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In The

The Only Newspaper Printed and Published In Hicksville

# Mid-Island Times

## & Levittown Times

35¢

Vol. 42 No. 1000 REFERENCE PERIODICALS USPS 546-760

Friday, February 9, 1990

### Fire Dept. Installation



Nassau County Executive Thomas S. Gulotta, center, attended the Installation Dinner of the Plainview Fire Department, held at the Renaissance Gallery.

Present were: Oyster Bay Town Councilman Leonard Symons; Dennis Green, Incoming Chief; Oyster Bay Town Councilwoman Ann Ocker; Ed Ocker, Honoree; Leonard Bozza, Outgoing Chief; Oyster Bay Town Supervisor Angelo Delligatti.

## Fire Substation Opening Delayed By Contractors

By Maureen Traxler

South Hicksville residents traveling up and down Levittown Parkway must be wondering whatever became of the firehouse substation. After many long months, the Fire Department has not as yet taken possession of the facility. The glitch in construction stems from work not completed or not acceptable to the department.

Fire Chief Owen Magee says, "Contractors were given a February 10 deadline to have 95% of the outstanding items completed" or risk retaliation in possible fines of up to \$100 a day.

"The Fire Department is subject to State law which mandates the letting of contracts to the 'lowest responsible bidder,'" added Chief Magee, "even when we don't know their qualifications." Under the Wicks Law (General Municipal Law §101, Separate Specifications for certain public work) not only is the award to the general contractor made by competitive bidding, but also to most subcontractors. The intent of the Wicks Law was to increase job opportunities to minority contractors statewide.

The general contractor on the firehouse substation project is Bass and D'Alessandro a local firm located on Stewart Avenue. About 20 subcontractors are also working at the site. In the construction industry, the general contractor is normally responsible to see that this work is done in a timely fashion. In this case, work has been delayed because subcontractors have not been keeping on schedule.

The price tag of substation 4 is just over \$1.5 million. According to Chief Magee, about 40 firefighters will be transferred to the facility upon completion, most of them from the south Hicksville area. The facility will house 2 engine companies and a ladder. The equipment will be supplied with emergency medical needs.

The traffic light which has been installed in front of the house will be activated from within the firehouse only when firefighters are exiting or entering the facility. It will otherwise remain green for Levittown Parkway.

Chief Magee noted that the Hicksville Fire Department has had a very active first month of 1990. They have experienced several auto accidents, house fires, false alarms by vandals; they have assisted at the crash site of Avianca Flight 52 and responded to the fire at Fork Lane School.

All the schools in the area, both public and private are linked to the main firehouse by the municipal fire alarm system. The system can be tripped by the fire alarm in the building or by heat level. The Fire Department urges schools to carry out frequent checks of the system, in conjunction with the Department's knowledge.

Fire Chief Magee notes that residents reporting fires are urged to call the fire emergency number, 931-0026. Calling 911 (the police emergency number) causes a 4 to 5 minute delay in crucial response time because police operators must first relay the message to the Fire Department. Oftentimes, the Fire Department would rather speak directly to residents to ask for pertinent information which may not have been obtained by the police operator.

Every year during the Department's fund drive Emergency Number stickers are distributed. These stickers can easily be affixed to most phones. Additional stickers are available at the firehouse.

### TO BE TAKEN FROM THIS ROOM 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 Health 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.

## Seven Car Accident

A Friday afternoon auto accident on February 2, at Broadway and Nevada St. left in its wake 7 damaged vehicles, including one overturned vehicle and several injured persons. Hicksville firefighters responded with five units and extricated one female by cutting off the roof of the vehicle. The Hicksville Fire Department Haz Mat Unit responded due to the fuel and oil spilled. One person was transported to the Nassau County Medical Center via Fire Department Ambulance. Nassau County Police are investigating a report that one of the vehicles lost its brakes as it approached the intersection. Wet road conditions may also have been a factor.

## Tarot Lecture At Library

On Tuesday, February 27, at 1 p.m., the Bethpage Public Library, 47 Powell Avenue, will present Joanne Salvador, who will discuss the Legend and History of the Tarot. Learn the history and meaning of this ancient method of divination. Please note: this program is for entertainment only. Pre-registration is required. Call 931-3907 or stop at the Reference Desk. Coffee and cake will be served.

## Bd. Of Ed. Meets Feb. 27

The Hicksville Board of Education will hold its next regular public meeting on Tuesday, February 27, in the conference room of the administration building. All are welcome to attend.

## Accountability In Schools Topic At Council Meeting

By Maureen Traxler

School Superintendent Catherine Fenton proudly informed the members of the Hicksville Community Council about the district's selection as a pilot for the State's Excellence and Accountability Program at the Council's meeting on February 1. "If your schools are good, the real estate values of your homes will improve," observed Dr. Fenton.

But, when she fielded questions, Dr. Fenton faced the often-heard query, "Why, if there are less children, is it so expensive?"

"The population of our eight elementary schools is much lower than it has been in the past," commented Dr. Fenton. "The problem comes when you're not running things in the most economical way. That is what the Board (of Education) is facing." She emphasized that change must come "without lowering the quality of education."

Turning the tables, Dr. Fenton said, "There's where we go back to the community. Will you adjust to the idea that a school could be closed? Are you open to change?"

Outlining the Excellence and Accountability Program, Dr. Fenton said that all ten school buildings will participate by forming a liaison of administrators, teachers and community. Questionnaires have been distributed to faculty for their assessment of the building's strengths and weaknesses. Students have been involved on the high school level, and many buildings are now sending questionnaires out to the parents. Hicksville is one of five districts on Long Island chosen for this State program.

Through input on these levels, each building will be striving for specific goals. The "accountability" part of this program comes when each building "must prove that they have accomplished their goal in some positive way," stressed the Superintendent.

Dr. Fenton once again referred to a mandate from the community that they wished to see their children go on to some further education after high school. The Superintendent pointed out that at present 77% of Hicksville graduates go on to some form of higher education. The district has been in the process of upgrading its academic requirements.

Dr. Fenton displayed charts diagramming the achievement scores and commented, "When you see that they can achieve, then you demand that they do achieve."

Of the 53 districts in Nassau County, Hicksville's school tax rate ranks 43 in 1989-90 with \$27.48 per \$100 assessed valuation. Top ranking Malverne has a rate of \$43.83 and low ranking Oyster Bay pays \$20.69 per \$100. The 43 ranking is down from Hicksville's rank of 38 in 1986-87 and '87-88. The average tax rate in Nassau County rose over his four-year period from \$26.26 in 1986-87 to \$33.21 in 1989-90.

Other questions put to the Superintendent included the cost spent per student. In this school year, Dr. Fenton estimated the cost at \$11,000 per child. On a question of transportation, Dr. Fenton stated that the State sets the rules, but districts have the option to set their own guidelines. Ninety percent of the district's transportation costs are reimbursed if the district follows the State rules. If they violate State rules, they risk losing reimbursement.

"We are striving to deliver the best quality possible education to the community and also enrich people's perception of their community and improve the property values," concluded Superintendent Fenton.

The Council's second guest was Nassau County Sheriff Joseph Jablonsky. The sheriff outlined his responsibilities, which include: income property executions, whereby the sheriff's office will, for a small fee, try to collect money or property for residents who have received a judgment from the courts; secondly, evictions, here the sheriff usually can carry out an eviction in three weeks after prior notice to those being evicted.

The sheriff acknowledged his third, and by far major responsibility, to be the Department of Corrections. Jablonsky has direct charge over 48 deputy sheriffs and their 20 support staff and, in the correctional facility, 1,000 people including 800 corrections officers and 200 support services such as cooks, electricians, nurses, doctors, etc. Jablonsky's office has an \$81 million budget, of which \$74 million goes to the correctional department.

The East Meadow facility has a 2100 inmate capacity; Sheriff Jablonsky said that at present 1975 inmates are housed there. All persons arrested in Nassau County wind up at this facility where they

Continued On Page 16

## Editor's Notebook

Not so many years ago the nation marked the bi-centennial of the Declaration of Independence. Next year we will celebrate the 200th birthday of an equally important event: the adoption of the Bill of Rights, including Freedom of the Press.

Genuine freedom of the press was unknown in 18th century Europe. In England, as late as 1789, political philosopher Thomas Paine was exiled because he criticized the monarchy in his "Rights of Man." In the American colonies, too, the exercise of a free press was dangerous. In 1735 journalist/printer Peter Zenger was jailed and charged with seditious libel for criticizing the governor of New York.

Still, Americans from earliest times had believed in freedom of the press. This principle was guaranteed in the first Virginia Constitution. It also became part of the Massachusetts Constitution, thanks to John Adams. In fact, by the time the Revolution ended, most states' constitutions guaranteed this freedom.

Thus it was that James Madison at the first session of the new Congress drafted a number of amendments that ensured the rights of individuals, including, among others, the rights of religious worship, speech and the press. By December 15, 1791, enough states had approved these ten amendments, making the Bill of Rights part of the American legacy.

It is the First Amendment of this great Bill of Rights that provides, for all Americans, for all time, that Congress shall make no law abridging freedom of the press. Today citizens of this country enjoy a greater degree of this freedom than do citizens of any other country on earth.

## New Banner For Fork Lane



Sixth graders from Fork Lane proudly display one of the new banners purchased by PTA for school functions. Kristen Burns, Katie Andrekl, Tara Breen and Jen Traxler.

## Mid Island Times & Levittown Times

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## Letter

To The Editor:

A tragedy, such as the crash of Avianca Airline Flight 52, brings out the highest level of selflessness in all those who become involved. No finer example of such altruism can be witnessed than the effort made that night by Oyster Bay's volunteer firefighters and emergency medical teams, along with the Oyster Bay Cove, Cove Neck, Mill Neck and Nassau County Police Departments.

Those dedicated individuals who on a daily basis protect our lives and property, once again put aside their personal concerns to professionally deal with a catastrophe.

On behalf of all Town of Oyster Bay residents, I would like to thank each and every individual who responded that night. We have never been more proud of you and the life-saving services you perform.

Sincerely yours,  
Angelo A. Delligatti  
Town Supervisor

## Open Letter From Fire Chief

To the Firefighters of the Hicksville Fire Department:

As Chief of the Hicksville Fire Department I would like to thank every member that responded to the tragedy of Avianca Airline Flight 052 and congratulate on a job well done.

The professionalism and courage that you showed that night was just another example of the true meaning of brotherhood among your fellow firefighters. The Hicksville Fire Department has never been subject to such a tragedy involving so many lives. The coolness in which you handled this tragedy was far beyond the everyday call of duty.

I especially would like to thank the members who stood by at the firehouses in Hicksville until we returned from Oyster Bay. Though you were not at the scene it was reassuring to know that Hicksville was being protected and you were ready if needed in Oyster Bay.

The horror that we all experienced during the rescue efforts is something that will never leave you, but we should all move ahead with our lives and have a sense of pride and accomplishment knowing that we all did the best we could.

The job we did and the job we do everyday is something the citizens of Hicksville should be proud of and it makes me proud to be Chief of the Hicksville Fire Department.

Yours truly,  
Anthony Wigdzinski  
Chief of Department

## Adult Ed Offers CPR

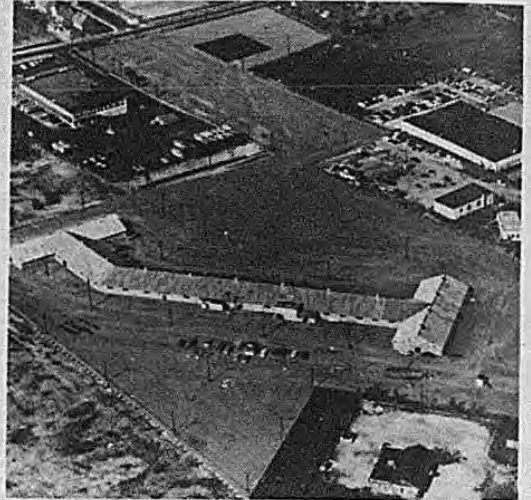
Bethpage Public Schools Adult Education Program will be offering First Aid-CPR beginning March 7, and Defensive Driving beginning March 6.

For further information please call 931-2900, ext. 326.

## Bethpage Marketplace To Replace Farmers Mkt.



Artists view of new Bethpage Marketplace to replace old Farmers Market.



Aerial view of old Farmer's Market.

Spiegel Associates of Jericho, will begin construction on the new Bethpage Marketsquare, the site of the Nassau Farmers Market, located on Hicksville Road, Route 107 in Bethpage, early this spring. It has been announced by Arthur D. Sanders, president of Spiegel Associates. Development costs for this retail project are estimated to be approximately \$23 million.

