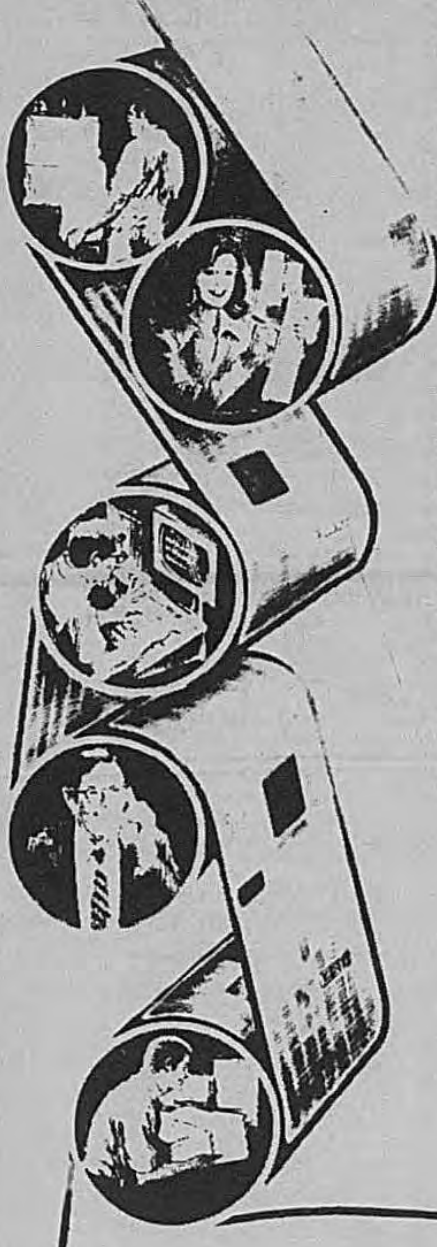
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Open House At Nursery School

The Hicksville Nursery School is holding an Open House for Fall registration on Thursday, February 1, from 12:30 - 2:30 for parents of 2, 2½, 3 and 4 year olds in the school classrooms at W. Cherry Street and Nelson Avenue.

The Hicksville Nursery School is a non-profit, non-sectarian cooperative located in the back of the United Methodist Church. Founded in 1967, it has offered twenty-one years of quality education to hundreds of pre-school children as well as serving as field training center for students from S.U.N.Y. Farmingdale, Nassau Community College and Adelphi University.

The school seeks to offer the young child an environment in which he can grow emotionally, socially intellectually and physically under the careful supervision of a fully trained staff. The program provides varied activities with an abundance of materials and opportunities for free creative expression under the guidance of skilled, N.Y. State Early Childhood certified teachers. Art, media, woodworking, music and rhythmic movement, language arts, storytelling, dramatics, puzzles, doll corner, books and manipulative toys are all part of the daily program. A huge indoor playground permits daily large muscle activity even in the worst weather. A mid-session snack of milk or juice and crackers or fruits and vegetables is provided. Field trips are included to broaden the child's understanding of the world he lives in.

All parents who wish to, can share in the administration of the school. Monthly business meetings give parents the opportunity to make decisions on administrative needs. There are lectures, films, and "rap groups" to help parents learn more about parenting. Fundraising projects are most often social events helping young families meet other adults who are at the same stage in life.

We invite all parents of pre-school children to join us for a chance to play and learn together in our spacious well-equipped rooms. For further information call 931-3415 or 681-8246.

In Service

Navy Airman William W. Gardner, a 1979 graduate of Hicksville High School of Hicksville, recently returned to Jacksonville, Fla., from deployment to the Mediterranean Sea with Helicopter Squadron-17, while serving aboard the aircraft carrier USS Coral Sea, homeported in Norfolk, Va.

During the deployment, Gardner participated in operational exercises as well as provided vital search and rescue support during the evacuation of the U.S. Embassy in Beirut. The squadron maintained a perfect 100 percent sortie rate and an aircraft availability exceeding 94 percent for the deployment. Additionally, HS-17 surpassed 14,000 mishap free flying hours and four years of mishap free safety milestones.

He joined the Navy in March 1988.



BASEBALL

HBA - GETS SPRING FEVER!



Boys and girls from 6 to 16 are invited to join the HICKSVILLE BASEBALL ASSN. LITTLE LEAGUE program. The Registration Dates for 1990 players are

February 3rd, 10th, and 24th,
at Levittown Hall from 10:30 AM to 1 PM.

AN ORIGINAL BIRTH CERTIFICATE IS
NEEDED AS PROOF OF AGE.

MAIL-IN REGISTRATION will be accepted for any child who has played HBA baseball/softball during the 1989 season. Please mail in the attached registration form to:

Rosemarie Rodriguez, Treasurer
Hicksville Baseball Assoc.
4 Elmira Street
Hicksville, NY 11801

Registration fees are \$53.00 for the first child, \$65.00 for two or more children in the same family. The fee includes a Team Photo for each child.

A Uniform Fee for all players 8 years and older is a separate \$20.00. A check will be needed for each uniform that gets issued. The checks will not be cashed and will be returned, when the uniforms are returned, at the end of the season. MAKE ALL CHECKS PAYABLE TO "HICKSVILLE BASEBALL ASSOCIATION"

A LATE FEE OF \$10.00 WILL BE CHARGED FOR ANY REGISTRATION RECEIVED AFTER SATURDAY, FEB 24, 1990. THERE CAN BE NO EXCEPTIONS. IF A REGISTRATION IS RECEIVED AFTER MARCH 15th, WE CANNOT GUARANTEE PLACEMENT OF YOUR CHILD.

THE AGE is the age of the child as of July 31, 1990!!

DIVISION	BOYS	GIRLS	TRAVELING TEAM REGISTRATION
Instructional	6, 7	6, 7	WILL BE MAILED OUT IN MARCH
Farms	8, 9	—	
Minors	10, 11	8, 9, 10	
Majors	11, 12	10, 11, 12	
Seniors	13, 14, 15	13, 14, 15	

Any Questions? Please call Carole Wolf- Boys Player Rep. From 9am to 5pm 212-602-1586
From 7:30 pm to 11 pm 822-3861
Carol Baglieri- Girls Player Rep. 681-6144

*CHANCE BOOKS ARE ISSUED TO EACH PLAYER. THERE SALE REDUCES YOUR FEES.

HICKSVILLE BASEBALL ASSOCIATION 1990 REGISTRATION

I, the parent/guardian of the child(ren) listed below, hereby give my approval to his/her participation in any and all Hicksville Baseball Association activities during the 1990 season. I assume all risks and hazards incidental to such participation of my child(ren), including transportation to and from activities, and do hereby waive, release, absolve, indemnify and agree to hold harmless HBA, its Organizers, Officers, Managers, Participants and Persons for any claim arising out of any injury to my child(ren) in all HBA activities, except to the extent and in the amount covered by accident or liability insurance. I agree to return, upon request, the uniform and other equipment issued by HBA, in as good a condition as when received, except for normal wear and tear.

SIGNATURE _____ PHONE _____
ADDRESS _____ TOWN _____ ZIP _____

The following members of my family are playing baseball/Softball with Hicksville Baseball Association this season:

LAST NAME	FIRST NAME	AGE AS OF 7/31/90	BIRTH DATE	MALE/FEMALE	HBA PLAYER IN 1989	UNIFORM DEPOSIT
_____	_____	_____	_____	_____	_____	\$20.00
_____	_____	_____	_____	_____	_____	20.00
_____	_____	_____	_____	_____	_____	20.00
_____	_____	_____	_____	_____	_____	20.00
_____	_____	_____	_____	_____	_____	20.00

FAMILY REGISTRATION FEE \$ _____

TOTAL FEES \$ _____

HICKSVILLE BASEBALL ASSOCIATION is a volunteer organization and must depend on volunteers to run a 1990 season. Please help us by giving a minimum of three hours of your time during the season. Your comments and suggestions are greatly appreciated.

I can help by: (Please insert name of volunteer) (Minimum age for umpiring is 14.)

MANAGING: _____ LEAGUE: _____ UMPIRING: _____

COACHING: _____ LEAGUE: _____ SHED DUTY: _____

TEAM MOTHER: _____ LEAGUE: _____

VFW Past Commander New UVO Pres.

Conrad Steers, Past Commander of V.F.W. Post 3211 Hicksville was elected to the high office of President of The United Veterans organization.

The Installation Dinner Dance was held at the New Hyde Park Inn Sunday evening, January 14. There were many Service Organizations in attendance. The F.F.W., The D.A.V., The National Guard Vets, The Marine Corp League, The 1st Marine Div. Assoc., The Nassau County Viet Nam Veterans of America, The Jewish War Vets., The 802 Tank Destroyer Battalion, The Womens Marine Assoc., The World War II Submarine Vets., and The Polish Legion American Vets.

Ted Shuster, Past U.V.O. President and member of The Jewish war Vets was Master of Ceremonies and did a fantastic job. Ted kept the program rolling right along. It's difficult to handle a program like this when the dignitaries arrive at various times. Let's say he handled it well. Among our Honored Guests were our County Executive Thomas S. Gulotta. He said many nice things about our incoming President, Conrad Steers, and also congratulated the outgoing president Tom Bennet for a job well done. As always our County Exec stated that the Veterans can count on him for support of Veterans Rights. Also in attendance was Steve Scharoff, representing State Sen. Norman J. Levy, Frank Maroney representing Michael J. Tully, Jr., and Len Antonelli representing Ass. Philip B. Healey. Also a guest speaker and U.V.O. member was Abraham Williams, former Parks Commissioner.

After Conrad Steers was duly installed by Past U.V.O. President Vincent DeMarco, in his acceptance speech, he stated that his main goal this year was to establish a V.A. Outreach center at Nassau Medical Center. Connie said "There are many Veterans in Nassau county that are in need of medical attention and find it extremely difficult to go all the way to Northport Hospital." He said we need a facility here in Nassau County. With the assistance of all Veteran groups we may be able to attain our goal. Connie holds many positions in various Veteran groups, so maybe this may just be the year for him to achieve his goal.

Baseball Skills

By Doyle School

Before the start of school baseball/softball tryouts, or spring leagues, are you interested in learning the proper techniques of baseball and softball or improving those skills you already possess?

Doyle Baseball, known for their exceptional instructional program, is coming to our area March 17 and 18. The clinic will be conducted by Brian Doyle 1978 World Series Hero. The clinic is opened to boys and girls ages 8-18.

For information and to register call: Audrey Andrews 933-0887 or Joan Famiglietti 935-6369. Registration is limited, so please respond promptly.



O.V.O. Color Guard at attention left to right - Ted Shuster, Ray Chmiel, Irwin Purlsch, Frank Schiltig, Joe Salvia.



Past President Vincent DeMarco installing new U.V.O. President Conrad Steers.



Left to right Vincent DeMarco U.V.O., installing officer, Conrad Steers, new U.V.O. President.



Left to right: Conrad Steers, newly elected U.V.O. President receiving congratulations from Nassau County Executive Thomas S. Gulotta.



Left to right: Conrad Steers receiving citation from Len Antonelli representing Assemblyman Phillip B. Healey.



Left to right: Ted Shuster M.C. of U.V.O. Installation presents plaque to outgoing U.V.O. President Tom Bennet.



Left to right: Conrad Steers, newly elected President of the U.V.O. is congratulated by Anthony Ferrara, Commander Hicksville V.F.W. of which Connie is a member.



Left to right: Conrad Steers, U.V.O. President, Joseph Normandy, Past U.V.O. President. Both Connie and Joe are life members of the Hicksville V.F.W.

College Note

In December Christopher Jones, son of Joan and Joseph Jones, 42 Arch Lane, Hicksville, received a B.A. degree in physics from SUNY at Potsdam, and a B.S. in Mechanical Engineering from Clarkson University. He is now working for Northrop Aviation in Los Angeles.

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Give the guy credit

By Bobbi Ignelzi

Would you take financial advice from a guy who has gone bankrupt, holds no college degree and comes across with the bluster of Hurricane Hugo?

Thousands of people do.

As vice president and director of education for the San Diego-based non-profit National Center for Financial Education (NCFE), Paul Richard is spreading his "save, don't spend" message across the country. Although some financial professionals are dubious about his shaky credentials, they have no doubts when it comes to the credibility of his message.

"Paul is a little like a Baptist minister preaching his sermon. Sometimes he can come on a little strong, but what he's saying is good, sound information," said Paul Botte, a certified financial planner who has taken the Dollarplan, Richard's course in personal finance.

Michael Mahon, a management consultant, agrees. In fact, he is so impressed with Richard and the center that he is teaching the class for the fifth time through an adult education program.

"The focus of the course is simply to educate the consumer about finances. There's no underlying sales pitch or hidden agenda here," Mahon said. "Paul's qualifications really aren't an issue. He doesn't have to have an MBA to get the word out about better spending and saving."

With a background in marketing, promoting everything from Burger King franchises to underwater lighting, the 44-year-old

Richard got interested in personal finance 19 years ago in Atlanta when his own little financial empire came crashing down. An admitted "habitual overspender," Richard filed for bankruptcy on his 25th birthday, nearly \$100,000 in debt.

"I had every credit card in the book, and I was charging on all of them. I saw easy credit as a way to enhance my standard of living and make my friends think I was making more money than I actually was," Richard said. "I was completely out of control."

There's a tilt to Richard's voice, a slick, rehearsed tone common to salesmen, not consumer educators. It sounds like he has told the story many times, in the same words.

Richard said he watched "the diamond ring go off my finger, the trustee drive away in my car, and the equity in my house being turned over." But even then, he didn't learn his lesson.

"I had deviously managed to hang on to a few credit cards, and in a matter of months I was up to \$4,000 in debt again," he said. "It was a compulsive behavior, and I hadn't been rehabilitated."

To change his spending habits, Richard needed to change his attitude about money. He credits his reform to two alterations he made in his personal life — he became a devout Christian and enrolled in a Dale Carnegie course.

Richard said it was only after he restored his self-esteem and settled into a less materialistic pace that he began researching personal finance.

FREE blood pressure screening is offered the first Wednesday of every month at Syosset Community Hospital from 1:30 - 3:30 p.m. in the hospital's lobby. No appointments are necessary for the screening. The hospital is located at 221 Jericho Turnpike in Syosset. If you need any further information, call 496-6527.....**HICKSVILLE** school budget review committee is looking at a whopping \$56 million budget for 1990-90.....**SPEAKING** of the Hicksville district get well wishes to Supt. Catherine Fenton who has been out recuperating from a bout with pneumonia since the holidays.....**COMMUTERS** should be aware that parking permits for TOB fields are now being issued by the Town Clerk's office and the deadline for submitting applications is Wednesday, March 7, to allow sufficient time for processing before the March 31 expiration date. A fee of \$10 for residents of unincorporated areas of the Town and \$40 for those living in incorporated villages is required. Call Town Hall at 922-5800 for more details.....**IN CASE YOU** didn't notice, the movie theatre once located at the Mid Island Shopping Mall are under attack by bulldozers. Also on the drawing boards is a reconfiguration of the ring road around the mall. The entire area has been an unpleasant sight for over a year.....**THEATRE LOVERS** take note! The famous Jericho Players will be presenting "Man of LaMancha" this year in five performances beginning March 17 through March 31 at the Touro Law Center in Huntington. The group is well known for their talented performances. Tickets are priced from \$7.50 to \$15 and can be obtained by calling "Mantix" at 433-0888 during the day or 822-2906 at night.....**CPR LESSONS** (Cardiopulmonary Resuscitation) are offered by the American Heart Association. To find out where the classes are held in your area, call 741-5522.....**TOWN** residents who wish to "Tie the knot" can now call on Town Clerk Carl Marcellino to perform the ceremony. The town wishes it to be known that they are not looking to supplant religious institutions or even judges who conduct weddings, they are merely offering a service to those people who, for whatever reasons, find it more convenient to have the Town's marriage officer unite them in matrimony. To find out more about this service, call 922-5800, ext. 2390.....**THE POLICE REPORT** is published 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** pried a side door at the Dairy Barn, Hicksville Rd. at Union Ave., Bethpage on January 18. They entered and stole cigarettes.....**BURGLARS** broke into a residence at 9 Niagara Drive, Jericho between January 11 and 19. They damaged a basement window in the break-in and stole jewelry.....**BURGLARS** broke into a house at 484 South Marginal Road, Jericho, on January 21. They damaged a front door in the break-in and stole assorted jewelry and two VCR's.....**BURGLARS** broke a plate glass window at Boutique Elle 8285 Jericho Turnpike, Woodbury between January 21 and 22. They entered and stole assorted leather goods.....**BURGLARS** damaged a front window in a break-in at a residence at 462 Marginal Road, Jericho on January 18. They stole two VCR's.....**BURGLARS** broke into a house at 88 Radcliff Road, Plainview on January 18. Damage was reported to the front door.....**BURGLARS** stole the front gate at Fashion Uniform 877 Broadway Mall, Hicksville between January 16 and 17. \$100 in currency was also reported stolen.....**BURGLARS** came through a rear window of a residence at 5 Niagara Drive, Jericho between January 13 and 15. They damaged a rear door window and stole assorted jewelry, coins and an initial ring.....That's all the news for now.....G.T.

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News From Plainview-Old Beth Library

On Thursday, February 1, at 3 and 8 p.m., the Plainview-Old Bethpage Library will be showing the feature film entitled "Rain Man" starring Dustin Hoffman and Tom Cruise.

On Friday, February 2, at 1 p.m., the Plainview-Old Bethpage Library will be presenting Barbara Krupit, noted lecturer, leading a discussion entitled "Insights Into Current Issues." Barbara Krupit will analyze and comment on local, national or international headlines of the day.

On Sundays, February 4, 11, 18 and 25 the Plainview-Old Bethpage Library will be offering free tax assistance from 1:30 p.m. to 3:30 p.m. staffed by Hofstra University in the Director's Office.

These services will be extended through April 8. No appointment is necessary. However, please come prepared (organize and bring all necessary documents). The tax people will guide you in preparing your return.

On Mondays, February 5, 12, 19, 26, the Plainview-Old Bethpage Library will be offering free tax assistance for Senior Citizens from 10 a.m. to 2 p.m. made available by the American Association of Retired Persons in the Downstairs Meeting Room B. Elevator is available.

These services will be extended through April 9. No appointment is necessary. However, please come prepared (organize and bring all necessary documents). The tax people will guide you in preparing your return.

On Tuesdays, February 6 and 20 at 10:30 a.m., the Plainview-Old Bethpage Library is sponsoring an Alzheimer's Support Group. This support group is in cooperation with The Long Island Alzheimer's Association. The leader, Catherine Dennis, C.S.W., has extensive experience working with Alzheimer's patients and their families. For information, call Maria Baluta, Information and Referral, at 938-0084. No registration required.

On Tuesdays, February 6, 13, 20, 27, the Plainview-Old Bethpage Library will be offering free tax assistance from 6:30 p.m. to 8:30 p.m. staffed by Hofstra University in the Director's Office.

These services will be extended through April 10. No appointment is necessary. However, please come prepared (organize and bring all necessary documents). The tax people will guide you in preparing your return.

On Monday, February 12, at 1 p.m., the Plainview-Old Bethpage Library will be presenting Barbara Krupit leading a book discussion/review. The book to be discussed is entitled "Illumination Night" by Alice Hoffman.

On Tuesday, February 13, at 8 p.m., the Plainview-Old Bethpage Library will be presenting Barbara Krupit leading a book discussion/review. The book to be discussed is entitled "That Night" by Alice McDermott.

On Wednesdays, February 14 and 28, at 7:30 p.m., the Plainview-Old Bethpage Library

will be holding a Writers Club at 7:30 p.m.

Al Manachino and Dorothy Freda, published writers, will lead the workshop.

On Thursday, February 15, at 8 p.m., the Plainview-Old Bethpage Library will be presenting Janie Stockhamer in "Love and Other Lunacies" for an evening of well-loved poetry and ballads.

On Saturday, February 24, at 8 p.m., the Plainview-Old Bethpage Library will be presenting The Other Vic Theatre in a comedy/thriller entitled "Murder By The Book."

No tickets needed. First come, first seated.

This presentation will be performed at the Mattlin Middle School on Washington Avenue in Plainview.

The Plainview-Old Bethpage Library is located at 999 Old Country Road in Plainview, opposite the Morton Village Shopping Center (938-0077).

In Service

Navy Master Chief Petty Officer Gary F. Roden, whose wife, Karen, is the daughter of John C. and Rita F. Conlon of 8 Bryant St., Bethpage, has retired from active duty after 21 years of service.

Roden most recently served with Fighter Wing-One, Naval Air Station Oceana, Virginia Beach, Va.

A 1966 graduate of General Douglas McArthur High School, Wantagh, he joined the Navy in February 1968.

Marine Cpl. Salvatore Mascoll, son of Nick and Grace Mascoll of 8 Robert Court, Bethpage, recently received the Navy Achievement Medal.

He received the decoration for his superior performance of duty while stationed with Marine Corps Security Force Company, Norfolk, Virginia.

A 1984 graduate of Bethpage High School, he joined the Marine Corps in December 1986.



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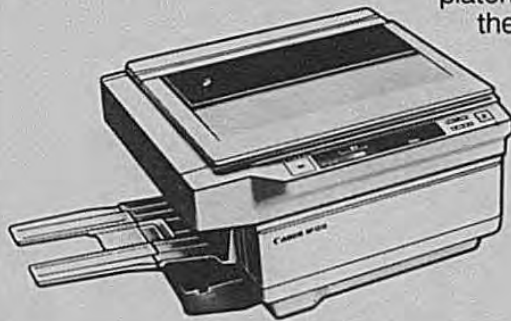
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and The Great Neck News

Friday, January 26, 1990

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Home tech design

By Debra Lee Baldwin

In the not-so-distant future, you may get the chance to buy a "smart" house — a home that won't waste energy, and that will make your tasks around the house less difficult.

The Smart House organization, which operates under the auspices of the National Association of Home Builders, is developing prototype homes across the country. The homes take the latest electronic technology and apply it to everyday use.

An estimated \$150 million will be spent on the development of the Smart House; the first commercial models will be available about two years from now. They will cost buyers an extra \$7,000 to \$10,000.

There's no precise size for a smart house. It can be one or two stories, and the number of rooms also can vary.

The key to the house is its wiring system, run by an army of microprocessors. One cable runs through the house and feeds outlets in each room. With the cable, appliances, stereos and television sets can be hooked up into any outlet in any room.

Here are some of the ways these homes-of-the-future will enhance your lifestyle:

• Security. Plug-in sensors can alert police, fire, medical services and homeowners (at home or

work) of any danger or critical need.

