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25th Anniversary Of Eagle



By Richard Evers

A colorful, unique episode in Hicksville's history is being recalled on Tuesday, May 15, when the High School Latin Club and Hicksville local history enthusiasts join the Long Island

Rail Road Historical Society in marking the 25th Anniversary of the placing of the Roman Eagle statue at Railroad Plaza. The Imperial Roman Eagle

overlooking Hicksville's Station Plaza was one of 14 Milford pink granite eagles saved when the Pennsylvania Railroad Station in New York City was demolished in 1963. The imposing statue was obtained and brought to Hicksville through the inspired efforts of the late Hicksville Foreign Language Chairman, Samuel Goldberg, and his Latin Club students of 1965.

A ceremonial program is being scheduled at the Roman Eagle for 10 a.m. on May 15 and the public is cordially invited to attend. David D. Morrison of the L.I. Railroad Historical Society and Public Affairs staff is chairing the commemoration with the assistance of Mr. Donato Guadagnoli, Supervisor of the High School Foreign Language Department, Dr. Giedre Kumpikas; Hillary Bass of the Baccalaureate Program, and Richard Evers, Historian at the Gregory Museum and Hicksville Public Library.

Invited guests include: Long Island Railroad President, Charles W. Hoppe; political leaders; School Board Trustees; Dr. Catherine Fenton, Superintendent of Schools; Reverend Douglas MacDonald, Hicksville's senior religious leader, who will render an Invocation Prayer, and other community leaders.

Doc Rock and the Transports will provide a pre-ceremony concert, and play traditional railroad tunes during the program. Among the student groups expected to attend are members of the Latin Club of 1965 who helped get the Pennsylvania Railroad Station Eagle to Hicksville; the Latin Club of today; students from the H.S. Baccalaureate Program, and class officers of 1990.

Hicksville School Board OKs \$53 Million Budget

By Maureen Traxler

As the Hicksville School Board chiseled away another \$228,000 from the proposed 1990-91 school budget, resident Robert Arnesen expressed the frustration felt by many to the board's \$53 million dollar budget adopted for the coming year.

"I'm gonna vote it down. I'll punish myself, the kids and the seniors, but we've gotta send a message to Albany otherwise we're all sitting here for nothing," stormed Mr. Arnesen. "We've got to get a board that wants to keep a budget under control."

The six trustees present at the April 25 meeting voted "aye" for a \$53,084,000 budget for 1990-91, a \$6,768,800 increase, or 19.6% over the current year. The proposed budget carries an estimated \$5.38 addition to the current tax rate per \$100 assessed valuation. In the four months that the board has grappled with the budget presented by the Superintendent, the board has eliminated close to \$3 million, although the budget still runs way ahead of the traditional 4 or 5% increases of past years.

Many residents credit the district's ambitious asbestos abatement program and the recently negotiated 3 year teachers' contract for much of the increase. The district decreased proposed asbestos abatement spending for 1990-91 by 60% and only approved spending of \$1 million. The teachers' contract accounts for \$4,476,000 in salary increases charged to the coming year's budget.

Ron Hildebrandt asked the board, as an emergency measure, to bring up the teachers' contract for re-negotiations. Trustee William Bennett commented that "only the HCT can vote to reopen the contract... and I would like to make that challenge to them for the sake of the taxpayers of Hicksville and the parents of Hicksville."

"Nobody is forcing us to spend the kind of money we are spending," called out one resident. Resident Joe Siegel pressed the board to no avail to lower estimated spending on equipment, stating that he was aware that certain proposed purchases could be had at a more reasonable market price. The Board has not made any sharp cutbacks in programs and has only moderately reduced equipment requests.

Board President Mark Cardella was asked what happens if the proposed budget is turned down on May 23. He responded that the Board could (a) resubmit the same budget, (b) make additional cuts and resubmit a budget, or (c) let the voters' mandate stand (go on austerity).

Trustee Bennett said that further cuts could impact on the instructional programs of the district. He added that he "will not support a second budget vote. The problems in 1990-91 will not be just for this year, but will get infinitely worse." He urged that the financial program of the district be restructured.

Assistant Superintendent William Hall stressed that the tax rate increase is estimated at this time of year and that the actual rate is not set until August by the County Board of Supervisors. A comparison of estimated and actual tax increases over the past four years shows: In 1989-90 the estimated tax rate increase in May was \$1.54; the actual tax rate increase was 73¢. In 1988-89, estimated \$1.43; actual, 89¢; for 1987-88, estimated \$1.60, actual 90¢; in 1986-87, estimated \$2.04, actual \$1.52. A partial explanation for the discrepancies is the collection of state aid money and increased taxes collectible from industry and business.

The \$228,000 budget decrease on April 25 came from a recommendation by Assistant Superintendent Hall. Mr. Hall assured the board that the Empire (Health Insurance) Plan has revised its billing for the coming year. Trustee JoAnn Miltenberg motioned to eliminate the \$228,000 from the coming budget.

Mr. Hall also noted that the district's new transportation specialist suggested that the van budgeted to buildings and grounds be transferred into the transportation code where it could be eligible for 90% reimbursement from the State.

Resident Charles Strugatz suggested that the district could save over \$320,000 by replacing the ten SNTs (Student Nurse Teachers) with Registered Nurses. Mr. Strugatz was counterattacked by HCT Vice President Elayne Kabakoff who stated, "These are the people with expertise on AIDS and substance abuse." And Ms. Kabakoff was again counterattacked by Mrs. Arnesen who said, "Nobody's sacrosanct today. This is a part of living."

Mr. Strugatz also called on the district to press the State Department

Midland Civics Glow With Pride



Clean-up Area

By Gert Paul

On a blustery Saturday in late October, members of the Midland Civics gathered to plant spring bulbs. Present and working furiously were Tom Pfeifer, Ed and Ellie Draycott, Maureen Seier and her daughter, Carrie, and myself as assistant to hold the bags and drop in bulbs. "Sow and thou shall reap." As we enter the lovely month of May, glorious daffodils and tulips are welcoming in the month with vibrant color. This past Saturday the group reconvened, with Bob and Cathy Mantel. We did a clean-up of our two decorative triangles on Willet Avenue and on Nevada St. We pulled weeds, trimmed

bushes, picked up debris and most especially, continued the frequently needed pickup of pint vodka bottles. Whoever is using our lovely gardens to deposit their drained bottles had better beware! We're looking for you!

As neighbors driving by saw us working, they waved and tossed compliments out of their car windows. Everyone was smiling!

We'd like to create some more beauty spots in our community. Won't some more people with creative ideas or strong backs, or green thumbs join our crusade? Telephone us and say you will! The beautification committee needs more helpers. Together we can make our community one to be proud of!

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 Springtime Issue 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.

Letters to the Editor

Dear Parents and Taxpayers:

It was amusing reading about the announcement of Rudin, Ayres & Pendergast running for the school board. Imagine, Mrs. Rudin is concerned about a runaway budget, poor community relations, and Board/Superintendent ineffectiveness. Why the concern? - for Mrs. Rudin played a major role in the campaigns of the current board majority, and it was this majority that gave the Teachers Union the biggest salary increases in the State of New York, if not the nation. Thank you Mrs. Rudin.

This same board majority had no idea what a tax-rate meant, and its impact on the homeowners of this community. Having no experience in financing, they decided to award the teachers a double digit salary increase, a 30.5% increase (over a hundred teachers will get between 46% to 52% increase over three years). That is why Mrs. Rudin "we have a runaway budget." That is also why we cannot have a working relationship with the community, for we have crisis after crisis, and the people are outraged. Mrs. Rudin, the board majority that you helped elect and guide, lacked the experience, temperament and financial background to cope with the responsibilities of boardsmanship. They were in constant conflict with the Superintendent, not on the merits of the issues or recommendations, but by pushing their own agenda from "special interest groups." That is why Mrs. Rudin that there was poor Board/Superintendent effectiveness. There was no guidance or direction from the Board Majority, it was leaderless - Perhaps it is your plan to become their leader?

Mr. Ayres, your running mate, has not been heard from at any of our board meetings for the past six years. In the past Mr. Ayres has received help and support from the Teachers Union, much like our current board majority. As Board President, Mr. Ayres had the distinction of opening the teachers contract prior to its expiration, with the mutual consent of the Board and Union, gave the teachers a million dollar raise, and the tax-payers, received zero. This had taken place on April 21, 1982. We certainly don't want a return of Last Year's performance of a Union captured Board of Education.

We must also recall that it was Mr. Ayres and Mrs. Rudin that recommended and voted to remove "The Moment of Silence" as our twenty year practice in our schools. They were hoping we forgot, but I am sure many of you remember. They acted and voted without regard of the wishes of our community, that holds traditions, moral values and beliefs, very dearly and a strong cornerstone of our society - but

they dismissed the communities feelings even after they were polled on the question, and voted "The Moment of Silence" out of our Policy directive. The people came to the polls in great numbers and removed Mr. Ayres from the board, and the following year Mrs. Rudin chose not to run. Our students had their rights restored, and continue to say a silent prayer or meditation, under the protection of our Board Policy and State Law.

Mrs. Rudin and the Teachers Union, have removed from the Board sound community people that had served with dignity and intelligence. Let's not have the Rudin/Ayres ticket, be rewarded for past acts of betrayal of our community and the children of our school district. Remember, they got us into this mess, and words, slogans, or excuses will not change nor correct the damage that has already been done to this community. Look around you; what district on Long Island has a 20.3% budget increase? And remember, the Rudin/Ayres/Pendergast ticket may expand the problem, not solve it. We don't know Mr. Pendergast, but the community better know, and we do know Arlene Rudin, and John Ayres, and we do not want Teacher/Union involvement in this or any other school board election.

B-wise, B-alert, and B-ware.
Sincerely,
Bill Bennett

To The Editor:

I was elected to the School Board three years ago as a relative newcomer on the scene. I promised to get involved in my community and in my children's education. Since then I have been a member of the Hicksville Community Council, the Hicksville Republican Club, the Burns Avenue PTA, SEPTA, the PTA Council, Daisy leader, Brownie Leader, the Hicksville Park Task Force, the Northwest Civic Association and the Hicksville Board of Education.

I also promised fiscal responsibility and I have thus voted "no" on any action that would, in my opinion, put undue stress on the Hicksville taxpayer.

I also promised to protect and provide the best education possible for my three children and in so doing protect and provide the best education possible for every child in our school system.

I am once again asking the Hicksville Community for their support. On May 23, vote row B, for a candidate who conducts herself ethically, morally, responsibly and with accountability.

Thank you - again!
Jo Ann Miltenberg

To The Editor:

On May 23, Hicksville taxpayers will once again be voting for the school budget and school board candidates. This year's election is a particularly important one. Our school district is in serious financial trouble. It is important that we elect board trustees with intelligence and integrity who are knowledgeable financially and who will be honest and straight forward with the taxpayers. One of the main decisions to be made next year will be whether or not to close one or more elementary schools.

It is the function of the Hicksville Congress of Teachers Union to preserve jobs and benefits for the teachers. It is in their best interest to keep all the schools open and to help elect trustees to the school board who will favor their interests. Their first concern, and as a union rightly so, is for the well-being of the teachers - not the taxpayers. Therefore, it is extremely important that we know exactly which candidates the HCT is supporting in the coming election.

The HCT has not publicly endorsed candidates in recent years but has sought to achieve their goals by working behind the scenes. Through Political Action Committees, (Friends of, Coalition for, etc.) many thousands of dollars can be channelled from the teachers to favored candidates. Candidates without this kind of financial backing find it difficult to compete with regard to newspaper advertising, mailings, printed hand-out sheets, telephone banks, sound trucks, etc., etc.

In my opinion, the HCT has a moral obligation to state publicly and in PAC committee advertisements exactly which candidates the teachers are endorsing. I believe that all candidates should disclose before the election exactly how much money they are spending, which organizations, if any, are endorsing them and exactly where their campaign money is coming from. Every candidate should make it clear at the outset that they do not want any PAC committee, group, organization or individual placing advertisements, spending money or working actively for their election without their knowledge and approval. Let's bring everything out into the open. The taxpayers are entitled to honest not behind the scenes maneuvering which though it may not be illegal, is certainly deceptive.