The Nassau Farmers Market was built by Spiegel Associates in 1954 and resembled a giant barn which housed a "flea market" type operation.

"The new Bethpage Marketsquare will feature open web steel elements which should create a

"fun" atmosphere for the center," stated Sanders. "Our objective is to make this shopping center reminiscent of the Nassau Farmers Market's fair or carnival setting. That's also why we retained the work 'market' in the name of the shopping center."

Destroyed by a fire in 1987, the Nassau Farmers Market will resurface by the end of 1990 as the Bethpage Marketsquare, a new, modernized, and more convenient retail center, which is nearly double in size of the original structure.

To date, Spiegel Associates has leased 51,000 square feet of the Bethpage Marketsquare to Waldbaums as the anchor store.

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Next Orientation: Sunday, February 18, 1990 at 2 P.M.  
Make your reservation now, space is limited!!

## Reading Popular Subject At Fork



During the month of February Fork Lane PTA will sponsor Parents as Reading Partner. The theme B.E.A.R. (Be Excited About Reading) is reflected in the bookcase where the teacher's bears are on display. Jennifer Ng and Douglas Faulkner.

## False Alarm Suspect Arrested

A rash of malicious false alarms in Hicksville has kept Hicksville Firefighters on the run. The alarms have been sounded at all hours of the day and night for the past few weeks, for a total of thirteen. One individual was caught Saturday, February 3, and arrested by the 2nd Pct. Police. On Monday morning at 10 a.m. he was caught again by Firefighters and arrested again. The suspect's case has been turned over to the County Fire Marshal and Arson Squad for further action before someone is injured.

## Youth Council

The Hicksville Youth Council will hold its monthly Board Meeting on Tuesday, February 13, at 7:30 p.m. at the Youth Council, 175 West Old Country Road, Hicksville.

## Ess-Scannapieco Engagement



Steven Scannapieco and Elizabeth Ess

Steven Scannapieco, son of Helen and Tom Scannapieco, of Hicksville, and Elizabeth Ess, daughter of Jim and Barbara Ess, of Akron, Ohio, announced their engagement on New Year's Day. Steven graduated from Hicksville High in 1980 and from Cornell University in 1984. He moved to Akron, Ohio, to pursue

a career in Chemical Engineering with Goodyear Tire and Rubber Company.

Beth, a native of Akron, works as a RN in the Intensive Care Unit.

A September 1990 wedding is planned.

Congratulations and good luck to the happy couple.

## BIRTHDAY And ANNIVERSARY Club

### HAPPY BIRTHDAY

February 1  
Lisa Anderson  
February 2  
Melissa Breitfeller  
Jane Woods  
Carole Sadowski  
Nancy Ann Obermeyer  
Jennifer Olafsen  
February 3  
Joseph P. Behan  
Robert Harnett  
Rosemarie Jabour  
John Tuechler  
Charles Tallman  
February 4  
Kurt Breitfeller  
Paul Weber  
February 5  
Stan Macner  
Glenn F. Cisek  
Joe Johnson  
Tim Richards  
February 6  
Scott Marshall  
Ruth F. Donoli  
February 7  
Dina Winter  
Jeanne Maguire  
Carrie L. Clark  
Mary DeMonaco  
Robin Blicher  
February 9  
Edward Lopez  
Heidi O'Connell  
Chris Hogan  
Jane Murray  
February 10  
Dan Scapperotti  
Amy Przybyszewski  
Kenneth Lewis  
Clo Squillante  
February 11  
Robbie Walker  
Bill Robeson

February 12  
Elizabeth Karl  
Gregory Latini  
Theresa Mochringer  
February 13  
Valerie Lopez  
Joanne Crown  
Anne Marie Seeger  
February 14  
John Latini  
Joan Weber  
Col. Bill Knudsen  
Faustino Maisonet  
February 15  
Danny Sheedy  
Joy Kathleen Tuechler  
Philip Anglin  
Valerie Scapperotti  
Helen R. Behan  
February 17  
Patrick Gully Jr.  
Paul Hauf  
Michael Ednie  
Brian Kurkowski  
February 18  
Barbara Uhlich  
Syen Schebe  
Tara Lynn Strazzeri

February 19  
George Seif  
Jeremy Grand  
Robert Goerke  
February 20  
Michael Uhlich  
Peggy Colie  
Virginia Chepak  
February 21  
Robert Lichtman, Sr.  
Charles (Pat) Cunningham  
February 22  
Alan Roth  
Christopher F. Doyle  
Frank Bubenik  
Maura-Leigh Heller  
Loretta Clark  
Alan Roth  
February 23  
Kathy Thurbuchler  
E. Dolores Crawford  
Audrey Tallman  
Mary Gully  
February 24  
Peter Willi  
Bob Abrahamson  
Paul Willi  
February 25  
Katey O'Connell  
Ed Conte  
Kristen Riccardi  
Fred Freyeisen  
February 27  
Peter Willard  
Betsey N. Chayka  
Jaclyn Ford  
Leslie Daub  
February 28  
Phil Girnis  
Molly Walker  
February 29  
Ida Antonetti

We're Celebrating



### HAPPY ANNIVERSARY

February 6  
Ellen and Frank Riccard  
February 8  
Paul and Camille Hauf  
February 11  
Peter and Clara Mazzocchi  
February 12  
Marylou and Tom Sullivan  
Leroy and Marilyn Edwards

February 16  
Roslyn and David Schnipper  
Joe and Erika Pedone  
February 17  
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February 18  
Jennifer and Rob Abrahamson



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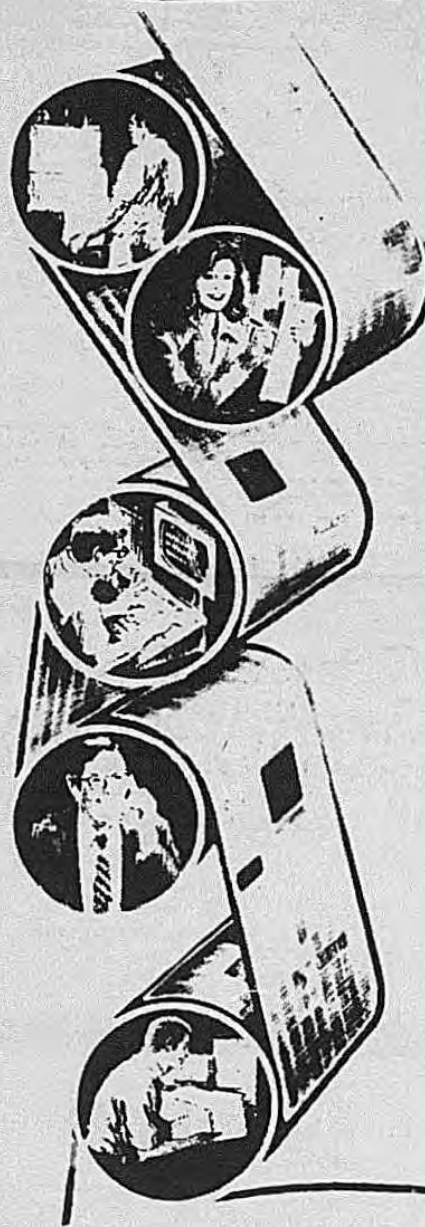
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## Auxiliary Police Appeal For Funds

Hicksville Auxiliary Police Unit 312 is currently conducting its annual fund drive. Since the Auxiliary Police is an all volunteer non-profit organization, donations from the community are needed for our continuing operation. Your contributions allow Unit 312 to cover general operating expenses such as maintenance of patrol cars, purchasing of modern communications systems, first aid and emergency equipment; all of which are needed to better serve the residents and businesses of Hicksville. Please support your Auxiliary Police by giving what you can.

Unit 312 is accepting applications for membership. As an Auxiliary Police Officer, you

provide patrols that help reduce vandalism of property and burglaries of homes and businesses in the community.

A 14 week (1 night per week) training course is conducted by the Nassau County Police Dept. at the Police Academy. Training includes traffic and crowd control, basic law, first aid and self defense. To be eligible, you must be between the ages of 17-65, have a clean record, pass a physical exam and pass the Auxiliary Police Academy training.

Experience the self satisfaction of serving your community, join the Hicksville Auxiliary Police. To make an appointment or ask for further information please call 681-2027.

## GOP To Hear Town Reps

Executive Leader, George Yochmann, announced that Leonard Kunzig, Town of Oyster Bay Deputy Commissioner of Parks and Gary Pappas, Town of Oyster Bay Deputy Commissioner of Intergovernmental Affairs will attend Monday night's meeting of the Bethpage Republican Club. "Lenny and Gary will each be making a presentation that I know will be of interest to the residents of Bethpage," said Yochmann. "Lenny Kunzig has been involved in the very successful Town of Oyster Bay Golf Course since its inception. A couple of years ago, he made a slide presentation to our club members depicting what the golf course was going to look like and the progress of the construction. Now that it is completed and in full swing, Lenny will show us the finished product." Yochmann explained.

Mr. Yochmann went on to advise that Gary Pappas will give us an update on the status of the "Affordable Mortgage Program" announced last year by Town of Oyster Bay Supervisor Angelo A. Delligatti. The program is to use funds from the sale of surplus Town property to help first-time Town of Oyster Bay home buyers with down payments and closing costs.

Club President Kevin Galloway added, "If you are interested in hearing these presentations and other Club business, you are welcomed to join us." The Theodore Roosevelt Republican Club meets Monday, February 12, at 8 p.m., in the American Legion Hall located in the LIRR Bethpage station parking lot.

## Diabetes Info Kiwanis Subject



In the photo, Ms. Grossi, on the right, is shown presenting "K" Program Chairman Effie Krogmann and "K" President Dr. Joseph Lupo with some of the information available after her most informative discussion.

(Photo by Sleg Wilder)

As a public service to the community, the Hicksville Kiwanis Club wishes to share the information brought to them at their January 31 luncheon meeting by that day's guest speaker, Mary Grossi, R.N., C.D.E., Program Coordinator for Public Awareness of the American Diabetes Association.

Ms. Grossi said that at least 11 million Americans have diabetes, and that with its serious complications of heart and kidney disease and strokes, kills 300,000 Americans each year, that diabetes is the #1 cause of new cases of blindness in adults, that an estimated 5 million people have diabetes and don't know it. She said that those most likely to get diabetes are those who are

overweight, are over 40, have diabetic relatives, and that women may be more likely than men to have diabetes. Ms. Grossi mentioned that some of the warning signs are frequent urination, unusual thirst, tire easily, blurred vision, uncontrollable craving for food (especially sweets), tingling, numbness or pain in the legs, feet and fingers, frequent skin infections, and that a checkup by the family doctor would be advisable.

Ms. Grossi distributed a number of brochures and pamphlets and suggested that anyone could call her office, 752-1752, or stop by at 401 Broad Hollow Road in Melville to ask questions and obtain printed material.

## Firefighters Attend Stress Counseling

Disasters such as the crash of Avianca 052 can have a severe impact on the rescuers who respond. Many have difficulty resuming their normal routines, unable to put the scenes of the disaster behind them. Some find themselves overwhelmed with feelings of helplessness, frustration and despair.

For this reason Chief Wigdinski and the Hicksville Fire Department held a stress debriefing at the Marie Street Firehouse on Sunday, January 2, for anyone involved in the rescue efforts. Members from Hicksville, and several other departments listened to Ray Shelton and his Critical

Incident Stress team talk about stress, its aftereffects, and its symptoms. Those attending then broke up into two groups and discussed the impact the crash was having on their lives.

As the sessions broke up, many members felt they had a better understanding of what was happening and how to cope with it. In the words of one rescuer, "A disaster such as this will never be forgotten, the trick is not to let it interfere with the rest of your life."

Hopefully, for all those who took part in the rescue efforts, life will return to normal, and instead of stress they will fill with pride when the subject comes up.

## Craft Workshops At Library

The Hicksville Public Library is offering two craft workshops by popular and talented craft teacher Esther Tollen.

**Embossed-Watercolor Picture Workshop**  
The date - Tuesday, February 27, 1990 - 8 p.m.

You are invited to make a lovely pastel, 11 x 14, matted picture using two distinct craft procedures - Embossing and Watercoloring. If you have attended any of Esther's previous classes, you know how Esther breaks down methods to understandable levels so all may enjoy the class.

The kit fee is \$5.50. You must bring either a #4 Round brush or a #6 Square shader.

Hicksville Residents only. Register now at the circulation desk.

\*\*\*  
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Yes... and this one is unique. **A No-Sew Applique Technique With A Difference**

The Date - Tuesday, March 6, at 8 p.m.

The kit fee is \$5. Bring with a "T" shirt or Sweat shirt (pre-washed - no fabric softener) - 1/2 yard of a large print fabric and scissors.