• Comfort. The system can monitor and control temperature, humidity and air quality to ensure a pleasant home environment, room by room.

• Safety. The system identifies and monitors gas and electric appliance operation, protects against shock and fire hazards, overcurrent and ground-fault conditions.

• Convenience. All appliance operations can be directly, remotely or automatically controlled and monitored. A single switch can control any combination of lights and appliances.

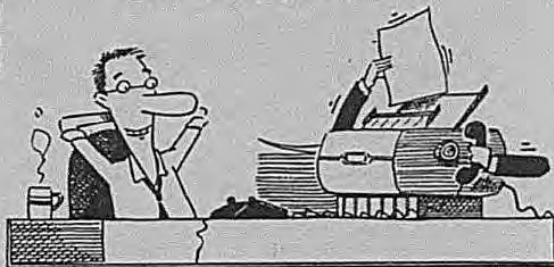
• Entertainment. You'll have total flexibility with television, video screens, stereo speakers, etc. You'll be able to get sound or pictures from audio or video sources located anywhere else in the home.

• Economy. The house can monitor and display all energy use, providing maximum management of lighting, appliances, heating and cooling through direct, remote or automated control.

"Imagine the energy efficiency of being able to turn off your air conditioner during the day while you're at work, and then, before you leave for the day, calling the house and turning the system on so it will be cool when you get there," says Smart House spokesman Ken Geremia.

FAX FACTS

Reach out and fax someone



By Jeffrey Young and Martin Porter

"Give me the fax — just the fax."

Today's fast-paced business world has that all-too-familiar ring characterizing a pressure cooker "I want it yesterday" office environment.

Such instant gratification demands have been further encouraged by a new, high-tech office essential, the facsimile machine, known affectionately by millions of professionals as simply the *fax*.

The fax machine has become a crucial lifeline between offices in even the most remote corners of the globe. Thanks in part to fax technology, more and more professionals are relinquishing their commute to the office in favor of establishing a business haven in their home.

BUYING TIPS

Basically, you need to know the following points:

• Virtually all fax machines are now compatible. Earlier Group 1 and Group 2 machines may have trouble talking to the current Group 3 models, but Group 3 models are downwardly compatible with earlier versions.

• Fax machines rarely break down — thus, a service contract probably is an unnecessary extravagance. However, you should expect fax transmissions to be interrupted from time to time, which simply requires that you start faxing all over again.

• Otherwise, fax machines are easy to use. Dial the phone, wait for the tone, and then start feeding the sheets. Simple as that.

• A fax machine can be attached to any phone line, but consider installing a dedicated line for unattended operation.

Those are the basics. However, there is a wide range of fax features available that you may or may not require. Know what you need and then shop accordingly.

Two features to consider include auto-dialing and auto-sheet feeding.

Auto-dialers let you store anywhere from 30 to 100 frequently used numbers in a memory with an automatic redial feature if the line is busy. This is a nice feature since invariably you fax repeatedly to the same numbers.

Meanwhile, automatic document feeders let you insert a multiple-page document all in one shot, with the machine automatically feeding each sheet through in order. Stand by your machine feeding a 20-sheet document one

page at a time, and you'll soon wish you had opted for this feature.

Another nice but less essential "automatic" is an automatic paper cutter, which lets the receiver get multiple pages individually instead of having to manually tear off each page from a cumbersome scroll.

More fanciful features abound, including: wide scanning and printing for transmitting documents larger than the standard variety; fine and superfine modes for scanning very detailed documents such as artwork; half-tone or gray-scale mode for transmitting black-and-white photos; error correction and detection, which lets you know which pages need to be resent with automatic retransmission.

Frankly, none of these is essential, though some may suit your particular business need.

COMPUTER CONNECTION

A provocative alternative to purchasing a dedicated fax is to use a personal computer with a fax card and specially designed software.

This method allows the ultimate in system integration, letting you write the document on your PC, convert it to a fax image and send it through to a conventional fax machine, which will then print it out. You also can receive incoming faxes via the PC through a dot-matrix or laser printer or simply by viewing it on your screen.

A number of fax boards are now available. PC fax boards slip into an empty expansion slot in the PC and use the computer's memory and screen to store and display pages. Received documents can be saved on magnetic disk or transferred to paper with a suitable printer.

The best part about PC-based fax: The board works in the "background," while you're crunching bytes with another application. As long as the fax board is connected to the phone lines, you can send and receive documents with almost no intervention on your part.

Prices for PC fax boards start at about \$400, though most are in the \$600 to \$1,000 range. You don't need anything extra to plug the board in to your PC and phone line and start faxing. Many of the documents you send through the fax board will probably be in text-only ASCII format.

CALCULATING COMPANIONS

Calculators for every home or office task



CALCULATING COMPANIONS — Today's small, smart calculators do everything from storing phone numbers to taking memos.

By Martin Porter

Picture this scene: You're on the plane, off to some ultra-important business convention, when you suddenly get a brainstorm for a great new streamlined concept that will blow away the CEO and result in a juicy promotion.

Unfortunately, you need to work out a few details before the idea fades from consciousness, and your excitement quickly turns into frustration as you're wishing you had your trusty PC handy to iron out the rough spots. Wishful thinking, right?

Wrong.

The standard calculator has evolved into a nifty pocket product worthy of the title "mini-personal computer."

This fingertip organizational tool is designed to conveniently sever that umbilical cord attachment many traveling execs feel to their beloved PC, as well as the trusty administrative assistant they rely on to juggle their appointment schedule.

Yes, upwardly — and generally mobile — professionals, you can take it with you, in the palm of your hand.

Sharp's offering in this genre is the Wizard, a techno-marvel promising to fit an office full of equipment in your suit pocket. Its built-in functions assume the duties of an appointment diary, personal computer, calendar, phone directory, notepad, calculator and world clock, all sleekly contained in an 8-ounce unit resembling a high-end calculator in appearance.

The Wizard is fully compatible with a standard PC via a hardware PC linkup, which enables the user to bi-directionally load schedules, phone listings and various documents from one source to the other, thereby acting as a capable substitute for your usual desktop data system. It's menu-driven and user-friendly for creating spreadsheets, updating schedules or editing memos with the greatest of ease, and is powered by a 32K memory.

In addition, there's a secret code system to protect all company secrets from getting into the wrong hands; optional software cards include programs for time management systems, thesaurus/dictionary and an eight-language translator, essential for the globetrotting exec.

Suppose you want the luxury of a portable printer added to the list of scaled-down fingertip functions. The Handy Writer hand-held word processor/printer from Casio, dubbed an "electronic rubber stamp," can provide tangible results of your commuting computing on paper. You simply punch in the info, run the bottom part of the mini-machine across the desired paper and — presto! — you have created a portable printout.

The lightweight Handy Writer is especially useful for reproducing address labels. It also features built-in figuring for calculating minds, seven different type styles and capability to store up to 1,800 characters (or 5,400 if you opt for the removable RAM card). A rechargeable battery and auto power-off switch round out the list of amenities.

Finally, if you're in the market for beeperless remote and calling card capabilities to help keep important business contacts organized and easily accessible, Sharp's Dial Master 100 boasts a 113-name/number memory with instant access to help save your fingers from doing the walking.

This diminutive unit dials directly on most touch-tone phones — you simply retrieve the desired name/phone number, hold the unit over the phone's mouthpiece and press the "dial" key. More pluses include a secret storage key for confidentiality, slow or manual redial and last-number redial.

The Dial Master also doubles as 10-digit calculator with memory and percent functions.

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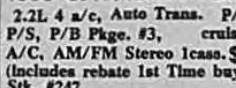
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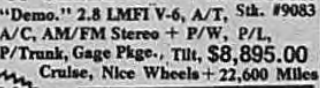
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r and other options

Magnifying-glass inspection reveals each character is made up of a series of dots, but the dots are spaced very close together with no gaps between.

While the price of laser printers has dropped substantially, they still aren't exactly cheap. The Apple LaserWriter IINTX, which can churn out up to eight pages per minute, is the top-of-the-line LaserWriter; other models from Apple retail for less. The average price for a laser printer is about \$3,500.

Laser printers come in two basic flavors: Hewlett-Packard LaserJet compatible or PostScript compatible. The HP LaserJet, and the printers that emulate it, are useful for basic printing tasks, including desktop publishing. The printer is equipped with built-in font (within the machine itself or contained within a cartridge), and you have a choice of several sizes for each font.

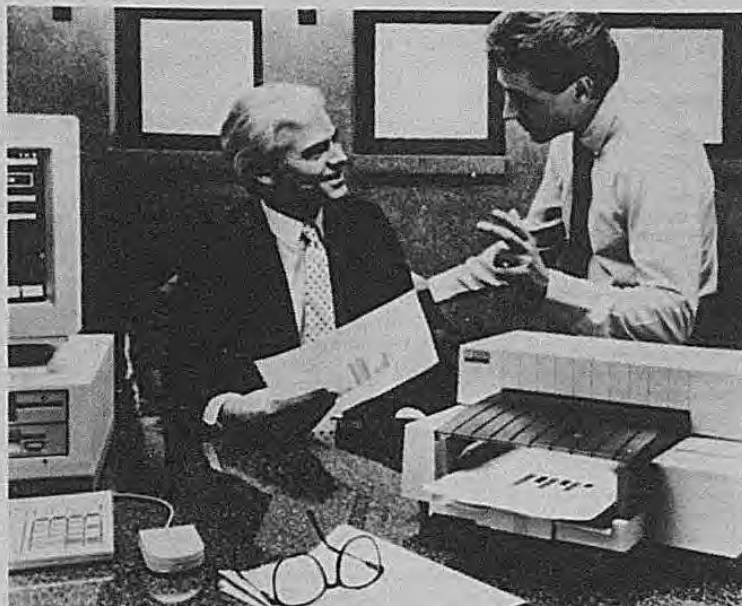
Additional fonts can be used by downloading them for the computer. Not all LaserJet compatible printers support downloadable fonts, and most can accept only one or two fonts at a time.

HP LaserJet laser printers include (of course) the Hewlett-Packard LaserJet Series II, C, Itoh Jetsetter II, Kyocera F-1000A, Panasonic Laser Partner, QMS Kiss Plus 30, Qume Crystal-print Series II and Star Micronics LaserPrinter 8.

PostScript compatible printers, which include the Apple LaserWriter, use a more complex programming code to place text and pictures on the page. Up to several dozen fonts are built into the printer, and you can use the fonts at most any size you wish. Additional fonts can be downloaded.

Because PostScript printers scale the font to the size you want, you can fit more downloaded fonts in the printer at one time. However, the scaling also causes ragged edges in some sizes, particularly very large and very small sizes. Most hard-line laser printers agree that PostScript compatible printers allow greater flexibility with slightly impaired text quality.

In addition to scalable text, PostScript provides for an extremely rich array of graphics. A good number of desktop publishing and graphics programs, mostly on the Apple Macintosh, support PostScript's graphics abilities. Among the PostScript-compatible laser printers are Apple LaserWriter IINTX, Dataproducts LZR 1260, IBM 4216 Personal Pageprinter, NEC LC-890, Qume ScriptTen and Texas Instruments OmniLaser 2106. A few models, most notably the NEC 890 and Dataproducts LZR 1260, are both HP LaserJet and PostScript compatible.



COMPUTER PRINTERS — Laser, dot matrix and inkjet are some of the increasingly affordable options for printers.

Laser Turntable

Now there's a laser turntable that "reads the grooves" in a conventional high-fidelity record. It's a hybrid of the frictionless laser technology used in compact disc players and computer memory devices and the old-fashioned record

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Dot matrix, laser

By Jeffrey Young

Personal computer printers have reached a milestone.

Technology and lower production costs finally have come closer to meeting the needs, wants and pocketbooks of today's consumer. Gone are the clanky, cantankerous printers of yesterday — large, expensive and cumbersome behemoths that rattled and rumbled through thousands of offices, homes and schools for more than a decade.

In their stead are new designs that are twice as fast yet half as expensive as their ancestors. As an added benefit, new technology has come along that stretches print quality.

DAISYWHEEL

Technologically, the daisywheel printer has been in the doldrums since 1987. Manufacturers have offered few improvements on this once-popular printer type. But they have reduced the prices of current models to stable, affordable ground. Few models cost

more than \$2,000, and speeds are modest to good.

Take, for example, Brother's HR-20, which chugs along at 21 characters per second. Faster (and more expensive) daisywheel printer models — most of which have been around for four years or more yet still popular among those who need them — include C. Itoh's Printmaster F10 (45 cps) and NEC Spinwriter 8850 (44 cps).

DOT MATRIX

There is no doubt that dot matrix printers have almost completely dominated the computer printer market. The reasons? They're fast and affordable, and they print graphics. Because of the way they work — by using small needles to produce dotted characters — dot matrix don't require many large and expensive moving parts. That helps peel away manufacturing costs.

For less than \$500 you can purchase a dot-matrix printer such as the Alps ASP1030 (47 cps), C. Itoh

Prowriter Jr. Plus (72 cps), Epson LX-80 (105 cps), Genicom GLP 29 (80 cps) or Okidata Microline 182 (80 cps). You sacrifice some speed and quality for low price, but the toll is surprisingly minimal.

While low-cost dot-matrix printers make it easy on your checkbook, the breed of 24-pin printers makes your work look more professional and presentable. This is in contrast to the seven or nine pins found in most dot matrix printers. Why are more pins better? The biggest advantage is that the printhead doesn't have to pass over the line to build high-resolution text. That increases the speed of the printer in letter-quality or near-letter-quality mode.

Examples of high-quality 24-pin, high-resolution dot printers include: Alps Allegro 24 (72 cps) Brother M-1724L (99 cps), Epson LQ-500 (86 cps), Mannesmann-Tally 230/24 (108 cps) and NEC Pinwriter 5200 (138 cps).

If speed is your thing, several

dot-matrix printers have come out that push the "edge of the envelope." High-speed dot-matrix printers are not cheap, however. Inexpensive high-speed models are still a few years away.

Among the available high-speed printers you can buy today are the Fujitsu DL5600 (230 cps), Genicom 3410 (230 cps), Mannesmann-Tally 490 (246 cps), Okidata Pacemark 2410 (216 cps), Output Technology's TriMatrix 850XL (307 cps) and Seikosha SBP-10A (314 cps).

THERMAL TRANSFER

Thermal printers used to be the poor orphans of the computer industry because they required the use of sensitized silver paper. With

a thermal transfer ribbon, however, thermal printers no longer require the use of expensive sensitized paper.

Perhaps the best news is that most thermal-transfer printers are capable of printing in both black and white and color. Since they don't use inked ribbons that can fade, the colors these printer reproduce are always sharp, bright and distinct.

Though it has been around for a while, one of the best buys in thermal-transfer printers is the Okidata Okimate 20. The Okimate 20 (26 cps) can print in more than two dozen vibrant colors on most any smooth-surface paper.

As with all thermal-transfer printers, the Okimate 20 uses a flat, ceramic printhead that heats up the specially treated thermal-transfer color ribbon. Where the ribbon gets hot, it deposits a splotch of ink on the paper.

Other thermal-transfer printers include the IBM Quietwriter Model II (28 cps) and IBM Quietwriter Model III (81 cps).

INK JET

Recently, ink-jet printers have quickly moved from the drawing table to the worktable and are beginning to supplant the thermal-transfer printer for color reproductions. Ink-jet printers work by spraying a thin stream of ink onto paper. A mechanical magnetic or electrical device directs the flow of ink, which splashes on the paper in tiny driplets. Most inexpensive ink-jet printers have one nozzle, so to create a full line of text, the printhead must pass over one line from seven to nine times (color ink-jet printers have one nozzle per color).

Not all are as slow. Hewlett-Packard's Deskjet, which prints in black only, runs at a maximum of 61 characters per second. One feature the Deskjet has going for it — besides low cost and reasonable speed for an ink-jet printer — is a fairly high resolution print matrix. Many people use the Deskjet for desktop publishing chores.

LASER

Because they use a micro-thin beam of light to "draw" each character or graphic, laser printers are capable of extremely high resolution — a minimum of 300-by-300 dots per inch. Text looks typewritten, and when used with the proper font, even typeset.

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r and other options

Magnifying-glass inspection reveals each character is made up of a series of dots, but the dots are spaced very close together with no gaps between.

While the price of laser printers has dropped substantially, they still aren't exactly cheap. The Apple LaserWriter IINTX, which can churn out up to eight pages per minute, is the top-of-the-line LaserWriter, other models from Apple retail for less. The average price for a laser printer is about \$3,500.

Laser printers come in two basic flavors: Hewlett-Packard LaserJet compatible or PostScript compatible. The HP LaserJet, and the printers that emulate it, are useful for basic printing tasks, including desktop publishing. The printer is equipped with built-in font (within the machine itself or contained within a cartridge), and you have a choice of several sizes for each font.

Additional fonts can be used by downloading them for the computer. Not all LaserJet compatible printers support downloadable fonts, and most can accept only one or two fonts at a time.

HP LaserJet laser printers include (of course) the Hewlett-Packard LaserJet Series II, C, Itoh Jetsetter II, Kyocera F-1000A, Panasonic Laser Partner, QMS Kiss Plus 30, Qume Crystalprint Series II and Star Micronics LaserPrinter 8.

PostScript compatible printers, which include the Apple LaserWriter, use a more complex programming code to place text and pictures on the page. Up to several dozen fonts are built into the printer, and you can use the fonts at most any size you wish. Additional fonts can be downloaded.

Because PostScript printers scale the font to the size you want, you can fit more downloaded fonts in the printer at one time. However, the scaling also causes ragged edges in some sizes, particularly very large and very small sizes. Most hard-line laser printers agree that PostScript compatible printers allow greater flexibility with slightly impaired text quality.

In addition to scalable text, PostScript provides for an extremely rich array of graphics. A good number of desktop publishing and graphics programs, mostly on the Apple Macintosh, support PostScript's graphics abilities. Among the PostScript-compatible laser printers are Apple LaserWriter IINTX, Dataproducts LZR 1260, IBM 4216 Personal Pageprinter, NEC LC-890, Qume ScriptTen and Texas Instruments OmniLaser 2106. A few models, most notably the NEC 890 and Dataproducts LZR 1260, are both HP LaserJet and PostScript compatible.



COMPUTER PRINTERS — Laser, dot matrix and inkjet are some of the increasingly affordable options for printers.

Laser Turntable

Now there's a laser turntable that "reads the grooves" in a conventional high-fidelity record. It's a hybrid of the frictionless laser technology used in compact disc players and computer memory devices and the old-fashioned record

player that Thomas Edison pioneered.

Light from tiny lasers following the groove of a vinyl record generates a reflection containing the musical signal, which is interpreted into sound by a computer chip, all without touching the platter.

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HOME SWEET OFFICE

By Debra Lee Baldwin

How do I love my home office? Let me count the ways:

- My "commute" to work is a quick walk down a flight of stairs.
- My "dress for success" apparel is whatever feels most comfortable, usually blue jeans and a T-shirt.
- My hours are flexible; I can work until 10 p.m. one night, then take the next day off.
- I'm home when my child gets home from school.
- I'm more productive than I was when I worked in a conventional office. There's no chitchat with co-workers or other interruptions to slow me down.

If you're so envious you want to stop reading, I have good news for you. You can have your office and stay at home, too.

There's a nationwide trend toward telecommuting; a growing number of employees of large firms are working at home — and employers are reaping the benefits of increased productivity.

More people are running full- or part-time businesses out of their homes. Estimates vary, but one New York research firm says that there are 25 million home-based workers, a number increasing by 14 percent per year.

Depending on the kind of work you do, chances are you're in business once you get the basics: a personal computer, a two-line phone plus answering machine, a filing cabinet and a few pieces of office furniture. You may want to add a facsimile machine, a copier, a calculator and a printer.

How to select the best equipment

YOUR COMPUTER

Remember the first home computer? It could do little more than store recipes and play video games. When it came to serious office work, it was useless.

Today's home PCs are as powerful as any found in most businesses. Streamlined and efficient, they cost around \$1,200.

If you're computer-shy, you'll be happy to know that new software programs are easier to use and better than ever. Many word-processing programs are so user-friendly you can learn them in a matter of hours. And thanks to double-sided floppy disks and hard disks, which store huge amounts of information, programs are more versatile and powerful.

BUT ALL I NEED IS...

A typewriter? Good. Contrary to popular belief, these have yet to become obsolete. In fact, new electronic typewriters offer many of the benefits and none of the drawbacks of PCs.

They're less expensive, run simple word-processing programs, store text and data and handle tasks such as typing envelopes, cards or mailing lists with ease.

BETTER PRINTERS

It used to be that your options for a computer printer were either a super-slow (but letter-quality) daisywheel, which was expensive and noisy — or a lickety-split dot matrix with type that looked so "computerish" you were embarrassed by it.

New daisywheel printers are fast — about 100 characters per second — and sell at more reasonable prices (approximately \$1,000). Dot-matrix printers are still faster and cheaper (about half as much), but now they produce text so close to letter quality you need a magnifying glass to tell the difference.

Of course, laser printers are the big news: They print five to 12 pages per minute, are whisper-quiet and have amazing print and graphics capabilities. On the downside, they're still expensive — between \$5,000 and \$7,000 for a good one — but industry experts say prices are coming down.

COPY CAPABILITY

Nearly half of the nation's home offices have personal copiers.

These are small, inexpensive (around \$800) and offer all the advantages of the larger versions. High-end home copiers can make double-sided copies, have reduction/enlargement capabilities and can copy in colors (snap in a blue, red or green cartridge).

A new copier by Canon (the PC-6RE) has a stationary platen (the copyboard doesn't slide back and forth) — so you can set it in a corner and save precious space.

FAX IT TO ME

Next to the telephone and computer modem, the fax machine is the most significant link the home office worker has with the outside world.

Today's FAX machines are about the size of a telephone answering machine and can be had for around \$1,200. If you've never used one, you won't believe how easy it is. All you do is dial your client's or boss's machine, insert your document into a tray, wait until the other machine answers, then press a button to transmit — anywhere in the world.