In my opinion, any candidate who refuses full disclosure doesn't deserve to be elected. We have a right to expect moral conduct on the part of everyone involved in the elections.

In the coming weeks, school board candidates will be speaking at the Candidate's Forum, to PTA groups and before various civic groups in Hicksville. I urge all taxpayers to question the candidates! Talk to your neighbors! Know exactly who you are voting for and what they stand for. If after being completely truthful with the taxpayers, candidates are elected who favor keeping all the elementary schools open and favor higher salaries and benefits for the teachers -- so be it. At least it will have been an ethical election with taxpayers voting on true facts.

Last year the two successful board candidates ran on a slate of fiscal responsibility and then

promptly voted the teachers a 30% plus salary increase over three years. We were made fools of last year. Let's not be made fools of again.

Helen M. Lafferty

To the Editor:

I have announced my candidacy for the Hicksville School Board and would like to tell you why. I see many Board-related problems and individual faults. Improvements are definitely needed. I am an experienced, truthful and caring parent who can make positive changes for the people of Hicksville.

I believe you all would agree that School Board decision-making, Board-Community relations, and Board financial planning need to be overhauled. I can provide the skills, abilities and organization to make the right choices - after doing my homework and listening to you! I have the experience from six years on the Board to do a better job.

The team of Wolf-Schwartz-Miltenberg has 12 years of Board decision-making experiences. We have attended just about every Board meeting during recent years. Do you want the other candidates to represent you, knowing that they had not even attended a Board meeting until very recently?

Today, I would like to address the subject of Board-Community relations, now at an all-time low.

The Board under pressure to find a way to cut the budget after the teachers' raises, disregarded the voice of its own Reorganization Committee and proposed to shut schools. They did not talk to the heads of the PTA's, or any Civic Associations. This was a mistake.

Their decision which was made in isolation was doomed to fail. The people agreed that the budget was too high but never gave a mandate that schools should be closed.

The Board's job was to find the cuts until they reduced the budget - that is, rigorous budget-cutting decisions and eliminating frills and postponing non-essential items. They failed miserably.

The Board that I serve on will be a hardworking, energetic one that does its homework. The Board that I serve on will listen and keep listening. The Board that I serve on will not turn its back on the parents or taxpayers of Hicksville.

Please support the Row B Team for a Better Hicksville.

Jay Schwartz

Huntington Township's Art League, Selma has continued to enjoy her painting. Her work has been displayed and shown at various libraries, banks and businesses; the Suburban Art League Juried Art Exhibit; Wantagh Community Art Program's Group Art Show; and Valli's Juried Art Show at the Chelsea Mansion.

Thanks to the Town of Oyster Bay Department of Community Services, Cultural and Performing Arts Division for coordinating the exhibits. Selma Stern's artwork will be on display throughout the month of May at the 223-bed health care facility.

National Hospital Week At Mid Is.

Mid-Island will illustrate the important role it plays in the ongoing physical well-being of its surrounding communities during National Hospital Week, May 6-12. Breast Cancer and Blood Pressure Screenings are planned around the National Hospital Week theme, "Count on Us to Care."

"For the past thirty four years, Mid-Island Hospital has taken 'care' of its community with countless health and information services for local residents and area businesses," said Mr. Robert J. Reed, President of Mid-Island Hospital.

Demonstrating our commitment, Mid-Island is offering free blood pressure screening on Saturday, May 12, from 10:30 a.m. to 12:30 p.m., in the hospital's main lobby. Teaming up with the American Cancer Society, Long Island Division and WCB-TV, Mid-Island will also offer a low-cost mammography screening program on the same day. Women interested in participating in this breast cancer screening program should call 955-WELL, Monday, May 7 through Friday, May 11, between the hours of 9 a.m. and 7 p.m. This number will only be operative during those days.

Mid-Island will also honor its employees during this special week.

National Hospital Week is sponsored each year by the American Hospital Association and its 5,200 member hospitals. Mid-Island Hospital joins this national observance to strengthen its ties to the community and foster understanding of its contribution among patients, employees and area residents.

In Service

Navy Lt. Carmine Ciccolella, whose wife, Deirdre, is the daughter of Tom and Theresa Curran of 3 Berry Hill Lane, Bethpage, recently reported for duty aboard the frigate USS Patterson, homeported in Philadelphia.

A 1981 graduate of John F. Kennedy High School, Plainview, and a graduate of the U.S. Naval Academy, Annapolis, Maryland, with a Bachelor of Science degree, he joined the Navy in May 1986.

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012 294-8900 or 746-0240 for rates and information.

Watercolor Exhibit At Mid Island

Now in her third year with the Town of Oyster Bay's Rotational Arts program, Selma Stern of Wantagh will be exhibiting her artwork at Mid-Island Hospital in Bethpage for the month of May.

For the past eleven years and ever since her first classes at Wantagh Library's Community Arts Program, Selma has studied the art of watercolor painting. Through years of study in water media with artists, Angela D'Aleo of Plainview and Jim Ford of

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Syosset Community Hospital
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Syosset Community Hospital is a voluntary, not-for-profit teaching hospital affiliated with North Shore University Hospital and the Health Insurance Plan of Greater New York. Blue Cross, Blue Shield and all other health insurance programs are accepted.

School Bd. Candidates Vie For Early Support

By Maureen Traxler

In their first open forum before the voters, the seven candidates for Hicksville School Board trustee answered questions, outlined their background and made pertinent remarks to bolster their campaigns at the PTA Council's Candidates Forum held on Monday, April 30. An attentive audience of slightly over 100 came out to hear what the candidates had to say.

Questions were solicited from the audience and representatives of the Nassau District PTA were on hand to serve as moderator and timekeeper. Each candidate was given time to deliver opening and closing remarks.

Trustee JoAnn Miltenberg is seeking re-election and is opposed by Stephen Pendergast. John Ayres and Carole Wolf are running for the seat held by Trustee Mark Cardella, and Arlene Rudin, Jay Schwartz and Charles Strugatz are running for the seat held by trustee Dan MacBride. Both Cardella and MacBride are not seeking re-election.

A sampling of the questions and candidates' answers follows:

***How would you specifically cut the budget and how would you save money for taxpayers and still give the children a good education?**

Ayres - Having spent 9 years on the Board previously, Mr. Ayres said he was puzzled by the proposed budget. Instructional services (60% of the budget) has increased about 20%. He insisted that savings can be instituted in the remaining 40%. Mr. Ayres said that the Board has not made specific attempts to cut bid items. "Each and every one of you should vote your conscience on the budget," he added. He also believes students should be encouraged to improve test scores.

Rudin - Mrs. Rudin said that she would like to go back to a zero based budget and look at it on a line-by-line basis. "Many areas that can be cut from this budget have not been addressed, she said. She urged a look at central administration and money being spent in other districts for services. Mrs. Rudin cited teacher student ratios in 1966-67 at 1:205, in 1981-82 at 1:135 and 1990-91 at 1:119. "This says to me that it is top heavy," she concluded.

Wolf - "Finance is my business," began Mrs. Wolf. She noted the sharp rise in BOCES costs and urged a look at the transfer reports. Explaining that money is often transferred out of certain codes throughout the year, she urged looking at those codes with an eye to reduction in funds. "Asbestos is an issue," she added, and urged the district to slow down and use the money in other areas. She, too, asked for zero based budgeting.

Strugatz - Mr. Strugatz called for the Board to alert the teachers union that the SNTs (Student Nurse Teachers) will be excessed unless the union delivers economic concessions. He urged the Board to learn the art of negotiation: "don't roll over and play dead." He said he would cut central administration 5-10%. He cited raising teacher expectations as a way to raise students' achievement and called for recruiting of good teachers and purchasing of good books.

Pendergast - "Every department has to be looked into," said Mr. Pendergast. He said he would go through administrative costs with a fine tooth comb, urging that money saved from cost cutting be put back into the classroom.

Schwartz - "There's money to be cut," said Mr. Schwartz, who called for the spreading out of refurbishing and remodeling over five years instead of three. He would ask the Superintendent to tighten the belt and make recommendations for savings.

Miltenberg - Mrs. Miltenberg charged that some pilot programs which have failed have not been eliminated and said, "Taxpayers should not have to pay for failed programs." She would ask the Superintendent to look into this. Improvement of education would come from investing in new programs. She said that she had offered a number of cuts for the proposed budget and all had been accepted by the board.

***Regarding the closing of schools, the candidates were asked to comment on redistricting, what to do with a closed building, moving the 6th grade to the middle school, and sale or lease of property to the Town of Oyster Bay.**

Strugatz - Mr. Strugatz believes there is a need to close one or two elementary schools, hopefully in close proximity to one another and possibly one needing the most improvements. He does not generally support redistricting or the move of the 6th grade to the middle school. He urges lease as opposed to sale of closed buildings with leases under ten years not requiring a public referendum. He would like to see the local support for any community satisfied with a prospective tenant.

Pendergast - Mr. Pendergast stated bringing up the excellence in schools was more important than closing schools, and urged spending time wisely. He said he would like to see all students in middle school receive a full array of subjects. If a school is closed Mr. Pendergast supports the location of a senior center of Town or community park.

Schwartz - Mr. Schwartz is not in favor at this time of closing schools. He would prefer taking a look at new attendance lines or pairing of schools. He also said that he is not convinced that the move of the 6th grade to the middle school is educationally sound. "When I have heard you (community opinions), I will know what to do." If a school was to be closed, Mr. Schwartz said he would seek out and talk to civic groups and PTAs for their input.

Miltenberg - Mrs. Miltenberg said that in researching this issue she was concerned with the program impact. She urged all information to be brought to the public. She was against redistricting, since it effects some 200 children districtwide who will be taken away from school and friends. On the negative side she cited singleton classes, inequalities in class sizes, and too many employees on all levels. She urges public hearings in the fall. She said that she would most likely be in favor of the move of the 6th grade to the middle school if the proposed program she saw as a trustee this year is implemented. If a school is closed, Mrs. Miltenberg prefers leasing the building rather than selling it to a

Continued On Page 14

LEGAL NOTICE AMENDMENTS TO THE CODE OF ORDINANCES OF THE TOWN OF OYSTER BAY CHAPTER 11 SOLID WASTE

BE IT ORDAINED, by the Town Board of the Town of Oyster Bay, County of Nassau, State of New York, that Chapter 11, "Solid Waste," of the Code of Ordinances of the Town of Oyster Bay, New York, be and the same is hereby amended by **ADDING** Article VII, Secs. 11-201, 11-202, and 11-203, to read as follows:

Article VII - Water Injection Ports on Certain Refuse Containers
Sec. 11-201. Access to Refuse Containers, Trash Compactors and Dumpsters.

No person shall place, or cause any refuse container, trash compactor, receptacle or dumpster (hereafter "Container"), which is enclosed in such a way as to impede free access to its contents by firefighters for the purpose of extinguishing a fire within such container, except as may hereafter be provided.
Sec. 11-202. Water Injection Ports.

A person placing or causing to be placed a refuse container shall be responsible for meeting the following requirements:

A. Any container having a capacity equal to or in excess of ten (10) cubic yards, which is enclosed in such a way as to impede free access to its contents by firefighters shall have permanently affixed and mounted thereon two (2), two and one half inch (2-1/2") Female Hose Couplings welded to side of container and to include matching Male Fire-matic Plug Connections with New York Corporation-threads, 3,000 x 8 per inch (hereafter "water injection ports") to provide an injection port or entry port for water by firefighters for the purpose of extinguishing a fire within such container.