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# St. Ignatius Honors Retir

By Richard Evers

The Gothic walls and tower of Hicksville's St. Ignatius Loyola Church echoed with joyous song and voices raised in gratitude, Friday night, in a Mass of Thanksgiving celebrated by retiring Reverend Frederick Harrer. Twenty-one years of outstanding pastoral service were honored by hundreds of parishioners of this village's oldest Roman Catholic Church.

A large gathering of his people, clergy-associates and friends saluted Father Harrer for his courageous, innovative, and humanistic leadership which put his church on the cover of "Time" magazine in recognition of its post-Vatican II avant garde Christian endeavors. Among the guests at the Mass were seminary classmates, one-time parish associate-priests, deacons, sisters, and local Protestant church leaders such as the Reverend Dominic Ciannella, pastor of Hicksville Holy Trinity Episcopal Church and a leader in the Ecumenical Council, and Pastor Richard Schmeltzer of the Hicksville United Methodist Church. Monsignor James Boesel, pastor of Our Lady of Mercy Church, the Dean of the Rockville Centre Diocese's East

Nassau Catholic parishes, was present to honor Father Fred.

At the reception and delightful party in the parochial school cafeteria which followed, Deacon Don Zirkel served as Master of Ceremonies with Mrs. Ann Breschard as feature speaker. They recalled with warmth and hilarity Father Harrer's many instances of progressive leadership in a difficult, transitional time for the Catholic Church, and spoke fondly of their pastor's personal characteristics, observed through years of friendship and religious collaboration.

As Pastor Emeritus, Father Harrer will continue to reside at St. Ignatius rectory where he will continue his priestly duties. "Priestly fatherhood" is a term and a concept dear to the retiring pastor's heart, and the people of St. Ignatius are pleased to be considered his "family." Father Fred's parish associate-priests, new pastor Reverend Edward Tarrant, Rev. Peter Liu, Rev. Robert Giuntini and assisting-priest Rev. Frank Sacks and Sister Kathleen Murphy, Human Resources Coordinator, and the parish pastoral team were present to honor Father Harrer, Friday evening. They wish him many years of happy retirement and will cherish his near presence.



Among the fondly remembered former St. Ignatius priests present to honor their pastor was Father Alfred Rogers of The Assumption of Blessed Virgin Church in Centereach. With Father Al - Marie Martino, Edith Gritti, Dottie Lehman and Jaques Gritti.



Renewing fond acquaintanceships - Betty Yannuci; Pastor Hugh Cannon, Pius X Church, former St. Ignatius curate; Charlie Lang, "Chancellor of the exchequer" and Mrs. Billie Schmacher, well remembered, former secretary, St. Ignatius parish school.



Pastor Richard Schmeltzer, Hicksville United Methodist Church, was delayed but made it to Father Harrer's Mass of Thanksgiving. Edward Quinn and radiant Jean Cody enjoyed the Mass as well.



Father Harrer is delighted with his people's retirement gift, a VCR player being presented by William Heberer.



Music and dancing enliven the later hour of the party for Father Harrer.



Former St. Ignatius curate, Rev. Hugh Cannon, now pastor of St. Pius X, Plainview with St. Ignatius friends, Jim Greene, longtime Brooklyn Tablet Sports Editor, right, and Jim's son, John.



Enjoying their pastor's retirement party: Peter O'Malley, Dorothy McCaffrey, Jane Moritz and Mabel O'Toole.



Some of the youngsters on hand for their pastor's party.





Old friends reunited. Pastor William Karvelis, St. John Nepomucene Church, Bohemia, left, and his former pastor, Rev. Frederic Harrer.



Among the many St. Ignatius parishioners signing the Guest Book are: Dottie Lehman and Irene and Monica Wostyniak.



Mrs. Ann Beschard speaking of her retiring pastor's many priestly and human attributes.



More of retiring pastor Fred Harrer's friends, left to right: Catherine Woods, Doris and Frank McDermott, lector, Mary Gallagher, extraordinary minister and Joan Miraldo.



Part of procession from St. Ignatius altar: Maureen Selgethy; Fathers Robert Giuntini, left, and Peter Liu, right.



Father Bill Karvelis, well-remembered St. Ignatius curate, in the procession after Father Harrer's Mass of Thanksgiving Friday night.



Retirement party cake in honor of St. Ignatius' Father Harrer.



Town Supervisor Angelo Delligatti reading Oyster Bay Town Board proclamation honoring Father Fred Harrer for his outstanding pastorate.



Two who'll carry on for St. Ignatius: Deacon Don Zirkel, and new pastor, Rev. Edward Tarrant, recent Parish Administrator, an educator and leader.



Altar boys lead recessional procession after Fr. Harrer's Mass of Thanksgiving at St. Ignatius Church. Hicksville artist Olga Hoebel's painting of Christ Crucified held aloft.

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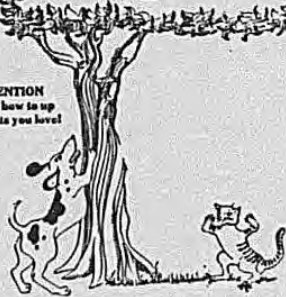
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DATE: Judging - Saturday afternoon, March 3, 1990  
 Public Display - Saturday March 3, 10:00 A.M. to Noon  
 Museum Winners' Display - March 3 through 11

**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 cutout 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.

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

**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 Festival**

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.

### Lamb K Of C Free Throw

Lamb K of C. "Free Throw Competition"

The Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview, will hold a "Free Throw" basketball competition on Saturday afternoon, February 24, at Our Lady of Mercy Gym in Hicksville. This competition is open to boys and girls ages 12 to 14, from the local community. All entering must fill out applications. Specific information can be obtained by contacting Mario Bignami, who is chairman of this event, at 681-7876.

This local competition is part of the Knights of Columbus Regional Competition and eventually will end in a State-wide competition, tournament. The boys and girls who are the winners at Our Lady of Mercy competition will be sponsored by the Joe Lamb Council.

The "Free Throw" Competition works as follows: winners of the councils compete in the various classes and then go on to further competition at the District level. (They will compete with the winners from Holy Innocents Council and from Hartigan Council). These winners will then compete at the Nassau County level at Hicksville High School at a later date. Then the winners go on to compete at the Long Island level. Finally they will eventually compete at the competition at the top State-wide level.

This event is held annually by the Knights of Columbus thru-out

the State of New York.

On another note: The Joseph F. Lamb Council K of C is always looking for new members. Any Catholic gentleman interested in joining our council is invited to contact membership director P.G. K., P.F.N., F.D.D. Peter Volpe at 935-3116.

Our congratulations to P.G.N., P.F.H., F.D.D. Bob Corrado, who was selected as February "Knight of the Month."

NOTICE

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

We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

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

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## Diabetes Focus At Syosset Hospital

"The Basic Physiology of Diabetes" will be the topic for discussion at the Tuesday, February 10, meeting of the Diabetes Club at Syosset Community Hospital, 221 Jericho Tpke, Syosset. The guest speaker will be Erol Aksoy, M.D., an endocrinologist. The Diabetes Club, which meets at 8:15 p.m. in the hospital's Conference Room, is open to anyone interested

in diabetes education. Participation is free of charge.

The Diabetes Club generally meets on the third Tuesday of the month. The topic for the March 20 meeting will be "The Diabetic Eye" with guest speaker Jeffrey Willig, M.D. For further information about the Diabetes Club, please call the Long Island Chapter of the American Diabetes Association at 752-1752.

## In Service

Marine Pvt. John C. Hoover, son of Barbara Bennett of 43 Audrey Ave., Plainview, has completed recruit training at Marine Corps Recruit Depot, Parris Island, South Carolina.

During the 13-week training cycle, Hoover was taught the basics of battlefield survival. He was introduced to the typical daily routine that he will experience during his enlistment and studied the personal and professional standards traditionally exhibited by Marines.

A 1988 graduate of Plainview Old-Bethpage High School, he joined the Marine Corps in April 1989.

Navy Seaman Recruit John F. Ford, son of John F. Ford of 4115 Daisy Road, Bethpage, recently reported for duty aboard the amphibious assault ship USS Belleau Wood, homeported in San Diego.

He joined the Navy in April 1989.

## Elks Choose 'Teen Of Month'

Antonio Minchella has been chosen by the Elks Club as the Teenager-of-the-Month for Bethpage High School for the past four years. Antonio has consistently maintained a strong record in Bethpage, including high achievement in four Advanced Placement Courses. His major strengths have been in Mathematics, Music, Sports and Student Clubs. In Tenth Grade, for example, he earned the highest scores on the American High School Math Examination which is offered each year in the school. In Eleventh grade he achieved the highest score for the entire school.

He has balanced his academic achievements with other interests, including sports where he has been playing corner back on the football team for the last two years, forward on the basketball team, and has acted as captain of the Varsity Track Team for the last four years. In addition he has been very involved in music, playing bass clarinet in the band and cello in the orchestra, and was named to the All County Band this year. At home he relaxes with an electric organ, playing popular music. For the last two years he has been named the most versatile musician in the high school.

His talents seem to lean in the direction of money. He has been named successively as Treasurer of the Student Council as well as the Italian Club and Honor Society this year. In addition he wakes everyone up early in the morning by leading the pledge and announcements on WBHS.

A resident of Bethpage for the last nine years, he has often taken the opportunity to work with his father who owns a construction company in New York City and it is through him that he has developed an interest in Civil Engineering. His goal is to pursue that field in MIT, Cornell or Columbia. In his quiet way he represents the best of the students in Bethpage.

## Warriors 1st Place In Tournament

By A. Blicker

The Hicksville Warriors, 1974 travelling soccer team, captured first place in a round robin format at the Baldwin Indoor Tournament, Sunday, February 4, with a record of 2 wins, 1 loss, 2 ties, led by three goals from Everlin Giron, the newest Warrior.

The nine players were: Joe Flanagan in goal, returning to the Warriors net after a six month layoff due to a broken leg, supported by Eric Blicker, Everlin Giron, Brian Harkins, Jason Kingsley, David Lovato, Chuck Oliver, Julio Ortiz (also making his Warrior debut), and Dom Perillo. The format was four players plus the goalie, and all eight took turns in the offensive and defensive zone, each playing half of all five games.

The first game was a hard-fought 1-0 victory over arch rival Little Neck, on a goal by Giron, off a Lovato set up. The second

game was a disappointing 2-1 loss to Auburndale, the lone Warrior tally being put in by Kingsley. The third game was a brilliant 1-1 tie against New Rochelle, whose lone tally came on an own goal.

The Hicksville score was a "killer" line drive by Oliver. The fourth game was a defensive masterpiece on the part of both teams, as Hicksville and Little Neck played to a 0-0 tie. The Warriors saved their best game for last, soundly trouncing Island Trees 3-0. Lovato scored the first, putting in his own rebound, off a Blicker set up. Giron then put in two beauties; the first of an Ortiz set up, and the second, a header, off a Perillo throw in.

Congratulations to the Warrior players, as well as Coach Pat McHugh and Assistant Pat Harkins Jr. for providing their fans with a morning of exciting, hard fought, winning soccer.

## St. Ignatius Loyola CYO News

By Barbara Lewis

Doyle Baseball and CYO

Doyle is recognized as the very best instructional program in the country. The goals of Doyle center around expanding youth participation in baseball. Doyle focuses on two levels of progress. First, the younger the player the greater the head start in proper development. The focus is on the player to head them on the road to reaching their maximum potential. The second starts at age 15 or 9th grade, as in the first the concentration remains the same as well as focus on their college years.

Doyle is interested in the player's total development physically, emotional, spiritually and mentally. St. Ignatius CYO is offering our children the opportunity to improve themselves. So

before the start of, School Baseball/Softball tryouts or Spring Leagues, learn the proper techniques of baseball and softball or just improve the skills you already possess. The clinic will be conducted by Brian Doyle, 1978 World Series Hero, on March 17 and 18 for girls and boys ages 7 to 18 in Hicksville. For registration call, Audrey Andrews at 933-0887 or Joan Famiglietti at 935-6369. Registration is limited, so respond promptly.

CYO Registration and Cake Sale...will be held on February 11, between the hours of 9 a.m. to 1 p.m. in the Old School basement of St. Ignatius. During registration anyone interested in Doyle can come down and view a video tape and receive further information.

## Special Permit For Office Use

A request for a special use permit in Plainview will be the subject of a public hearing by the Oyster Bay Town Board on Tuesday, April 3, according to Town Councilman Thomas L. Clark.

"The applicant, Dana Associates, is seeking a special use permit in an "H" industrial district to construct and maintain an office for general office use," said Clark. "The property is located on the south side of Express Street, east of the

intersection with Skyline Drive at 121 Express Street."