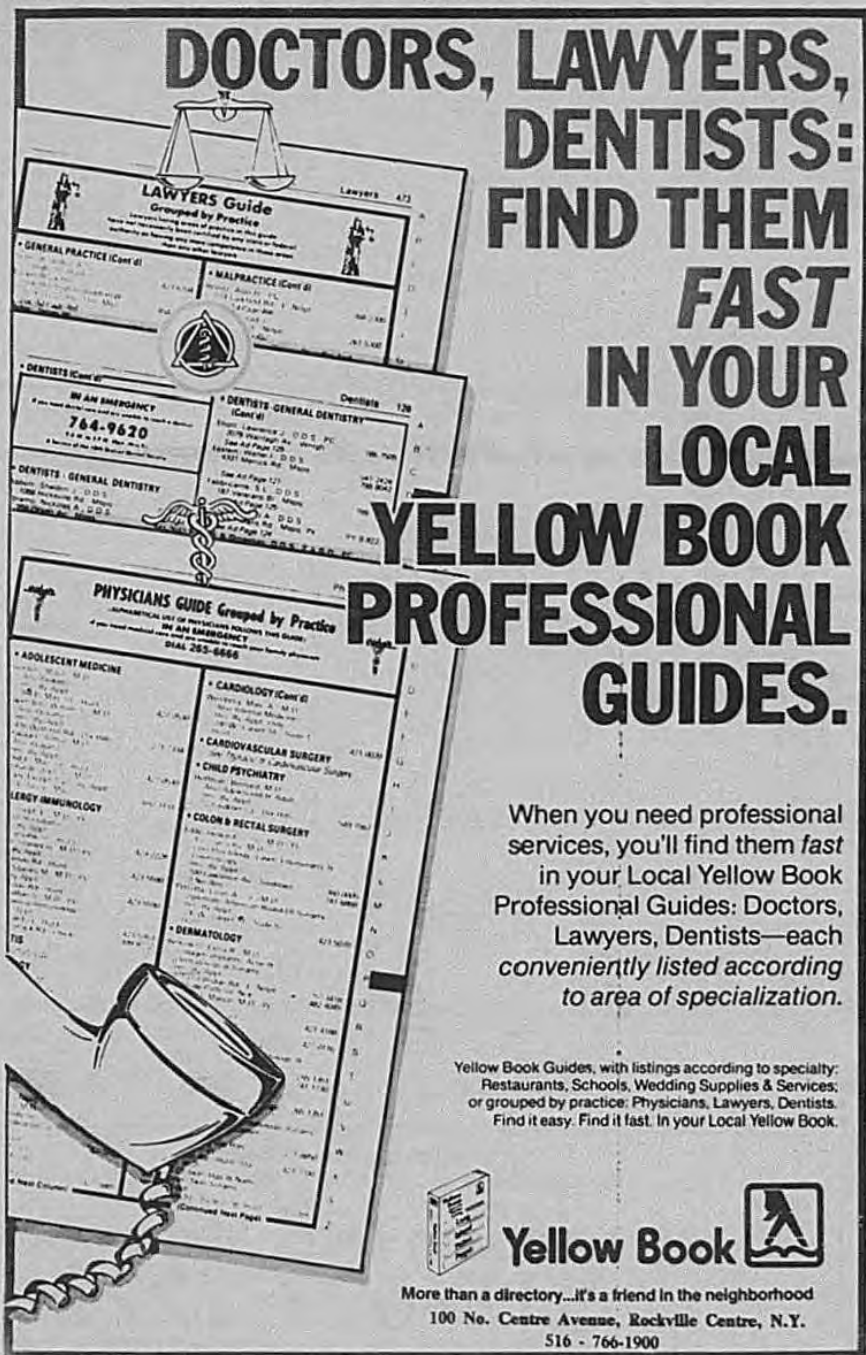
IT'S FOR YOU

True, a phone answering machine isn't as good as a secretary, but many home-based businesses couldn't exist without them.

New versions are impressive; they use microprocessors to time- and date-stamp incoming calls, show how many messages have been received and let you retrieve calls by remote.


SPECIAL EDITION APPEARING IN Guide City News, Great Neck News, Williston Times, New Hyde Park Herald, Canisius, Stream, Advisory, Jericho News Journal, Bridgeport News, and Hicksville Mid Island Times

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PORTABLE SOUNDS
**Boom boxes for office
 and outdoor music**



PORTABLE SOUNDS — You can take it with you with one of the sleek new portable sound systems.

By Martin Porter

They are known by a variety of names: boom boxes, beat boxes, stereo suitcases, ghetto blasters. Whatever the name, one-piece stereo systems are increasingly evident everywhere from offices to city streets. In fact, electronics industry statistics have found that boom boxes are the single most popular audio product in the United States.

The reason is simple: convenience. Even if you are personally not prone to schlepping your stereo around on your shoulder, the simplicity of packing all your music-making needs into a single portable package is quite appealing to our on-the-go society.

The AM/FM radio was the first audio source to get packed inside, then the cassette, then the dual cassette and, finally, the CD. Whatever the configuration — and, in fact, they are getting quite diverse — there is a boom box for every need.

Sharp, for example, has put some extra oomph inside its WQ-T354 portable music system. With its five-speaker, three-amplifier design, this model provides an excellent bass kick for the portable its size. It comes equipped with an AM/FM stereo tuner, double cassette deck, two woofers, two tweeters, a subwoofer and a built-in, dedicated bass amp. All of this comes packed into a good-looking, sleek-style box.

Sleek styling has been a particular emphasis of late since, as a portable good, the boom box says quite a bit about the personal style of the carrier. An artistically designed portable AM/FM stereo cassette player from Sanyo, the SOLO DA-1, is as stylish as they get, with its modest low-key appearance. The unit features six radio station presets, Dolby noise reduction, an auto-reverse function and auxiliary inputs for a CD player add-on.

The key to judging any CD boom box is how well the CD plays while the box is booming. Aiwa's CSD-808 puts emphasis on this design consideration with a three-beam laser pickup and front-loading CD design. Most importantly, this box comes with a CD output jack so that you'll also benefit from the digital sounds at home.

In addition, this music-maker comes with an AM/FM stereo tuner, three-band graphic equalizer, two-way speakers and mic mixing for recording and playback. The dual cassette recorder is equipped with auto reverse, high-speed dubbing, Dolby B noise reduction and synchro dubbing from the CD player source.

The attraction of boom boxes obviously is more than just convenience. Price has more to do with consumer interest than anything else and, in fact, there is a range of portable systems that gives you all the listening you need for list prices under \$300.

Some shopping tips:

- Don't expect to get great sound and you won't be disappointed; that's not what you're shopping for. You're looking for something portable, something inexpensive and something versatile.

- Don't go crazy about graphic equalizers; they give you some tonal control, but, considering the quality of the sound, what's the difference?

- Keep an eye out for auxiliary output jacks that will let you eventually plug the boom box into a higher-powered amp and a better pair of speakers at home.

- Test the set out with low-frequency tapes; if you hear a buzz look for something else.

- A headphone jack also is a nice touch and, in fact, if every boom box was so equipped we'd live in a much quieter world.

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By Monica Perez

Somewhere in every den or garage is a drawer or box filled with well-meaning but misguided gifts.

Oh, most folks don't mind off-the-mark gifts — too much. After all, it's the thought that counts. Mom really did use the yogurt maker, and Dad wore the hat with the built-in fan — once or twice. Ditto for Grandma's exercise bike.

It's enough to make you want to resort to those stalwart gift traditions: perfume, a necktie or a family photograph. But everyone knows the perfect gift is unusual, useful and inexpensive — in other words, a great gadget.

You'll find them in gift and specialty shops, department stores, hardware stores and through mail-order companies such as Norm Thompson, Hammacher & Schlemmer, Sharper Image, Price of His Toys and Brookstone.

PERSONAL ELECTRONICS

• Compact travel alarm. Pocket-size travel clocks have been around for a long time, but new ones are ingenious. They keep track of a dozen or more time

zones and have digital displays that show distant as well as local time. A chirping alarm can be set for snooze.

• Clip-on or stick-on lights. Does your handyman have a work area that needs extra lighting? Give

him a clamp-on spotlight. No electricity nearby? There are stick-on fluorescent lights that run on batteries.

• Halogen flashlight. Sunlight bright and long-lasting, halogen pierces the darkness better than conventional flashlights. New models have beams you can focus, from wide to pencil-thin.

• Personal body guard. Scared to walk the streets? Sharper Image offers a personal alarm with a 100-decibel scream and an emergency mode so the alarm can't be silenced. Best of all, it can't be used against you.

• Digital tire gauge. Chances are your autophile has a tire gauge, and chances are he doesn't quite trust it. To ensure accuracy, this new version has an LCD digital readout and a solid-state microprocessor.

• Coffee warmer. If your busy executive's morning coffee gets cold because she's interrupted by phone calls and meetings, give her this coaster-size warming tray. It'll keep her beverage hot and spare her the trouble of trekking to the office coffee machine.

• Cordless pet-grooming vacuum. Silent suction for Trixie and Muffy cleans fur gently. Runs on four C batteries.

• Personal environment sound machine. Sleep like a baby with this speaker under your pillow with four natural sounds, such as rainfall, to lull you to dreamland.

FITNESS ELECTRONICS

• Precision pedometer. If Mom's serious about walking or jogging, give her a pedometer to measure her progress. One model from West Germany records up to 12 miles in 10th-of-a-mile increments.

SPORTS ELECTRONICS

• Golf scorecard. At first glance,

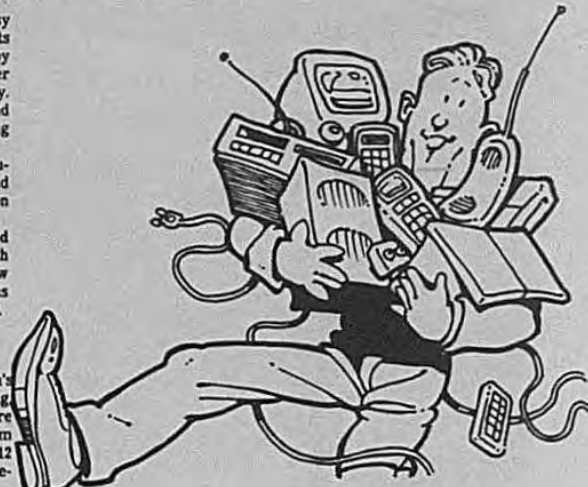
this looks like an electronic gadget that may be too complex to be practical. Actually, it's easy to use. Your golf fanatic simply

pushes buttons to keep score for up to four players — eliminating the need for pencils and pads. It also comes with a digital clock and calendar.

• Computer chess. Play the computer on this miniboard where you can play casually or in a tournament. Select a Mate-in-10 problem or discover the thrill of Blitz chess, all from Saitek.

• Pro Bridge 200. The size of a paperback, this traveling micro-computer plays at eight levels of skill and aggressiveness. No cocktail peanuts included with the trump card.

• Radio controlled motor boat. The Price of His Toys offers a spellbinding ride with Thunderhawk, complete with R.C. transmitter; this 1/20th scale speedboat steers in four forward speeds with reverse.

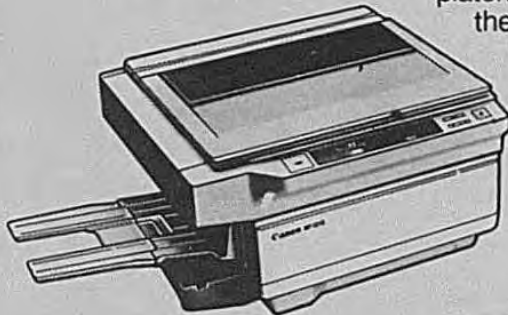


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TECHFACTS

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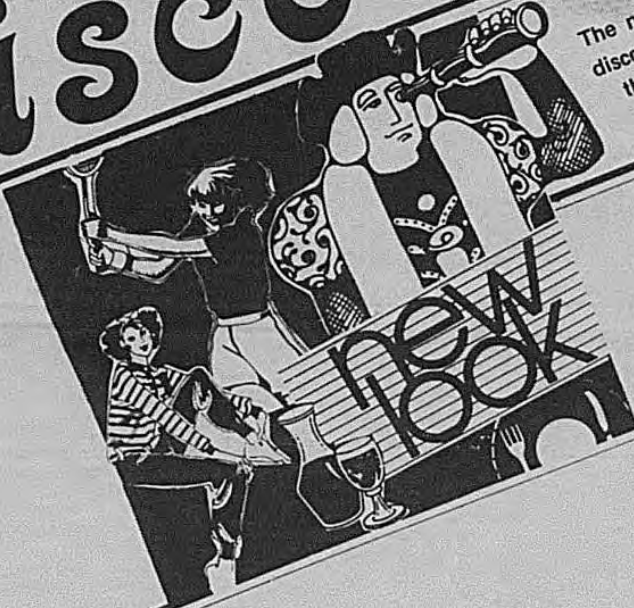
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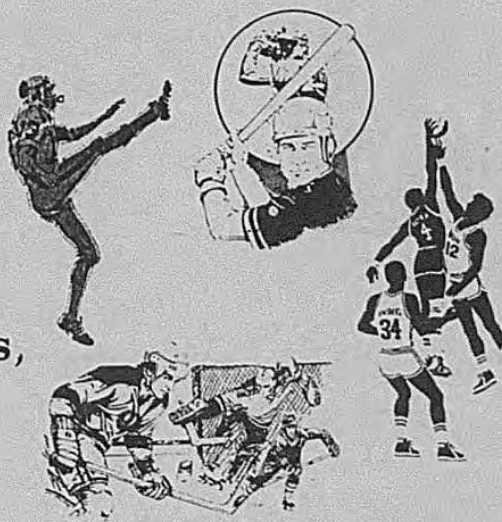
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The newspaper edition that helps
discover new writers, new ideas
through Input and special
family features.



Friday, January 26, 1990

**Sports Fans: Front Runners,
Diehards And Other
Curious Varieties**



SEE PAGE 3

Input Callers Do Not Equate, Alcohol, Drugs

Most callers to Input do not think that legalizing drugs is comparable to legalizing alcohol in reply to this question: "Do you think that legalizing drugs is similar to legalizing alcohol?" Here are some of the answers:

NOT SIMILAR

Only to a very small extent can legalizing drugs be compared to alcohol. The similarity is that alcohol alters the mind as do drugs. But the incidence of addictiveness from alcohol to drugs is far greater. If we do legalize drugs we will of course get rid of the drug dealers and people who will kill for drugs because the price will come down. But the cost of this will be that we are dooming too many people to getting hooked on drugs which will be legal. N.H.

SHOULD BE LEGAL

I believe that drugs might as well be legal. The fact is that we have all the drugs now available to anyone who wants them and the only thing standing in the way is the high cost which is usually solved by going out and stealing. If drugs were legalized all of the money put into so-called "wars on drugs" could be channeled into rehabilitating drug addicts and teaching the fear of the poison drugs represent to people. In the long run the country would be better off and the streets would be better because drug traffic would disappear. J.H.

NOT CLEAR YET

There is a great deal of information that is not clear about drugs. I would want to see how legalized drugs worked elsewhere before seeing it allowed here. How strong is the addiction to drugs? Can it be controlled as alcohol? If we stopped drug dealing a great many mobsters would lose out because the cost would be down and there would be less incentive to push to get people hooked on drugs. If this were true, after a short time, drug usage would be down and in a manageable form. N.F.

WORSE THAN ALCOHOL

It is an over simplification that alcohol is on a par with drugs. Many thousands of people take alcohol without any signs of addiction. But many who take drugs immediately become addicted and are unable to control their own need for the drugs. We would be condoning something for people that in the long run would ruin their health. Alcohol is bad but drugs are much worse. D.H.

NOT EQUAL

The mistake in evaluating drugs with legalized alcohol is that they are not equal. Alcohol has some bad effects on people but drugs are much more powerful and addictive. We cannot therefore compare the two and come up with a conclusion that we are just going to solve the drug problem with repeal as we did with prohibition. F.K.

LEGALIZE DRUGS

I think that there is a great similarity between drugs of many types and alcohol. We have the undercover selling and buying and the sneaking around and the manufacture under uncontrolled conditions and we have the high prices leading to crime and undercover money that has to be laundered. All this went away with prohibition repeal. Most of it would go away with legalization of drugs. V.G.

TAX IT

The only drug that I think should be not legalized, but decriminalized, is marijuana. All other drugs should be considered a narcotic. In the event it was legalized there should be a tax put on it. There would be money going into the federal deficit. F.C.

WORSEN CRISIS

Alcohol and drug addiction are among the nation's most serious problems. Just as legalizing alcohol has made abuse more acceptable in our society, legalizing drugs will do the same. I do not think this should happen because drugs are more potent and dangerous than alcohol. Many people know when to stop drinking. But those who use a low priced form of cocaine, known as crack, can become addicted from the beginning. Abuse of any kind is unhealthy. Legalizing drugs will only make the drug crisis situation worse. C.P.

AGAINST LEGALIZING DRUGS

Legalizing drugs on a comparable basis with alcohol automatically presents strong arguments in its disfavor. At least, that's the way it appears to me. When it was a crime to produce, sell, buy or consume alcohol, it didn't have the same impact as the equivalent conditions would apply to drugs. Alcohol as a social beverage goes back to the Bible and before that. Clearly then, when prohibition came into force, consumers knew the devil they were faced with, both the pleasures and the dangers. So, an educated yardstick based upon experience was more readily applied. I well remember the days of the "speakeasies", of "home brew" and "bathtub gin" and, as a child, beer and wine were no strangers to family life. But, I don't recall seeing whole families devastated both as to physical and mental health. So, with all this background, I believe that the fundamentals are so different that there is no way that equivalent comparisons can be made. However, there is one factor in the drug situation which clearly militates against legalization. While alcohol had its "bootleggers" and organized crime was quick to capitalize on prohibition it did not lend itself to the calculated destruction of the human spirit as a means of building a multibillion dollar world-wide market which fed on corruption and crime to foster the ends of the drug czars. As we see in our daily news releases, its influence reaches from the child who peddles drugs to the highest level of sports, government and business. It's an insidious element which destroys the human spirit and legalization of its sale and use would only serve to invite a greater calamity. I see no alternative - we have just got to fight this terrible menace with every tool at our command - and by "our" I mean every country of the world. Let's concentrate on giving our present drug prohibition policy what it takes to make it work. P.G.S.

PAST ISSUES

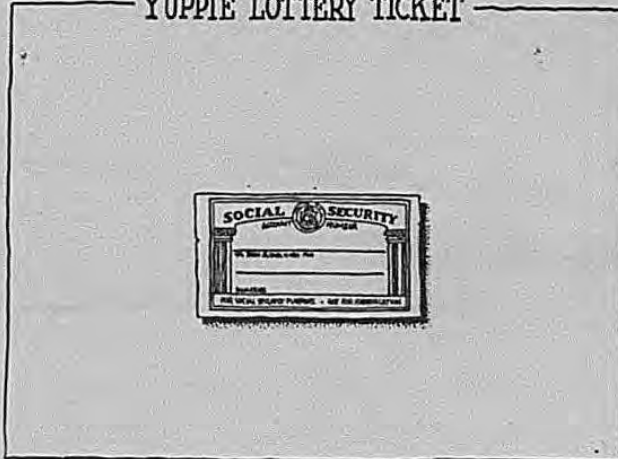
WOMAN IN COMBAT

I want to respond to P.G.S. in regard to women in combat. He said he cannot see using women as "cannon fodder". Is it O.K. to use men as cannon fodder? Are they not equally precious? Thousands of years of history have conditioned us to believe that it is O.K. to send men into combat to die but not women. Well it is not okay to send either and if the discussion of women in combat helps people to see the senselessness of war then it is a good thing. H.F.

THE QUESTION OF THE WEEK

Do you believe that tax on social security should be lowered as Senator Moynihan has requested?

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Discovery!

Sports Fans: Front Runners, Diehards And Other Curious Varieties

By Michael Golden

One of the great mysteries of human nature is the unnatural and often masochistic tendency for grown men and women to attach themselves to the vagaries and frustrations of a sports team. We know, of course, that the word "fan" originates in the word "fanatic," which Mr. Webster defines as "a person whose extreme zeal, piety, etc. goes beyond what is reasonable." An evening at any sports arena or in a bar that has SportsChannel emanating from an oversized screen reinforces the veracity of this definition.

There is something fundamentally irrational in the concept of working ourselves into a frenzied emotional state over a bunch of guys who, by sheer chance, are on the payroll of a team that we have somehow merged our souls with. I mean, chances are pretty good that we wouldn't even like a lot of these guys if we knew them personally, especially given the outsized egos so many modern athletes seem to possess.

Why do we develop such intense rooting interests, place our loyalties with a group of strangers, even strain marriages to the breaking point by ignoring spouses, offspring and pets when Doc Gooden pitches or the Giants are on Monday Night Football? What psychological quirk in our genetic make-up allows us to root for the Yankees, a team owned and operated by America's single most obnoxious and arrogant individual?

There are many theories of fan psychology, most of them propounded by my friend Tony. Tony lives and dies with the football Giants, and knows the most intimate details of the lives of every linebacker drafted by them in the last decade. Tony believes that our fan instincts are a vestige from the days of the caveman, when fierce territoriality was necessary for survival; hunters and gatherers banded together for protection and clubbed the daylight out of those who invaded their turf, much as Giant linebackers do to opposing running backs. (All of Tony's sociological theories are directly applicable to Giants' linebackers). Since not all of us are blessed with the physical endowments and killer instincts necessary to be a professional linebacker, we must live out our territorial instincts vicariously through them.

We can't generalize about all fans, of course, since they come in so many different varieties. But with Super Bowl mania striking our country, the basketball and hockey seasons in full swing, and baseball lurking just around the corner, sports fans are at their fanatic peak. It may help, therefore, to identify some of the major subspecies of fan:

The long-suffering fan. The long-suffering fan is one of the most curious of all fans. Long-suffering fans include such notable types as the Red Sox fan, the Cleveland Indians fan, the Chicago Cubs fan and the New York Rangers hockey fan. These fans have so taken on the identity of a loser that they don't know how, or wouldn't know how, to handle success. They take a perverse gratification in their own suffering and are convinced that their teams are doomed to perpetual ineptitude, or marked by the Fates to be bridesmaids forever. Perhaps most sympathetic of all is the Boston Red Sox fan, whose teams have achieved a measure of success but always seem to be blind-sided by the gods at some critical juncture. (Witness the Bucky Dent home run in the 1976 playoffs and the incredible Met comeback in the sixth game of the 1986 World Series, when Bill Buckner failed to handle an easy ground ball with two outs in the ninth inning). Long-suffering fans are fatalistic about life; they are survivors, and not only handle, but come to expect calamity, adversity, and disaster as their lot in life. If you sell life insurance, these are the people you want to see.



The front-runner. The front-runner is the fan who shows up at the ballpark and takes a rooting interest when his team is doing well, but turns to macramé, Eastern religion, calligraphy, or vegetarian cooking when his team is losing. The front-runner cannot deal with the frustration of losing, but when his team is winning he's out in the front ranks, cheering them on lustily. In the New York area, where we have a number of teams, front-runners abound. Last year's Yankee fan is this year's Met fan when the team is going well, and vice versa. The front-runner gets giddy with success, congratulating himself on his team's good fortune, delighting in his team's (and, by transference, his own) natural superiority. The front-runner is sometimes called a "pseudo-fan," or worse.