B. Water injection ports may be installed by the manufacturer of the refuse container, or shall be fabricated by the person placing or causing such container to be placed. Water injection ports shall be installed thereon in a workman-like manner, as follows:

1. One (1) at the loading end on the side of the container, not more than nor less than two (2) feet from the top of the container, and not more than two (2) feet nor less than three and one-half (3-1/2) feet from the end of the container.

2. One (1) at the packed end on the side of the container, not more than nor less than two (2) feet from the bottom of the container, and not more than two (2) feet nor less than three and one-half (3-1/2) feet from the end of the container.

C. Each such water injection port shall be clearly marked with a fluorescent color, of either yellow or orange. It shall be the duty of each person placing or causing to be placed any container subject to this section to maintain and insure the continued visibility of each water injection port.
Sec. 11-203. Penalties.

LEGAL NOTICE

Any person violating any of the provisions of this article shall be deemed guilty of an offense against this article, and upon conviction thereof shall be fined in an amount not exceeding One Thousand Dollars (\$1,000.00) or imprisonment for not more than fifteen (15) days, or both such fine and imprisonment. Each day such violation is committed or permitted to continue shall constitute a separate offense and shall be punishable as such hereunder.

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

Dated: April 24, 1990
Oyster Bay, New York

STATE OF NEW YORK, COUNTY OF NASSAU, ss.: 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 Amendments to the Code of Ordinances of the Town of Oyster Bay adopted by the Town Board of the Town of Oyster Bay on April 24, 1990 (Amend. Chapter 11, "SOLID WASTE") filed in the Town Clerk's Office and that the same is a true transcript thereof, and of the whole of such original.

In Testimony Whereof, I have hereunto signed my name and affixed the seal of said Town this 25th day of April 1990
Carl L. Marcellino
Town Clerk

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Stress Subject Of Meeting

Arthur Levine, an officer of the Long Island Heart Council, will be the featured speaker at the Long Island Chapter of the Multiple Sclerosis group on Monday, May 7, at the Parkway Community Church in Hicksville.

Mr. Levine is an AAEP Board Certified Hypno-Therapist; Consultant in Stress Management Seminars for Industry; Coordinator of the Relaxation Therapy Program for Alcohol and Substance Abuse at Charles K. Post Alcohol Treatment Center, Pilgrim Psychiatric Center.

Mr. Levine will address the subject of Stress Management as well as provide information about the Long Island Heart Council where he serves as a coordinator of the Council's Stress Management Program.

For information about registering for one of the L.I. Heart Council's Stress Management Training Courses conducted in cooperation with Winthrop-University Hospital call 932-9360.

Youth Council Board Meeting

The Hicksville Youth Council will hold its monthly Board Meeting on Tuesday, May 8, at 7:30 p.m., at the Youth Council, 175 W. Old Country Road, Hicksville. Everyone is welcome!

Historical Society Opener A Success

By Richard Evers

Over 90 history and maritime enthusiasts crowded the Hicksville Public Library last Tuesday night to hear Frank O. Braynard, well-known merchant marine author and Operation Sail Organizer, tell the story of the SS Savannah, the first steam-powered sailcraft to cross the Atlantic from the U.S.A.

The stimulating lecture was sponsored by the Hicksville Public Library which took the occasion to extend invitations to all residents and non-residents interested in registering as charter members of a Hicksville Historical Society.

Eighty-two persons including many community leaders, signed applications for membership in the newest of Long Island's historical societies. "We are organizing this off-wished-for society, in part, to encourage the full use of the large and diverse historical resources of the Public Library's Local History Collection and that of the Gregory Museum," Richard Evers, acting-chairman for the new organization, explained to the large audience.

An organizational meeting is scheduled for Tuesday evening, May 22, at 8 p.m., in the Hicksville Public Library's Community Activities Room. Members are asked to consider possible nominations for officers and asked to consider which of the working committees they may wish to serve with: Membership, ways and means, publicity, programs, correspondence, newsletter, by-laws and constitution, and refreshments.

Following the business portion of the meeting there will be a short slide photo program from the Gregory Museum's collection of historical slides.

Persons interested in becoming Charter Members of the society are asked to write to Richard Evers, Curator of the Local History Room, Hicksville Public Library, 169 Jerusalem Avenue, Hicksville, N.Y. 11801.

Noise Control Ordinance

June 19

The Oyster Bay Town Board will consider a proposed Noise Control Ordinance at a public hearing scheduled for Tuesday, June 19, according to Town Councilman John Venditto.

"This ordinance was drafted to address the many concerns about noise pollution that have been raised by the Town Board and by residents," Venditto stated. "The ordinance defines acceptable decibel levels for a variety of noise disturbances and establishes a series of penalties for violations of the ordinance."

Venditto noted that the meeting will be held in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay, beginning at 10 a.m.

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Vanderbilt Pkway Slide Program

The William K. Vanderbilt Motor Parkway will be explored through a program of slides presented by Robert Miller, a historian from the Queens Library System, on Wednesday, May 16, at 8 p.m., at the meeting of the Central Park Historical Society in the Powell Avenue Library. The Motor Parkway, the first super highway built in America specifically for the automobile, was a toll road which followed the path presently utilized by the high tension wires. It passed through Bethpage (then Central Park), as it wound its way from Queens to Ronkonkoma. One of the entrances was located in Bethpage to provide access to the prestigious Beau Sejour restaurant which was host to such dignitaries as Admiral Byrd, Hollywood stars and famous statesmen.

Young and old alike will be fascinated by the slides and stories Mr. Miller presents about the building and subsequent demise of this road which was constructed in the early 1900's. The presentation will stimulate historical buffs to rediscover parts of it - bridges and gatehouses - which still exist in our area.

Society members who attended Mr. Miller's presentation to the Famingdale-Bethpage Historical Society were caught up in that period of time when Bethpage was truly a "rich man's play-ground." This program will be of interest to school and community leaders as well as to children as they try to match present Bethpage sites with the old ones on Mr. Miller's slides.

Those who were at the April meeting at which our Library Director, Ms. Toby Hyman, explored pages from the library records, realized the excitement of matching the records with the personal recollections of early Bethpage residents.

A suggestion - If you enjoy discovering old Bethpage landmarks and matching present sites with those in the old photos, follow the example set by Ms. Sandy Watson and her Brownie leaders, who utilized old photos and stories about Bethpage to develop a sense of pride in their community. A set of Bethpage Historical Postcards which may be purchased by calling Mike Ryan 681-8226 will provide a collection of these old photos.

We're looking forward to meeting you on the 16th.

Fundraiser For Three Candidates

The Concerned Citizens for a Better Hicksville have announced "everything must go" garage sales to raise money for the Row B Team of Wolf Schwartz and Miltenberg. They are planned for two weekends, first on Saturday and Sunday, 5/5 and 5/6 at 72 East Barclay Street, next to the Elks. The time is 10 to 4 p.m.

The second weekend one-day sale will be on Friday, 5/11 at the corners of Grove and Bay Streets, behind Sears. The time is 10 to 4 p.m.

Contribution items are needed for the sale. Drop off saleable items on the morning of the sale. Come meet the candidates.

Auxiliary Police Activity Report

For the month of March, twelve members of the Auxiliary Police volunteered a total of 255.5 hours. This included assisting the Second and Eighth Precincts with two auto accidents: On March 9, at Rt. 106 and Stewart Avenue in Hicksville involving one injury and on March 13, at Hempstead Turnpike and Seitz Drive in Bethpage.

Also, on March 25, Unit 312 assisted the Eighth Precinct with a Walk-a-thon sponsored by the Women's Medical Center. Six APO's in two patrol cars insured a safe route for the participants which covered South Oyster Bay Road to Stewart Avenue and ending at the Women's Medical Center on Hempstead Turnpike.

Memorial Day Plans Forming

By PPC Carmine A. Somma

The Wm. M. Gouse Jr. Post 3211 Veterans of Foreign Wars of the U.S. will be hosting the Annual Memorial Day Parade on Monday, May 28. All Civic Fraternal and Veterans groups are requested to have a representative at the meeting to formulate plans for this event.

This meeting will be held at the VFW Hall 320 S. Broadway, Hicksville, on May 16, at 8 p.m.

The Memorial Day Chairman is Connie Steers. For further information call him at 822-5938 or call the VFW Hall at 931-7843.

Parade Route

On Monday, May 28, we have our Annual Memorial Day Parade. The Parade route is: Assemble at Sears Parking lot at 8 a.m., kick-off time at 9 a.m. We march East on Nevada Street to Bethpage Road, south on Bethpage Road to Woodbury Road, west on Woodbury Road to East Barclay to Broadway, south on Broadway to Old Country Road, west on Old Country Road, to Jerusalem Avenue, south on Jerusalem Avenue to Middle School which is at the corner of Jerusalem Avenue and 4th Street.

Post Nominations & Election of Officers

On April 23, we had nominations and Elections for the coming year 1990-91. The new officers of the Post are: Commander Vincent Ferrara; Sr. Vice Commander, Vincent W. Edwards; Jr. Vice Commander, Al Vitiello; Quartermaster, William Frohnoefer; Judge Advocate, George Walden; Chaplain, Connie Steers; Post Surgeon, Frank Bove; Trustee 1 year, Al Wengenheim; Trustee 2 years, Pat Mercurio; Trustee 3 years, Arthur Rettberg; Delegates to the Nassau County Council are Edward Kondracke, Henry Gongoleski, Mike Tisdell, Mike Montelione, Ed Kleniewski, Sheldon Okin, Al Vitiello, Vincent Edwards. The alternate delegates to the Nassau County Council are Roger Giansante, Joseph Adessio, Joseph Mesana, Mike Cialdella, Arthur Rettberg, Carmine Somma, Martin Stallone, Vincent Nunzio.

The Nominating Committee was Vincent Edwards, Joseph Normandy and Pat Mercurio.

Congratulations to the newly elected officers for 1990-91. Our next Las Vegas Night is to be held on May 12, from 7:45 p.m. to 1 a.m., at the VFW Hall, 320 S. Broadway, Hicksville.

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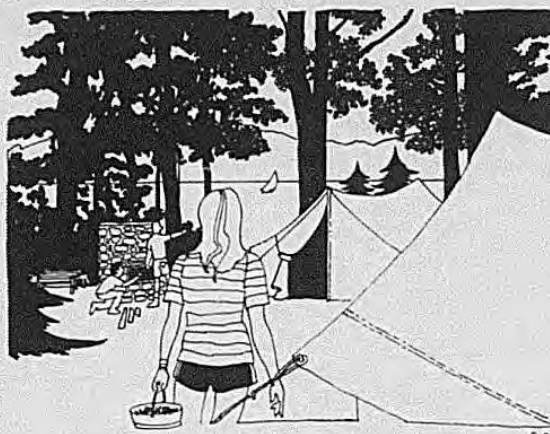
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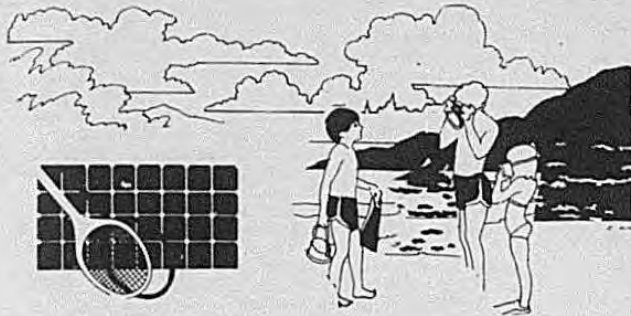
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RESOLUTION NO. 54-1990

WHEREAS, The County Government Law of Nassau County (Chapter 879 of the Laws of 1936 as amended) and the Nassau County Administrative Code (Chapter 272 of the Laws of 1939 and amendments thereto) provide that the assessment roll of the County of Nassau be completed on or before the first day of May in each year, and on the completion thereof the Board of Assessors shall forthwith cause to be published and posted a resolution or notice that the roll has been completed, and designating the places, where several portions or copies of the same have been placed on file and where they may be examined by any person during business hours every business day and at least one evening each week until the third Tuesday of May of each year; that on that day, to wit; the third Tuesday of May, the Board of Assessors will meet at the time and the places provided in said resolution and notice, at which any person aggrieved by the assessment may appear and be heard in relation thereto; and