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

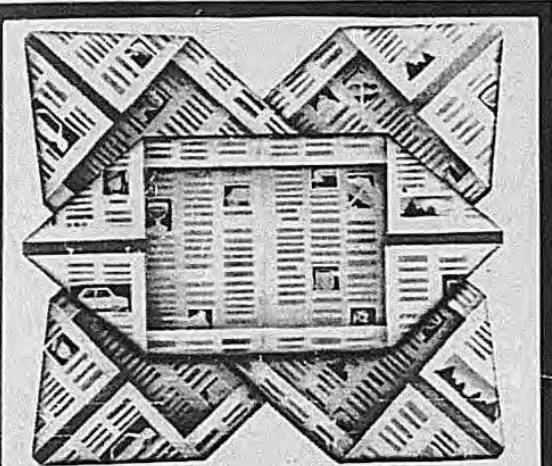
Eric J. Jaklitsch, 11 Colony Street, Hicksville, has been named to the Dean's List at SUNY Geneseo for the 1989 fall semester. Eric is a senior working on his bachelor of science degree in MSC-Marketing.

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# BASEBALL

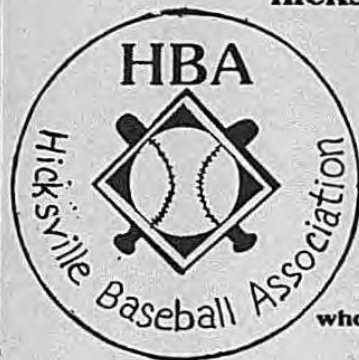
## HBA - GETS SPRING FEVER!



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 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: \_\_\_\_\_

### LEGAL NOTICE

The People of the State of New York, by the Grace of God Free and Independent, To any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said S. Nelson Benson/Seymour Goldsmith deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

### GREETINGS:

WHEREAS, Eileen A. Baxter, who is domiciled at 3865 Corwood Lane, Seaford, New York, has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 18th day of August 1989, relating to both real and personal property duly proved as the Last Will and Testament of S. Nelson Benson/Seymour Goldsmith deceased who was at the time of his death domiciled at 34 Hicks Avenue, Syosset, New York, in said County of Nassau,

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola, in the County of Nassau, on the 21st day of March 1990 at 9:30 a.m. of that day why the said Will and Testament of S. Nelson Benson/Seymour Goldsmith should not be admitted to probate as a Will of real and personal property.

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

WITNESS, Hon. C. Raymond Radigan, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County,

Albert W. Petraglia  
Clerk of the Surrogate's Court

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

A true copy of the will must be attached to this citation.

Roy I. Mandelbaum  
Attorney for Petitioner  
Office and P.O. Address  
128 Front Street  
Mineola, N.Y. 11501

MIT 2327  
4X 2/9, 16, 23; 3/2

Half the price of a postage stamp. That is all this newspaper cost you per week delivered to you by mail.

**LEGAL NOTICE  
PUBLIC NOTICE**

**CHANGE OF ZONING RESOLVED**, that the petition of **WILLIAM J. GORHAM INDUSTRIES, INC., DING HOW REALTY CORPORATION and ALEX SHAH**, for a change of zone from Industrial "H", Residence "D", and Business "F", to be included in a "G" Business Zone to utilize the premises for a permitted use under the "G" Business Zone to wit: a restaurant at premises located in Hicksville, Town of Oyster Bay, County of Nassau and State of New York is hereby **GRANTED**, and the Building Zone Map of the Town of Oyster Bay, Nassau County, New York, as amended and revised be and the same is hereby amended and changed accordingly, on the premises described as follows: **SCHEDULE "A" - ALL** that certain plot, piece or parcel of land situate lying and being at Hicksville, Town of Oyster Bay, County of Nassau, State of New York being more particularly bounded and described as follows: **BEGINNING** at the corner formed by the intersection of the Easterly side of Bloomingdale Road with the northerly line of Hazel Street; **RUNNING THENCE** Northerly and along the Easterly side of **BLOOMINGDALE ROAD**, North 5 degrees 00 minutes East a distance of 166.00 feet; **RUNNING THENCE** South 85 degrees 00 minutes East a distance of 100 feet; **RUNNING THENCE** along the Northerly line of Hazel Street North 85 degrees 00 minutes West a distance of 100.00 feet to the point or place of beginning. **SAID** premises are known and described as Section 46, Block 191, Lots 119(a) and 119(b) on the Land and Tax Map of the County of Nassau. The Change of Zone herein granted is subject to voluntary covenants and restrictions imposed upon the Subject premises by **WILLIAM J. GORHAM INDUSTRIES, INC., DING HOW REALTY CORPORATION and ALEX SHAH**, as set forth in a written instrument to be duly recorded in the Office of the Clerk of Nassau County; and this resolution shall become effective upon such recording.

**BY ORDER OF THE TOWN BOARD OF THE TOWN OF OYSTER BAY**  
Angelo A. Delligatti  
Supervisor  
Carl L. Marcellino  
Town Clerk

Dated: January 23, 1990  
Oyster Bay, N.Y.

**STATE OF NEW YORK COUNTY OF NASSAU TOWN OF OYSTER BAY**  
I, Carl L. Marcellino, Town Clerk of the Town of Oyster Bay, and custodian of the Records of said Town, **DO HEREBY CERTIFY** that I have compared the annexed with the original Public Notice of Change of Zoning adopted by the Town board on January 23, 1990 - William J. Gorham Industries, Inc., et al., change of zone, Hicksville, N.Y., filed in the Town Clerk's Office, and that the same is a true transcript thereof, and of the whole of such original.

**LEGAL NOTICE**

In Testimony Whereof, I have hereunto signed my name and affixed the seal of said Town this 26th day of

**LEGAL NOTICE**

January 1990.  
Carl L. Marcellino  
Town Clerk  
MIT 2324  
1X2/9

**Peer Tutoring At Fork Lane**

On February 5, Peer Tutoring will be starting at Fork Lane School. The team of 7 fifth and sixth grade students will tutor first, second and third grade students under the direction of school principal Carol M. Bentsen.



Mrs. Carol Bentsen, Principal, Natalie Etergelnso, Tracy Orto, Gus Komaz, Scott Fusco, Jen Traxler, Angela Leal.



Jen Traxler, Angela Leal, Mrs. Carol Bentsen, Natalie Etergelnso.

Every year thousands of babies die of choking, suffocating or other breathing emergencies. Don't let yours be one of them.



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**THE OFFICE CAT** By Gabby Tabby

**HUGE** crowd attended recent retirement festivities for Father Frederick Harrar at St. Ignatius Church in Hicksville.....**WHERE** have all the Eagle Scouts gone? In keeping with the U.S. Congress' designation of 1990 as "The Year of the Eagle Scout," there will be a year long national effort to identify the Eagles who make up an elite 3% of Boy Scouts. Nassau County has a special interest in this drive - the first Eagle Scout was Arthur Eldred back in 1912.....**INTEREST** in forming a Bethpage Community Council to be modeled after the successful Council in Hicksville was announced recently due to all the turmoil in the area with Grumman's plans, etc.....**ACCORDING** to Nassau County the water here is not affected by a new Federal regulation which requires that all surface waters used as a source of drinking water be filtered for protection against Giardia lamblia, a bacterial cyst sometimes found in surface waters such as streams and open reservoirs. NYC water will have to be filtered, however at a cost of \$3 billion for facilities.....**NOW'S** the chance for you to do something about the nicotine habit. Winthrop University Hospital in conjunction with the American Lung Association, will hold a 4 session Stop Smoking Workshop at the hospital on Wednesday evenings, March 7, 14, 21 and 28 from 8 to 9:30 p.m. Call 663-2579 for further information or to register.....**HOST** families are sought for international high school students for the school year 1990-91 in a program sponsored by American Intercultural Student Exchange (AISE). They are also looking for American H.S. students 15 through 17 who would like to spend a year abroad or a 5 week summer stay. Anyone interested in either option should call them toll free at 1-800-SIBLING.....**IF YOU KNOW** someone who will be 80 years old or more on their birthday you can request a free birthday card from President George Bush by sending their name, address, date of birthday and age being celebrated to: White House, Greetings Office, Washington, D.C. 20500. You must make the request at least one month prior to the special occasion. Similar greetings will be sent to couples celebrating their 50th or more wedding anniversary. Be sure to include the recipients zip code in their mailing address to assure prompt delivery.....**THE CRIME REPORT** is published each week to alert readers of where crime is taking place in the area and as a help in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911: **BURGLARS** broke into the Donovan and Donovan offices 211 Newbridge Road, Hicksville on Feb. 4. They entered through basement windows and stole calculators, microwave, electronic typewriter, power saw and two sabersaws.....**BURGLARS** broke into a house at 33 Birch Drive, Plainview on Feb. 5. They stole \$8,200 in currency, miscellaneous jewelry, a camcorder, a leather jacket and a VCR.....**BURGLARS** damaged windows of a house at 19 Morris Drive, Syosset on Feb. 5. No other loss was listed with police.....**CONSTRUCTION** equipment was stolen by burglars between Feb. 2 and 5 at 575 Underhill Blvd., Syosset. Two pavement breakers valued at about \$4000 were stolen along with extension cords.....**BURGLARS** broke into MSC Industrial 151 Sunnyside Blvd., Plainview between Feb. 3 and 5. A steel safe and \$4,822 in currency were stolen.....**BURGLARS** broke into a house at 50 Harwick Ave., Jericho on Feb. 4. They stole three color remote TVs, a camcorder, video game and VCRs. Entry was through a rear window...**BURGLARS** broke into a residence at 39 Deerpath Lane, Syosset on Feb. 1. Entry was through a sliding glass door. A color TV, VCR, 35mm camera and jewelry were stolen.....**BURGLARS** broke into a house at 219 Maytime Drive, Jericho on Feb. 2. They came through the front door and stole an Apple printer monitor, remote TV, diamond necklace, bracelet and pendant. The loss was listed at over \$7000.....**BURGLARS** broke into Plainview Car Wash between Jan 29 and 30. Damage to the cash register amounting to \$500 was reported.....**BURGLARS** broke into BOCES 100 Hasket Drive, Bldg. A, Syosset between Jan. 26 and 29. Computers and equipment were stolen. The loss was listed at about \$13,800.....That's all the news for now.....G.T.

**Welcoming new neighbors is the least we can do...**

to make new families feel right at home in our town. Getting To Know You is THE newcomer welcoming service that delivers a gift from sponsoring merchants and professionals to new homeowners right after they move in. Getting To Know You programs can bring new business, new friends and new sales to your door.

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**WELCOMING NEWCOMERS NATIONWIDE**  
For sponsorship details, call (800) 645-6376  
In New York State (800) 632-9400

## New Commander At McGuire



Major Robert J. Cheeseman

Major Robert J. Cheeseman recently assumed command of the 3514th United States Air Force Recruiting Squadron, McGuire Air Force Base, New Jersey. The 3514th is responsible for Air Force Recruiting in the greater New York metropolitan area, Long Island and Staten Island, New York as well as central and south New Jersey. The squadron also recruits in Europe.

Major Cheeseman was enlisted into the Air Force in 1967 by the recruiting squadron he now commands. He eventually obtained the rank of Staff Sergeant. In 1970, under the Airman Education and Commissioning Program, he attended Southwest Texas State University. Through this program he was commissioned as a second lieutenant in April of 1972. Major Cheeseman's career has included worldwide tours of duty in personnel, and special investigations counterintelligence career areas.

Major Cheeseman's decorations include the Meritorious Service Medal, the Joint Service Commendation Medal and the Air Force Commendation Medal with one oak leaf cluster.

He is married to the former Lorraine Kirwan of Hicksville. They have two daughters, Jacqueline and Kerry.

## Mid Island Y Purim Carnival

Come to the Mid-Island YM & YWHA (45 Manetto Hill Road, Plainview) on Sunday, March 4, from 1-4 p.m. for the Annual Purim Carnival. The holiday of Purim commemorates the rescue of the Jews by Queen Esther from a plot to kill them during the Persian Empire.

Don't miss out! There will be game booths for all ages, clowns, food, water rides, Kiddie Karnival, Robbie the Robot, prizes and much, much more!

Admission to the Carnival is \$7 per family (including 6 booth tickets) or \$3.50 per person. "Y" families who purchase tickets in advance receive 18 free booth tickets. Come in a Purim costume and receive 2 free booth tickets. Booth tickets are \$2.25 or 5 for \$1.

This year Shalach Manot will be part of the Carnival. Bring a package with the following: 2 free booth tickets at \$1.00 each, fruits, Kosher cookies. For more information, call the

Continued From Page 1

## Accountability In Schools Topic At Council Meeting

either post bail, await sentencing or serve out their time. Anyone sentenced to more than one year will go to a State facility.