The iconoclastic fan. The iconoclastic fan is less common than the other types, but is a true curiosity. This fan roots for the Seattle Seahawks or the San Diego Padres with unusual fervor, although he has always lived in Port Washington. He disdains the local teams, but latches on to some mediocre team in a different time zone for reasons known only to himself. The iconoclastic fan becomes a charter member of the Rex Hudler fan club and wears an Expos cap to Met games, remaining steadfastly seated during the home seventh-inning stretch. He is a suspicious character and undoubtedly under surveillance by the CIA and FBI.

The die-hard fan. The die-hard fan is the most intractable of all fans. He will remain to the last out of a game in which his team is trailing 16-2, still trying against all odds to rally his team, living by the Yogi Berra credo, "It ain't over till it's over." The die-hard fan has four televisions, each with SportsChannel, SportsChannel Plus, MSG Cable and ESPN. He subscribes to the Sporting News, Sports Illustrated, and Table Tennis Times, and listens to WFAN in stereo while driving his car to a practice session of his favorite football team. He refuses to believe that his team can lose, even with three starting pitchers on the disabled list, the top RBI guy holding out for a new contract, and the shortstop in a substance abuse clinic. He has a poster of Lawrence Taylor hanging in his bathroom and plays the video highlights of the Mets '86 World Series victory at least three times a week on his VCR. The die-hard fan is potentially dangerous and should not be entrusted to date your daughter, unless she happens to be a middle linebacker.

The rabid fan. The rabid fan is to be avoided at all costs; if one bites you, you may have to go for a series of painful shots. Rabid fans are usually found at hockey games, foaming at the mouth and going into paroxysms of ecstasy when a fight breaks out during the game. Rabid fans are psychopathic in nature and should be kept away from little children and household pets.

These are the major identified species of fan, although other types may yet be lurking in ballparks and arenas around the country. The different species of fan each have their own idiosyncracies, but they share one thing in common: they are all prone to wild and irrational fan-tasies about their favorite teams and players. And, the evidence suggests, there is no cure for this bizarre psychological deviance. I, and millions like me, must go through life suffering from a chronic case of terminal fanhood.

ABOUT THE AUTHOR

Michael Golden is a subscriber who teaches in South Middle School in Great Neck. His work has appeared in Newsweek, the N.Y. Times and Newsday besides many other publications. He is a frequent contributor to Discovery.

RESTAURANT GUIDE

MING garden Barbara Rader 9/6/82
Cathy Urbach's 4 Hats
WNCN - Rated Excellent

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Jan. 26 thru Feb. 4

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READER RATINGS



KATHLEEN'S IS JUST DUCKY

My dictionary defines ducky as "delightful; darling; dear". and this is exactly how my wife and I found Garden City Park's Kathleen's Restaurant to be when we "ducked" in there for dinner on a recent weekday evening. We both ordered from the most reasonably priced blackboard specials. She savoured Veal Kathleen and regatoni with fresh plum tomato sauce, embellished with fresh onions and celery, accompanied by a fresh garden salad with creamy Italian dressing, for \$11.75.

I most thoroughly enjoyed fresh broccoli soup, fresh sole, stuffed with crab meat, and served with spinach and mushrooms for \$10.95. We also enjoyed a carafe of Kathleen's most authentically Italian Rive Delgarda house wine, from Verona, Italy, vineyards, at \$8.75.

We both appreciate the lovely floral arrangements of fresh pink and white carnations and baby's breath in white ceramic vases, that graced each of the restaurant's tables.

Kathleen's is also ducky, web-footed-wise, with an impressive array of duck decoys and other duck memorabilia. Even Kathleen's partners Willie Ryan and his father-in-law Frank Lauria wear duck decorated polo shirts. We risked "ruffling their feathers" to inquire about the reason for their most pervasive duck theme and they fully explained without making a single wisecrack. Incidentally, we also found out the reason why Kathleen's is closed to the public on Sunday is because they cater to private parties on that day, J.C.

Q. We're having a christening party for our first baby. Someone said we should have a "christening cake." What's that?

A. Ask a specialty baker to make one for you — a white cake with white icing — perhaps with your baby's initials and birthdate contained in the icing design.

Traditionally, the mother and father cut the first piece and share it, as they did with their wedding cake. A newborn obviously can't share in the christening cake, but if your baby is several months old, you should give him or her a taste of the first piece! After all, it's his first party.

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Dinner
Private Parties

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MONDAY - BIG MONDAYS
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2 for 1 on All Entrees

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\$7.95 Includes Glass Of WINE, Salad, Garlic Bread, and a choice of one of Casey's six Pasta Entrees.

THURSDAY - SEAFOOD NITE
\$9.95 Includes glass of WINE, Salad, & Your Choice of one of Casey's Delicious Specials from the Sea

10% Discount for Senior Citizens Everyday

Available for Private Parties 4-7 p.m.

100 East Jericho Tpke., Mineola
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Guide to Good Dining

DINING GUIDE

READER RATINGS

DINING GUIDE

Floral Park's Best Kept Secret!

HALLIGAN'S

THE CORNERSTONE OF FINE FOOD AND SPIRITS

Open for Lunch and Dinner Happy Hour Daily 4-7 p.m. Free Buffet

Join us for our Fabulous Sunday Brunch 12-4 (Fresh baked Muffins, unlimited Bloody Mary's, Mimosa's and Screwdrivers along with Coffee, Tea and Danish)

All Sporting Events via Satellite TV

145 Tulip Ave., Floral Park (516) 358-3690
(Private Parties Available)



Q. Three different groups at the office wish to give me a baby shower. Should I have one or two before the baby is born and the third one after the birth?

A. One shower is better. Can't you make all three groups band together for one? It would even make more sense to hold it after the baby is born, while you are on maternity leave. Then you could give your office friends a quick look at the real thing — the baby — who could be brought by a relative to make a 10-minute appearance at the shower.

If you have a profusion of baby showers in the office, it could cause confusion and waste company time — which you probably don't wish to do. It's preferable, too, if the shower is held off the office premises, because it's not exactly a business-oriented event.

Q. We're going to have a piece of silver engraved for our friends' baby. What kind of monogram would he have — John Andrew McNally III?

A. JAMcNIII. It's a mouthful, but there it is.

.....
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veal scaloppina rosemaria
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filet mignon forestier
chicken saltimbocca

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italian rum cake * parfalt
lemon sherbert * cheesecake
chocolate fudge cake * melon
coffee, tea, decaf

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mussels posillipo
cold antipasto
melon & proscuitto
baked clams
soup de jour
or
pasta of the day and
house salad,
choice of dressing

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Specializing in luncheon & dinner parties from 10 to 75 people in addition to our Complete Ala Carte Menu.

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The Last Word In Restaurant Guides

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(Guide to Good Dining)

DINING GUIDE

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RESTAURANT
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The Home of Paellas, Mariscadas
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Lunch from \$4.50 - 12.95
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Try Our World Famous Potatoes
NOBODY KNOWS ABOUT
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PORTUGUESE!

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READER RATINGS



VERY COZY
BoMont's in Williston Park is exactly what the ad says. "Cozy and Comfortable." The recent special they are advertising is a great offer if you like imported wine with your meal (just remember to bring the coupon!) We eat there quite often and have always been very happy with the food and service. G.G.

ALWAYS GOOD
One restaurant that you can always count on is the Executive in Mineola. No matter when we eat there the food is always good. We took some out of town guests there over the 4th of July simply because we have come to depend on the food and service and didn't have to worry that they wouldn't be satisfied. It's nice to have places like that nearby. O.V.

DINING GUIDE

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(Guide to Good Dining)

THE COURTYARD
"The Atmosphere of New Orleans"

WEDNESDAY NIGHT GRAND BUFFET
3-10:00 pm - \$18.99 pm
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PARTIES FROM 20-250

Two for Tuesday
Selected Entree 1/2 Price
Includes: Lobster, Shrimp, Chicken, Pork, Turkey, Dressing, Salad, Dessert, Soft Drink

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**We Reserve the Right to Limit Party Size and or Time.

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DINING GUIDE

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NEW EXPANDED PANORAMIC WATERFRONT VIEW!

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THIS SETTING IS AS ROMANTIC AS OURS ON YOUR WEDDING DAY

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READER RATINGS



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

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

After several people have been served, urged by the hostess, guests begin eating so their food will not be cold. And except at breakfast, the polite husband waits until his wife has been served before beginning to eat.

NEGATIVE FINDINGS

I feel very frustrated that you don't publish the negative findings of your readers when they visit restaurants advertised in the section called Reader Ratings. I personally have visited almost all of these restaurants and have, on occasion, been terribly disappointed. In school I learned that a negative result was as valid as a positive result. Wouldn't it be nice to know the negative results as well as the positive? Otherwise, the concept is really not worth much. S.D.

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DINING GUIDE

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- Fried Calamari
- Veal Saltimbocca
- Complimentary Beer, Wine and Soda

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FREE Carafe of Wine with dinner & ad Expires 2/28

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288 Jericho Turnpike Mineola, N.Y.

Open Daily for Lunch 12 noon - 4 p.m. \$4.50 - \$8.95

Complete Daily Dinner Specials

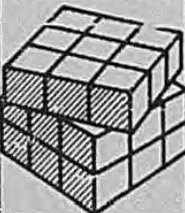
- Filet Mignon, Grilled to Perfection \$9.95
- Shrimp Dinner, Cajun or Scampi \$9.95 (Scampi served w/ Linguine)

Ask about our other Blackboard Specials!

Join Us for Super Bowl Sunday 1/28/90!

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(Guide to Good Dining)

DINING GUIDE

Barrietta's EVERY DAY SPECIAL
TWO Dinners for \$18.95
 Choice of Prime Ribs of Beef
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 Dinner includes: soup or salad
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**COMPLETE
 DINNER FOR TWO SPECIAL
 \$16.95**
 INCLUDES
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ENTREE CHOICES:

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READER RATINGS



Q. In my particular line of work I frequently entertain clients in elegant restaurants. Once in a great while I am forced to change the date of an appointment. What is the best way of handling this situation?

a. Obviously, you should not change the date unless it is absolutely necessary. If you must cancel, call personally - this is something your secretary should not be asked to do - and set a new date within a few days.

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

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READER RATINGS



Q. I hate to admit it, but I am one of those people who enjoy eavesdropping when eating out in a fancy restaurant! Is there any hope for someone like me?
A. Eavesdropping, when it draws attention away from one's own dinner companions is highly impolite. Sorry, you'd better mend your ways or you may find yourself eating out alone more often than you'd like.

Q. When inviting someone to a business luncheon, how far in advance should the invitation be extended?
A. Few people like last minute surprises. It is best to extend the invitation at least a week in advance.

Q. Sometimes when I have a luncheon appointment with a client my secretary suggests that I call a day in advance to confirm the date. Do you think this a good idea?
A. Absolutely. It tells your client that the appointment is important to you. It is actually a compliment to your client.

EDITOR'S NOTE TO CALLERS: Individual criticisms of restaurants are sent in memos directly to the restaurant mentioned unless they are recurring discrepancies. Restaurants consistently not up to standard will be dropped from listings here.

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OPENED TWO YEARS ago, Luna is a warm, cozy, intimate 65-seat dining room with a pleasant, attractive setting.

Launched by the Tudisco family in Elmont, the restaurant served several generations of families. In 1987, Tudisco's oldest son, Vincent, and his son-in-law, Stephen DeFlorio, opened the new Luna at the present location.

Pleasant in setting, the dining room features peach and light-tinted gray walls. Mirrors and colorful pictures adorn the walls. Rust-colored chairs add splashes of color. Fresh flowers on each table provide more color.

Chef Vincent Tudisco and family dish out a tasty array of appealing Italian specialties, with meats and fish of fresh quality and deliciously prepared pastas. The service staff is friendly, attentive and courteous.

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Decor Score



By Rose Bennett Gilbert



BREAKFAST ROOM — Designer Tom O'Toole combines a traditional swag and jabot with a Waldorf Roman shade made from a new fiberglass sunscreening material from Window Modes/Modern Window.

Window dressing for privacy

Q. I have just one window at one end of our eat-in kitchen, but it faces east, so the sun shines in every morning. At night, however, we feel exposed during dinner.

A. How can I dress the window to keep the sunshine and keep out the neighbors' eyes? — C.C.

A. A combination window treatment should do the trick.

You might try the twosome we show here: a fairly formal swag and valance over a store-bought Roman shade. When you draw the shade to the top, it will disappear under the valance, opening the way for your dose of daily sunshine. Drop the shade when the sun goes down, and voila: privacy.

This particular shade has an added feature as well: It's made of a vinyl-coated fiberglass sun-screening material called Lyver-screen, through which you still get light and a filtered view.

Other now-you-see-it, now-you-don't ideas:

- Wooden shutters mounted flush with the window frame, two pairs, opening top and bottom, under a swag and jabot for a softening touch.

- A roller shade mounted upside-down so it pulls up from the windowsill at night.

- Cafe curtains on the bottom half of the window, again under a decorative swag or valance.

Q. My much-beloved grandmother's dresser is covered in wood veneer in a lovely, intricate design.

To my horror, some of the veneer is beginning to curl up at the edges. What can I do? — S.B.V.

A. Since water-soluble glue was the only thing around when many old furniture pieces were made, any dampness can cause the veneers to come loose or blister.

White polyvinyl glue will take care of the first problem: apply the glue sparingly and set a heavy weight on the spot until it's dry.

Blistered areas are a little more complicated, but this first-aid treatment usually works: Slit the blistered spot down the center along the grain with a razor blade. Now lay a folded dish towel over the blister and hold a moderately warm iron against it to heat up the wood surface. The heat should soften the old glue and get it working again.

If the edges of the slit now overlap, trim them carefully with the razor and apply the iron treatment again until the spot is smooth to the touch. Then weight overnight with heavy books to keep it smooth.

Backyard Gardener



By Patrick Deaton

Sharing timely green thoughts

Today I have some timely green thoughts to share with my gardening friends.

SEEDS

Before purchasing new seeds, check what there is left over from last year.

Under ideal dry and dark storage conditions in cool temperatures that fluctuate little, most seeds remain able to germinate and produce good plants for about three years. Some, such as zinnia, nasturtium, salpiglossis, cucumber, squash and beet normally will last at least twice as long.

Seeds that will not last well in good viable condition include onion, parsley, parsnip, corn, salisfy, buckwheat, gerbera, lily, geranium, salvia and verbena. These should be kept for just one year. That is, plant the seed in two consecutive years only.

If you're not sure about the age or condition of some of the seeds left on hand, test them by keeping 10 in a length of warm, moist paper toweling for two weeks. If six or more germinate, plant the seeds normally. If four to six germinate, seed them thickly. If less than four sprout, buy a fresh supply.

SNOWDROPS

Experiments with snowdrops have given some clues to the flowers' extraordinary hardiness. Apparently, the drooping blooms hunker in against the cold at night by drooping a little more and closing slightly. And as they close, the bells impervious within themselves some of the daytime warmth.

Temperatures inside the flowers are sometimes as much as 2 degrees warmer than the surrounding air, most noticeably in the cold spell just before dawn.

PANSY RING

The other day I discovered a marvelous moonlighting job for my potter's pansy ring. A pansy ring forms a low, empty-centered circle with the edges fairly close together for holding a round garden of short-stemmed flowers such as pansies, petunias, nasturtiums or violets.

It just happened to notice the pansy ring standing empty on a kitchen counter, and behind it a small African violet — whose pot fitted right into the center of the pansy ring. It occurred to me that the ring, kept filled with tepid water, would be a most efficient source of humidity. The African violet is now blooming wildly.

FERNS

Deservedly popular as graceful indoor plants, ferns nevertheless fall prey to their share of earthly woes. They are, for example, vulnerable to mechanical damage when their site exposes them to traffic, or to the frolicking of children or cats.

In such situations, fern stems often are discovered bruised, bent or broken. When this happens, protect the general beauty and health of the plant by cutting out old and damaged stems to the soil line. Find a more protected, out-of-the-way location for the fern.

Browning and drying are very common problems with indoor ferns, and the most usual cause is exposure to dry air. Here are some suggestions for keeping your ferns fresh looking.

To elevate the levels of humidity in the air around ferns, set the pots on trays of damp pebbles and spray-mist the foliage with tepid water daily, if possible. Bathe the plants in the shower or at the kitchen sink from time to time. Keep the soil moist, always using tepid, not cold, water. Drenching at the roots also will cause desiccation in the foliage.

Coolish room temperatures and a site in filtered sun or bright indi-

rect light also will help to maintain ferns in good condition. Direct, hot sun will burn the foliage. And when temperatures are high, it's difficult to keep humidity levels in the air elevated. Cut out the oldest stems to the ground from time to time. This grooming does a lot for the appearance of ferns.

STORAGE TOMATO

There is a tomato developed specifically for storing on a cool shelf in the house for fresh eating during the winter. Developed by Burpee Seeds, this tomato is called Long Keeper, and it's available from Burpee and several other mail-order seed firms such as Abundant Life Seed Foundation, P.O. Box 772, Port Townsend, WA 98368.

Long Keeper is picked at the light golden orange stage and stored in an airy location out of direct sunlight, ideally in temperatures between 60 and 70 degrees Fahrenheit. These tomatoes have been known to store in good eating condition throughout the winter.

Backyard Gardener



By Desiree Vivea

Get healthy with wheat germ

Before oat bran started getting all the press, wheat germ was the darling of the grain family. Why? Because it packs a delicious nutty crunch while it provides important nutrients, like protein, B vitamins, vitamin E, potassium and zinc.

The germ is the heart of the wheat kernel, and the part that would GERminate and sprout, if planted.

Wheat germ comes in two forms: raw or toasted. The raw version is higher in nutrients but can taste bitter. Toasted wheat germ may be slightly less nutritious, but it has a great nutty flavor and a longer shelf life than the raw form.

Because it is a natural source of oils, which deteriorate rapidly at room temperature, wheat germ should always be stored in the refrigerator or freezer, in an airtight container.

Add wheat germ to all kinds of baked goods: muffins, breads, cookies, crumb crusts. Substitute wheat germ for part of the flour when baking. For every cup of flour called for, use ¾ cup flour and ¼ cup wheat germ.

Other things you can do with wheat germ:

- Add to ground meats (about ¼ cup per pound) before cooking as a meat extender.

- Sprinkle over cooked or dry cereals before serving for added nutrition.

- Sprinkle over cottage cheese or yogurt for a healthy snack.

- Combine equal parts wheat germ and melted butter or margarine to make a "crumble" mixture. Sprinkle over scalloped vegetables, fish, poultry or casseroles before baking.

- Add to cobbler toppings over baked fruits or to ingredients in stuffed apples.

ALMOND-WHEAT GERM SCALLOPED BROCCOLI

- 2 (10-ounce each) packages frozen chopped broccoli
- 2 tablespoons water
- 3 tablespoons butter or margarine
- 2 tablespoons slivered almonds
- 2 tablespoons wheat germ
- 1 tablespoon all-purpose flour
- Dash pepper
- ½ cup milk
- ½ cup shredded cheddar cheese

Yields 4 to 6 servings.
Preparation time: 5 to 10 minutes.

Cooking time: 12½ to 19 minutes.

Oven setting: HIGH (100 percent power); MEDIUM-HIGH (70 percent power).

Combine broccoli and water in 1½-quart microwave-safe casserole. Cover and microwave until

heated through, 6 to 9 minutes, breaking up with fork and stirring halfway through cooking time. Drain off liquid. Cover and set aside.

Place 2 tablespoons of butter in small microwave-safe bowl. Microwave 30 seconds to 1 minute, to melt. Stir in almonds and wheat germ. Microwave 1½ to 2½ minutes, stirring every minute, until light brown. Set aside.

Place remaining 1 tablespoon butter in 2-cup glass measure. Microwave about 30 seconds, to melt. Stir in flour and pepper, then blend in milk. Microwave at MEDIUM-HIGH setting 2 to 3½ minutes, stirring every 30 seconds, until thickened. Stir in shredded cheese until melted, then pour over broccoli. Top with almond-wheat germ mixture. Microwave at MEDIUM-HIGH setting until heated through, 2 to 3 minutes.

BACON-SWISS QUICHE

- 8 bacon slices
- ¾ cup wheat germ
- ¾ cup all-purpose flour
- ½ cup soft margarine
- 2 to 3 tablespoons cold water
- ½ cup sliced green onions
- ¾ cup shredded Swiss cheese
- 3 eggs
- ½ cup evaporated milk
- ¼ teaspoon each salt and dry mustard
- ½ teaspoon each pepper and cayenne pepper
- Paprika

Yields 4 to 6 servings.
Preparation time: 10 to 15 minutes.

Cooking time: 13 to 19½ minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power); MEDIUM-HIGH (70 percent power).

Arrange bacon slices on bacon rack or on paper-towel lined plate. Cover with paper towel and microwave 4 minutes. Rotate ¼ turn and microwave 2 to 4 minutes longer. Set aside.

In large mixing bowl combine wheat germ and flour, cut in margarine. Add water and mix gently. Press dough into bottom and sides of 9-inch glass pie plate. Prick bottom and sides with a fork and microwave 1 to 2½ minutes, or until crust is cooked but still slightly moist.

Crumble cooked bacon over bottom of crust, then sprinkle with onions and shredded cheese. In small mixing bowl beat together eggs, evaporated milk and seasonings. Beat with fork or wire whisk until well blended and pour over ingredients in crust. Sprinkle generously with paprika. Microwave at MEDIUM-HIGH setting 6 to 9 minutes, or until quiche looks set but still slightly soft in the center. Let stand on heat-proof surface 5 minutes before serving.



By Melanie Barnard and Brooke Dojay

Philadelphia as you like it

Remembered for a lovely Greek city-state, Philadelphia is now the name of two (also very lovely) cities in the United States.

The better-known Philadelphia is a bastion of Colonial history and modern mid-Atlantic big-city hustle and bustle.

The lesser-known Philadelphia is a serene and picturesque remnant of the Old South and a lively, warm community that spells the best of the new America.

Both Philadelphias, Pennsylvania and Mississippi, have deep roots in tradition — and some of these customs are best shown in the regional favorite foods that have long been associated with the communities.

Pennsylvania's Philadelphia, along with New York City, probably coined the term "street food." On nearly every downtown corner, carts and stands do a brisk business peddling the snacks and sandwiches that seem to be a genetic craving in local residents.