WHEREAS, the Real Property Tax Law (Chapter 957 Laws of 1970) requires that the Board of Assessment Review shall hear and determine complaints on the third Tuesday of May; that on that day, to wit; the third Tuesday of May, the Board of Assessment Review will meet at the time and at the places provided in said resolution and notice, at which any person aggrieved by the assessment may appear and be heard in relation thereto; and WHEREAS, the assessment roll for the year 1990 upon which taxes will be levied for the year 1991 for the Town of Hempstead, the Town of North Hempstead, and the Town of Oyster Bay, the City of Long Beach and the City of Glen Cove, has been prepared by the Board of Assessors of Nassau County and has been completed. Now, therefore, be it

RESOLVED, that the assessment roll of the County of Nassau, State of New York, for the year 1990 upon which taxes will be levied in the three towns and two cities within the County of Nassau for the year 1991 has been and is completed; and that a hearing of grievances as to complaints on said assessment roll shall include and be deemed a hearing of grievances in relation to the school district assessment roll, and it is further

RESOLVED, that this resolution and the following notice be published in the official newspaper of the County of Nassau, to wit; the *Nassau Daily News*

ASSESSOR'S NOTICE

THE COUNTY BOARD OF ASSESSORS OF THE COUNTY OF NASSAU HEREBY GIVES NOTICE that they have completed the assessment roll for the year 1990 upon which taxes will be levied for the year 1991 for the Town of Hempstead, North Hempstead, Oyster Bay and the Cities of Long Beach, Glen Cove as well as assessment rolls for the year 1990-91 upon which School District taxes will

LEGAL NOTICE

be levied in the three Towns of Hempstead (including that portion of the City of Long Beach School District within the City of Long Beach), North Hempstead and Oyster Bay in compliance with the provisions of the County Government Law of Nassau County (Chapter 879 of the Laws of 1936 as amended) and the Nassau County Administrative Code (Chapter 272 of the Laws of 1939 and amendments thereto) and that a portion (copy) thereof will be placed in the following office on May 1st, 1990.

As to those properties situated within the Town of Hempstead:

Office of Board of Assessors, Fourth Floor, Nassau County Office Building, 240 Old Country Road, Mineola, New York

As to those properties situated within the Town of North Hempstead:

Town Hall, Town of North Hempstead, 220 Plandome Road, Manhasset, New York

As to those properties situated within the Town of Oyster Bay: Catiague Park, Skating Rink Lobby, West John Street, Hicksville, New York

As to those properties situated within the City of Long Beach: City Hall, City of Long Beach, West Park Avenue, Long Beach, New York

As to those properties situated within the City of Glen Cove: City Hall, City of Glen Cove, Bridge Street, Glen Cove, New York

where said assessment rolls may be seen and examined by any person during the business hours of every business day between the hours of 9:00 a.m. and 4:45 p.m., except Saturdays and on the evening of May 2nd, and May 9th, 1990, between the hours of 7 o'clock p.m. and 10 o'clock p.m. and also on the third Tuesday of May; to wit: May 15th between the hours of 7 o'clock p.m. and 9 o'clock p.m. On the third Tuesday of May, 1990 between the hours of 9:00 a.m. and 9:00 p.m., to wit: May 15th, 1990, a member of the Board of Assessment Review, together with a member of the Board of Assessors or a Deputy Assessors designated by the Chairman, is to sit at the following places:

As to those properties situated within the Town of Hempstead: Office of the Board of Assessors, Fourth Floor, Nassau County Office Building, 240 Old Country Road, Mineola, New York

As to those properties situated within the Town of North Hempstead:

Town Hall, Town of North Hempstead, 220 Plandome Road, Manhasset, New York

As to those properties situated within the Town of Oyster Bay:

Catiague Park, Skating Rink Lobby, West John Street, Hicksville, New York

As to those properties situated within the City of Long Beach:

City Hall, City of Long Beach, West Park Avenue, Long Beach, New York

As to those properties situated within the City of Glen Cove:

City Hall, City of Glen Cove, Bridge Street, Glen Cove, New York

LEGAL NOTICE

to review the assessments and to hear and examine all complaints in relation to such assessments, at which time and place any person aggrieved by the assessment may appear and be heard in relation thereto. Notice is also hereby given that the hearing of grievances in relation to the assessment rolls hereinbefore mentioned shall include and be deemed a hearing of grievance in relation to the School District Assessment Roll.

The above assessment rolls are to be considered tentative. The assessment rolls will become final as of August 1st, 1990.

Dated, this 30th day

of April, 1990

DONALD A. WOOLNOUGH

JOHN G. TRAPANI

HOWARD M. BLANKMAN

CHARLES R. ARTALE

ABE SELDIN

Chairman,

Board of Assessors

8P1062

1X5/4

Lamb K of C Member Drive

The Joseph F. Lamb Council No. 5723 Knights of Columbus, Plainview, is in the midst of its membership drive to obtain new members for the Joe Lamb Council. Any Catholic gentleman interested in joining the Knights of Columbus is urged to contact Membership Director P.G.K., P.F.N., F.D.D. Peter Volpe at 935-3116. The Knights of Columbus organization is based on "Charity, Unity, Fraternity, and Patriotism," and especially service to the community. The Joseph F. Lamb Council is very involved in the works of charity and service to those in need.

On Saturday and Sunday, April 28, and 29, members of the Lamb Council were outside of Our Lady of Mercy Church in Hicksville, to solicit the parishioners for membership in the Council. Many applications were obtained. The following members of the Council were on hand after all of the Masses, and are to be especially commended for their efforts: P.G.N., P.F.N., F.D.D. Peter Volpe; G.K. Josef Ort; P.G.K. John Lombardi, and 16th District Deputy P.G.K. Otto Schmidtmann.

On Thursday evening, May 17, the Joe Lamb Council will hold an "Open House Membership Night," at 8:30 p.m. at the regular meeting site in the school basement of Our Lady of Mercy in Hicksville. A special K. of C. membership film will be shown, and talks concerning the activities of the Knights of Columbus will be given by membership Director P.G.K., P.F.N., F.D.D. Peter Volpe, 16th D.D. P.G.K. Otto Schmidtmann, and Grand Knight Josef Ort.

Refreshments will be served and a very lively, informative meeting is expected. Again, any Catholic gentleman (or lady for the Columbiettes), interested, is cordially invited to attend.

Also at this meeting, the local winners of the "Free Throw Competition" will be presented with their certificates.

On a different note: The May Knight of the Month is Vincent Rapisarda, a very active member of Lamb Council. Our congratulations and well wishes to him from all of his brother Knights.

Application Withdrawn For Special Use Permit

By Michele Coyle

An application for a special use permit to add a story to a Woodbury office building was withdrawn from the Town of Oyster Bay by the applicant without prejudice during the April 24 Town meeting.

According to Vincent J. Pizzulli, Jr., attorney for Educational and Instructional Cooperative Service, Inc., the application to build an addition to existing offices at 180 Froehlich Farm Boulevard was withdrawn because it "was a difficult application involving parking spaces and the applicant had the opportunity to go to contract on space in an industrial park in Hauppauge."

The application was originally filed in January.

In other business, Sidney B. Bowne and Son, consulting engineers were authorized to proceed with the design and bid phases of the requirements contract for tree removal throughout the town which is necessitated from time to time due to curbside roadwork. The board voted that the engineering fees not exceed \$3300.

Consulting engineers Greeman-Pedersen, Inc. were authorized by the board to provide survey and inspection services for the construction phase of the contract for the Consolidated Highway Improvement Program to be done in the Coronet Crescent vicinity in Bethpage. The program is partially funded by the state. This particular work is being performed to alleviate a flooding problem in the area and is expected to be completed by the end of the summer.

In other business, Bowne & Son were granted an increase in engineering fees for work related to storm drainage and highway improvements performed in Hicksville. Final construction costs for the work in the Hawthorne Street/Burns Street area totalled \$658,530. The project's contractor was New Horizons Land Development, Inc.

Town of Oyster Bay Board members also granted an extension of one year to Joseph Silver/Nassau County Industrial Development Agency in order for the applicant to obtain site plan approval and building permits and certificates of occupancy to move forward with their special use permit approved last year.

The application allows for alterations and maintenance of an office building in light industrial district in Syosset.

Two hearings were scheduled for July 10. An application from Sun Refining & Marketing Company and Simco Management Company for a special use permit to operate a retail food mart in conjunction with an existing gasoline station at Hicksville Road and Union Avenue in Bethpage.

The second hearing involves the request of a special use permit to convert 5000 square feet of an existing building at Bloomingdale Road near Broadway in Hicksville to a weight training and exercise center in an industrial district. The petition is being sought by Long Island Fitness Center, Ltd.

Both meetings will be held at Town Hall East, Audrey Ave., Oyster Bay at 10 a.m.

Student Chosen 'Teenager Of Month'

A successful businessman or lawyer is in the future of Scott Stavin who was chosen "Teenager of the Month" from Bethpage High School by the Elks Club. Scott is a serious, organized young man who works intensely at his studies and balances them with an avid interest in tennis and golf. In the top tenth of his class, he has been a conscientious student in the AP Math, Spanish and Business courses. It was his study this year in Business Law and Accounting that helped focus his goals in College on Finance or Accounting at Binghamton or George Washington University.

He evidenced his caring for

others over the years when he worked for the past three summers as a camp counselor with fifth and sixth graders and during the year when he runs tours at the Mid-Island YMHA in Plainview. He enjoys reaching out to younger children and helping them explore projects.

As a student Scott tries to put in as much time as possible on his studies. He has had to work at them over the years and his efforts have borne fruit. When he becomes a lawyer or a businessman he will be able to help others understand the meaning of effort and struggle.

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NOTICE IS HEREBY
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the Board of Commissioners of
the **HICKSVILLE WATER**
DISTRICT in the office of the
Board at 4 Dean Street,
Hicksville, New York, until
4:00 P.M. on May 10, 1990,
they will be publicly opened
and read at 7:00 P.M.

Specifications, Information
to Bidders and Proposal Forms
may be obtained at the office
of the Hicksville Water Dis-
trict, 4 Dean Street, Hicksville,
New York.

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

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

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HICKSVILLE WATER
DISTRICT**

**District
of the Towns of Oyster Bay
and Hempstead**
Gilbert E. Cusick, Chairman
Nicholas J. Brigandi, Treas.
Richard A. Humann, Secretary
Dated: April 25, 1990
Hicksville, New York
MIT2350
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Craft Workshop At Hicksville Library

An "Earrings to Decorate"
Workshop will be held at the
Hicksville Public Library on
Monday, May 21, at 8 p.m. (This
workshop has been rescheduled
from April 23). There are a few
openings, so if you are interested,
please register early. **Hicksville**
residents only.

In the workshop you will
decorate a pair of ceramic
earrings that you will love saying
"I made them myself." Esther
Tollen will instruct the class in
marbelizing earrings in three
colors. You will have a choice of
shapes and either clip or pierced.

Esther will fire the earrings and
return them May 29, after 12
noon. There is a materials fee of
\$7.50. Esther supplies all that is
needed for this workshop.

Art Auction By Rotary Clubs

The Hicksville-Jericho Rotary
Club is sponsoring an Art Auction
conducted by Ross Galleries, Inc.
The event will be held at Holy
Trinity Episcopal Church, 130
Jerusalem Avenue, Hicksville, on
May 20, at 3:30 p.m. Tickets are
\$5 per person and can be
purchased at the door. Hors
d'oeuvres, wine and cheese,
coffee and cake will be served.
Door Prize to the lucky winner.

If possible, the Rotary Club
would appreciate any publicity
you can give us on this fund
raiser.

Consumer Affairs Visits Bethpage GOP

With spring in the air and
construction plans on the minds
of many Bethpage residents,
George Yochmann, Executive
Leader of the Theodore Roosevelt
Republican Club, invited Larry
Della Vecchia of the Nassau
County Office of Consumer
Affairs to address the member-
ship.