As a result of the November 14 escape of three maximum security prisoners, several preventive measures have been enforced: a 24-hour patrol has been activated around the maximum security house, an alarm system has been installed in the piping and utility facility on the roof, and visits with supervising officers have been increased. Jablonsky noted that his office has not yet conducted its own investigation, since the incident is being investigated on other levels of government. Only two of the three escapees have been recaptured.

In 1989, 11,000 people passed through the county jail. Of the present inmates, Sheriff Jablonsky said 70% are there on drug-related crimes, a 100% increase over 1988. Another 200 inmates are DWIs, and the facility now houses about 250 females.

The police department verifies that arrests in 1989 have not gone up, yet inmates still remain in jail. Jablonsky attributes this to delays. "It's very hard to push the inmates through the (court) system," Sheriff Jablonsky admits. Every morning the sheriff's officers transport 200-250 inmates to court appearances.

The sheriff noted that there is an active bi-county commission studying the problems at correctional facilities. He expressed the hope that the commission would urge the Governor to reopen Pilgrim State to help alleviate overcrowding.

In answer to questions from resident, Jablonsky estimated the cost per inmate at \$100 a day. His ethnic prison population breaks down as approximately 65% black, 9% Hispanic and the remainder white.

The prison offers guided tours open to the public. Youngsters 12 and 13 years of age have partaken in this experience. The 1 1/2-2 hour tours consist of a lecture and walk through the facility and are scheduled every Thursday.

Councilman Tom Clark brought residents up to date on Delco Corporation's latest plans for the Broadway Mall. In addition to the daytime hearing scheduled for Tuesday, February 6, Councilman Clark

said that a night hearing will be scheduled for February 27 for residents who wish to express their views on the erection of a 10-cinema theater building in the rear of the mall.

Mr. Clark said that Delco's Environmental Impact Study is on-going since plans and prospective new stores keep changing, making it difficult to assess the number of parking spaces needed. At present, Delco lists Ikea Furniture Store as the expected occupant of the old Corvette's space.

The theater is scheduled to accommodate 1,000 more patrons than the present theater, bringing capacity to 3200. "Theaters of this size in Commack, Sunrise Mall and Roosevelt Field are not anywhere near homes," added Mr. Clark.

In reference to other plans, such as parking garages or underground parking, Councilman Clark commented, "There are a lot of possibilities here...I want to see a plan on paper. At the Town Board, rumors are even driving them crazy."

On another matter, Councilman Clark was asked about the boarded-up buildings on the north side of John Street, just east of the post office. Mr. Clark said that developer Jerry Spiegel will be coming before the Town Board in a month or two with plans for an office building on that site. Mr. Spiegel has met with residents in the area in order to make modifications to his original plans.

Mr. Spiegel also reduced the size of his plans on the site of the Old Farmers Market, on South Broadway. He now is in the process of working with the Water District on specific needs. His plans include a home improvement store, a supermarket and small stores.

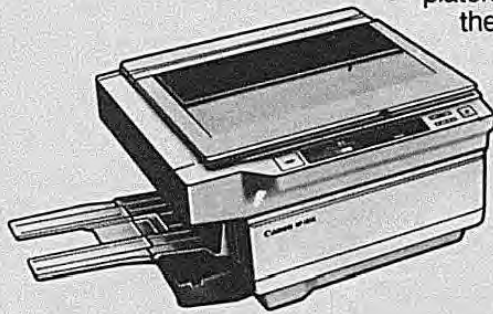
The next meeting of the Hicksville Community Council will take place on Thursday, March 1. The guest speaker at this meeting will be Assemblyman Fred Parola who will speak on the State legislative agenda.



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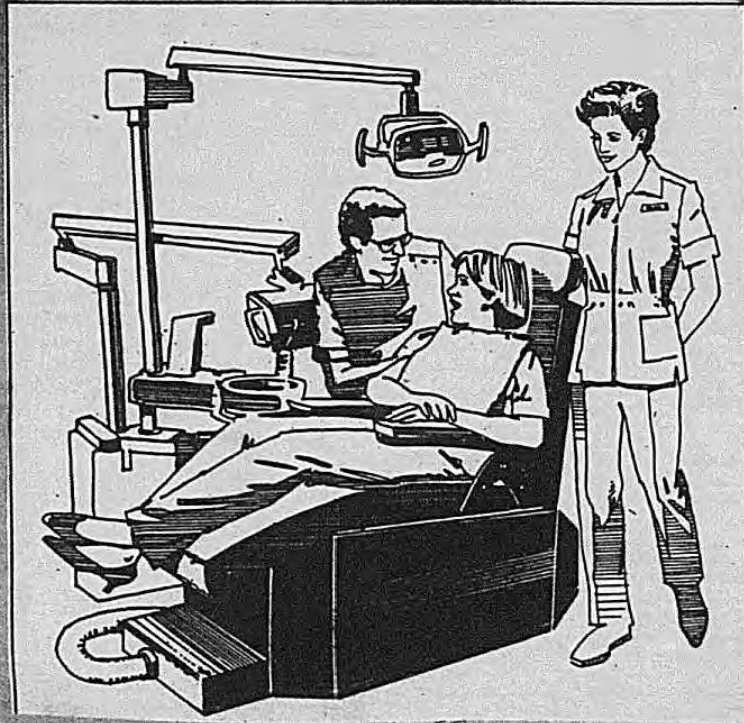
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Friday, February 9, 1990

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## Common cold prevention

The best way to prevent the spread of the most common type of cold bug, the rhinovirus, is frequent handwashing — both by the sniffer and by those yet uninfected.

This insidious little germ loves nothing better than a nice warm nose. It's patient, too. It's willing to wait for one to come along. The rhinovirus can remain alive for hours on fingers. With the implacable immobility of a rhinoceros, it can sit for one to three days on objects handled by its former host.

The virus' preferred route of transmission is by hand contact. You don't have to shake hands with the victim. Just handle something he or she has touched — a

phone, desk, or drinking glass — and then do something that ensures the rhinovirus a happy home: touch your nose or rub your eyes.

According to the *New England Journal of Medicine*, one in every three persons either rubs or picks the nose, or rubs the eye, in any given hour. Once inside the eye, the rhinovirus wastes no time traveling to the nose via the nearest tear duct. Is it any wonder colds are so difficult to prevent?

The good news is that we get fewer colds as we get older, because most viruses convey lasting immunity. Unfortunately, we have to develop immunity to each and every type of virus, and there are over 140 rhinoviruses alone.

SPECIAL HEALTH CARE EDITION APPEARING IN  
 Wilton Times/Minola Edition, New Hyde Park Herald Courier, Syosset Advance, Mid Island Times, Jericho News Journal, Bethpage Newgram, Garden City News & The Great Neck News.

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# PAIN AND HEALTH

## What to do when it hurts

By Sharon Williams

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

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

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

Interpreting these actions, the brain sends messages to the muscles to produce the most appropriate behavior.

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

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

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

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

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

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

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

A physician may refer you to a physical therapist who specializes in sports medicine. Physical therapists can help by evaluating an athlete's performance weaknesses and physically condition him to correct the problem, according to the American Physical Therapy Association.

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

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

These goals may be accomplished through treatments such as therapeutic exercise, postural

re-education, joint mobilization and a range of motion exercises, cardiovascular endurance training, relaxation exercises, therapeutic massage or biofeedback.

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

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

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

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

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

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

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

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

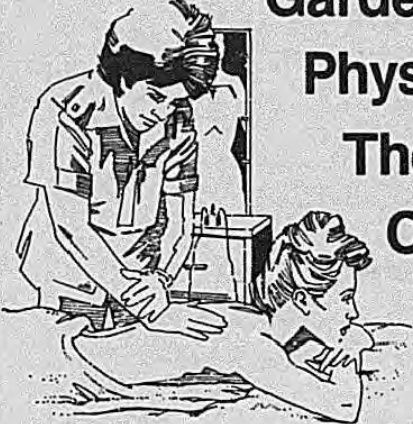
Experts acknowledge that water exercises offered through books such as "Pain-Free Arthritis" by Dvera Berson, or the Arthritis Foundation's own hydrotherapy program, can bring considerable relief to arthritis victims.

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

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

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





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**Are Repeat  
 Cesarean  
 Sections  
 Necessary?**



**Q** My first labor, which was prolonged and difficult, resulted in a cesarean section. Must I undergo a repeat cesarean with my second pregnancy?

**A** The increasing incidence of cesarean births in the last decade has become quite controversial in both the medical and public communities. Although primary cesarean section has been accepted as one of several factors responsible for delivering healthy babies, repeat cesarean sections, which contributes to over 30 percent of all cesarean sections in the United States today, has not. Today's current research supports the practice of allowing an adequately screened woman in a well controlled hospital the choice of vaginal delivery. A trial of labor is as safe, or safer, than an elective repeat cesarean section. This is good news for all women, for many patients desire to share their birthing experience with husbands and/or family members. Childbirth educators as well as obstetricians are now urging their pregnant patients with previous cesarean sections to request and undergo a trial of labor. Before a woman selects a physician and a hospital, she should realize her new options and discuss them fully.

This medical news is being brought to you as a community service by the Long Island Women's Health Care Group. We're a dedicated group of obstetrician-gynecologists who treat each patient as an individual. We're affiliated with the Maternal Child Care Center at Winthrop University Hospital, a major teaching affiliate of SUNY at Stony Brook School of Medicine.

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**Mercy Hospital-New Hope Program**  
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 24 Hour Telephone ..... 794-0160  
 For further information call ..... 255-2287

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**Nassau County Office for the Physically Challenged**  
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Continued From Page 4

## Health Related Agencies

### HANDICAPPED (cont.)

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

Provides a diagnosis and evaluation program and a treatment program for children from birth to 21 years of age who have physically handicapping conditions. The diagnosis and evaluation program provides services to potentially handicapped children at approved specialty centers or by medical specialists. The treatment program makes available financial assistance for comprehensive medical, surgical, rehabilitative, orthodontic, and other related services to handicapped children in Nassau County who meet medical and financial eligibility requirements.  
 Orthodontic program, 240 Old Country Road, Mineola 11501 ..... 535-3443  
 Diagnosis & Evaluation Program ..... 535-3278

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 Dr. Leo Schechter, District Manager

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 General number ..... 228-7407  
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 Non-profit individual, family and rehabilitation counseling center. Complete psychological, educational and vocational testing; stress management; biofeedback. Staff includes school psychologist, social workers, pastoral counselors, rehabilitation counselor, marriage and family therapist.  
 Hours: 9 am-10 pm, 7 days a week by appointment.  
 225 Jericho Turnpike, Floral Park 11001 ..... 354-8926

**Family Life Center**  
 A non-profit, non-sectarian agency providing marriage and family counseling, on a sliding scale fee. Information and referral, and family life education groups. Groups include parenting, stress management, assertiveness training, and self-esteem.  
 Hours: Monday-Friday 9 am-4 pm, evenings by appointment.  
 101 Kensington Rd., (Garden City Community Church), Garden City 11530 ..... 746-1709

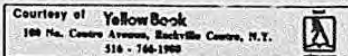
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 Bayberry Avenue, Garden City 11530  
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**Mental Health Association of Nassau County**  
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 186 Clinton St., Hempstead 11550 ..... 489-2322

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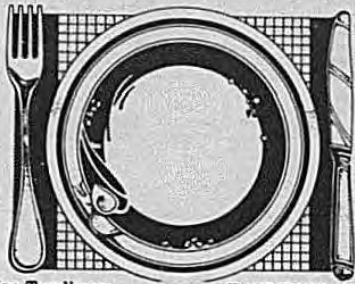
**Nassau County Department of Mental Health,  
 Mental Retardation and Developmental Disabilities**  
 Responsible for the planning, monitoring and administration of mental health and mental retardation/developmental disability programs in Nassau County, including inpatient, outpatient, and special services.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

**North Shore Child & Family Guidance Center**  
 Mental health services to children, adolescents, and their families. Clinical services include psychodiagnostic assessments, individual, family, and group therapy, chemotherapy, parent counseling, crisis intervention, short-or-long term therapy, Early Childhood Study Center. Services tailored to meet the needs of a particular community. On-going educational counseling groups (Adoptive Parents, Single Parents, etc.). Full array of clinical services for Spanish-speaking families.  
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 1495 Northern Boulevard, Manhasset 11030 ..... 627-6671  
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# GALLOPING GOURMET

## Healthy dining on fast, frozen, take-out foods



By Katherine Tomlinson

When you think of food as fuel for the fast lane, it's easy to overlook the fitness factor. But just because you're not making a meal from scratch is no reason it shouldn't be as good for you as it is good to eat. With a little advance planning, you can enjoy the convenience of fast, frozen or take-out food without the guilt.