TIPS

- Most hot sandwiches are among the few dishes that don't reheat particularly well, for the bread will become soggy from the fillings. So assemble only as many sandwiches as you need and then make more as seconds are requested.

- Quality bread and rolls are well worth the few extra cents spent. There are several good national brands or buy from a bakery or deli.

PHILADELPHIA CHEESE STEAKS

- 3 tablespoons vegetable or olive oil, divided
- 1 large onion, very thinly sliced
- 1 clove garlic, minced
- 1 pound round steak, cut into very thin "sandwich steaks"
- Salt and pepper to taste
- 6 ounces (1½ cups) grated or sliced mild cheddar or "longhorn" cheese
- 4 seeded or unseeded Italian rolls, each 6 to 7 inches long
- 2 tablespoons softened butter

Yields 4 servings.
Preparation and cooking time: 15 minutes.

Preheat broiler.

Heat 1 tablespoon oil in large skillet and saute onions over medium heat, stirring constantly for about 5 minutes until softened and lightly tinged with brown. Add garlic and saute 1 minute. Remove from skillet. Add remaining oil to skillet and heat.

Stack sandwich steaks and cut into ½-inch crosswise "ribbons."

Saute steaks for about 3 minutes over medium-high heat, stirring often, until cooked through.

Return onions to skillet, add salt and pepper and toss over medium-low heat until warmed through. Cover pan to keep warm.

Split rolls in half lengthwise. Spread butter on cut sides of rolls and broil, cut sides up, for about 30 seconds until golden. Pile meat and onion mixture on bottoms of rolls, top with cheese and replace under broiler for 30 to 45 seconds until cheese is melted and bubbly.

Put top on sandwiches, cut each in half crosswise and serve (preferably on paper plates).

FABULOUS FRIED CATFISH ON A BUN

Scallion-caper mayo:

- ¾ cup mayonnaise
- 3 tablespoons minced scallions
- 1 tablespoon drained small capers

Sandwiches:

- 3 tablespoons flour
- 3 tablespoons cornmeal
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon cayenne
- 4 to 6 catfish fillets, or any other thin fish fillets (about 1 pound total weight)
- 2 tablespoons butter
- 2 tablespoons oil
- 6 to 8 sesame sandwich buns, split and lightly toasted
- Shredded iceberg lettuce
- Thinly sliced tomatoes (optional)
- Lemon wedges

Yields 4 servings. (Enough for 1½ to 2 sandwiches per person.)

Preparation and cooking time: 20 minutes.

To make flavored mayonnaise, stir all ingredients together in small bowl. Refrigerate until ready to use.

On large plate, combine flour, cornmeal, salt, black pepper and cayenne.

Heat butter and oil in large skillet over medium-high heat. Cut fish into pieces approximately 3 inches long so it will fit on buns. Dredge in seasoned flour mixture, shaking off excess. Cook in single layer in skillet for 2 to 3 minutes per side until fish is crusty golden brown on outside and just cooked within. (If you need to do this in two batches, use half the butter and oil per batch.)

Spread toasted sides of rolls liberally with scallion-caper mayo. Arrange a couple of pieces of fish in each bun and top with shredded lettuce and optional tomato slices. Place tops on sandwiches and serve with wedge of lemon on side for squeezing over fish.

Cooking Corner



Browning tops off layering of great gratin ingredients

PROVENCE, France — This is a land of brilliant blue skies, cliff-hugging villages, wide, hazy valleys and herb gardens offering an aromatic preview of the food on the Provence table. It is a land of respect for nature and of passionate love for foods that capture the area's intense vitality.

There is, perhaps, no dish that better displays that vitality than the gratin. Other French regions may lay claim to versions of this crispy layering of vegetables, meats, fish or fruits, but the cooks of Provence have perfected it, allowing each ingredient to shine and inventing countless variations.

Though Americans usually associate the term gratin with "scaloped" potatoes mired in milk, cheese and more cheese, French cooks use the term to denote the thin crust formed on top of foods browned under a broiler. That upper crust can be achieved with butter, olive oil, cheese or bread crumbs.

In Provence, where gratins are both art form and everyday sustenance, olive oil is used to moisten the layers and create a crusty cover. (In the neighboring Savoy region, nutty Beaufort cheese is often used as topping; in the Alps, milk and heavy cream.)

Provençal gratins are intensely flavored and highly aromatic. Zucchini, tomatoes, potatoes and eggplant are popular starting points. Most combinations are enlivened by the traditional Provence trio of garlic, thyme and rich, fruity olive oil.

Assembled in large earthenware dishes called *tians* (in Provence the terms gratin and tian are used interchangeably), gratins are designed for communal dining. Fundamental and intentionally unsophisticated, they are in synch with the land and nature.

"Almost anything can be used for a gratin," said Jany Gleize, co-chef with his father, Pierre, of La Bonne Etape in Chateau-Arnoux, a Michelin two-star restaurant. "But what is in season is what has the most taste."

"We use a lot of spinach and Swiss chard in Provence, and also things that are not, how do you say, *noble*. Things like sardines, poached eggs, turnips and carrots."

Other popular vegetables include Jerusalem artichokes, beets, broccoli, corn, leeks and celery.

At Oustau de Baumaniere, an inn and restaurant perched high in

the village of Les Baux-de-Provence, chef Jean-Andre Charial serves a robust gratin of sauteed eggplant, fresh tomatoes and herbs as accompaniment to the restaurant's renowned, pastry-wrapped leg of baby lamb. The menu also features a gratin of fresh oysters as appetizer and a creamy potato gratin to accompany meats and fish.

Baumaniere, a 16th-century manor house framed dramatically by towering limestone rocks and imposing trees, has retained its Michelin three-star status longer than any other restaurant.

At the two-star Restaurant Brunel, in the heart of Avignon, chef/owner Robert Brunel creates individual gratins of overlapping zucchini, potato, onion, wild mushrooms and fragrant black truffles.

"My mother and grandmother made many gratins with cream," said the young Brunel. "That's OK for potato gratin, but I don't like to use cream in my cooking; cream overpowers the natural flavors of the vegetables."

Gratins are not confined to supporting-cast status. Guests dining on the sunny patio of Les Frenes in Avignon are treated to chef Jacques Biancone's *soup de poisson en gratin au Provencale*.

Biancone's fish soup is a saffron-tinged sea scented with Pastis (a licorice-flavored aperitif) and brimming with bits of rock fish, mussels, langoustine (large prawns) and crushed tomato.

According to Biancone, the soup traditionally was baked. Today, he cooks it on top of the stove, crowns it with croutons, *rouille* (garlicky mayonnaise) and a sprinkle of Gruyere, and runs it under the broiler until the top is golden and bubbling.

Gratins also show up as entrees. Mussels and spinach are a classic gratin combo. Crayfish tails, dressed up in cream sauce and Gruyere and broiled until golden, is another popular choice.

Salt cod is often tucked under a foamy cream cloak. Scallops can be poached, sliced, folded into a classic soufflé mixture and then turned into a gratin dish to be run under the broiler.

In Italian-inspired areas of Provence, macaroni and polenta gratins are satisfying variations on the theme.

And the famed gratin *Dauphinois* — a simple layering of thinly sliced potatoes, garlic, butter and cream that is usually served as side dish — becomes an entree when bits of ham or sausage, mushrooms, onions and herbs are added.

Even the dessert table offers a range of elegant gratins.

At Le Clos de la Violette in Aix-en-Provence, the imaginative young chef/owner Jean-Marc Barro has created a gratin of fresh fruits nestled in a cream sauce scented with lavender from nearby fields. Biancone prepares a handsome gratin of red fruits — raspberries, strawberries, plums and pears — with a luxurious sabayon sauce made of Muscat de Beaume de Venise, a local dessert wine.

Other fruits that work well in gratins include the mango, grapefruit, kiwi and apple.

With today's trend-watchers predicting that the food of the '90s will be lighter, more healthful, with an emphasis on fresh produce and olive oil, the gratin that has enchanted Provence for centuries will surely gain new fans in the United States.

The versatile gratin can brighten every meal and every occasion. These recipes feature simple gratins made only with vegetables and olive oil and more complex versions made with heavy cream and cheese.

GRATIN OF CHAMBORD 'SABAYON' WITH RASPBERRIES

- 1 cup heavy cream
- 1 pint fresh raspberries
- 6 egg yolks
- 6 ounces sugar
- 1 cup Chambord liqueur

Yields 4 servings.

Whip cream in small stainless steel bowl and place in refrigerator.

Gently wash raspberries and place on cloth to dry. Once dry, arrange in equal portions in 4 soup bowls.

Place medium-size saucepan half-filled with water on stove over low heat. Water should be slowly converting to steam.

In medium-size stainless bowl, beat egg yolks and sugar together until very smooth.

Place stainless steel bowl over saucepan and continuously beat egg yolks and sugar. Be sure that steam is a gentle, steady vapor and not too hot or yolks will scramble. Whip yolks and sugar steadily until mixture runs in smooth, steady ribbon from whip.

Once yolks and sugar are at ribbon stage, add Chambord liqueur. Continuously beat mixture over hot water. When you first add liqueur, mixture will become liquid again, but it will thicken back to ribbon state. Once this is achieved, remove from heat and fold in whipped cream slowly.

Spoon sabayon over raspberries. Pass dish under broiler approximately 4 to 6 inches from heat. Always turn plates a few times to get a more even gratin. To gratinee a sabayon to golden brown takes only about 30 seconds, so watch plates carefully.

TIAN DE LEGUMES (Layered Vegetable Gratin)

- 2 small onions, each weighing about 4 ounces
- 2 small eggplants, each weighing about 10 ounces
- 4 small zucchini, each weighing about 4 ounces

- 5 small tomatoes, each weighing about 3 ounces
- 1 garlic clove, peeled
- 2 teaspoons fresh thyme
- Salt
- ¼ cup extra-virgin olive oil

Yields 4 servings.

Preheat oven to 350 F.

Wash vegetables and peel onion. Cut vegetables into thin rounds.

Generously rub bottom of shallow 5-cup gratin dish with garlic. Sprinkle with some of thyme.

Add sliced onion in single layer. Sprinkle with salt to taste and

more of thyme. Drizzle on some of olive oil. Continue layering in this manner with eggplant, zucchini and tomatoes, sprinkling each layer with salt, thyme and oil.

Cover securely with aluminum foil. Bake until vegetables are soft and tender, about 1 hour. Serve immediately.

From "Bistro Cooking" by Patricia Wells; Workman; \$12.95.

GRATIN GRAND-MERE

- 1 garlic clove, peeled and halved
- 4 tablespoons extra-virgin olive oil
- 2 pounds baking potatoes, such as russets, peeled and very thinly sliced
- 2 teaspoons fresh thyme
- 2 teaspoons salt
- 2 red bell peppers, cored, seeded and cut into thin rings
- 4 small zucchini (each about 4 ounces), thinly sliced

Yields 4 servings.

Preheat oven to 350 F.

Generously rub bottom of shallow 5-cup gratin dish with garlic. Grease lightly with about 1 teaspoon olive oil.

Layer half of potatoes in bottom of dish, overlapping slices as necessary. Season lightly with thyme and salt; drizzle with 1 tablespoon olive oil.

Add layer of half the red peppers and then half the zucchini. Season again with salt and thyme; drizzle 1 tablespoon of oil over vegetables. Repeat layering and seasoning. Drizzle any remaining olive oil over top.

Cover securely with aluminum foil. Bake until vegetables are very soft and tender, about 1 hour. Serve immediately.

From "Bistro Cooking" by Patricia Wells.

GRATIN OF ZUCCHINI WITH RICE

- 4 tablespoons olive oil
- 2 large onions, chopped
- 2 cloves garlic, chopped
- 2 pounds small firm zucchini, cut in ½-inch slices
- 1 bay leaf
- 3 tablespoons long-grain rice
- 1 egg, beaten
- ¾ cup grated Parmesan/Gruyere cheese
- Salt and pepper, to taste

Yields 6 servings.

Preheat oven to 350 F.

Heat oil in thick pan, cook onion and garlic till soft but not brown. Add zucchini and bay leaf, and cook until tender.

Boil rice for 10 minutes. Add to zucchini with beaten egg, most of cheese, salt and pepper.

Put in oiled oven dish, sprinkle with olive oil and rest of cheese, and bake for about 25 minutes at 350 F. Then raise heat for 10 minutes to make top crusty brown.

From "A Taste of Provence" by Julian More; Henry Holt; \$22.95.

GRATIN OF EGGPLANT AND TOMATO

3 medium eggplants
Salt and pepper
4 tablespoons olive oil, or more
2 medium onions
½ cup water
4 large tomatoes
1 large clove garlic
½ cup white wine
2 teaspoons thyme
2 handfuls Parmesan cheese

Yields 4 to 6 servings.

Cut eggplants diagonally in slices ½-inch thick. Sprinkle with salt and leave to drain for 30 minutes. Pat dry, then fry in oil until golden. Drain on kitchen paper.

Preheat oven to 375 F.

Dice onions not too finely and fry in 1 tablespoon oil until soft. When oil is absorbed, add water and continue to cook until almost a puree (paste).

Slice tomatoes. Arrange slices of eggplant and tomato alternately in oiled gratin dish. Chop or crush garlic over dish and add white wine. Season with salt, pepper and thyme leaves. Arrange onion puree over dish and sprinkle with Parmesan cheese.

Bake in oven for 30 minutes. Serve hot or cold.

From "A Taste of Provence" by Julian More; Henry Holt; \$22.95.

BAUMANIERE'S EGGPLANT GRATIN

2 medium eggplants (about 2 pounds)
3 tablespoons virgin olive oil
3 cups homemade tomato sauce
Handful of mixed fresh herbs, preferably basil, chervil, thyme, and flat-leaf parsley, minced
Salt and freshly ground pepper to taste

Yields 4 servings.

Preheat oven to 450 F.

Peel and cut eggplant crosswise into slices ¼-inch thick. Using pastry brush, coat both sides of eggplant slices with oil and place on oiled baking sheet.

Bake eggplant until bottom is light brown, 5 to 10 minutes. Turn and bake until light brown on other side, about 4 minutes longer. Check eggplant frequently and remove slices as they brown.

Cover bottom of shallow 5-cup porcelain gratin dish with thin layer of tomato sauce. Sprinkle with some of minced herbs and cover with layer of eggplant. Season lightly with salt and pepper. Continue in this manner until all ingredients are used, ending with layer of tomato sauce.

Bake until crispy and bubbly, about 30 minutes. Serve warm or at room temperature.

From "The Food Lover's Guide to France," by Patricia Wells; Workman; \$14.95.

SALT COD GRATIN

1 pound boneless, skinless salt cod
2 cups milk

2 teaspoons chopped fresh thyme
3 imported bay leaves
1 pound baking potatoes, peeled and thinly sliced
2 egg yolks
½ cup creme fraiche or heavy cream
½ teaspoon salt
½ teaspoon freshly ground pepper
1 garlic clove, cut in half
3 tablespoons unsalted butter

Yields 6 servings.

One to 2 days before preparing gratin, depending on saltiness of fish, soak salt cod in plenty of cold water. Change water 3 or 4 times during soaking period to remove excess salt. Drain and rinse fish.

Put cod in large saucepan. Add cold water and bring to simmer over moderate heat. Immediately remove pan from heat, cover and let stand for 15 minutes. Drain well. Scrape off any fatty skin and remove any bones. Tear fish into bite-size pieces.

In large saucepan, combine milk, thyme and bay leaves. Bring to simmer over moderate heat. Remove from heat, cover and let stand for 15 minutes.

Preheat oven to 350 F.

Add potatoes to seasoned milk and simmer over moderate heat, covered, until potatoes are tender, about 20 minutes.

In small bowl, whisk together egg yolks and creme fraiche. Remove potatoes from heat and stir in egg and cream mixture. Season with salt and pepper.

Rub cut sides of garlic over medium gratin or baking dish. Grease with 1 tablespoon butter. Spoon half potato mixture into dish, cover with cod and top with remaining potatoes. Dot with remaining 2 tablespoons butter. Bake gratin until top is golden brown, about 45 minutes. Serve hot.

GRATIN DAUPHINOIS

Butter for baking dish
4 pounds large potatoes (about 8), peeled and cut into ¼-inch slices
1 garlic clove, chopped
1 teaspoon salt
½ teaspoon freshly ground pepper
1 cup milk
1 cup heavy cream

Yields 6 servings.

Preheat oven to 450 F. Butter large (9x14-inch) baking dish.

Layer sliced potatoes in baking dish and sprinkle with garlic, salt and pepper.

In small saucepan over medium heat, combine milk and cream and bring to boil. Pour over layered potatoes.

Bake in middle of oven until potatoes are brown and tender and a knife easily penetrates them, 35 to 40 minutes. Potatoes should simmer or gently boil while in oven. If they begin to boil rapidly or brown before they are tender, reduce heat by 25 to 50 degrees.

Remove dish from oven and serve. Potatoes will stay hot for about 30 minutes.

Gratin can be made ahead of time. Let cool to room temperature, cover, and refrigerate. Reheat by bringing back to room temperature and then placing in 350 F oven for 15 minutes.

Vegetarian View



Digestion and the art of food combining

Two common pitfalls for many vegetarians are flatulence and excessive hunger. These difficulties usually are due to improper digestion.

For many who are new to vegetarianism, such problems pass within a few months as the body adjusts to a whole-grain and high-fiber diet. Others experience ongoing difficulty, a circumstance that requires serious attention since good nutrition requires good digestion.

There are a few very simple and useful ways to aid digestion — ways that benefit vegetarian and non-vegetarian alike.

The first guideline — *chewing thoroughly* — is the simplest and most easily overlooked. Many people toss food down the hatch quickly, forgetting that digestion begins in the mouth, where food is meant to be broken down into small particles.

To be on the safe side, make sure that you take small portions in your mouth at one time and chew each portion until it reaches a liquid consistency — perhaps as many as 50 times!

But it is important that you keep food in the mouth long enough to give the saliva a chance to break down starches into maltose, a complex sugar. If your food reaches the small intestine without this step, much of the nutrient value may be lost.

Another aspect of digestion that is rarely considered in our society is that of intelligently choosing food combinations.

According to H.M. Shelton, author of the classic little booklet called "Food Combining Made Easy" (Willow Publishing, 1982): "Conditions under which enzymes can act are sharply defined, (so) it becomes necessary to give heed to the simple rules of correct food combining. It's the task of our enzymes to reduce complex food substances into simpler compounds that are usable by the body for energy and cell production. However, these enzymes can only perform properly under certain conditions."

From time to time, it's a good idea to give your body a break by eating a plain bowl of brown rice with some steamed or lightly sauteed vegetables. You might even discover that simple food has a very special appeal of its own.

Here are a few simple recipes to try.

Look for kale with young, bright leaves and avoid those bunches that are wilted or yellowed around the edges.

KALE WITH CORIANDER

1½ pounds kale
1 tablespoon olive oil

4 teaspoons freshly ground coriander
Salt to taste, if desired

Yields 3 to 4 servings.

Wash kale very thoroughly to remove all sand. Trim off bottoms of stalks and discard. Cut kale stalks and leaves into 1-inch slices.

Heat oil in large, heavy-bottomed skillet. Add coriander and sizzle, stirring constantly, for 5 seconds. Pile kale into skillet. (It may not seem to fit at first, but press kale down under skillet cover; it will wilt and shrink considerably with cooking.)

Cook kale, covered, over medium heat until tender, about 4 to 5 minutes. Stir occasionally while cooking to move topmost leaves into direct contact with bottom of skillet. When done, add salt if desired.

I'll never understand why people add brown sugar and butter to squash. It's so delicious just as nature created it. Squash's flavor and texture are at their best when it is slowly baked.

BAKED SQUASH

2 pounds buttercup or butternut squash

Yields 4 servings.

Scrub squash well. Cut in half and remove seeds. Slice into 2-inch chunks and set in oven-proof baking dish. Bake at 350 F until tender, about 35 to 45 minutes. Serve warm or at room temperature.

Note: You also can "poach" squash. Prepare and cut in same way and set into heavy pot with ½ cup water. Cook, covered, over high heat until squash is tender, about 12 to 15 minutes. Replenish water as needed. The flavor will not be quite as intense as baked squash.

Adding dried chestnuts to brown rice provides a delicate sweet and smoky flavor.

BROWN RICE WITH CHESTNUTS

½ cup dried chestnuts (available in health food and gourmet stores), soaked overnight
1½ cups short-grain brown rice, picked over and rinsed
¼ teaspoon salt, or to taste

Yields 4 to 6 servings.

Bring 3¼ cups water to boil in large, heavy-bottomed pot. Add chestnuts, rice and salt. Return to boil. Cover and simmer over low heat until rice is tender, about 50 minutes.

Using back of large spoon, break chestnuts into 3 to 4 pieces by pressing each one against side of pot.

Here's How



By Gene Gary

Restoring cedar

Q. My husband and I have moved into a 14-year-old house with a beautiful cedar closet. The wood is in excellent condition, but has lost its cedar smell.

Do you have any advice on restoring the cedar smell? — K.F.

A. The cedar odor does diminish with time, but it can be restored easily by scraping or a light sanding-down to expose a fresh, aromatic surface. Also, cedar sprays are available at hardware and housewares dealers for restoring the odor.

Of course, with time the cedar odor will again diminish and you will have to repeat the process.

I would caution against excessive sanding (be sure to use only a very fine grade of sandpaper) so that you do not wear down the thickness of the wood.

Q. I have several area rugs that originally had a rubberized backing. The backing has cracked and peeled and the rugs no longer will stay flat on the floor.

Is there anything I can spray or paint on to rubberize them again? — G.C.

A. Art supply and craft stores sell a liquid latex that can be brushed on to restore the backing.

First, be sure that you stretch your rugs, upside down, flat on the floor where they can remain undisturbed for 24 hours. If the corners tend to curl, weight them down with heavy books or bricks.

Then brush on a thin coat of latex. Allow to remain undisturbed until the new coating is thoroughly dry.

In the future, wash the rugs in cold water only. Hot water deteriorates the rubberized backing.

Q. Nearly 10 years ago we installed paneling in a family room. I would like to redecorate this room and paint the paneling a light color, rather than going to the work of removing the paneling.

Is it feasible to paint over paneling that has a hard, smooth surface? — C.R.

A. It depends on the type of paneling. If it is wood, you should not have a problem. However, if it is a printed vinyl surface very likely the paint will not adhere.

If the paneling is vinyl you can install wallboard over the existing surface, or even one of the newer wall coverings, which can cover the surface without showing seams, cracks or nicks. Some "wall liners" also are easily painted.