"People will be spending a
great deal of hard-earned money
on home improvements and
repairs this summer," said
Yochmann, "and I thought it
would be a good idea for Larry to
come to our club and explain how
to avoid problems with contrac-
tors."

Della Vecchia gave a detailed
and complete summary on the dos
and don'ts of going to contract.
His 18-years on the job could
produce volumes of horror stories
of families that lost money
because they weren't careful.

Some of the things Della
Vecchia emphasized included
making sure the contractor is
licensed to operate in Nassau
County, the homeowner obtain 2
or 3 estimates and references and
not be pressured by salespeople
in closing a deal. If you do sign a
contract, you have 3 days to
cancel it as long as your notice of
cancellation is postmarked by
midnight of the 3rd business day
(Monday to Saturday).

The members of the club
listened to Della Vecchia's every
word as most were not aware of
the precautions that should be
taken and the remedies available
should a problem arise.

Disputes can be settled by the
Nassau County Office of Con-
sumer Affairs which can also
force judgments against contrac-
tors to be paid. Mr. Della Vecchia
stressed that the homeowner
should never sign a contract until
after the loan for the improve-
ments was obtained.

For additional information you
may obtain a Consumer Checklist
for Home Improvements and
Repairs by writing to the Office of
Consumer Affairs, 160 Old
Country Road, Mineola, N.Y.
11501 or by calling 535-2600.
"The checklist is very thorough,"
said George Yochmann, "and
anyone planning home improve-
ments should obtain one."

Environmental Meeting On May 9

A meeting of the Town of
Oyster Bay Environmental Qual-
ity Review Commission (TEQR)
has been scheduled for 2:30 p.m.,
on Wednesday, May 9, in the
Environmental Control Division
Conference Room, 150 Miller
Place, Syosset.

Established in 1977, the TEQR
Commission is authorized to
study, analyze, investigate and
report on all environmental
impacts of applications submitted
to, or actions contemplated by,
the Town Board or other Town
agencies.

No agenda has been estab-
lished for the meeting.

Vote-Getter Cand. Rally

The Concerned Citizens for a
Better Hicksville have announced
a vote-getter rally for the Row B
team of Wolf Schwartz and
Miltenberg. It is planned for
Friday May 18, from 8 to 10 p.m.
at the V.F.W. Post No. 3211,
located at 320 South Broadway.

Refreshments will "b" served.
Donation tickets are \$5 per couple
and can "b" purchased through
the candidates, or at the door.
Volunteers are needed to help as
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the candidates. Bring your
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Continued From Page 3

School Bd. Candidates Vie For Early Support

builder and being short a building if one is needed in the future. "There are a lot of community groups we can service with a vacant building," offered Mrs. Miltenberg.

Ayres - "No district that has closed schools successfully has done it without community support," said Mr. Ayres. After taking a hard look, he says he would be willing to do what's good for Hicksville. He believes something has to be done and that the community would prefer the development of a new plan. Mr. Ayres favors moving the 6th grade to the middle school if it is part of a master plan. If a school was to be closed, he would like to see the property used for Hicksville people.

Rudin - Mrs. Rudin urged that closing schools be done on a three-year plan. She would begin by moving the 6th grade out and then assessing what remains in the elementary. She felt sixth graders could handle departmentalization and thinks it would be excellent to have experts teaching them the four core curricula areas. "We need a senior citizen housing or a community center," said Mrs. Rudin, citing that neither land nor a facility has been available before. As for a sale or lease to the Town of Oyster Bay, Mrs. Rudin would consider it, but urged community input before making such a decision.

Wolf - "I believe in neighborhood schools, emphasized Mrs. Wolf. "If you have to close something, how about the top floor of a building." She cautioned that if a school went up for sale, it would have to go to the highest bidder and "We cannot be guaranteed." In response to moving the 6th grade, she said, "Just think of the transportation costs!"

*Goals for Hicksville:

Wolf - To make the high school of the same quality and excellence as the middle school. To raise the number of Regents Scholarships and those who go on to further education.

Strugatz - Academic programs for all students on all levels. Concern for student safety. Development of model citizens.

Pendergast - To keep drugs out of the high school. To see that every student gets an equal chance, and that no one is shuffled through the system.

Schwartz - Parents, community and Superintendent identifying problems and getting down to solving them.

Miltenberg - Districtwide programs, so that children can be assessed fairly at the middle school. Would like to see Regents level as the standard in Hicksville.

Ayres - Striving for a stronger high school.

Rudin - Hicksville has nurtured its gifted and has been a beacon for families with special education needs, but sorely neglected the average child. Strengthen math and English programs.

*What do you see as the biggest problem facing this district?

Miltenberg - The five year projections on budget increases.

Ayres - Community involvement and trust

Rudin - This year's budget is the #1 problem. The community wants to be a part of the decision making.

Wolf - Money and leadership

Strugatz - Safeguarding our children. Methods of selecting board members.

Pendergast - Asbestos

Schwartz - Board leadership. Communications at present he sees poor or no dialogue. Financial responsibility.

*Would you support a revote and would you allow athletic activities to continue during austerity?

Pendergast - Austerity only punishes the young and old.

Schwartz - In favor of revote. Everyone is against high taxes, but voting down the budget serves no purpose. A budget is a document for a guideline: make Superintendent and staff document every cost that is needed. Mr. Schwartz doesn't believe athletics can continue on austerity.

Miltenberg - If significant cuts can be made then I would be in favor of putting it up again. Coaches are covered under contract and parents are permitted to foot the entire cost of equipment uniforms and transportation.

Ayres - Would work to come up with a realistic budget to give to the community. If community votes against budget, it would be illegal to allow athletics.

Rudin - In favor of revote. Would work toward making major cuts and getting a budget which is within the ability of the community to pay. Mrs. Rudin said she would not do anything that is prohibited under state law (financing athletics). "It is not fair to pit one part of the community against another," said Mrs. Rudin, referring to other programs, which may not be considered for reinstatement.

Wolf - "I don't feel the children should be punished because of money." During austerity, athletics would not be allowed.

Strugatz - "If it was defeated, we would still be forced to spend 97% of it through mandates. We need a long range solution." Change the Board, and undertake a massive look at education goals. Would certainly consider athletics, to the extent permitted by law.

*If elected, you would be called to vote on the next teachers contract:

Ayres - I don't think anyone liked the rapid increase in the teachers contract. Would look at relationship of increase to where it leaves our teachers. Certainly not unreasonable.

Rudin - Wouldn't have a problem with teachers contract. Through give and take among board a package affordable for the community should be reached.

Wolf - Strong convictions to fiscal responsibility, with an eye for reasonableness.

Strugatz - What the present board has done should impact on future negotiations.

Pendergast - Believes teachers were on the low end of the pay scale. Hopes things will be more reasonable, more negotiable.

Schwartz - The bottom line is the ability of the community to pay. Over 30% in three years was more than just an adjustment. Can see no

higher than the CPI (Consumer Price Index).

Miltenberg - This board didn't look at all the alternatives. Salaries range up to the 90th percentile in Nassau County. Percentiles can be used to advantage or disadvantage.

*In summation:

Schwartz - I am an experienced Board member. I will make decisions after listening to you and deciding what's best.

Pendergast - I'm an average guy tired of seeing what's going on, on stage. I want a good deal for my kids and for the neighborhood.

Strugatz - I am seeking the position because I am qualified, have kids in the schools, and am concerned about children. Don't buy a retread, buy a new tire.

Wolf - I've made some tough decisions and have always been an independent thinker (Wolf was a previous Board member). I'm going to run for the Board because I love children.

Rudin - I believe I can make a difference and can bring innovative ideas. Yes, I believe in closing schools, and yes, I am in favor of a revote.

Ayres - I would like to bring contract negotiations into open session, so the people can see what goes on.

Miltenberg - I wish to protect and provide the best education for the children in the school system. I will act ethically, morally, responsibly and with accountability.

Voter registration takes place Wednesday, May 9, at regular polling places between the hours of 3 and 8 p.m. Absentee ballots may be obtained by contacting the Clerk of the Board 933-6592 on Tuesdays or by written request. Requests will be accepted up to seven days prior to the vote, May 23.

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Hicksville, NY 11801

Gregory Museum Rock Swap

Spring is a time for cleaning, for deciding what to keep and what to dispose of. Spring cleaning at the Hicksville Gregory Museum brings to light new mineral treasures from the attic and basement. It is also a time to move out the specimens the museum no longer needs. These minerals and others donated for the museum to sell will be available at the Gregory Museum's Third Annual Mineral Sale, Rock Swap, and Open House, on Saturday and Sunday, May 5 and 6. The museum and grounds will be open from 10 to 5 on Saturday and from noon to 5 on Sunday. Minerals for both beginning and advanced collectors will be available for purchase. On both days at 2 p.m., a talk will be given by mineral collector, John Keane, on "Opals and Cut Gems" to coincide with a special exhibit from his collection.

Activities for children during the two days will include a lost mine and a rock swap. Children, ages 6 to 12, who bring minerals and fossils from their collection to the swap may trade up with the museum and collectors from local mineral clubs. A fee of \$1 is charged for the swap, but all other activities, including admission to the museum on the days of the open house are free.

The museum is located in the historic Heitz Place Courthouse, in Hicksville. For further information about the sale and swap call the museum at 822-7505.

Midland Civics Candidates Forum

This is an open invitation to attend the next General Meeting of the Midland Civic Association, which includes the community surrounding Willet Avenue Elementary School. We plan to hold an open forum for all candidates to come and voice their views on the upcoming school board elections. The meeting is scheduled for Monday, May 21, at Willet Avenue School starting at 8 p.m. For further information, please contact our president, Harry Single, at 931-0164.

Solid Waste

Ord. Amend.

An amendment to the Town of Oyster Bay's Solid Waste Ordinance, aimed at ensuring continued maximum groundwater protection during the Old Bethpage landfill remediation program, will be the subject of a public hearing scheduled for Tuesday, May 22, according to Town Councilman Douglas J. Hynes.

"In order to save taxpayer expense of purchasing fill materials to be used in the ongoing capping program at the Landfill, the Town has sought and received permission to bring in 'clean fill' materials from contractors and others," Hynes explained. "This amendment to the Town's Solid Waste Ordinance sets down specific guidelines for what constitutes 'clean fill' and also establishes penalties for anyone attempting to bring in materials which are not, in fact, 'clean fill'."

Hynes noted that the meeting will be held in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay, beginning at 10 a.m.

St. Ignatius Loyola CYO News

By Barbara Lewis

CYO Midnight Bowl....North Levittown Lanes, Saturday, May 26, at 7 p.m. Cost \$17 per person. Includes 3 games of bowling, shoes, D.J. ziti, cold cuts, coffee and tea. For information or tickets call: Andrea Kiernan 931-3093 or Barbara Hebron, 822-5096. Door Prizes and raffles galore.

Basketball Trophy Night...

On April 27, St. Ignatius CYO held basketball trophy night. The evening went well for our new basketball director, Joe Panarelli, who did a wonderful job this past season.

This year the "Don Cleary Award" was presented to Mr. Tom Carsley, who has dedicated endless hours in coaching, refereeing and preparing the Senior League Boys. The entire Board of Directors were very pleased to be able to present the award this year to Mr. Tom Carsley for all his devotion to our youths. Congratulations, Tom.

Baseball Highlights....

K-2 League

Cardinals 23 - Bluejays 5

Hitting stars for the Cardinals were, Danny Rogers and Brian Hebron went 4 for 4. Jared Troise and Tommy Riccio went 3 for 3. For the Bluejays, Chris Abukhalaf, Allen Berner, Joseph Kearns played an all around good game.

Whales 11 - Barracudas 6

Hitting 3 for 3 for the Whales, Steve Verde, Thomas Foran and Brian Horvath. Good hitting for the Barracudas were, John Cashin, Michael Seid, Dennis Noonan and Ryan Klupt.