### FROZEN MEALS

Frozen dinners have become a staple of the American diet. Convenient, cheap and readily available, they can provide the basics of a nutritionally balanced diet tailored to an individual's taste.

In a survey of hundreds of single-item frozen entrees, the nutritionists of Tufts University's *Diet & Nutrition Letter* analyzed the content of 350 frozen dinners. Of the dinners surveyed, they found 34 that met all their criteria for a sensible diet: 300 or fewer calories, 30 percent of the calories (or less) from fat, 15 or more grams of protein and 1,000 milligrams or less of sodium.

Among the entrees they listed as highly recommended were: Beef Pepper Steak, Chicken Oriental, Medallions of Chicken Breast Marsala, Steak Diane Mignonettes, Sweet & Sour Chicken, Turf & Surf, and Turkey Parmesan from Armour Classic Lites; Mandarin Chicken, Oriental Beef and Pepper Steak with Rice from Budget Gourmet; and Chicken Cacciatore and Chicken Provencale from Green Giant.

Four entrees from Stouffer's Lean Cuisine line made the list: Filet of Fish Divan, Linguini with Clam Sauce, Tuna Lasagna with Spinach Noodles and Zucchini Lasagna.

Weight Watchers had three chicken dishes: Chicken a la King, Chicken Cacciatore with Spaghetti and Sweet 'n Sour Chicken on the list, as well as their Sole in Lemon Sauce and Spaghetti with Meat Sauce dinners.

Since most brands of frozen dinners are low on vitamins A and C, nutritionists recommend eating fruits and vegetables as side dishes, particularly with diet dinners.

The Center for Science and the Public Interest also recommends that diners add a low-fat dairy product, broccoli or other calcium-rich food as a side dish to supplement low mineral content. The CSPI also recommends reading product labels and buying only those dinners that contain fewer than 10 grams of fat per serving.

### FAST FOOD

There's more to fast food than french fries and burgers these days. Many chains have added salad bars to their facilities in an attempt to meet the changing needs of American appetites.

Skip the marinated vegetables and the calorie-laden pasta and potato salads. Ignore the creamy dressing, or put it on the side. Fill up on fiber-rich broccoli, cauliflower, peppers and other greens.

Look for baked or broiled chicken and ask to hold the sauces. Dump the skin and any fat-soaked breading.

Since deep-fried fish can be as fatty as a hamburger, look for outlets that offer baked or broiled fish and use lemon instead of tartar sauce. Add tomato and lettuce to sandwiches to add a bit of fiber.

Plain roast beef sandwiches are a leaner option than fast-food hamburgers as long as they aren't loaded up with cheese, mayonnaise or bacon. Choose a whole-grain bun if that option is offered.

Choose low-fat alternatives to the breakfast selections. Pick a plain English muffin and scrambled eggs over the muffin/egg/meat combinations. A croissant sandwich breakfast contains as much as 12 teaspoons of fat and more than a day's ration of sodium, in addition to more cholesterol than two large eggs.

Pita bread pocket sandwiches stuffed with vegetables are tasty, healthy alternatives to beef patties on buns. Leave the sauce off if the sandwich contains such high-fat additives as cheese, bacon or avocado.

One new trend in fast food is the spread of broiled chicken places operating under names like El Pollo Loco and Chicken on Fire. This is low-fat fast food at its tastiest. Chickens are marinated in fruit juices and herbs, broiled and served with corn tortillas and a variety of salsas on the side.

### TAKE-OUT GOURMET

Chinese food in white takeout cartons has symbolized a hectic lifestyle for years. The surprise is, takeout food can be good for you. Most Chinese restaurants now advertise that they use no MSG in their cooking.

Since the cuisine is built on dishes heavy with vegetables and noodles, it is often lighter in calories than other take-out options. Stay away from sweet-and-sour entrees and battered shrimp and concentrate on high-fiber dishes like the mild moo goo gai pan and the fiery kung pao chicken with peanuts.

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Continued From Page 6

### MENTAL HEALTH (cont.)

#### Runaway Youth Coordinating Council (RYCC)

Case management services provided to runaway/homeless/maltreated adolescents ages 10-20 years services include: crisis counseling, short-term counseling, peer counseling, emergency housing and food, information, referrals and advocacy. Crisis and short-term counseling are provided to the families of these youths. Services are also available to young people and families in an attempt to prevent family difficulties from developing into runaway, homeless, or maltreatment crises. Services provided free to youth and families from Nassau County. 24 Hour Hotline.....489-6066  
 Hours: Monday-Friday 9 am-5 pm  
 80 N. Franklin Street, Suite 200-204, Hempstead 11550

#### South Nassau Communities Hospital Mental Health Clinic

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

#### South Shore Child Guidance Center

Licensed by the New York State Office of Mental Health to provide outpatient psychiatric services to children preschool age through 26 in the south-central area of Nassau County. Psychiatric evaluation and treatment; individual therapy and an extensive variety of groups including family, teens, single parents, art therapy, parents of preschoolers and more. Also a special Early Childhood Assessment Program. Treatment program for children of alcoholics. Service available to Spanish speaking families. Counseling services to parents and siblings of developmentally disabled children. Sliding scale fees based on family size and gross annual income, Medicaid, 3rd party insurance accepted. Parents may apply by calling clinic and requesting an application.  
 Hours: Monday, Tuesday and Thursday 9 am-9 pm, Wednesday and Friday 9 am-5 pm.  
 17 West Merrick Road, Freeport 11520 .....868-3030

#### TRI-The Rehabilitation Institute

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

#### Woodward Mental Health Center

Designed to meet the needs of emotionally disturbed children, ages 3-21. Program for 3-5 years old provides diagnostic, intervention, and prevention; program for 6-15 years old is a special education in a therapeutic setting; program for 16-21 years old provides (on an individual basis) an academic curriculum or aid-to-daily living curriculum. Electives include pre-vocational skill areas.  
 All programs are based on a treatment plan for both the child and the family by the Medical Director and Psychiatrist, and implemented by a clinical staff of psychologists and social workers, fully qualified professionals.  
 Hours: Monday-Friday 8:30 am-4:30 pm  
 201 West Merrick Road, Freeport 11520 .....379-0900

### MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

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

Offers multiple services to persons with Down Syndrome and their families on Long Island, including emotional support for new parents and their families; social services, parent education, community education outreach program, parent advocacy. The early intervention program is designed to optimize each child's ability to become a functioning member of society. School programs include infants, toddlers and preschoolers. Services also include speech, occupational and physical therapies; services for over-five age group including adolescent rap groups, school sponsored get-togethers, after school recreation and Saturday program.  
 2616 Martin Avenue, Bellmore 11710 .....221-4700

#### Association for the Help of Retarded Children

Comprehensive services for the mentally retarded of Nassau County. Diagnostic and therapeutic clinic; pre-school program; school-aged children who are excluded from public school facilities; vocational training and sheltered workshops; occupational day treatment for adults too handicapped to qualify for vocational training; summer day camp; summer resident camp; after-school and evening recreation programs; family counseling; hostels; information and referral service.  
 189 Wheatley Road, Brookville 11545 .....626-1000  
 Vocational Centers: Larry Daniels, Director  
 230 Hansa Avenue, Freeport 11520 .....548-7700  
 115 East Bathpage Rd., Plainview 11803 .....293-1111

### SPECIAL SERVICES

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

An illness that impairs the body's natural ability to fight infection and disease. Anti-Body testing for HIV is available at New York State Health Department. Testing is free and confidential. Monday-Friday 9 am-4 pm .....535-2004  
 Nassau County .....385-2437  
 AIDS HOTLINE is toll free and confidential .....(800) 462-1884  
 (9 am-8 pm Monday-Friday, 10 am-6 pm Saturday & Sunday).

#### Alzheimer's Disease and Related Disorders Association, Inc.

Nassau/Suffolk Chapter  
 Non-profit organization dedicated to family service, education and research. Provides support groups for family members of Alzheimer's Disease patients. The disease, which is the main cause of memory loss in older adults, is a progressive degenerative brain disease for which there is no known cause or cure.  
 For information throughout Long Island .....935-1033

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

Services for patients and their families; information; referral and guidance; group counseling; limited financial assistance; free loan of sickroom equipment; transportation within certain areas; speech therapy for laryngectomies, rehabilitation visitation programs for mastectomy, laryngectomy, and colostomy patients. Laryngectomy and colostomy clubs in both counties. Public education programs for adults and youth; film showings; speakers; distribution of literature; cancer detection and smoking withdrawal clinics. Programs for health professionals. Memorial plaques. Volunteers for neighborhood units.  
 Cancer Information Service .....385-9119  
 145 Pidgeon Hill Rd., Huntington Station 11746

#### American Heart Association

Raises money for heart research, provides information and referral for heart and stroke related services, sponsors self-help groups for heart and stroke patients and families.  
 365 Willis Avenue, Mineola 11501  
 Memorial donation or information about services, call .....741-5522

Courtesy of Yellow Book  
 198 No. Centre Avenue, Rockville Centre, N.Y.  
 516-764-1908



Continued On Page 10



# Behavior modification wins bulge battle

By Peter Rowe

*Fleshy, meaty, fat, stout, obese, overweight, plump, plumpish, chubby, podgy, pudgy, lumpy; squat, five by five, square, dumpy, chunk; tubby, portly, corpulent, paunchy, pot-bellied, gorbellefied.* — from the "Size" entry, *Roget's Thesaurus*

A short time ago 'twas the season to be jolly. Now 'tis the season to be gloomy, thanks to the American Dietetics Association.

The ADA studied the long-term effects of dieting and determined the percentage of scale-watchers who will keep 90 percent of the unwanted weight off for one year. Their findings: 2 percent to 5 percent.

It's pretty dismal when you think about diets. When you think about a lifestyle change, you are taking a more sensible approach to it.

But if diets don't work, more and more experts in the fat field argue that behavior modification does.

These are the folk who:

- Tell dieters to order a cup of coffee or a salad as soon as they get to the restaurant — anything to keep from nosing on bread and butter.

- Urge those with after-work munchies to keep fruit in the car, trying to forestall that assault on the refrigerator.

- Recommend moderate exercise — but discourage the thick-of-waist from buying expensive gym memberships.

"When people join a spa," said a director of a weight-loss program, "the first week, they go seven days a week. The next, they've been so good the first week they go six days. ... Two months later, they are down to an unused spa membership."

In behavior mod, it isn't what you eat — it's how often and why.

People have thought for years that you have to deprive yourself to lose weight. Really, there are very few forbidden foods. It is a management problem.

Whatever it is, overeating is not just a question of food. A person's weight is a topic fraught with questions of self-image, fashion — remember Rubens' nudes? — and needs unrelated to taste buds. We eat to fill our idle hours, ease our grief, express our love, celebrate our successes.

We eat — and regret. In the battle for moral superiority, the slim command the high ground.

It is a position they have held for decades. Back in 1895, Rep. Thomas B. Reed, R-Maine, bumped into a tubby political opponent in the House of Representatives' lobby. "No gentleman," Reed reportedly sneered, "ever weighs over 200 pounds."

Overweight women, some say, face even greater disapproval. It is more acceptable in our society for a man to be overweight.

"Society dictates that if you are not a tiny person, you are not a good person," says a 5-foot-9, size-16, model of "large and lovely" fashions. "If a woman is larger than a man, we have to make jokes about it."

The model has a vested interest in the "grand is great" philosophy — "I certainly wouldn't be modeling clothes for large women anymore if I lost weight," she said — but she argues that most women are not meant to be size 6.

"I can't imagine wanting to be smaller than a size 14," she said.

Many can. And quite a few embrace bizarre — and unhealthy — slimming techniques: predigested proteins, body wraps, grapefruit diets.

"The weight loss area is a whole industry of quackery in itself," said William Jarvis of the National Council Against Health Fraud, a California-based consumers group.

Jarvis discounts the "food combining" prohibitions of a 1986 best-

seller, "Fit For Life," which urges that fruit should be eaten solo, discourages milk drinking and maintains that morning meals harm your waistline.

"There's nothing magical about food," he said. "Ultimately, it breaks down to fats, proteins and carbohydrates."

Jarvis said a successful diet depends on many things — willpower, good nutrition, exercise and a dash of insight. "Food is used as a coping device," he said. "People need to understand why they eat, when they eat."

The first step in understanding the behavior-modifiers say, is to gather data. Keep records of your eating habits. The times of day you eat. If you are standing up or sitting down. The rooms of the house you eat in, the places you eat, restaurants. What you do before you eat. The quantities of food you eat.

And your thought patterns — this is the tough part — while you are eating. Oftentimes, a thought will cue us to eat when it's not really hunger — (it's) boredom or nostalgia or anger.