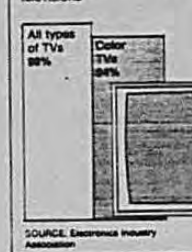
If the surface is wood, begin by cleaning the paneling with a soap-and-water solution using a sponge. Allow the paneling to dry completely. Fill any holes, including nail holes, with a patching compound. Sand the patching compound until it is flush against the paneling.

Proceed by sanding the entire surface of the paneling. It is important to create a roughened surface for the primer coat to adhere. As with any paint job, surface preparation is the key to success. After sanding, completely remove any residue with a slightly dampened sponge or a tack cloth.

Consult your local paint dealer for recommendations on paint and a suitable primer (latex usually is a good choice). Apply one coat of primer and two top coats according to manufacturer's directions.

TECHFACTS

■ Percent of U.S. homes with televisions



TECHFACTS

■ Average video rental



Here's How

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for four (4) yr. old twins & 6 months old. Full time, own transportation & references. 742-3854. wf2

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CARING, MATURE WOMAN
needed to baby sit for infant girl 1 or 2 days a week. Immediate. 1 block from Garden City Hotel. 747-2169. gc34

WAITRESS P/T LUNCHEES
will train. Apply in person to Wiegel's Restaurant, 100 Herricks Road, Mineola, N.Y. gc34

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RELIABLE CHILD CARE
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MEDICAL ASSISTANT P/T
possible full time. Cardiologist office. Experience preferred, but will train. Garden City 741-6241 or 741-6222 gc34

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in candy/gift shop. 10 a.m. to 3 p.m. Monday thru Friday. 741-2956 wj4

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Help Wanted

RELIABLE & LOVING PERSON
wanted to care for 8 mo. old child in my home. Live in or out. 746-0944 gc32

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elderly lady in New Hyde Park. P/T. Prefer mornings. Call 694-2474 or 587-3347. wj4

LEGAL SECRETARY P/T
Congenial, small Great Neck office. General practice, plaintiff's negligence. Experience preferred. 487-4400 hj4

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Situations Wanted

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Situations Wanted

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reliable young lady with some days available to clean your house. Good references & own transportation. Call any time. 352-7274. gc32

EXPERIENCED HOME
Health Aid seeks position to care for sick or elderly. Week days. Will live in or out. Call any time. 718-953-8991. gc34

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Need extra income. Good at painting, wallpapering & small handyman jobs. Available evenings & weekends. Contact Joe 212-233-5780 days, 516-742-3188 evenings. wf1

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would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113 gc31

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job 3 days a week. Transportation experience and references. 481-0107 gc33

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ience available Mon. - Fri., live out. Please call 292-2420, Mon. - Fri., after 6 p.m. gc31

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will work for sick or elderly. Six to eight hours per day. Will work evenings & weekends. Own transportation. References. 484-4321 or 627-1482 wf1

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Situations Wanted

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HOUSEKEEPER JOB WANTED Own transportation & references. 741-7750. gcf1

CLEANING LADY LOOKING to clean house every day. Honest, experienced, have references. Please call 485-9530 anytime. gcf1

LEGAL EXECUTIVE SECRETARY, experienced, highly qualified. IBM Word Perfect, excellent typing & speedwriting, non-smoker. Garden City resident, flexible hours & days. Professional phone manner & appearance. 741-1054. gcf1

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MATURE EXPERIENCED woman will baby sit in your home weekends, weekday nights & all day Wed. Please call after 7 p.m. 741-3384. gcf2

HOUSECLEANING AVAILABLE References, own transportation. Call after 8 p.m. 378-9048. gcf2

Situations Wanted

IRISH HOUSECLEANER OR apartment cleaner available Mon.-Sat. Experienced & references. Call after 6 p.m. 437-4308. gcf2

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HOUSECLEANING AVAILABLE Days, honest with own transportation. Good references. Please call 483-4721. Ask for Miriam. gcf2

CERTIFIED NURSE'S AIDE seeks to work 8-12 hours a day. References. 718-949-0214. gcf2

LIVE IN MAID: EXPERIENCE, references & own transportation. Spanish. Please call 538-6462 from 3 p.m. to 9:30 p.m. gcf2

NURSE'S AIDE 10 YEARS OF experience with references. Call after 6 p.m. 997-6939. gcf2

HOUSECLEANER AVAILABLE with 10 years experience & references. Call after 6 p.m. 997-6939. gcf2

HOUSECLEANER FIVE DAYS A week. Monday-Friday. Own transportation, experience and references 489-5890. gcf3

NICE, YOUNG LADY FROM Europe available for housecleaning. Own transportation. Speaks English. Call Elizabeth 292-6029 after 5 p.m. gcf3

RESPONSIBLE AND LOVING mother of one will care for your child (3+) in your home Monday-Friday full time. Also would like to care for a (friend's, relative's) child (3+) 3 days a week. Call Liz 747-0831. Garden City area. gcf3

FREE DECORATING Consultation. Someone who is gifted will help you make your home beautiful. Reasonable. Call Leona 294-9613. gcf3

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HOUSEKEEPER AVAILABLE Monday - Saturday, 8 a.m. to 2 p.m. Own transportation. Excellent references and experience. Please call after 5 p.m. 741-9571. gcf3

BABYSITTING & HOUSEKEEPING from 9:30 a.m. - 2 p.m., Mon. - Fri. Call evenings. Good references. 292-8061. gcf3

IRISH GIRL SEEKS NURSE'S Aide position. References available. Call 718-776-7328. gcf3

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NURSE'S AIDE WANTS TO work as relief on Sundays. Experience & references. 718-604-0202; 718-692-1640. Please call only on Sat. evening or Sunday. gcf3

HOUSEKEEPER FIVE DAYS Monday to Friday 379-1042. gcf3

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TIME SHARE FOR SALE Gurney's Inn, Montauk, oceanfront on the beach. All amenities included. Last week in February. Reduced to \$7000. As a bonus we're paying maintenance for 1990. Call owner 221-4825. hf1

NORTH FORK - FREE LISTING Flyers! Over 3,000 properties from which to choose! **Cellc Realtors** 298-8000. gcf4

GARDEN CITY - IF YOU WANT an alternative to a Co-op or Condo, try semi detached Colonial. LR, formal DR, EIK with new appliances, 3 BRs, 1 1/2 baths, open attic, basement, fenced in yard, low taxes. Principals \$218,000. 741-2780. gcf4

GARDEN CITY WESTERN Section - 3 BR Colonial, LR/Fpl., formal DR, gas heat, large deck, convenient to all. Call owner at 352-0423. gcf1

GARDEN CITY OPEN HOUSE Charming, beautiful home. Lovely spacious rooms on large property. 5 BR, 3 baths, screened porch, fin. rec. room, 215 New Hyde Park Road (off Stewart Avenue). Saturday & Sunday 1-4 p.m. or by appointment. Asking \$325,000. Call 775-5974. gcf1

GARDEN CITY - SPACIOUS 3 BR, 2 1/2 bath Ranch. Fireplace, 1 1/2 car garage. Professional landscaping, sprinkler system. Huge fin. basement. Verticals, EIK with skylight alarm system. All new & impeccable. Principals only. \$349,000. 742-2269, leave message. wfl

STEWART MANOR - Immaculate 3 BR, 2 full bath Colonial, fin. basement, walk to RR. Must see. \$257,000. Principals only. 775-1653. gcf1

MYRTLE BEACH SC - FREE Video. Kingston Plantation - 145 acre oceanfront resort. Call 1-800-382-3332. See offering plan for full terms. hj4

Real Estate For Sale

GARDEN CITY ESTATES: Relocating. Principals only. Priced to sell immediately without contingencies. Reduced from \$720's to \$620,000. Traditional 2 1/2 story Georgian Brick Colonial, slate roof, elegance of large rooms, high ceilings & all amenities, 4 master size BRs all on second floor, 3 1/2 baths, formal LR/marble fpl. opening onto blue stone fountain room and lighted patio. Formal DR, large breakfast room with awning & carpeted terrace, new electric kitchen with birch cabinets & hutch. Carpeting and draperies enhance the 3 room lower level with baby grand piano, stereo & TV. 2 1/2 car heated garage. All sides professionally landscaped & lighted. Call for appt. 248-6909. gcf1

EQUITY SHARE \$2000 per month buys 50 percent ownership in Garden City Colonial. You live in. Three months security. Call 248-9668. gcf2

GREAT NECK - LIST YOUR house with us and start packing! **Gutterman Real Estate** 591 Middle Neck Road Great Neck • 487-1177. hf2

SOUTHAMPTON-NORTHAVEN 1 1/2 story Cape, 3 BR's, 1 1/2 baths, EIK, formal DR, LR, family room, full basement, 2 zone OHW heat, garage, fully landscaped, patio, room for pool, privacy hedge, natural wood shingle. Turn key condition \$260,000 by owner. Call for appointment 725-0043. gcf3

GARDEN CITY ESTATES Brick center hall Colonial. 3 large BRs, 3 baths, LR/fpl., formal DR, den, basement, rec. room, screened porch, attached 2 car garage, mid \$400's. Owner 248-8425. gcf1

STEWART MANOR - 3 BR Colonial, semi attached, formal DR, LR, sun porch, patio, 50 X 100 lovely property. Low taxes. 1/2 block to Country Club. Mint \$239,900 firm. 328-7497. gcf1

GARDEN CITY BRICK Williamsburg centerhall Colonial with elegance of large entry hall & high ceilings. Newly fin. oak floors throughout. 4 BR, 3 1/2 tiled baths, large LR/fpl., formal DR, fam. rm., new EIK with ceramic counter and floor, fin. full bsmt., new boiler, hot water tank, screened porch, 2 car garage, sprinklers, alarm. All in oversized property. Priced for a quick sale, \$559,000. Owner 747-7415 (home) or 248-8307 (work) Principals only. gcf1

GARDEN CITY WESTERN Colonial. 4 BR, LR/Fpl., DR, EIK, large porch, 2 1/2 baths. \$399,000. 328-7472. gcf1

STEWART MANOR - MOVE IN condition, semi attached 3 BR Colonial, LR/fpl, formal DR, EIK, 1 1/2 baths, fin. basement, deck, low taxes, walk to RR & stores. Principals only. Asking mid \$200's. Call 326-7847. gcf3

GARDEN CITY - 7th ST. CONDO Studio newly renovated. Maintenance & taxes under \$250. \$109,900. 742-8337. Owner. gcf2

Real Estate For Sale

UNIQUE, HISTORIC ENGLISH Townhouse in landmark Garden City neighborhood. LR, Marble Fpl. & French doors, DR, 3 BRs, 2 1/2 new baths, top of the line modern kitchen, central AC, gas hot water heat, garden, garage, walk to RR, low taxes, plus much more \$395,000. Owner 747-6405. gcf1

GARDEN CITY COUNTRY CLUB Estates 747-2809. gcf2

GARDEN CITY ESTATE Section Sacrifice gracious 6 BR, 3 1/2 bath Dutch Colonial. Move in condition updated. Designer kitchen and master suite. Large porch and 2 car garage. Asking \$599,000. 352-0574. gcf3

GARDEN CITY - NEWLY renovated 2 BR Condo, 7th St. location, maintenance, taxes under \$450. \$185,000. 742-8337 owner. gcf2

SHELTER ISLAND: INVEST FOR the future or to build your dream vacation or retirement home on this 1.1 acre wooded lot in the desirable Hay Beach section. Within walking distance to Gardiner's Bay Country Club. Includes deeded beach rights to a private beach on Gardiner's Bay. Principals only. Asking \$135,000. Days: 212-576-5462; Eves: 516-747-2794. gcf2

GARDEN CITY COLONIAL Mint condition, oversized property. LR/fpl., formal DR, mod. EIK, fam. rm, den, 3 BRs, 2 1/2 new baths. Central air. Alarm system, much more. Principals only \$595,000. 742-7347. gcf3

GARDEN CITY ESTATES: Full Ranch on exclusive Whitehall Blvd. 3 BR, 2 baths, den, gas heat, 5 min. walk RR, large plot. \$440,000. Call 9-12 daily; 9-6 weekends. 746-1121. gcf2

KILLINGTON - VERMONT 1 BR Condo in Sunrise Village. Ski on-ski off. \$115,000 203-322-5292. gcf2

SOUTHOLD BAY FRONT CAPE new kitchen, great room with sliders and 2 decks, 4 BRs, spectacular views \$375,000; **Greenport Cozy 2 BR home,** LR, EIK, great expansion potential, realistically priced \$89,000. **Marilyn Lang Realty** 734-6690. gcf3

SOUTHOLD ON BLUFF overlooking L.I. Sound. Paradise view 100 x 240 cottage, 2 BR loft fpl, dishwasher/compact, gas stove, refrigerator, washer/dryer. Do your own lobstering. \$330,000. Call 765-3945 or 323-2761. gcf3

SKI WINDHAM - TOWN HOUSE slope side on Windham Mountain. 3 BRs, 2 baths, LR, dinette, sauna, fully furnished. Spectacular view. \$175,000 718-343-1628. gcf2

EAST WILLISTON - NORTH Wheatley S.D. Fieldstone - aluminum siding, 2 car attached garage, patio, 5 BRs, 2 1/2 baths. LR/fpl., formal DR, EIK. Fin. basement, with wet bar. Oversized rooms. Walk to all transportation. Many extras. Must see! \$349,000. Owner 741-7561. wf2

Real Estate For Sale

TIME SHARING - GURNEY'S
Inn 2 room suite. First week in June. Sacrifice 742-4396. gcf2

BEAUTIFUL VERO BEACH 1 YR
young house, 2 BRs, 2 baths, den, screened porch, laundry room, 2 car garage, 15 clay tennis courts, pool, restaurant. Immediate occupancy. Taxes \$900 a year. Principals only. \$124,500. 407-569-2843. gcf2

GARDEN CITY ELEGANT
brick Colonial, excellent location, 5 BRs, 3 1/2 baths, library, screened porch, newly landscaped property. 75X150. Immaculate. Reduced to \$590,000. Garden City Homes Exchange 746-1350 or 248-0079. gcf2

GARDEN CITY WEST
Attractive split level on 60 x 100. 3 BRs, 2 1/2 baths. Florida Room w/fpl, 2 car garage. Vacant for immediate occupancy. \$325,000. Agent 437-9110. hf3

PALM BEACH GARDENS
Fla.: 2 BR, 2 bath villa, screened in porch, full alarm, full a/c, professionally decorated, on PGA grounds. \$99,900. 741-3156 or 407-627-3740. gcf2

EAST WILLISTON WHEATLEY
Schools. Split level, 3 BR, 60x100 lot \$255,000; Tudor 3 BR, 1 1/2 baths, attached garage \$345,000; Farm Ranch, 5 BR, 2 1/2 baths, 2 car \$349,000; Colonial, 3 BR, 2 car, 75x120 \$399,000 ERA Dan Hirsch 742-4804 gcf4

GARDEN CITY PRINCIPALS
only: 3 BR Colonial, 1 1/2 baths, large LR/DR with fpl., fam. room, new EIK with bow window, low taxes, oversized property on lovely street. Walk to RR & park. \$320,000. 437-8560. gcf2

GARDEN CITY
3BR/2bth mch-deep pit, vinyl side \$345K
Value-3 lrg BRs. Cntr Hal Col. \$322,500
Custom Split. 3BRs. 150' deep. \$325,000
Charming NE Col. 3BRs. \$425,000.
Massive Estate Tudor. 2 car gar. \$500's.
Young estate col. 5BRs, huge den. \$500's.
Cntrl Section 4BR Ranch. 1/2 acre. \$600's.
Prime Estate Center Hall Col. 4BRs + charm everywhere. 3 dens on 1st. \$600's.
Young brick Col-top street. All extras + professional suite. \$625,000.
Cntrl Section Tudor, 4BRs/3Bths + new kitchen. Family rm + den on 1st. \$950K

TAYLOR-WARNER
101 7th St Est 1919 516-741-4422

STEWART MANOR DUPLEX
Extra large LR, formal DR, den, 3 BRs, oversized property \$234,500
Abbot Manor Realty (800) 427-8018 or 352-7333 gcf4

EAST WILLISTON WHEATLEY
House Condo. Over 2200 sq. ft. living space. 2 story, elevated building, garage parking. Three exposures. Must see! Minutes to Wheatley Golf Course. Prime location. Low 200's. Call now 248-1468, Homes America, Smith & DeGroat wj4

Real Estate For Sale

PRISTINE CAPE 5 LARGE BR
3 zone heat, finished basement, low taxes. Convenient location \$265,000. Rent \$1800. Owner 747-6392 gcf3

GARDEN CITY'S BEST 1 BR
Co-Op. New LR/DR, kitchen, bath, foyer, CAC, W/D, W/W baseboards, etc. Best 1st floor courtyard location. Prime for retiree/single/newlywed. Come see at your convenience. Asking \$115K. Principals only 742-3065 gcf3

CENTER HALL COLONIAL
Gracious suburban living is yours in this custom built home. Six king sized rooms, 3 BR, 2 1/2 baths, knotty pine finished basement. Insulated expansion attic, fireplace, double garage, city water, gas, sewers. Exclusive \$185,000. Bookmiller Real Estate 722-4423 gcf4

MATTITUCK JUST REDUCED!
3 BR, 1 1/2 bath home on 1/2 acre, low taxes. Owner ready to go! \$140,000; Riverhead 3 BR home with detached 2 car garage. Outstanding pride of ownership \$138,500. Fedun Real Estate 722-5000 gcf4

MANHATTAN 75th STREET E.
and York. Large L-shaped Studio Condo, walk in closet, newly renovated kitchen and bath, maintenance \$157/mo. \$129,000. by owner. Jim work (212)418-3380 home (212) 861-3927 gcf3

WATERFRONT PROPERTY
Greenport - 200 feet of bulk headed canal front, own dock 5 BRs, 2 baths, reduced \$100,000 to \$450,000; Orient Harbor 4 BRs, 2 baths, large family room, 2 wood stoves, gas heat \$395,000; Orient 100 feet of sound front. Low bluff, beautiful private beach, 2 BRs, 2 baths. Asking \$395,000 N.C. Lagudis Licensed Real Estate Broker 477-2974 gcf4

GARDEN CITY VERSATILE
Split. 4 BRs, 2 1/2 baths, EIK, magnificent den, efficient large rooms for comfortability. Conveniently close to a park, tennis courts, shopping and transportation. Come see and make this home yours. A \$400,000 value at \$369,000. Call Priscilla Labbe for appt. at Prudential Realty 488-6230 or 354-6500 gcf4

GARDEN CITY BARNES Ranch
on 1/4 acre treed plot. 5 BRs, 3 baths, good location. Original owner P17-2047 gcf3

SOUTHOLD SOUND FRONT
exclusive. Inviting cedar shake home with 120' of protected beach front. 2 LR, one with southern exposure, the other with fpl, library shelves and window seat overlooking Sound and opening to enclosed sun room. 2 BR, 2 baths on first floor, second floor consists of 1 fabulous room spanning from south to north with cathedral ceiling, large picture windows and plumbing access for third bathroom. Romanesque gardens and beachside cabanas with a multitude of perennial shrubs plus raspberries and blueberries. Sloping southerly lawn with dwarf fruit trees. Prestigious residential area. Special and unique property \$385,000. Hahn Realty 477-0551 gcf4

Real Estate For Sale

SOUTHOLD QUAINT WaterView
cottage with 2 BR plus loft, cathedral and beamed ceilings. Private beach and boating community. Just reduced to \$149,000; Southold Waterfront dormered Ranch with 110' on good boating water in desirable area. Features 6 BR, 3 1/2 baths, LR/fpl, family room, sun room, 2 zone OHW, new well and new roof. Walk to bay beach. Expansive views all for \$395,000; Southold Expanded Ranch in excellent condition, 2 BR, LR, DR, new EIK, plus 2 room and bath guest apt. Walk to town and beautiful bay beach. Asking \$175,000; Jamesport Absolutely lovely new 3 BR, 2 bath Ranch with fpl, large deck, attached 2 car garage. Everything first class. Half mile to beach and boat ramps. \$198,500. Marlon King Real Estate 734-5657 gcf4

GARDEN CITY COUNTRY CLUB
Estates Sect. Colonial - 4 BR, 2 1/2 baths, den, LR/fpl, formal DR, central A/C, new oak EIK, finished basement, in-ground sprinklers, burglar alarm, completely remodelled. Principals only, high 5500's. Evenings and weekends 747-2809 gcf3



COUNTRY CLUB ESTATES
West Hempstead. Large 2 BR studio co-op, private entrance, pool & parking, walk to RR. Owner relocating. Must sell!!! Great investment at \$56,900. 621-6883 leave message. gcf4

OPEN HOUSE MINEOLA CO-OP
Saturday, January 27 and Sunday January 28 3 to 5 p.m. 101 Clinton Avenue #3C Spacious 2 BR, 2 bath, EIK, W/W, 2 A/C. Walk to RR. Best buy anywhere! \$119,000 248-9747 wf2

GARDEN CITY HAMILTON
House. Exceptional 1 BR Co-op in reputable, well-managed apartment building. Modern design with fresh paint & two new a/c's. Walk to all. Must see. Owner, priced to sell. \$145,000. Days 718-641-4945; Eves: 516-741-8894. gcf4

CHERRY VALLEY 2 BR, 2ND
floor, end unit facing 15th Street, washer/dryer, AC, microwave, walk to wall. Immediate closing \$162,000. 294-0269 gcf3

GARDEN CITY CENTER HALL
living room, dining area, 1 BR, 1 Bath, first floor, walk all. \$189,500. Call Hubell & Klapper, 747-2900.