Cardinals defeated Robins

Cardinals were led by, Andy Visconti who hit for the cycle, Chris Barbino went 5 for 5 and a homerun. Brent Rogers round a triple, Brian Hebron and Danny Rogers went 6 for 6, Steve Alvarez and Brian Mensching went 5 for 5. For the Robins, Danny Gooch hit a homerun and good defense by, James O'Donnell and James Willie.

3rd Grade League

Mets 15 - Yankees 4

A "Grand Slam" homerun by Joe Panarelli, for the Mets. Great job of catching by Vinny Carranza. Two hits by Chris Binick and good all around play by Jesse Lancaster. For the Yankees, good pitching and hitting by, Robby DelBagno. Also good pitching by Brian Kelly. Good all around game by, Joe Shurley.

4th & 5th Grade League

April 28

Yankees 12 - Royals 3

For the Yankees, Michael Busch and John Vicchiarelli for good pitching. Excellent defense by Brian Baricavac. The Royals had good pitching by, Michael Verde and Colm Naughton. Timely hitting by, Sean Conk and John Matiuik.

April 28

A's 5 - Mets 0

The good pitching for the A's by, Eric Micalizzi, and good hitting by, Ed Lynch and Omar Syed.

April 28

Royals 7 - Phillies 6

For the Royals, Michael Verde drove in the winning run in the last inning. Good hitting by, Chris Johnson and good pitching by

Colm Naughton. Kenny McCullough pitched a good game for the Phillies. Jeremiah Singer hit a 3 run homer and Alex Jimenez hit a 3 run triple.

6th & 7th Grade League

Indians 3 - A's 2

On Wed., April 25, was opening day for the Indians. With starting pitching from, Sean Dorney, relief from Jim Walker and the save by Kevin Sullivan they went on to beat the A's. For the first game of the season the Indians played exceptionally well. Defense for the Indians was led by, Anthony Anzalone with a base saving diving catch in the right field. Joe McHugh made a number of great plays at 1st base. Mike DelBagno playing catcher protected home plate very well. Chris Matiuik and Jim Walker both went 1 for 2 with 4 stolen bases between them.

April 28

Pirates 8 - Indians 4

The Pirates defeated the Indians by a score of 8-4. Outstanding pitching by Mike Foran and Brian Patwell both combined with 13 strikeouts. Steven Locke went 3 for 4 with 2 triples. Jeff Reinhardt went 3 for 3 and Mike Silvestro had 2 RBI's. Great defense played by, Paul Mackin, Matt Patwell, Nick Hart, Paul Gomes and Craig Mueller.

Girls 7th Grade Softball

The first game of the season, St. Ignatius defeated St. James of Seaford by a score of 34-4. Homeruns were hit by, Erin Mitchell, Carolyn Galdo and a "Grand Slam" by Meridith Hennessey. Great pitching by Lauren Guerriero with 11 strike outs. Good fielding by, Fontayne Mitas and Mindy LeCren. Excellent hitting by Colleen Gardner, Kristy Haley, Michelle Zaffuto and Beatrice Clark.

Girls 8th Grade Softball

St. Ignatius 16 - St. Hyacinth 1
Sharing the pitching and giving up only 4 hits while striking out 11 were, Kathleen Kelly, Christine Spina and Katie Kelly. Theresa Brannan, Christine Spina each hit 2 homeruns. Katie Kelly added another and Livia Cirillo went 4 for 4 with a homer. Jennifer Peters stole 2 bases and played great defense.

Boys 7th Grade Travel Team

The 7th grade travel team banged out, 14 hits scoring 13 runs in a 13-3 victory over St. Pius. Hitting was led by, Danny Meegan with 3 hits and (Hot Rod) Carolan with 2 triples. The pitching of Chris Kelly, Danny Meegan, Glen Aragoncillo and Jimmy (Fireball) Famiglietti struck out 16 of 21 batters they faced. On the side lines with a 100 degree temperature, Tom Patterson helped cheer his team to victory.

Boys 8th Grade Travel Team

Unable to claim a victory yet, St. Ignatius 8th grade travel team showed a marked improvement over their last game, in a seesaw 12-10 defeat against St. Peters of Port Washington. The hitting stars were, Glen Turano 2 for 2, Jason Andrews 3 for 3 and Bryan Higgins 2 for 4 with 4 RBI's. Steve Talento showed real well in a surprise relief appearance. Everything shows they're heading in the right direction and the first victory isn't far away.

HBA News Update

Boys Farm Division

The sun finally came out for the Blue Jays and the Saints, on Saturday, April 19. The score of the first game was 11-7 Saints over the Blue Jays. The Blue Jays had some real good! The first homerun came from Carl Johnson, which brought in two runs. The second homerun came from Anthony Cappabianca, but this time the bases were loaded, a Grand Slam! Look out Farms, the Blue Jays are starting to fly...

The Pirates played their first game against the Royals and won, the score was 6-3. There was good pitching by Kyle Rybak and Kevin Nolan. The defense by Greg Zahn and Justin Ferreri was well done and Alex Bobrowsky, Danny Nolan, and Justin Ferreri provided solid catching behind the plate. Reaching base every time up was, Anthony Scoa and Dennis Mulligan. Good all around play by Pat McCann, Mike Weber, and James Monahan.

Tuesday, April 24, the Rangers vs. the Blue Jays. Adam Geslar and Howard Sham pitched a combined 2 hit 14-2 victory over the Blue Jays. Adam drove in 8 runs and Mike Blumquist also hit a homerun helping to bring about the win. Eric Gonzalez and Amar Agha delivered 2 hits. Amar got 2 RBI's. Good outfield defense led by Sean Goldthwaitz catching a long pop fly to the outfield.

On this Tuesday the contest between the Pirates and the Red Sox ended in an 8-4 victory over the Reds. Kyle Rybak and Greg Zahn teamed up to pitch a good game. Outstanding defensive plays by Danny Nolan and Anthony Scoa. Once again the catching by Alex Bobrowsky and Justin Ferreri was well done. Good hitting and defense by James Monahan, Kevin Nolan,

Pat McCann, Mike Weber, Dennis Mulligan and Mike Delaney.

On another field The Cubs played The Saints. The Cubs lost 5-4 but "This game was one of the best I have seen," said the Manager, Jim Gilmor and Coach, Dan Mead. The best defensive play of the game came in the 5th inning when the Saints player Tom Murphy blasted the ball to left center. Tommy Smith of the Cubs playing left center dove for the ball and came up with a snowcone. "Best catch I've ever seen," said Mr. Gilmor.

Meanwhile, when the Mets meet the Royals, the outcome was a victory for Mets, 6-4. Behind the strong pitching of Tommy Kessler and Brian Boyle, the Mets beat the Royals in a well-played game. Excellent fielding plays were made by Chris Swier, Doug Rudenfer and Paul Trosko. Jake Danzi and Tommy Kessler led the hitting attack driving in six Mets runs.

Girls Instructional Division

Monday evening, April 23, brought out the Girl's Instructional Division. Team #2, Cathy Davidson, manager, played a fine game against team #4, Kristin made a beautiful play at first and got a hit for her first RBI. Lisa made a great defensive play by tagging a girl out at home and scored 2 RBI's. Danielle guarded first base with a smile and Lara slugged the ball as hard as she could. Siobhan and Jennifer had a couple of great hits. It seemed like everyone made it home.

There was another superb contest, team 3 against team 1. Erin Bravo made 2, count'em two, defensive plays at first base, and Jessica Pappas hit the game's only double. Keep it up girls!

Hicksville Bests Competition

By A. Bliker

The Hicksville Warriors 1974 travelling soccer team evened their LI Junior Soccer League record to 2 wins, 2 losses, via a 3-0 whitewashing of the Northport-Cow Harbor Falcons at the latter's field, Saturday, April 28, behind the offensive thrust of Julio Ortiz and Everlin Giron.

The Warriors controlled the game from start to finish, taking advantage of their manpower differential over the Falcons. At the four minute mark, David Lovato hit Giron with a perfect corner kick, which fed to Ortiz for the goal. Following numerous Warrior offensive charges, Ortiz set up Pinho, who popped in the second goal for Hicksville and the 2-0 lead continued until halftime. Midway in the second half, Giron once again passed to Ortiz who fired a bullet into the goal mouth for the final tally.

The balance of the Warriors are: Joe Flanagan, our goalkeeper; Eric Bliker as sweeper, Mike Heyer at left fullback, Chuck Oliver at stopper, Brian Harkins at halfback, Jason Kingsley at halfback, Kristian Friedrich at halfback, Dom Perillo at halfback, Terry Aylward at halfback, and Karl Rice at halfback.

Congratulations to the team, Coach Pat McHugh and Assistants Pat Harkins Jr. and John Flanagan for this victory.

McDonald Program For Reading

By Roseann Cordiner

Since the Pizza Hut Reading Program ends in April, Dr. Regina Cohn, Reading Supervisor for the Bethpage School District, went out into the neighborhood in search of another program to continue where the other program left off. She was quite successful in finding another motivation for the children. The Bethpage McDonalds (on Hempstead Tpke) instituted a special program just to satisfy our need. They have provided the schools with a chart which simulates a computer space game and all the necessary pieces to go with the chart. As the child completes a reading project, his player is advanced to a higher level. After five levels, the child reaches outer space and receives a special white McDonald's button. The McDonalds in Bethpage will give the child a free drink from now through June each time the child presents the button when placing an order. It is a new program and fairly simple but has potential to become more intricate, i.e., a teacher may want to set a higher number of projects in order to get to the next level.

This is a fine example of the interest our community businesses are showing for the future of tomorrow...the children of today; and naturally, the dedicated persistence shown by our Reading Supervisor, Dr. Cohn, for the education of our Bethpage students. Pictured here is Mrs. Cordiner's First Grade Class in Central Blvd. gathered around the Outer Space Poster and the rocket game pieces. They are anxious to get to the top.

Participants Needed For Memorial Parade

The Memorial Day Committee of the veterans organizations of Hicksville would like to give an open invitation to all groups and organizations in Hicksville.

We especially need Gold Star Mothers and bands. If you know any mother who lost a son in a foreign war or a band who is willing to participate in our Memorial Day Parade.

The parade assemblies in the Sears parking lot at 8 a.m. The ceremonies will be held at the Hicksville Middle School on Jerusalem Ave. and Fourth St. at approximately 11 a.m.

Please try to ask a friend or neighbor if they know of any Gold Star Mother or band. You can contact Parade Chairman Connie Steers at 822-5938.

The Committee hopes there will be a large turnout to honor our veterans who made the supreme sacrifice.

The parade is on Monday, May 28, at 9 a.m. kick-off time.

IF YOU ARE A PROFESSIONAL Check out the Professional Guide in this newspaper. For a low price of just \$10.50 per week you can get your message across to readers of all eight weekly newspapers we publish. Call today for more details. 931-0012

Continued
From Page 1

Hicksville School Board OKs \$53 Million Budget

of Education to assure that all substitute teachers have licenses in good standing before being registered. Dr. Fenton said that in light of the recent incident in Hicksville of a substitute teacher being indicted on child abuse charges, the Director of Personnel has instituted a procedure whereby he will check with the Department of Education before hiring any substitute teacher.

In the Superintendent's Report to the Board, Dr. Catherine Fenton said that building Site Based Management Plan committees have been meeting and she introduced high school teacher Paul Vitano to offer the high school's mission statement which pledged a commitment to "teaching and learning." Through the cooperative efforts of all segments of the school community the statement calls for a "positive school climate in which all students are provided with the knowledge, skills and work habits necessary for them to achieve future success and to become productive citizens."

Positive school climate occurs, Mr. Vitano said, "when people feel connected, committed and proud." He added that the "high school" should be the focus of the community, the hub of the community's activity.

The Board also acknowledged the accomplishment of Middle School teacher Mary Costigan, who was named Nassau County Middle School Mathematics Teacher of the Year.