Write it down and then analyze. Look for patterns. Some people eat light meals but snack all day. Others fast all day until dinner.

Every person is different. Every person needs a different strategy. If you pass a doughnut shop on the way to work and that makes you hungry, change your route.

If the sight of certain foods makes you hungry, get rid of the food — or wrap it in aluminum foil.

Avoid foods that trigger binges — peanuts, say, or chocolate. Some food you can take a bit of and that's fine. Others, you take a bite and it leads to a binge.

Learn to deal with situations

that lead to overeating. If you are bored, instead of eating, go for a walk, call a friend, take a hot bath, read a novel.

Periodically evaluate your goals. You may have reached your initial goal, so your motivation level tends to drop. Begin to evaluate why you are losing weight.

People, in the short run, want to lose weight for negative reasons. The embarrassment of being overweight, the guilt. ... That kind of negative motivation doesn't work well in the long run. What do you want by being thinner?

Draw up specific long-term goals. An obese father who wants to play with his children without getting winded has a better chance than someone who wants to trim down to feel better.

Add a few inconveniences to your life. Park your car far away from the store. If you have more than one telephone, use the phone

in the farthest room. Walk to a farther mailbox.

No pain, no gain? No way. Try walking and increase it gradually if you're really opposed to exercise.

Expect a little tension — and take steps to defeat it. Any lifestyle change, positive or negative, will be accompanied by stress. A change in eating habits will cause stress. ... Try relaxation, deep breathing, proper nutrition and exercise.



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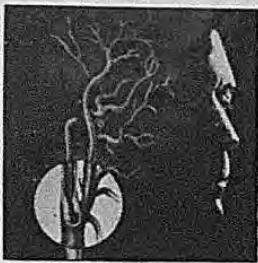
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Continued From Page 8

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#### Cancer Volunteers of America

Free services to cancer patients and their families including 24-hour emergency answering service, financial aid, purchase and loan of modern and spotless home hospital equipment and other sickroom supplies, Blood Banks and Donor Programs, counseling, group and individual therapy, Post Mastectomy Salon Accounts for mastectomy patients in need of garments, drug assistance, health guidance, Medical Department Services, Referral Medical Supplies, Nursing Services, Home Health Aides, Lump Sum Death Benefits and referrals.

25 Franklin Place, Great Neck 11023  
 24 Hour Emergency Telephone Answering Service.....487-1740

#### Cystic Fibrosis Foundation

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

#### Friends of Hospice

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

1845 Northern Blvd., Manhasset 11030.....627-6376

#### Long Island Mastectomy Rehabilitation Club

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

#### Mended Hearts, Inc.

To visit and encourage, with the approval of a physician, persons anticipating or recovering from heart surgery. To counsel and provide advice and services, where possible to families of patients undergoing heart surgery. To establish a program of assistance to surgeons, physicians and hospitals in their work with heart patients. Meets last Sunday of month 2 pm-4 pm in the Bred Room at Winthrop University Hospital, Mineola.

For information call .....(718) 479-2174

#### National Foundation for Ileitis and Colitis Long Island Division

Non-profit, research oriented voluntary health organization dedicated to improving the quality of life for persons with ileitis (Crohn's disease) and ulcerative colitis (known collectively as inflammatory bowel disease or IBD). NFIC provides educational programs for patients, physicians, health professionals and the public; mutual support groups, hospital visitor program; chapter and national newsletters; informational books, brochures and a Speakers Bureau.

One Old Country Rd., Suite 282, Cane Place 11514.....294-7488

#### New York State Head Injury Association, Inc. Long Island Region

Services include family help-line, resource information, publications, newsletters, family support groups, recreational/socialization/respite program, community outreach and education, prevention programs, advocacy and liaison with the National Head Injury Foundation.

L.I. Family Services Coordinator: Sandra Levine.  
 L.I. 24 hr. Help-Line.....542-0339

#### Overeaters Anonymous Meetings

12 step program for those with a desire to stop overeating. No dues for membership. For more information call .....794-6814

#### Planned Parenthood of Nassau County

Birth control education, information and medical services for all who need and want them. Medical services by individual appointment. Pregnancy testing, infertility services, walk-in hours. All F.T.D. related information provided. V.D. and cancer screening. Sliding scale fee. Medicaid.

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Courtesy of **Yellow Book**  
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Continued on Page 11

# Hospitals

## NASSAU AND SUFFOLK

Brookhaven Memorial Hospital ..... 654-7100 Patient Information ..... 654-7102 101 Hospital Rd., Patchogue 11772	Mid-Island Hospital ..... 578-8000 Patient Information ..... 520-2297 4295 Hempstead Tpke., Bethpage 11714
Brunswick Hospital Center, Inc. .... 789-7000 Patient Information ..... 789-7485 366 Broadway, Amityville 11701	Nassau County Medical Center ..... 542-0123 Patient Information ..... 542-2211 2201 Hempstead Tpke., East Meadow 11554
Central General Hospital ..... 681-8900 888 Old Country Rd., Plainview 11803	North Shore University Hospital ..... 562-0100 Patient Information ..... 562-4480 300 Community Drive, Manhasset 11030
Central Islip Psychiatric Center ..... 234-6262 Carlton Avenue, Central Islip 11722	Peninsula Hospital Center ..... (718) 945-7100 51-15 Beach Channel Dr., Far Rockway 11697
Central Suffolk Hospital ..... 548-6000 1300 Roanoke Ave., Riverhead 11901	Pilgrim State Hospital ..... 434-7500 Brentwood 11717
Community Hospital at Glen Cove ..... 676-5000 St. Andrews Lane and Walnut Rd. Glen Cove 11542	St. Charles Hospital ..... 473-2800 200 Belle Terre Rd., Port Jefferson 11777
Community Hospital of Western Suffolk ..... 979-9800 Smithtown By-pass & Rt. 111, Smithtown 11787	St. Francis Hospital ..... 627-6200 100 Port Washington Blvd., Roslyn 11576
Deerpale General Hospital ..... 485-6285 55-15 Little Neck Pkwy., Little Neck 11362	St. John's Episcopal Hospital-South Shore ..... (718) 917-3000 327 Beach 19th St., Far Rockaway 11767
Eastern Long Island Hospital ..... 477-1000 201 Manor Place, Greenport 11944	St. John's Episcopal Hospital-Smithtown ..... 862-3000 Route 25A, Smithtown 11787
Franklin General Hospital ..... 825-8800 900 Franklin Ave., Valley Stream 11582	Smithtown General (See Community Hospital of Western Suffolk)
Freeport Hospital ..... 378-0800 267 So. Ocean Ave., Freeport 11520	South Nassau Communities Hospital ..... 763-2030 Patient Information ..... 763-3940 2445 Oceanside Rd., Oceanside 11572
Good Samaritan Hospital ..... 561-3000 Patient Information ..... 957-4005 1000 Montauk Hwy., W. Islip 11795	South Oaks Hospital ..... 264-4000 (The Long Island Home) 400 Sunrise Hwy., Amityville 11701
Hempstead General Hospital ..... 560-1200 800 Front St., Hempstead 11550	Southernhampton Hospital ..... 283-2600 Patient Information ..... 283-2600 Ext. 617 240 Meeting House Lane Southampton 11968
Huntington Hospital ..... 351-2000 270 Park Ave., Huntington 11743	Southalde Hospital ..... 968-3000 Patient Information ..... 968-3352 Montauk Hwy., Bay Shore 11706
Kings Park Psychiatric Center ..... 544-2957 Route 25A, Kings Park 11754	Syosset Community Hospital ..... 496-6400 Patient Information ..... 496-6500 221 Jericho Tpke., Syosset 11791
Long Beach Memorial Hospital, Inc. .... 432-8000 455 East Bay Drive, Long Beach 11581	University Hospital ..... 689-6333 Nicolls Road Stony Brook 11794
Long Island Jewish Medical Center ..... (718) 470-7000 Patient Information ..... (718) 470-7710 New Hyde Park 11042	Veterans Administration Hospital ..... 261-4400 221 Middleville Rd., Northport 11768
Massapequa General Hospital ..... 454-3498 Patient Information ..... 454-3201 750 Hicksville Rd., Seaford 11783	Winthrop-University Hospital ..... 663-0333 Patient Information ..... 663-2244 259 First St., Mineola 11501
Mather, John T. Memorial Hospital ..... 473-1320 No. Country Rd., Port Jefferson 11777	
Mercy Hospital ..... 255-0111 Patient Information ..... 255-2501 1000 N. Village Ave., Rockville Centre 11570	

Courtesy of Yellow Book  
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# R · E · C · I · P · E · S

## American Heart Association Crispy Baked Chicken

Summertime means picnic fun. Fill the basket with this low-fat, low-cholesterol, finger-licking chicken. Add biscuits and coleslaw and have a day you'll remember.

- |   |                             |
|---|-----------------------------|
| 1 frying chicken (2 1/2 to 3 pounds), cut into serving pieces | 1 cup cornflake crumbs      |
| 1 cup skim milk   | 1 tsp. rosemary             |
|   | freshly ground black pepper |

Remove all skin from the chicken; rinse and dry the pieces thoroughly. Dip in milk, mix cornflake crumbs with rosemary and pepper, and roll in the seasoned crumbs. Let stand briefly so coating will adhere.

Place chicken in an oiled baking pan. (Line pan with foil for easy clean-up.) Do not crowd; pieces should not touch. Bake at 400° F. for 45 minutes or more. Crumbs will form a crisp "skin."

Yield: 4 Servings

**Picnic Tip:** Make your picnic a heart-healthy one. Substitute carrot, cucumber and celery sticks for chips; fruit for cookies; and juices for soft drinks.

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

### Crispy Baked Chicken Nutritional Analysis per Serving

257	Calories	103 mg.	Cholesterol
36.9 g.	Protein	8.2 g.	Carbohydrates
7.4 g.	Total Fat	96.8 mg.	Calcium
2 g.	Saturated Fat	393 mg.	Potassium
1.6 g.	Polyunsaturated Fat	188 mg.	Sodium
2.2 g.	Monounsaturated Fat		

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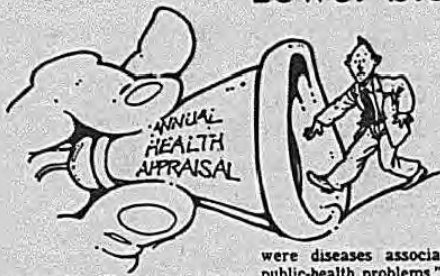


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HEALTHY HABITS

Lower biological age by changing lifestyle



By Dean Carroll

How old are you? Wait. Don't answer right away. Your body may be younger or older than you think.

According to Frances Sheridan Goulart, author of "501 Ways to Beat the Biological Clock," "You may know your chronological age, but closer examination may reveal some interesting surprises about your physical and mental age."

Your body's age — and your overall health — are influenced by your habits and lifestyle.

"Until about 50 years ago the major threats to health and life

were diseases associated with public-health problems," says Dr. Earl T. Carter, in the American Physical Fitness Research Institute's book, "Here's to Wellness."

"Today, however, injuries and leading illnesses can be prevented only through direct individual involvement."

This means you are responsible for maintaining your health. In fact, you can actually make yourself younger than your chronological age if you have healthy habits.

HEALTHY HEART

According to the American Heart Association, the health of your heart may be the factor that best determines how long and how well you'll hang in there.

Your heart will love you if you avoid eating foods rich in cholesterol and saturated fat. A diet for a healthy heart consists of balanced meals from the four food groups (vegetables, fruits, cereals, and protein).

From the last food group, you should eat mainly poultry, fish, little or no red meat, three or fewer eggs per week, some margarine, skim milk and skim milk products.

The heavier you are, the more you tip the scales in favor of a heart attack. Multiply the number of inches you are over 5-foot-5. Add that to 100 if you are female, 110 if you are male. That's your approximate ideal weight.

Your heart doesn't like it if you're lazy. You need to engage in aerobic exercise, like brisk walking, bicycling or swimming for more than 15 minutes three or more times a week.

Watch your alcohol intake, too. It's true that moderate alcohol ingestion may reduce the likelihood of coronary disease. But studies have shown that more than three drinks a day actually increase your chances for high blood

pressure.

If you smoke, your heart wishes you wouldn't. Of course, it's not easy to stop smoking. At a Stanford University symposium on heart disease, doctors agreed that chewing nicotine gum is helpful — if you don't wean yourself from it too early. (Some patients needed to use it for as long as a year.)

THINK POSITIVE

If you are relatively comfortable when you have to wait, rarely feel rushed and are generally easygoing, your attitude will help you stay young.

According to Goulart, these manifestations of a positive mental attitude lead to a youthful old age.