MINEOLA GARDEN PLAZA
Mint. Unique large 1 BR Co-Op for sale. Low maintenance \$441 per month. New kitchen, all appliances included, bath, parquet foyer, excellent closet space, 2 A/C, verticals, plus many extras. Quiet location, 5 minutes to LIRR, 31 minutes from Penn Station. Conveniently located near courts, hospitals and shopping. Reduced. Asking \$120's K. Call days 212-623-8463, evenings 516-741-2998 wf3

Real Estate For Sale

CATHEDRAL GARDENS: 1 BR
Co-op, new kitchen & new bath, professionally decorated, full alarm & full a/c's. \$95,000. Call for appointment. 741-3156. gcf2

GARDEN CITY & VICINITY:
Spacious Mineola studio Co-op. Security building, reserved parking, walk RR. Rent with option to purchase. \$800. Charming Cathedral Garden Co-op. Walk transportation & stores. Only \$550. 4 BR, 2 bath Garden City home. Available immediately. Furnished or unfurnished. \$2000. Majestic 6 BR, 4 1/2 bath Tudor. Lovingly restored with many new features. Prime location. Available immediately for rent/rental with option to buy. Call for details. Fennessy Realty, 746-6245. gcf1

GARDEN CITY FOR 1990;
This is the year for you to live in our village in your own spacious 2 BR Co-op. Private entrance, country kitchen & lovely grounds, plus the financial benefit of 77% tax deductible maintenance. Available immediately. Call owner, 742-0359. gcf3

GARDEN CITY CHERRY
Valley Mint 2 BR Co-Op. 2nd floor, completely renovated, new kitchen, new appliances, central A/C, washer, dryer. Walk RR. Must see. \$168,000. 742-4821. wf3

GARDEN CITY CO-OP
Hamilton Gardens. Chic Manhattan style living in a lovely setting, king size BR, new kit. & bath. \$129,000., garage available. Day 718-343-0909, evenings & weekends 747-7975. gcf1

E. WILLISTON - WHEATLEY
House. Bright, spacious 1 BR Condo. Separate dining room. Elevator building. Closets galore. Walk to shops & LIRR. Low 200's. Owner. 742-3632. wf1

GARDEN CITY 1 BR CO-OP
Prime location. Top floor with elevator, wall to wall, A/C, laundry room. I'm forced to sell below market. \$120,000. Owner 741-6842. gcf1

GARDEN CITY CO-OP FOR
Sale. Must sell immediately! Motivated seller offers ground floor 1 BR Co-Op with large LR and dining area. Walk to all. Priced to sell quickly at \$89,990. Prudential L.I. Realty 354-6500 gcf4

LINDENWOOD SECTION E
Co-Op. Top floor LR, mirrored DR, EIK, 2 BRs, bath, wall to wall, A/C, utilities included in low, low maintenance, security. Must go. Call 718-M11-6534 days, 248-3829 after 6 gcf3

DESPERATE - RELOCATING
This deal is a steal! Must sell Cherry Valley Co-Op court yard location. Mint condition 1 BR, new appliances, new cabinets, washer/dryer, wall to wall, upgraded electric. Extras. Low \$100's 75% tax deductible. Call 248-6738. gcf2

MINEOLA HORTON HOUSE
Co-Op, 1 BR, new bath, AC, walk in closet, live in super. Walk RR/Courts. Owner 294-0924. \$113,000. gcf2

Real Estate For Sale

GARDEN CITY CHERRY
Valley Co-op. BR, new kitchen, wall to wall, near RR & stores \$104,000. 294-3250. gcf1

GARDEN CITY VICINITY
The Mulford. Spacious 2 BR, 2 baths, LR/fpl., sun room, hardwood floors. Must see. \$129,000. 565-2963. Owner. gcf2

MINEOLA HORTON HOUSE
1 BR, sunny large LR, new kitchen. Secure building, low maintenance, convenient to RR, hospital & stores. Must sell. \$115,000 by owner. 747-8711. gcf2

Real Estate For Rent

APARTMENT FOR RENT
Large 1 BR, large bath, LR, kitchen, walking distance to everything. No children please. 767-2796. gcf1

GARDEN CITY/HEMPSTEAD
The Mulford - Spacious 1 BR in charming building. Newly remodelled, high ceilings, closets galore. Low maintenance, like new. \$79,900. 489-9666. Owner. gcf1

ROCKVILLE CENTER 1 BR
LR, dining area, new kitchen, new bath. Maintenance \$413. \$95,000. Owner 775-2332. gcf1

GARDEN CITY LOVELY
quiet furnished room. Private entrance, bath, mature non-smoker preferred, references. 746-0018. gcf2

LEVITTOWN: 4 room
cozy house. 2 BR, LR/fpl., kitchen with dining area on large property off parkway. Convenient to NYC. Perfect for one, ideal for two. \$850/month. Owner, 579-4186. gcf1

FLORAL PARK: WEST END
4 1/2 rooms, 2 family home. Private entrance, parking. One mature female. \$775. 775-5627. gcf2

GARDEN CITY - FIRST
Street - Brand new 4 Rm apartment, private entrance, W/W carpets, washer/dryer, huge closets \$800 includes all. 481-2884. gcf1

GARDEN CITY AREA
Large 1 BR Garden apartment. Quiet, private, near shopping & transportation. Carpeting, new refrigerator, venetian blinds, paint. No pets/no fee! Starting \$775. Garage available. 483-9677. gcf4

FURNISHED ROOM - NEW
Hyde Park. Private entrance, bath, refrig., microwave. Mature, non-smoking lady. References. 248-8256. wf1

FEB. TO JUNE - FURNISHED
Mattituck house, beach rights. Large LR/fpl., Country kitchen, deck, 3 BRs. 2 1/2 baths. Close to stores. Call after 6. 747-1585. wj4

MANHASSET GARAGE
2 blocks from LIRR, electric eye opener. \$175.00 a month. Call 627-6609. wfn

GARDEN CITY 2 LARGE
furnished rooms in quiet home, private bath, parking for male non-smoker. 741-1098. gcf1

Real Estate For Rent

HOUSE TO SHARE CARLE
Place. Mature professional female needed to share house. Utilities included, great location, convenient to everything. Security & references. \$460 a month. 334-1919. gcf4

FLORAL PARK VILLAGE
Separate entrance, first floor, legal 2 family. 2 BRs, EIK, DR, LR, fpl., full bath, Florida room, yard & garage. Walk RR & stores. Available Feb. 1. \$1000. 354-5039 evenings. gcf4

ROOM WILLISTON AREA
Large, bright, private bath. Convenient to all. Phone 378-3739. \$350/month. Even or early mornings. hf2

APT. TO SHARE WILLISTON
Park. Own bedroom, share large kitchen, living room & bath. Convenient to all. Parking available. \$400 per month. 248-6397. wf2

FURNISHED STUDIO BASEMENT
apartment with separate entrance. Suitable for one person. Kitchen, full bath near RR & shopping. \$575 includes utilities. Call 742-7560 leave message. gcf2

JUPITER, FLORIDA
Garden City resident offers 2 BR. 2 bath Condo, tennis, pool, ocean. Available March 1 - April 15. 747-6179. gcf2

FURNISHED ROOM - GARDEN
City for executive type. Luxury furnished, spacious, female preferred. Lovely area, kitchen privileges \$600 monthly. References. 718-343-0909 days, 747-7975 evenings & weekends. gcf1

GARDEN CITY ESTATES
4 BR. 3 1/2 baths, center hall Colonial. LR w/fpl, formal DR, EIK, mud room, open porch, sun room, garage, large yard. Available Feb. 15 \$2000. 746-6345 gcf3

STUDIO APARTMENT
full kitchen furnished or unfurnished, private entrance \$475 pays all 354-5626 gcf3

GARDEN CITY BEDROOM & private bath in spacious 3 BR apartment in heart of Garden City. 25-35 female. \$600 a month 294-6599 gcf3

LARGE APARTMENT TO RENT for female. Convenient location and parking. If interested, please call 747-7430, or leave message. gcf3

GARDEN CITY 7th STREET
Charming, renovated, spacious 1 BR Condo. Walk to shops, LIRR, security, elegant complex. \$950. month 328-9485. gcf3

ROOM OFFICE IN
heart of Garden City. Please \$395/month. Immediate. 746-0208. gcf1

GARDEN CITY: ESTATES
Section Ranch. Newly painted inside & out. 3 BR, 2 baths, fin. nt., attached garage. \$2150/month. Immediate occupancy. Garden City; Western Section. Grand Ranch. 5 BR, 2 baths, bsmt., 1 car attached garage. 50/month.

Stutzmann Re
742-8888

gcf4

Real Estate For Rent

GARDEN CITY: FURNISHED
studio basement apt. with separate entrance. Suitable for one person. Kitchen, full bath. Near RR & shopping. \$575 includes utilities. Call 742-7560, leave message. gcf3

Vacation Rental

SOUTHOLD COUNTRY HOME
2 BR, fully equipped EIK, large screened porch. Walk to private beach, washer/dryer, nice extras. Immaculate. June \$1,000. July or August \$1,600. Sept. \$1,200. 334-0196. gcf1

GULF - NAPLES, FLA.
Country side. Private golf course, brand new decorator furnished veranda. 2 BR, 2 baths plus den & detached garage. Full golf course membership for \$50 transfer fee. Putting & driving greens with no charge for green fees. Lighted tennis courts, heated pools & spa, steam room & exercise room. Private restaurant with beautiful dining room & excellent cuisine. Please no smokers or pets. March-May- \$7200. 488-6742. gcf1

STRATTON MT. 3 BR
house off access road. Weekends & presidents week. VIP parking pass. Days: 227-2976; eves: 261-5513. gcf1

MT SNOW/HAYSTACK
Large fully equipped 4 BR. 2 1/2 Bath w color TV, VCR, Microwave. Available by the week or weekend. Beautiful views, lots of privacy, heated garage. 466-6120. gcf2

SANIBEL ISLAND, FLORIDA
Lush tropical setting, virtually unspoiled, southern Florida Gulf coast. Sundial Beach & Tennis Resort Selected by Better Homes & Gardens as one of the top resorts in the USA. 2000 ft. beach, 5 pools, jacuzzi, soft/hard court tennis, golf, boat/bike rentals, supervised children's activities available, award winning chef and gourmet restaurants, superb shopping, world famous shelling, only 35 min. to regional jet airport. Complete resort right on the Gulf. Recent multimillion dollar beautification program. One or two bedroom Condos with full kitchens. Rent daily, weekly, etc. Reasonable 746-2211 or 326-7711 gcf3

DRIVE TO SEMI TROPICAL
Hilton Hed Island. Fully equipped ocean villa with balcony, large pool, tennis, much more. Ideal for small family or couple. 742-4485. gcf2

STUDIO APT. FOR RENT
Sleeps four comfortably. Includes complete kitchen facilities. One or two weeks in St. Maarten at the fabulous Pelican Resort, March 18 to 25, or March 25 to April 1. Call evenings 212-689-1711 or 212-689-0093. wf2

ST. THOMAS/DOROTHEA BAY
Beautiful large studio right on sandy beach & pool. Convenient location on north side of island. Available weekly or monthly. Call for details. Evenings 751-0629. gcf2

Vacation Rental

COME TO STRATTON, VT.
Enjoy the beautiful scenery, the skiing & the shopping. Stay at our 1 BR Condo, sleeps 4, right on the mountains - ski in/out. 741-1318. gcf1

NORTHFORK - AQUEBOQUE
New large 3 BR house on the water with dock & private beach, furnished. Memorial Day to Labor Day \$14,000. Call 757-7733 week days. gcf4

MT SNOW/HAYSTACK
Vermont. Monthly, weekly and weekend rates. Two bedroom apartment sleeps eight. Call after 4:30 p.m., Monday through Thursday (508)695-4335 gcf2

SKI - OKEMO - KILLINGTON
Ludlow, Vermont. 5 bedrooms, 2 baths, 24 ft. LR/fpl, \$700. Non-holiday, 7 day week. 12/24 - 12/31 \$1000. 621-6321 wfn

SKI STRATTON - LUXURY 1
BR & bath, sleeps 3. Right by the lifts. Beautiful mountain view. 747-0047 or 747-8830. gcf2

MT. SNOW VERMONT Fully equipped luxury Condo with magnificent view of mountain. Sleeps 8 and has hot tub and sauna in Condo. Free shuttle bus less than 1 mile away. Cross country skiing, racquetball, full gym and swimming pool on premises. Call 741-1824 gcf4

SPRING, SKING & RECESS
Vacation Rental - Pawlet, Vermont. Country house on 14 acres surrounded by dairy farms. Sleeps 8. Near Manchester and Lake St. Catherine. Reserve now for summer. \$350 weekend, \$600 holiday week, \$550 summer week. Call 294-8782 gcf3

VERO BEACH (SEBASTIAN)
2 BR, 2 bath condo, large screened in terrace overlooking the Indian River. All amenities, golf, pool and tennis. Heat, electric, A/C and cable included. 5 minutes to ocean. Available March/April \$1800 a month 352-4833 or 326-1907 gcf3

SKI CHALET: 4 BRs CHALET
close to Lake Placid & Tupper Lake Ski area. Available (President's Week). Call Joe. Days 212-233-5780, evenings 516-742-3188. wf3

SKI RENTAL FULLY
equipped house between Stratton & Bromley near Manchester. Great for families, sleeps 8, on private 14 cross country acres \$350 a weekend, \$450 Mon.-Thurs. Call 294-8782. gcf4

SKI VERMONT
Conveniently located in Southern Vermont. This large fully furnished home is ideal for your family ski vacation or weekend trip. Call owner after 6. 248-1254. wf1

HAMPTON BAYS 3 BR
1 1/2 baths Contemporary. In ground, lighted pool with cedar deck plus 17x27 cedar deck for sun bathing. Outdoor shower, skylights, front deck, covered back patio for barbeque. Close to beach on cul-de-sac. Adults preferred. Call owner & save \$1,200 broker fee. Memorial Day - Labor Day \$12,000. 579-4186 or 728-3172. gcf1

Vacation Rental

NAPLES, FLA. - ROYAL WOOD
Golf & Country Club. Gorgeous 2 BR, 2 bath plus den includes golf membership with spacious club house & spectacular course. March \$2,700. 3 mos. March-May \$7,000. Discover Naples America's Cultural Golf Capital. 742-7608. gcf4

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Condo - 1 BR, sleeps four (4) ski in, ski out to Tamarack lift. 741-1867 - 367-9122. wf1

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COUPLE NEEDS MODERATE
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GARDEN CITY RESIDENTS
with house sold looking for minimum 4 BR, 2 1/2 bath home. Will pay low to mid 500's 747-7047. gcf4

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Apt/House, Florida mature couple. Jul/Aug - Queens/Nassau area. Please write particulars or call M/M John N. Wellemeier, 850 N.E. 12 Ave., Hallandale, Fl. 33009, 305-456-1569. gcf2

INTERESTED IN RENTING
Brand new 2 BR, 1 BR or Studio apartment in private home or brand new complex in Garden City. No basement apartments, no agents. Owners only. If no answer please leave message. 569-8337 gcf3

COUPLE LOOKING FOR
moderate Garden City Ranch or split. Central or Western section preferred. No brokers please. 321-5652. gcf3

TIME SHARE IN ORLANDO
Florida - Minutes away from all the attractions. Luxurious Bryan's Spanish Cove. Fully equipped, October \$7,500. Pictures & information on request. 248-3998 gcf3

Services

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Slate Roof Repairs
Roofing-Gutters-Leaders
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LIC #40175000 593-2933 gca2

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Storm Damage, Pruning removal, firewood. Chipper for hire - reasonable prices. Licensed & insured. Bob PY 6-1152. gcf4

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Services

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All aspects of tree cutting and pruning. Fully insured. For free estimate call Scott Boggan - 868-3456. hm2

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By 2 former IRS agents with 40 years experience. Reasonable rates. Call Anne or Roger M. Gedgard, 746-0425. ap2

Instructions

RITA LUCY'S GARDEN CITY MUSIC STUDIO
Piano, Violin, Viola, Cello Theory, Harmony College Preparation All ages and all levels The best in music education 30 years in area 248-7379 gcf2

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Upright circa 1910 black walnut beautifully carved cabinet. Asking \$575. 741-1418 after 6 p.m. gcf2

TWO IBM CORRECTING
Selectric typewriters, \$125 each, and two IBM typewriters, \$50 each. 921-4781. hf2

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center 56" x 72". Smoked glass enclosures with back lighting. new, \$700. 742-4821 hf3

For Sale

CUSTOM MADE FORMICA
King Size Bed: 2 large night tables, storage headboard with box spring & mattress. Asking \$1200. 294-6816. gcf1

9 X 12 HAND KNOTTED
Oriental rug, cream background with gold, blue & salmon. \$700. 741-2717. gcf1

SIBERIAN HUSKIES AKG
Papers & shots, classic blue eyed, gray & white female pups. Intelligent, clean, friendly family pets. \$700 firm. Ask for Charles Call 248-4629 after 2 p.m. gcf1

PIANO: GENTLY USED.
12 year old Knabe Spinnet. Beautiful design, cherry, excellent condition. Appraised for sale \$2300, asking \$1700. Call 741-0878 & leave message. gcf1

MASTER CRAFT ITALIAN
Provincial bedroom set. King size had board, triple dresser. High boy, 2 night tables. Perfect condition. 741-6318. gcf4

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chair \$1,500, dryer \$75., dining room fixture \$125. love seat \$500. 873-9666. gcf2

ETHAN ALLEN DINING ROOM
"Heirloom" \$1,500, perfect condition. Ethan Allen couch \$175, rose wood chest & night table \$500. 766-6295. gcf2

OAK DINING ROOM SET
Lion paw pedestal table with 4 chairs, like new \$900. 326-8134. gcf2

ITALIAN PROVINCIAL LIVING
room set, mint condition, includes table. 292-1018 gcf2

3 PAIR LA CROIX SKIS
Excellent condition with top quality bindings. 3 pair lengths from 190-200 cm. Large 4 BR house, garage Mt. Snow area. Rental available. 466-6120. gcf3

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Professionally rebuilt, newly upholstered in soft colors predominantly rose. Best offer. Call between 5 and 7 p.m. any evening 248-3839 gcf3

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Elite 150 - \$160. 294-9668 gcf3

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century DR - 48" round table, 4 chairs, server with mirror, curved glass china closet \$2000. 742-6562 gcf3

Car For Sale

1980 OLDS CUSTOM CRUISER
Station Wagon A/C. Power brakes, power steering, new tires, 75,000 miles. Good cond., \$1,300. Call 747-7046 gcf3

1982 CHEVY MALIBU
needs work - make offer. 248-1233 wf3

Car For Sale

1987 NISSAN 200 SX - AUTOMATIC,
A/C, AM/FM cassette, new tires, new brakes, 32K miles, excellent condition. Asking \$7,500 negotiable 489-2788. gcf4

1981 OLDS CUTLASS STATION
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82 TOYOTA CELICA GT, 5
speed, power brakes & power steering, sun roof, new tires, batteries & brakes. New ignition system, 70,000 miles all highway. \$3,000 negotiable. 248-3998 leave message.. gcf4

1982 CAMARO T-TOP, 5 SPEED,
AM-FM Cassette, P/S, P/B, new radiator. \$3,000. 746-3485 after 6 p.m. wf4

1981 DODGE RAM, 60,000
original miles. Regular steering. Mint condition thruout. Ideal for business man. \$2250. (neg.) Call 742-1333. wf4

1984 VOLVO 240 GL, AC,
AM/FM stereo cassette, 4 speed, very good condition. \$5,000. 352-9031. gcf1

1978 TOYOTA CAROLLA
45,000 original miles. Automatic, A/C, runs excellent. Minor rust. \$750. 746-4680. wf2

1985 PONTIAC SUN BIRD
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1984 BUICK ELECTRA
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4 door sedan. Low mileage, A/T, A/C, AM/FM, Cruise control, rear defroster. Excellent condition in and out \$4200. Call 437-6618 wf3

1985 SAAB 900 TURBO 5
speed, 3' door, slate blue/tan leather, electric sun roof, hand windows, graphic equalizer, new tires, brakes, battery & muffler. August 1990 warranty. \$8,000 neg. 248-9051 after 6 p.m. gcf3

1987 FORD T BIRD TURBO
Coupe, 5 speed, metallic red, charcoal interior, power seat & antenna, loaded, garaged, 6,000 original miles. Like new \$12,500. 775-3909 before 9 p.m. gcf2

1982 BMW MODEL 528, 5
speed, black, mint, sun roof, 63,000 miles, new clutch & brakes, Benzi box, maintained with records, garaged, alarm. \$8,200. 437-4132 eves. gcf2

Lost & Found

LOST - ORANGE & WHITE
Tiger stripe male cat, answers to Tigger, wearing yellow collar. Last seen Dec. 17 on Brook St., east side of Clinton. 248-2369. gcf1

FOUND - BLACK PEA JACKET
mistakenly returned to us around January 5. Probably from Class of '89 Garden City - 741-5466 gcf3

Wanted

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hj4

OLD GUNS, SWORDS,
Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hj4

LIONEL AMERICAN FLYER
and other old toys (tin wind-ups and toy soldiers, etc.) trains or accessories wanted by Garden City collector. Any condition. Immediate high cash paid, 248-4899. gcm4

DO YOU HAVE OLD COINS???
U.S. or foreign. I will pay a good price. Coin collecting is my hobby. Call me at 223-4236 hj4

OLD ITEMS WANTED
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GARAGE TO RENT TO STORE
car. 352-0198 between 5 and 11 p.m. and weekends. gcf3

Notice

ATTENTION
Flea Marketers - top young men and boys manufacturer rep. has huge inventory of perfect samples Sweaters, men's medium, boys 14-16. Pants, men's 32, boys 26. Jackets - men's medium, boy's 14-16. Shirts woven and knit, same size. Approximate 800 units. Once established continuous supply every season. Call 10 a.m. to 10 p.m. 201-694-0607 or 201-772-1632 wj4

GARAGE SALE

TAG SALE GARDEN CITY
Heading for Sun City! Must sell large amounts of antique and collectible bric-a-brac. Old china, crystal, cut glass, brass, fabulous bronze candelabra lamp, lovely old lamps, collection of old movie star figures, old scales and irons, antique clock, lovely pictures, wooden buddahs, unique FP fender, tools, linens, old spinet desk, assorted tables, 1920's chairs and rockers, sewing machine, hi fis, records, handsome mahogany bed, books, golf clubs, cart and shoes, lawn chairs and loads of misc. 64 Roosevelt Street (off Chester) Saturday, January 27 9 a.m. to 2 p.m. gcf4

Help Wanted

BANK TELLERS
FLUSHING SAVINGS BANK looking for full time & part time tellers. New Hyde Park branch & Flushing. Will Train Apply to: 144-51 Northern Blvd. Flushing, 11354. E.O.E.-M/F wj3

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Our Children



By Willard Abraham, Ph.D.

Son gave him the perfect gift

Q. I recently received a gift from my 16-year-old son and can't help sharing with you the joy he gave me.

I always felt that we have a pretty good relationship, talk fairly freely together, and enjoy some of the same things, like an occasional sporting event or movie. Sometimes my wife joins us and sometimes we include a friend of his or mine, nothing special and not on a regular basis.

My birthday was a few weeks ago, and he handed me a beautifully wrapped box. When I opened it I had to wade through a lot of paper to finally reach what he had buried in the box.

It was a plain envelope with "For Dad" on the outside. Inside was a long letter, written by him, telling me in detail how important I am to him and how much he loves me. In closing, he wrote, "I didn't have enough money to buy you the kind of gift you deserve, so I hope you won't mind accepting this as a kind of 'rain check.'"