The Budget Vote and Election of School Board trustees will take place on Wed. May 23, from 10 a.m. to 10 p.m. The board's next regular meeting will take place that evening following a presentation acknowledging the Middle School's acceptance in the State's Challenge program.

Students Visit D.A.



Nassau County District Attorney Denis Dillon recently visited with eighth grade students from St. Pius X School in Plainview. The students also visited the Mineola Law Offices of Joseph Carrieri and Surrogates Judge Raymond Radigan. DA Dillon spoke to the students about the criminal justice system and the role of the prosecutors office.

In Service

Army 2nd Lt. **Thomas R. Kane** has arrived for duty at the Presidio of San Francisco, California.

Kane is a clinical staff nurse with the Letterman Army Medical Center.

He is the son of Gerard T. and Mary L. Kane of 149 West Avenue, Hicksville.

The lieutenant is a 1985 graduate of Hicksville High School, and a 1989 graduate of Molloy College, Rockville Centre.

Marine Pvt. **Kevin Holtz**, son of Peter W. and Kathleen Holtz of 8 Arpad St., Hicksville, has completed recruit training at Marine Corps Recruit Depot, Parris Island, S.C.

During the 13-week training cycle, Holtz 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.

Marine Pvt. **James E. Bahamonde** of 52 Floral Ave., Bethpage, has completed recruit training at Marine Corps Recruit Depot, Parris Island, S.C.

During the 13-week training cycle, Bahamonde 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.

He participated in an active physical conditioning program and gained proficiency in a variety of military skills including first aid, rifle marksmanship and close order drill. Teamwork and self-discipline were emphasized throughout the training cycle.

Piano Concert At Library



Morton Estrin

Pianist, Morton Estrin in concert at the Hicksville Public Library on May 11, at 8:15 p.m.

Music by a master, Mr. Estrin, a Hicksville resident, has performed both here in the United States and in Europe. A musical banquet is in store for all who attend.

This concert is co-sponsored by the Hicksville Public Library and the Town of Oyster Bay, Cultural and Performing Arts Division.

Roberta Estrin's art will be gracing the walls of the Community Room during May.

The recently published book, "The Art of the Piano" by David Dubal, describes Morton Estrin as "...a strong pianist with excellent technique..." who plays with brilliance and poetry. Devoted to a listing and critical discussion of the world's greatest

pianists and their recordings, Morton Estrin along with Claudio Arrau is the only Long Island resident to be honored with inclusion in this important-volume.

Morton Estrin's latest recording, just released, includes the "Twelve Etudes, Opus Eight" by Scriabin and the great "Suite in D Minor, Opus 91" by Raff. This recording marks the second time that the pianist has recorded the Scriabin set; the first time, twenty odd years ago, had the distinction of being the first time in history that these extraordinary works were ever recorded in their entirety.

The "Sonata in G" by Tchaikovsky will be recorded by Morton Estrin later this year for "Newport Classic."

Fork Lane Bowlers In Competition



Fork Lane bowlers recently completed their season at North Levittown Lanes and all children were awarded participation trophies and certificates. Several children earned special trophies for impressive bowling skills. In this photo, Robin Blicher, left, Fork Lane School 6th grader, receives Most Improved Girls Average patch and certificate from Chris DePaoli, Fork Bowling Chairperson. Robin also received the coveted High Girls Average trophy.



Fork Lane student Janet Zagarello is all smiles as she poses with her High Series bowling trophy.

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Friday, May 4, 1990

MOMMY HEALTH A guide to maternity fitness

By Mike Dale



MOMMY HEALTH — Maintaining maternity fitness leads to a healthy pregnancy and a happy baby. Shown here: Susannah and Gary become new parents in "thirtysomething."

To paraphrase a popular 1960s commercial, maternity health care has come a long way, baby.

Moms-to-be, more than ever, are in the driver's seat of prenatal care — thanks to a plethora of videotapes, books, nutrition news and modern obstetrics.

Pregnancy, meanwhile, no longer is considered just a nine-month period from conception to childbirth. In fact, say the experts, starting pregnancy health care before conception increases the chances of birthing a healthy child.

From the simple — what to eat — to the sublime — choosing "birthing suites" — let's look at what's happening in maternity health care.

FETAL ATTRACTION

Obstetricians wholeheartedly agree nowadays that pregnancies should be "planned" three to six months before conception.

Medical fact: The period of greatest sensitivity for the fetus is between 17 days and 8 weeks after conception. Well, Day No. 17 comes just three days after a missed menstrual cycle, and many pregnancies aren't diagnosed until the critical period of fetal development is well under way.

The first step, then, is to get a medical checkup several months before trying to conceive.

These checkups screen for potential medical problems such as diabetes, anemia, hidden sexually transmitted diseases, possible ectopic (fallopian tube) pregnancies, genetic maladies, rubella and high blood pressure, most of which can be controlled through medical care.

NUTRITION ON THE MARCH

A well-balanced diet should consist of fresh fruits, vegetables, enriched grains, protein and calcium in the form of dairy products.

The primary vitamin supplements required by expectant mothers are iron and folic acid. That's because, during pregnancy, large amounts of iron must fuel the blood supply of the fetus and folic acid depletes twice as fast as normal.

As for drinking, why not cool it for a while? Even moderate amounts of alcohol can cause birth problems. Rest assured there are plenty of quality non-alcoholic wines, beers and "virgin" cocktails you can imbibe.

The same goes for cigarette smoking — just say "No!"

One final thought on maternal nutrition: Pregnancy isn't the time to diet.

EXERCISE THAT BABY

Don't stop exercising because little Johnny's on the way, according to the American College of Obstetricians and Gynecologists. Keep up with your three-times-per-week regimen.

About the only change you might want to make is your choice of exercise.

There are plenty of exercise classes designed for pregnant women. Check at civic centers, hospitals and gyms. Swimmercise is a popular option for moms-to-be because it's safe and the water provides a natural resistance.

Or how about walking? A cottage industry of walkers will tell you it's the greatest exercise devised since the invention of the wheel.

BOOKS AND VIDEOS

Speaking of cottage industries, the maternity health care craze has birthed its own offspring of self-care books and videos. Dr. Benjamin Spock, the "father" of child-care specialists, might smile with pride at the hundreds of baby-raising products on the market today.

Here's a quick look around the dial:

- "Jane Fonda's New Pregnancy Workout and Total Birth Book" (Simon & Schuster). Written by California nurse and childbirth educator Femmy DeLyster, this follow-up to "Jane Fonda's Workout Book for Pregnancy, Birth and Recovery" is chock-full of sound advice, according to *Publisher's Weekly*.

- "What to Expect When You're Expecting" (Workman) and companion tome "What to Expect The First Year" (Workman) give moms and dads a month-by-month rundown of how little Susie will come to life.

- The video series, "Childbirth: From Inside Out" (View Video) contains group discussions, exercise segments, several actual births and an interactive pregnancy risk test.

- "Kathy Smith's Pregnancy Workout" (Fox Hills Video) features exercises that help pregnancy-specific problems such as swollen joints, workout modifications for pregnancy stages and a post-natal back-to-shape section.

About the only thing New Age maternity care can't do for expectant parents is to pick a name for their bundle of joy.

TODAY'S WOMAN

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"It was the
best of times,
it was the
worst of times."

Charles Dickens
Tale of Two Cities

Although Charles Dickens wasn't talking about menopause, your attitude toward this major change in your life

could reflect either side of the proposition.

With increased longevity and new options in today's society for your personal fulfillment, menopause truly can represent a vital, rewarding time in your life.

But your health at this special time demands some extra attention and thought...and some choices. And the experienced doctors at the Long Island Women's Health Care Group know that what you experience is not a tale without meaning. We're ready to be your health partners, responding to your new concerns by listening to you and helping you to make good choices for your continued good health.

What is osteoporosis and what can I do to prevent it?

Osteoporosis, a thinning of the bone structure that can lead to fractures, affects one in every four women. After menopause, women experience more bone loss, for it's believed that estrogen, the female hormone produced by the ovaries, has a protective effect on the bone. Yet you can take some positive steps to reduce the risk of osteoporosis.

- Be as active as possible. Walk, jog, bike and exercise.
- Make sure you get enough calcium and vitamin D.
- If you smoke, quit.
- Avoid excessive alcohol intake.
- Discuss appropriate medical intervention with your doctor.

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.

Long Island Women's Health Care Group

Dr. Michale M. Sher • Dr. Gary M. Levine
Dr. Lydia Valderrama • Dr. Anne Niesenbaum
Dr. Jeffrey Goldstein • Dr. Patrick Scarantino

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PARENTING PRIMER

Tips for raising great kids

By Tershia d'Elgin

After a fleetingly fast nine months, you suddenly find yourself a member of the club called Parenthood.

You will seek advice everywhere and everywhere — anything to ease your stress and promise your baby peace the best.

In the final analysis, however, you are the expert on your child. So weigh all tips against the premises of respect, communication, commitment and love shared by you and your family.

• **Set limits:** Limit-setting is one important parenting issue that begins at the first feeding and continues on ad infinitum.

It has never been as easy as "just say no." But what is needed instead? Experts in child development encourage parents to stimulate but not overindulge their children. Without curbing creativity or self-esteem, a child must be

presented with a plausible paradigm of real life. Not easy? That's for sure.

• **Dad's role:** Dads are hot properties in the '90s, more indispensable than ever, and not just as breadwinners. The newfangled father changes diapers, doesn't feel awkward carrying a diaper bag and falls comfortably into pushing a stroller. He's everything a mom is and more — he's manly.

This co-stewardship of the family ship is a healthy but not effortless arrangement. On the part of both parents, it calls for a lot more trust, a lot less vanity and a double allotment of flexibility.

• **Siblings:** Much of the parent-child relationship revolves around the child's need to be special in the parents' eyes. Siblings can throw a monkey wrench into this specialness. Parents should avoid labeling or comparing children in any

avoidable way. If one child is constantly referred to as "the shy one" and the other "the outgoing," the children will become those labels.

Don't force the children to participate in the same activities or to share clothes and toys. Encourage your flock to work out their differences without your taking sides.

• **Discipline:** Bedtime can seem like punishment to young children. Luring your toddlers to sleep is an art, not easily accomplished without some kind of ritual — tooth-brushing, jammy-donning, story time, etc. Attempts to pry them away from the television and off to a dark quiet room will fail.

What about that whining, pouting, pestering, screaming monster-child who can suddenly appear in the most public and therefore most mortifying moments?

Of course, every parent has grappled with this situation at one time or another. But how can it be done more gracefully?

Your little Godzilla is no one else's business. Don't make a big show of disciplining your child in front of all present. Sequester yourselves, squelch the crisis and then work on the disciplinary measures needed to preclude re-

peat performances.

Traditional forms of discipline have fallen into question. Parents these days are of the spared-rod variety, with spanking most definitely out of favor. Even-tempered experts suggest counting to 10 and trying to soothe a child's frustrations before they get out of hand. When your child displeases you, try expressing your hurt rather than your anger. The trend is toward "I" messages, such as, "I'm unhappy when you draw on the wall."

• **Health and happy:** Right after first words and first steps, the race to toilet train can be competitive. It can also be unnecessarily stressful on parents and the child. There's a compelling argument for waiting longer — until 18 or even 24 months — before beginning to coax your baby to the water closet. Without pressure, your child's wish to conform might very well take over. They say toilet training this way can practically happen on its own.

You may not be able to subvert every threat to your child's well-being, but a good pediatrician and health awareness can go a long way. Find a class in C.P.R. in your community and take it. When

choosing a pediatrician, don't rely solely on the advice of health practitioners. Talk to other parents.

Once you've chosen a pediatrician, be sure you know how to identify signs of ill health in your child and how to reach the doctor rapidly.

Most parents are aware of the necessity of child-proofing their homes. But the late 20th century holds a whole battery of less obvious threats — bacteria, cigarette smoke, asbestos, radon, heat, furniture and carpet-cleaning products, lead — our lives are fairly littered with potential hazards, and staying informed of environmental scourges requires diligence.