"You smile a lot. You get a kick out of people, parties, concerts, sporting events, lectures or going to the theater. You've recently started something significant or exciting — something you've never tried before. You get the urge to run or skip when you could just plod along. When you look in the mirror, you like what you see. You love someone a lot. You feel attached or devoted to some outside cause or project."

BONE UP

A study by the University of North Carolina showed that athletic women age 55 to 75 had the bone density of much younger women. Exercises that involve work against gravity — such as walking, jogging, cycling and tennis — help maintain strong bones.

BROWN BAG WELLNESS

Just because you work under fluorescent lights, sit behind a desk for six hours a day and feel lost without a doughnut for your 10 a.m. coffeebreak, doesn't mean you need to grow old before your time.

You can brown bag fruit and vegetables as easily as you can drop by the bakery. There's no disgrace in taking a brisk walk in the sunshine during your lunch break.

If you're fortunate, your employer is equally interested in your good health. After all, according to the National Center for Health Services Research, during 1974 to 1978 the annual loss to the economy from illness in male workers was \$53 billion.

Innovative workplace wellness programs can range from smoking cessation classes to high-tech gyms. Your company may encourage suggestions on programs that improve employee performance and morale. You may find that it's easier to stay fit when you have team support.

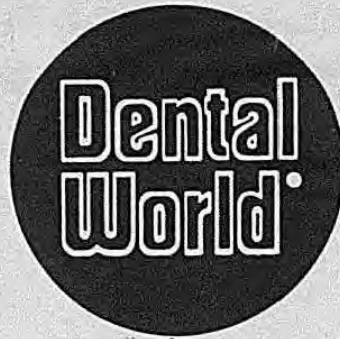
At L.L. Bean, the direct mail clothing retailer, for example, 34 percent of the 154 employees who were tested were found to be at high risk for heart disease.

About 75 employees joined the L.L. Bean Heart Club, a 15-week program on nutrition, exercise and relaxation. Eight months later, 61 percent had reduced cholesterol levels, four percent had quite smoking, 38 percent started exercising and a significant number lost enough weight to convince them to put on bathing suits.

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LOSE WEIGHT ONCE AND FOR ALL

## Elected President Chiropractic College

The New York Chiropractic College announced recently that Dr. Kenneth W. Padgett has been elected to a three year term as President of the College. The announcement made by Board of Trustees Chairman Philip H. Johnston, followed a unanimous vote by the Board, Saturday, October 28, 1989. The Board of Trustees met at the LaGuardia Marriott Hotel in New York City.

Dr. Padgett's election to the College Presidency is, in many respects, a culmination of his long standing career in the field of Chiropractic. In 1955, Dr. Padgett began his chiropractic practice in the Village of Waterloo, New York. As his practice grew, Dr. Padgett assumed numerous duties and responsibilities in the profession. From 1971 through 1973, he served as the President of the New York State Chiropractic Association. A decade later, from 1983-1985, Dr. Padgett achieved the high honor of President of the American Chiropractic Association.

A graduate of the Lincoln Chiropractic College of Indianapolis, Indiana, Dr. Padgett served as a Trustee of that institution's Education and Re-

search Fund. In 1987, the New York Chiropractic College elected Dr. Padgett to the Board of Trustees. As the Waterloo doctor joined the Board, the New York Chiropractic College was facing a critical imperative to expand their physical plant within the constricting confines of the Long Island, New York community of Old Brookville. Through Dr. Padgett's leadership, the College successfully negotiated the purchase of the vacant Eisenhower College campus in Seneca Falls, New York.

The New York Chiropractic College, founded in 1919 as the Columbia Chiropractic College, plans to be fully operational for the Fall of 1991 term in Seneca Falls. Said Dr. Padgett upon his election, "I am anxious to see the College relocate to Seneca Falls. However, it is most important right now that we continue to provide the quality education to the students currently enrolled to which they are entitled.

As to his assumption of the College's Presidency, Dr. Padgett expressed, "I am looking forward to the exciting challenge and appreciate the confidence the Board has bestowed upon me."

## STRESS ATTACK Fighting ulcers

The best way to handle a potential ulcer is by first not jumping to conclusions. That burning sensation in your abdomen may be nothing more than dyspepsia or acid indigestion.

Only half of patients who complain of pain actually are diagnosed as having an ulcer, while 50 percent of those who do have ulcers seldom experience any discomfort at all.

Though ulcers do go into remission, once you have one attack, chances of recurrence are about 60 percent. The best way to prevent a relapse is to practice a healthy lifestyle. Don't smoke; minimize the use of medications that can damage the stomach's

lining; avoid excessive caffeine and alcohol consumption.

Contrary to popular belief, "People on bland diets don't heal ulcers faster than those who eat normally," according to Jon I. Isenberg, M.D., Professor of Medicine and head of the gastroenterology division of the University of California at San Diego School of Medicine.

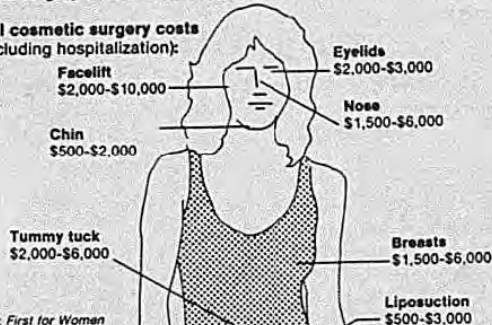
Ulcers today are much easier to manage, thanks to new drugs like Tagamet, Zantax and Carafate. Most doctors now believe that with modern medical treatment designed to suppress acid secretion, you can probably resume your regular diet.

## HEALTH WATCH

### The Scalpel of Youth

Each year, more than 600,000 men and women will undergo cosmetic surgery to alter their looks.

Typical cosmetic surgery costs (not including hospitalization):



SOURCE: First for Women magazine

## How To Get Professional Care For A Speech or Hearing Problem Close To Home

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## Allergy Alert

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

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

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

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

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

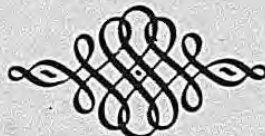
A list of ratings can be obtained by sending a self-addressed, stamped envelope to AHAM, Room Air Cleaner Program, 20 North Wacker Drive, Chicago, IL 60606.

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

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

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

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

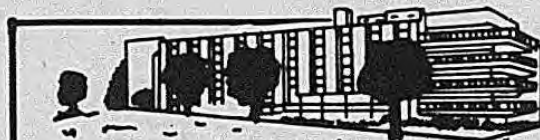


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# The good, the bad and the ugly truths

PAGE 15B Friday, February 9, 1990

By Michael Dale

Cholesterol, cholesterol, cholesterol: The new recommendations by the National Heart, Lung and Blood Institute feel like an incessant drumbeat. Or a pounding headache — depending on your point of view.

Americans, say NHLBI doctors, are ingesting far too much saturated fat in their diets. Blood serum cholesterol levels are alarmingly high. NHLBI panelists, therefore, call on all Americans over the age of 20 to have their cholesterol levels checked.

Levels below 200 milligrams per deciliter of blood are considered desirable. Those in the 200 to 239 range are called borderline cases.

Individuals with cholesterol reading above 240 are pegged "high risk" and may require medical attention, according to NHLBI. (Every 1 percent reduction in blood cholesterol lowers the risk of heart disease by 2 percent.)

Unfortunately, the NHLBI claims 55 percent of Americans have blood cholesterol readings above 200.

But, wait a minute. Before you sulk at the thought of never eating junk food and fast food again, consider that there are a few myths (and truths) about cholesterol in your diet. To wit:

• **Myth No. 1:** If I exercise up to four hours per week, I can eat what I want, when I want.

Wrong. Our bodies are like internal combustion engines: put sludge into it and you end up with a sluggish machine. Should you have high cholesterol, remember that diet, exercise, moderate alcohol intake and no smoking reduce heart disease risk.

• **Myth No. 2:** If the product (such as low-fat milk) says it's "98 percent fat-free," that means there's only 2 percent fat in it.

Wrong again. That means 2 percent fat by weight, not by volume. Low-fat milk, by volume contains 36 percent fat; whole milk contains 66 percent fat. If you have a cholesterol problem, think about switching to non-fat milk.

• **Myth No. 3:** Products labeled "no cholesterol" contain no cholesterol.

Not necessarily. Look at label information and determine what type of oil was used to cook the product. Which leads to...

• **Myth No. 4:** All cooking oils are created equal.

No, no, no. Again, look at packaging, safflower oil, sunflower oil, soybean oil, corn oil, peanut oil, and cottonseed oil contain the least amount of saturated fat. Conversely, lard, tallow, butterfat, palm oil, coconut oil, palm kernel oil and any hydrogenated (hardened) vegetable oil contain the most amount of cholesterol-increasing fat.

• **Myth No. 5:** So-called junk food and fast food should be avoided.

This, perhaps, is the biggest myth. "There are far more nutrients in a Snickers bar or in Twinkies than what you find in an apple or orange," says Dr. Paul Saltman, renowned biochemist at the University of California, San Diego, and author of "The California Nutrition Book" (Little, Brown). Moderation is the key.

• **Myth No. 6:** Omega-3 fish oil supplements will cancel out the effects of a high-fat, high-cholesterol diet.

Hardly. While the jury is still out on just how fish oil supplements work, the verdict is that eating fish (including tuna fish) once or twice per week helps purge the body of heart-threatening "bad" cholesterol.

• **Myth No. 7:** Avoid red meats at all costs.

No one wants to live like a monk, and neither should you. If you have a cholesterol problem, keep meat portions down to 4 to 6 ounces.

What's in? Lean cuts of red meat, poultry without skin, fish and shellfish.

What's out? Fat cuts of beef, lamb, pork, spareribs, organ meat, sausage, cold cuts, hot dogs and bacon. Again, that's if you're a borderline case.

## SOME FINAL THOUGHTS

With the maelstrom of cholesterol hysteria that has been sweeping the country, use common sense.

There is nothing wrong with a burger and fries at the local fast-food joint. Just don't eat that kind of meal every day on a regular basis (or twice a day).

When you have your cholesterol checked by your physician (and you should) ask, "Does the lab performing the blood check have external quality control?"

If the doctor doesn't know, then take your cholesterol reading with a grain of salt (pardon the expression).

The blood cholesterol test machinery hasn't been set to a national standard (similar to America before time zones were established), so readings by various labs can fluctuate wildly — from 101 to 524 — in some tests. If your read-

ing seems suspiciously high, insist on another test.


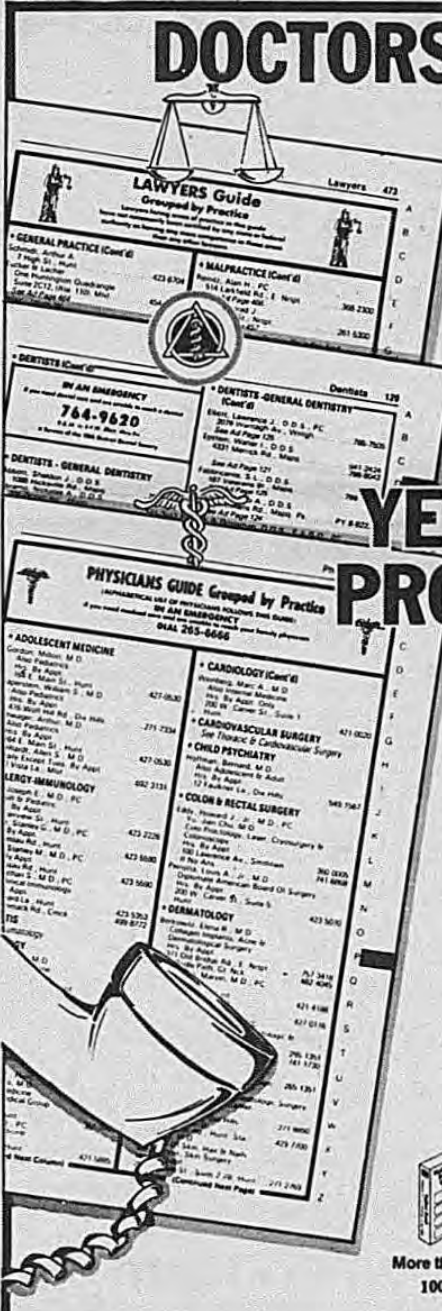
Finally, relax. Unless you have a family history of heart trouble and high blood pressure, and unless you smoke, drink too much, ingest drugs or have a weight problem (obesity is a serious health hazard), you won't keel over after a delicious chocolate malt at the soda shop.

As Elizabeth Whelan, executive director of the American Council On Science and Health puts it:

"Drink in moderation. Don't smoke or use street drugs. Wear your seat belt. Put a battery in your smoke detector. Maintain monogamous relationships. Keep your fingers crossed. And enjoy life."




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