Mind? I'll cherish his thoughtfulness and love the rest of my life. I've always thought he's a pretty good kid, but this? Way beyond anything I ever expected.

A. The depth of our children's feelings toward us is seldom revealed. What a wonderful thing it is when one of them opens up as your son did. You're so fortunate — and so is he.

Q. As a parent I'm sometimes disgusted with the kind of reading materials my two high school youngsters are exposed to in school. It's bad enough what they see at (and often read from) the supermarket checkout racks, so it is really up to the schools to provide higher standards and establish better reading habits.

Do you have any suggestions of specific materials they should read? I can think of a few of the classics, but I'd like to get your ideas.

A. A recent study listed the titles most frequently assigned in public high schools, and they indicate that the situation isn't all bad. Most of them were on such lists 25 years ago, so public schools seem not to have been on a downhill side in this area of learning.

Here are the top 10, in order: "Romeo and Juliet," "Macbeth," "Huckleberry Finn," "Julius Caesar," "To Kill a Mockingbird," "The Scarlet Letter," "Of Mice and Men," "Hamlet," "The Great Gatsby" and "Lord of the Flies."

"Silas Marner" isn't on the current list, but it was earlier, and it should be now.

I'd like to add a few favorites of mine, "Tale of Two Cities," "David Copperfield," and "An American Tragedy." They bring to mind wonderful memories of many enjoyable hours of reading and of a magnificent English teacher I was fortunate enough to have.

One more point: It isn't totally a school responsibility. Although they obviously should carry a large part of the burden, parents as reading models for their children can also have a strong influence on them. The family adults who enjoy reading and share their pleasures with the children can help get the habit of reading started.

If reading to youngsters and also together with them begins in the early years rather than being neglected, there is more chance that it will continue. Then, even those who are into a heavy television/movie routine are likely to retain the habit and the ability to enjoy what books can bring to them.

Q. Because I've seen so many near-accidents involving children on bicycles, I'm becoming more and more concerned about my 10-year-old son. He is probably more careful than most kids, but it isn't always the children's fault, just as every driver involved in an auto accident isn't necessarily the one who caused it.

I'd like my son to wear a bicycle helmet, but he tells me that his friends don't wear them. Besides, he says they would think he's a nerd if he did.

How does a parent succeed against that perception of his?

A. Let me try to get at this from two directions: The dangers involved and who can help parents fight the problem.

At least half a million children every year end up in emergency rooms because of bicycle accidents. Most of the injuries are to their heads, and helmets can be effective in reducing the number and severity of injuries.

If friends thought the helmets were "neat," "sharp," or whatever words they use for praise in your community, wearing them could become more acceptable.

If children saw helmets on the heads of television and movie heroes, that would help build acceptance, too. So might an effort by Scout leaders and teachers, many of whom provide a role model for

youngsters.

Perhaps you can help start a parent letter-writing campaign to television and motion picture producers and their "macho" performers to encourage them to assist in saving children's lives. If even one of the better-known ones began or joined a public relations campaign to get youngsters to put on helmets because such individuals look so great in them, the wearing of them might spread.

Just think how effective it could be if someone like Tom Cruise, Mel Gibson or Michael J. Fox helped start the ball rolling.

The cause of saving lives and limbs of our kids makes it all worth thinking about. That's not enough though. An active and creative parental effort may be even more worth considering.

On a personal basis, all of this might be shared with your 10-year-old son. Depending on his maturity, his reactions and suggestions could be quite interesting.

Our Children



NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. **St. Jude, pray for us all who invoke your aid. Amen.** Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. P.M.L. wj4

NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. **St. Jude, pray for us all who invoke your aid. Amen.** Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. R.B.T. wj4

NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. **St. Jude, pray for us all who invoke your aid. Amen.** Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. J.H. gcj4

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MAY THE SACRED HEART OF

Jesus, be adored glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus pray for us, St. Jude, worker of miracles pray for us. Helper of the helpless pray for us. Say this prayer 9 times a day. By the 8th day, prayers will be answered. Publication must be promised. J.H. gcj4



YOUR SOCIAL SECURITY

By William M. Acosta

Apply for benefits well before you retire

Q: I plan to retire later this year. How soon should I apply for benefits? — T.J.P.

A: You should inquire at any Social Security office a few months before you reach age 65 — not only about retirement benefits but also regarding Medicare.

If you plan to retire before you reach 65, it is important to apply for monthly benefits no later than the last day of the month you want benefits to begin.

In general, benefits payable for months before age 65 can begin no earlier than the month you apply. Generally, benefits can be paid only for months in which the person is eligible throughout the entire month.

Q: My brother-in-law and I were discussing what constitutes the main source of income for a retired person.

He said that Social Security is the main source; I disagree. Who is correct? — R.B.

A: According to a recent study, four major sources accounted for 96 percent of the aged's income.

Social Security was the largest portion of the total at 38 percent. The other sources were other pensions, including private pensions, government employee pensions and railroad retirement (14 percent), earnings 16 percent, and asset income 28 percent.

Q: My mother has her Social Security checks going to her house rather than the bank.

Isn't it better to have her payments deposited directly into her checking account? — I.G.

A: Yes. Direct Deposit stops worrying about having a check lost, stolen or delayed. It saves the time and expense of special trips to deposit checks.

The money is available the morning of the payment date.

Q: I understand that there are a number of things you have to report to Social Security if you receive Supplemental Security Income. What are they? — J.G.

A: All SSI recipients must report changes in their income, resources, household or living arrangements or marital status. They must also report if they enter or leave an institution and if they change their address. These changes can affect eligibility or the amount of the monthly SSI payment. Failure to report may result in an overpayment, which would have to be repaid.

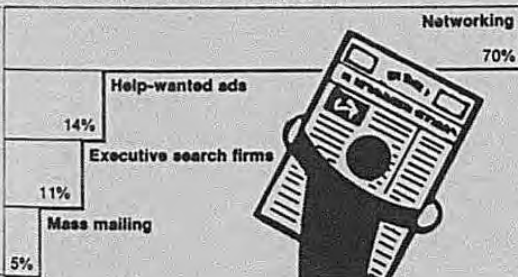
YOUR SOCIAL SECURITY

SMART MONEY

Looking for a job?

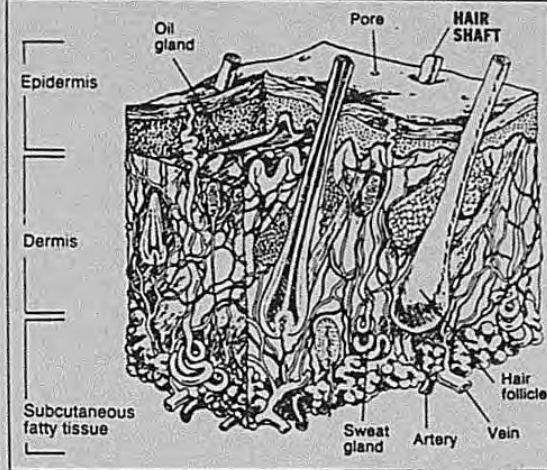
Try several approaches when searching for a new job.

How most companies find new employees:



SOURCES: National Center for Career Strategies Inc.; Women magazine

YOUR BODY



THE HAIR

WHAT: Despite some common expressions as "to get in one's hair" (to be annoying), "split hairs" (quibble over petty details) and "to let one's hair down" (relax), your hair has a history all its own.

Delicate hairs called *lanugo* cover a five- or six-month-old fetus still in the womb. Before the baby is born, most of the lanugo is shed except from the eyebrows, eyelids and scalp. When the baby is several months old, the hairs in these regions become coarser, and new hair growth called *vellus*, or fleece, develops on the body.

Another word for hair is the Latin *pili* (PIE-lee). *Piliform* means hair-like.

Major components of a hair are the shaft (including the cortex, which contains the pigment for hair color), projecting through the skin, and the root, below the skin surface. A follicle

surrounds the root and provides nourishment to the hair.

WHERE: Hair grows on nearly every part of the body. Some hairless parts include the lips, palms of the hands, soles of the feet and tips of the fingers.

FUNCTIONS: Hair is primarily for protection of the body. Hair on your head, for example, protects your scalp from injury and the sun. Hair in the external ear canal and nostrils fights insects and dust.

Gustatory hairs project from cells in your tongue's taste buds. The cortex of white hair does not contain pigment; it contains air.

Scalp hair lasts about two to five years. If it is not replaced as fast as it is shed, alopecia (ai-oh-PEE-shoo-a), or hair loss, occurs. This may be the result of hereditary factors, aging, radiation, infection or certain drugs.

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Mainly for Seniors

By Leonard J. Hansen

Facts about saving teeth for seniors

As a mature adult you need not assume that you will lose your teeth due to age or periodontal disease.

Forty million teeth are extracted by dentists each year, but many of the extractions are unnecessary, according to the National Institute of Dental Research: "Adults between the ages of 18 and 65 had an average of 17 teeth in 1962. That number rose to 25 by 1985."

"With advances in endodontics, doctors are able to save teeth that only five years ago were considered untreatable," states the American Association of Endodontics. "Our dental specialists are seeing more senior adults with all their own teeth, thanks to fluoride and modern dental techniques. Dentures are no longer an inherent part of growing older."

In 1962 one-third of adults between 55 and 66 had no natural teeth, but in 1985 only 13 percent of people in that same age range were toothless. Endodontics, or root canal therapy, is saving many teeth that would otherwise have to be extracted.

"There is no age limit for successful endodontic therapy. As long as a tooth has some good bone support, it can be saved at any age," states an association report.

Endodontic specialists are dentists who take an additional two years of training and limit practice to root canal procedure. As specialists, endodontists are specifically trained to handle more complex cases in preserving the health of teeth.

Endodontic therapy is required when the pulp, or the soft inner tissues of the tooth containing nerves and blood vessels, become diseased and dies. This most often happens as a result of decay that reaches and damages the pulp, and sometimes from periodontal or gum disease. In the aging process, the pulp becomes less resilient and is more easily damaged. In the endodontic procedure damaged pulp is removed and the root canals are cleaned, filled and sealed — the tooth remains alive and functional. The procedure may now preserve all but the most severely damaged tooth.

Older adults should be concerned about preserving their teeth as best for their individual health. The association offers the following recommendations:

- Saving a tooth with endodontic therapy can prevent other teeth from shifting — the latter being a contributing factor to gum disease and other complications. The replacement of a lost tooth with a bridge often involves cutting adjacent, healthy teeth.

- Be more aware of dental care and hygiene. Older adults tend to have less saliva to wash away decay-causing bacteria and may have more gum recession, exposing the roots of the teeth and making them subject to decay.

- If your dentist recommends a tooth extraction, do not agree until you ask about alternative and for a referral to an endodontist. If your dentist won't discuss alternatives to extractions, ask why not and challenge the recommendation. For sure, see an endodontist for a second opinion.

- If given a choice between endodontic (root canal) therapy or tooth extraction, always choose endodontic therapy. Dentistry has yet to produce a denture or bridge that functions as well as a natural tooth.

- Never choose extraction because you think endodontic therapy will be painful. Modern techniques and effective anesthesia make the treatment virtually painless. Post-procedure discomfort is generally more serious with tooth extraction than root canal treatment.

- If you're taking prescription or over-the-counter drugs, advise your dentist and endodontist of each. The medications may be causing dental problems, and the specialist can also avoid drug complications in considering the form of anesthesia or treatment.

When people expected that they would lose teeth with age, large dental extraction practices were created and flourished, and coupled that service with the production of bridges and dentures. But such does not have to be, and tens of millions of teeth may now be preserved each year.

"Saving Teeth Through Endodontic Therapy" is an informative brochure available for a self-addressed and stamped (25 cents) business-size (No. 10), envelope. Order from: American Association of Endodontists, Dept. SR, 211 E. Chicago Ave., Suite 1501, Chicago, IL 60611.

HIP FRACTURES PREVALENT FOR TRANQUILIZER USERS

Older adults who use certain minor tranquilizers are 70 percent more likely to fracture their hips than those who don't take similar medications, according to a December 1989 report in *The Journal of the American Medical Association*.

Mature adults presently taking long half-life tranquilizers by prescription should discuss the new findings and dangers with their physicians.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: If adults are supposed to be models for us kids, I guess I'd better declare the supermarkets as off limits. So many times I've seen adults there steal nuts, nibble grapes and stuff radishes into their pockets or purses. It is just plain ugly, and besides, they don't look at all poor.

I've never seen a teen do it, but maybe some do. And I guess most grown-ups are honest, but those sneaky ones get my goat.

Should I report it to the manager next time I see it? It's shoplifting; isn't it? — Darrin.

Darrin: According to my trusty dictionary's definition of shoplifting, perhaps it is: "The stealing of goods on display in stores." Piles of nuts, grapes and radishes may not be considered by some to be "on display," but they really are "displayed" for all to see.

Sharing information of what you observe seems appropriate, leaving it in the manager's hands whether or not to follow up. Simple posted "warning signs" might be one of the results.

I believe you may be talking about a small minority, Darrin, but still, it is what you indicated, an ugly practice.

Dr. Abraham: I have a feeling that my situation is hopeless. For a while I thought that I could be at least as important to my boyfriend as his buddies and his love of sports are. Of course I wanted to be more important to him than they are, but there didn't seem to be any chance of that.

He will delay seeing me or cancel out for any reason related to his friends or a game he'll be in or wants to watch. Sometimes I don't see him for weeks.

The strange part is that he's never with another girl as far as I know, so that relieves me.

We are both 16 years old, and I do like him a lot. It's just that I'd like to have him around more often. — Deb.

Deb: Next time you see him (and I hope it's soon) tell him that you want to be with him more. Tell him that you like sports, too (but only if you really do) and would enjoy going to a game with him once in a while (if you really do want to go).

If he at least makes some effort to spend more time with you, that may be the best you can do. If he doesn't, you may have to settle for what you have — or it might be time for you to look in the direction of others.

If you do that, you could certainly hope that perhaps when he matures a little more he will seek you out. Whether he wins you back depends on whom you've met in the meantime and how you then feel about him.

But first things first — consider taking steps like the ones I suggested to snare more time with him now.

Dr. Abraham: The first thing I look at in the newspaper every morning is my horoscope. I really believe what I read, and I guess a former first lady did, too.

I know a lot of people think it's bunk, so that's why I want your opinion. What do you think? — Helen.

Helen: I find it comfortable to feel that no one's beliefs should be challenged too much if they aren't harmful to that individual or anyone else.

However, I have serious doubts about the validity of this method of foretelling events in a person's life.

I am eager to hear what others think about this subject. Teens, will you send in your thoughts on it?

Dr. Abraham: I am 14 years old and have a problem that I think can be corrected, but I need my parents' permission and some money from them. Without those, it's just plain zip.

My eyes have always been kind of squinty. Some of my friends have given me an ugly label that narrow-minded people use on the Chinese. (I should have referred to them as my "so-called friends.")

I believe that the size of my eyes (not the eyeballs themselves) can be increased by plastic surgery. Although my parents agree that some day they will consider having it done, they say it is too early. Last year they also said that. And the year before, too.

I really want to have it done. When do you think it should take place? I'm tired of waiting, and angry at my parents, too. — Babs.

Babs: I can so easily understand your impatience and how hard it is to live with the time uncertainty of when plastic surgery might take place.

A visit to a plastic surgeon can help relieve the pressures you feel. You or your parents can contact one (or more than one) recommended by your physician or family friends.

You might consider telling your parents that even though the delay they suggested because of your age may be correct, it would help you to be able to have a plastic surgeon suggest if or when surgery should take place.

ANTIQU OR JUNQUE



By James G. McCollam

Is this a Windsor chair?

Q: This armchair appears to be made of walnut.

What is its value and when was it made? Is this a type of Windsor chair?

It has been in our family for over 70 years.



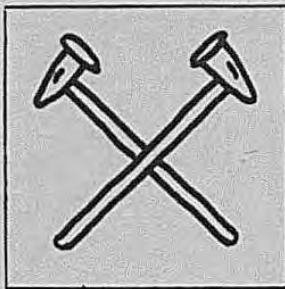
A: This is relatively modern version of a Windsor chair. The top, arms and seat are typical of chairs made about 1920. I doubt if it is walnut; chairs like this were usually made of maple or birch.

It would probably sell in the \$175 to \$200 range.



Q: This mark is on the bottom of a porcelain coffee service consisting of a pot, sugar and creamer, six cups and saucers. Each piece is decorated with a rural scene on a deep blue background trimmed with gold.

I would like to know something about the origin, vintage and value of this set.



A: Your coffee service was made by Fischer & Meig in Pirkenthal, Austria, between 1875 and 1887.

In good condition, it would probably sell for \$500 to \$600.

Q: We found a slot machine in our parents' attic. It takes nickels and is called "Golden Nugget."

Can you give us some idea of its value and when it was made?

A: This was made by the Mills Manufacturing Co. in 1947 and modified by the Golden Nugget Casino. There also have been some reproductions made, so this should be examined by an expert.

An original would be worth at least \$3,000; a reproduction is worth about half as much.

Q: My grandfather's shaving mug has a picture of a farmer plowing a field with a team of horses. On the bottom is "K.T. & K. China."

Is this collectible?

A: This would be classified as an occupational shaving mug; these are very popular with collectors.

This one was made by Knowles, Taylor & Knowles in East Liverpool, Ohio, about the turn of the century. It would probably sell for about \$125 to \$135.

BOOK REVIEW

"Schroeder's Antiques Price Guide — 8th Edition," \$12.95, plus \$2 for postage from Collector Books, P.O. Box 3009, Paducah, KY 42002, or at your local bookstore.

This must be the biggest price guide on the market (8½ by 11 inches and over 600 pages).

There are hundreds of categories illustrated and priced. Each category is introduced with a brief history and analysis including cross-references to related items.

For those who have collections to sell, there is a list of auction houses. For those who are just getting started, there are lists of collectors' clubs, newsletters and publications.

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



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Antiques
The beauty and charm of the past are here. Come take a walk back in time with us and remember the way things used to be. Old and not so old collectibles, nostalgic treasures. All items bought, sold or traded.



Points on Pets

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

Q: How do you recommend selecting a veterinarian?

We have just purchased our first pet and do not know any veterinarians in our local area. There are many veterinarians listed in our yellow pages. How can we be sure that we have selected the best one for us?

A: Selecting a veterinarian for your new pet is a very serious matter. Recommendations from the breeder or store owner from whom you bought your pet or from other pet owners in your neighborhood will help you make a tentative selection.

Location of the veterinary clinic is an important consideration, especially during emergencies. Heavy traffic or long distances greatly increase frustrations during emergencies.

During your first visit you should evaluate both the facilities and the veterinary personnel.

The hospital should be scrupulously clean. The reception area and examination rooms should be clean and in order whenever you arrive. The clinic should not have offensive odors. Hair and debris from previous patients should not be evident in the examination

rooms. Kennels should be clean and smell fresh.

It is important to determine whether the veterinarian schedules patients by appointment or has open office hours. Open office hours often lead to long waits in the waiting room. With the exception of occasional emergencies, you should expect your veterinarian to be on time for appointments.

You should ask your prospective veterinarian how after-hours emergencies are handled. In many localities veterinarians cooperate in sharing emergencies for the entire community. The location of the emergency veterinary clinic in relation to your residence is very important.

You should expect all of the staff of the veterinary clinic to be competent, courteous and professional at all times. Each member of the staff should be well-groomed and dressed neatly. All of the staff members should treat your animals with compassion. Any rough handling should not be tolerated.

JUNIOR EDITION



Aunt Tilly's Corner

RULES BOYS AND GIRLS

Here is your chance to win One Dollar (\$1.00) - to spend or to save.

- Here's all you have to do:
1. Contest is open to children 4 to 12 years of age.
 2. Entries must be received by Friday, February 2, 1990
 3. Paint, watercolors and crayons must be used on the above.
 4. Decision of the judges will be final.

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

This week I had to take my pet cat Handsome to the veterinarian for his shots. He always seems to know when it's time to go to the Vet because he hides under the bed and won't come out. After (finally) coaxing him into the open, I catch him and put him in a cat carrying cage. He cries like a baby all the way to the Vet, and is so happy when we finally come home again. I feel bad that he's scared, but I know that if I don't take him he might get sick, so I also feel good that I'm taking care of my little friend.

Do any of you have pets you have to take care of? Sometimes you have to do things that are good for your pet that he may not like very much. But you should feel good when you do them, because your pet depends on you to know what he needs.

Your friend,
Aunt Tilly

Pets

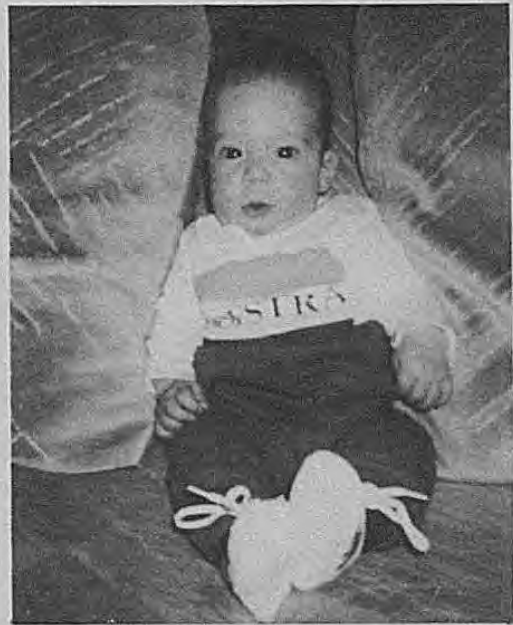
The World's Most Beautiful Grandchildren



Edward Owen Sweeney, twenty-three months old, is introducing his new sister, Aileen Elizabeth, born on July 12, 1989. They are the children of Paul and Shella Sweeney and they live in Laurel Bay, South Carolina. Their lucky grandparents are Peg and Patrick Harrington of the Bronx and Ned and Ann Sweeney of Garden City.
Ann Sweeney
Garden City



These are our very special grandchildren. Jenny 14, Debbie 11 and Katie 6 - daughters of Nancy and Greg Petzold of Garden City. Kevin 4 and our latest 1 1/2 year old twins - Gerry and Megan all children of Jill and Jim Donlevy of Lake Ronkonkoma. The very proud grandparents are Jane and Gerry Klingler of Syosset.



Introducing three month old Michael Anthony Londt, presented by his proud grandparents, Mike and Maria Fulgieri of New Hyde Park. Michael is our first grandchild and he's an absolute joy. He is the son of Billy and Angela Londt, also of New Hyde Park.