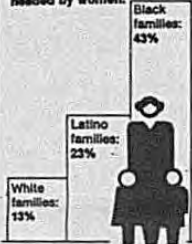
• **Kids' kash:** Looming large in the family spectrum are finances. The costs can only escalate from diapers to diplomas. Your little tyke's college tuition could cost up to \$60,000 a year in the new millennium.

Investigate financial aid for college by ordering a free copy of "Planning for College" from the Investment Company Institute, 1600 M St., N.W., Washington, DC 20036.

WOMANFACTS

■ More than 11 million families are headed by women.

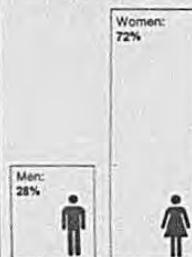
Percent of families headed by women:



SOURCE: 9 to 5 Profile of Working Women

■ Most elderly poor are women.

Who are the elderly poor?



SOURCE: Census Bureau

■ More women over age 30 are having their first baby.

First-time mothers over age 30:



SOURCE: National Center for Health Statistics

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Eating disorders

By Steve Hurtado

According to Dr. William C. Rader, founder of the Rader Institute treatment centers for eating disorders, "During the 1990s we will most likely see a significant number of people dying of bulimia and anorexia."

Dr. Rader says that eating disorders were the hidden diseases of the '80s as alcoholism and drug addiction were in the '60s and '70s.

"By the late 1990s, due to increased awareness of the disease, as with the alcoholic family of the '80s, the eating-disordered family of the '90s will begin to initiate intervention on their loved ones."

He blames society's emphasis on thinness as a contributing factor to the prevalence eating disorders. "Our image today of what a perfect woman is almost looks like an adolescent boy with breasts. My prediction and hope in the future is, that by the end of the 1990s a woman will be allowed to look like a woman."

What are the symptoms of anorexia and bulimia? This list from "The Fit or Fat Woman," by Covert Bailey and Lea Bishop (Houghton Mifflin) was adapted from the American Psychiatric Association "Diagnostic Manual of Mental Disorders":

The patient with anorexia nervosa:

- Has an intense fear of becoming fat. This fear of fat does not decrease even when she has lost

significant amounts of weight.

- Continues to "feel fat" even though emaciated.

- Refuses to maintain a normal body weight for her age and height.

- Has no known physical illness that could account for the weight loss.

The patient with bulimia:

- Has recurrent episodes of binge eating (rapid consumption of a large amount of food in a discrete period of time, usually less than two hours).

- Consumes high-calorie, easily ingested food during a binge.

- Eats inconspicuously during a binge.

- Terminates eating episodes through abdominal pain, sleep, social interruption, or self-induced vomiting.

- Repeatedly attempts to lose weight with severely restrictive diets, self-induced vomiting, or use of cathartics or diuretics.

- Shows frequent weight fluctuations of more than 10 pounds because of alternating binges and fasts.

- Is aware that the eating pattern is abnormal and is afraid of being unable to stop eating voluntarily.

- Feels depressed and has self-deprecating thoughts following eating binges.

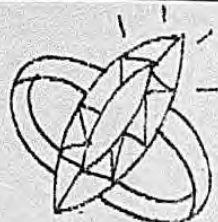
- Does not have anorexia nervosa or any known physical disorder.

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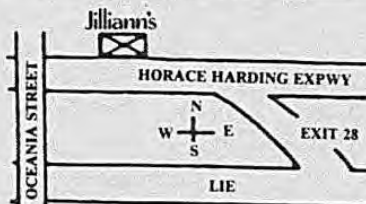
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Looking up to our era's best leaders

By Alisor Ashton

Today's woman is making progress in all walks of life. Whether it's politics, justice, feminism, the arts, science or education, women are making a difference.

Here are some of today's top leaders. For each, a host of other inspiring women comes to mind.

Kristin Baker — The first woman in the history of the United States Military Academy at West Point, N.Y., to receive the academy's highest honor. She is the first captain of the Corps of Cadets.

Roseanne Barr — Housewife turned comedian, television star and author of "My Life As a Woman," her characters champion the common woman as a heroine.

Candice Bergen — Actually it's Bergen as the straight-talking title character of "Murphy Brown" who's inspiring. Her character has won accolades from real-life newswomen.

Benazir Bhutto — After acting as leader in exile of the Pakistan People's Party, Harvard-educated Bhutto returned to Pakistan in 1986. She has been Prime Minister since 1988.

Barbara Bush — First lady of the United States, Bush has brought down-to-earth values back in fashion. As first lady, she campaigns for literacy.

Anne Cox Chambers — Newspaper executive (for the powerful Cox newspapers chain) and former ambassador to Belgium. Chambers is also a director of the Coca-Cola Co.

Joan Ganz Cooney — Former journalist and founder of the Children's Television Workshop. Cooney advocates imaginative, non-violent, responsible television programming for children.

Katharine Hepburn — A true Connecticut Yankee, Hepburn has always epitomized the outspoken, independent woman — on-screen and off. Winner of three Academy Awards for her stellar performances in "Morning Glory," "Guess Who's Coming to Dinner" and "The Lion in Winter."

Florence Griffith Joyner — In the 1988 Summer Games, Flo-Jo showed us that Olympic athletes could be gorgeous, fast and female.

Rosabeth Moss Kanter — Harvard Business School professor, author of numerous books on business and management and recently named the first female editor of the venerable *Harvard Business Review*.

Grace Mirabella — Former editor of *Vogue* magazine, she handled her untimely dismissal like a consummate professional. Now she's on top with her own magazine — *Mirabella*.



WOMEN WHO INSPIRE — Inspiring women come from all walks of life. Shown here: Candice Bergen, center, and the cast of "Murphy Brown."

Katherine Graham — Strong-willed publisher of the *Washington Post*.

Maggie Kuhn — An avid crusader for the rights of senior citizens, Kuhn coined the term "ageism" to describe any discrimination on the basis of age.

Sandra Day O'Connor — The first woman named to the United States Supreme Court, O'Connor won unanimous approval from the Senate when she was appointed.

Jane Pauley — As host of the "Today" show Pauley handled the infighting at NBC with characteristic dignity. In the process, she struck a bargain that made everybody happy.

Ann Richards — State official and mover and shaker in the state of Texas, Richards made a stellar impression at the Democratic National Convention in 1988. She was named Woman of the Year by the Texas Women's Political Caucus in 1981 and 1983.

Wendy Wasserstein — Award-winning playwright who won a Tony for "The Heidi Chronicles."

Molly Yard — President of the National Organization for Women, Yard was born in China, the daughter of a missionary. A lifelong social activist, her causes have included labor movements, civil rights and feminism.

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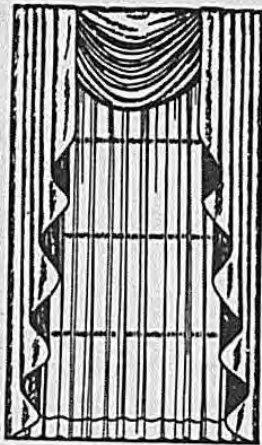
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BEST BABY BUYS

From strollers to toys, what's new

By Alison Ashton



BEST BABY BUYS — The best products ensure Baby's safety and capture her attention.

Baby Boomers are having babies — but they are having fewer babies than their parents and spending more money on their bundles of joy.

That means there is a wide range of baby products — including strollers, car seats, toys and cribs — at all price points. Some items are more for mom and dad's convenience; others help baby's development.

Before you invest in costly baby goodies, gather recommendations from other parents. Maybe that super stroller they bought has a lot of bells and whistles they never use. Or perhaps they wouldn't be without the soft front-pack carrier that's a sure way to calm a fussy baby.

Also look to publications for advice. One helpful book is the "Guide to Baby Products" by Sandy Jones with Werner Freitag and the editors of Consumer Reports Books.

THE FIRST DAYS

Katherine Karlisrud, M.D., advises readers of *Parents* magazine to concentrate on necessities for the first few days after the baby arrives.

Basic items include a crib, flame-resistant blanket, soap flakes, diapers, cotton swabs and rubbing alcohol, burping cloths, three 4-ounce bottles and powdered formula, even for nursing mothers.

As far as clothes are concerned, don't buy a lot of items sized for newborns. The little tyke will outgrow them in a month.

For moving baby around, outfit the car with an infant car seat (a must in most states). Optional items include a stroller and a carrier.

FOR MOM AND DAD

Some baby products are more for the parents' convenience than for the baby's enjoyment.

Monitoring systems offer peace of mind. One from Fisher Price has a monitor to place near the sleeping baby and a portable receiver for you to carry. Playskool offers a similar model.

Other safety items for infants and young toddlers include safety gates and playpens. Gates keep little ones from toddling out of a room or an area. Look for smooth surfaces, solid construction and no sharp edges. For gates and playpens, avoid accordion or mesh openings which can easily catch a baby's head. These openings also provide footholds for industrious babes to climb out.

FOR BABY

Babies like to have lots to look at and, as they get older, plenty of stuff to do. Start by decorating the nursery with high-contrast mobiles and pictures. Recent studies show babies prefer black-and-white images, so you'll find plenty of zebra, Holstein cow, panda and dalmation patterns.

Baby's preference should also play a role in which stroller you select. *Child* magazine notes that traditional carriages are appropriate only for young babies. As early as 4 months, they like to sit up and see what's going on.

Folding strollers are convenient, but may not recline far enough to let Junior sleep comfortably. Convertible strollers offer the advantages of letting him sit up or lie down.

In the crib, try The Snooze Zoo by Dragons' Are Too Seldom. A

small disc fitted inside a washable cloth cover gives off heat through a chemical reaction. The voice-activated Crib Rocker offers soothing vibrations when an infant cries.

Parents are often tempted to give their children walkers. *Consumer Reports* points out, however, that the high incidence of accidents from walkers makes them a dubious investment. Moreover, they do not encourage your child to walk any sooner.

If you decide to get a walker, look for improved versions such as Cosco's Sure Step, which has bases to prevent accidents on uneven surfaces. And always supervise him while he is cruising around.

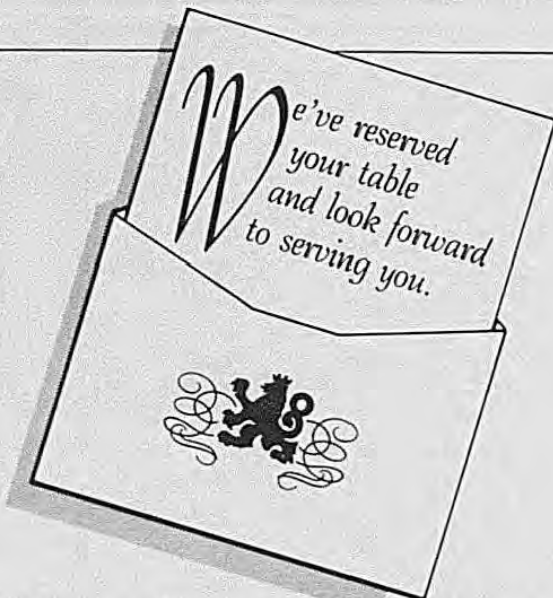
Some pre-walking babies love to bounce around, so there are jumpers — springlike seats that fit in a doorway. As with walkers, always keep an eye on your baby while she bounces. And avoid overuse; after 15 minutes, even the most enthusiastic babies can get dizzy.

For smaller toys, look for visually stimulating items that little ones can rattle, hit, kick and safely chew. As they grow and their motor skills improve, offer items they can manipulate, such as plastic keys or a little drum.

While selecting toys for your baby, don't confuse quantity with quality.


"A crib that is laden with a galaxy of mobiles, an artillery of rattles and a menagerie of stuffed animals is frenetic," notes Vanessa Ochs in *Child*. "This only shortens the baby's attention span."

Since your baby probably will be gifted with more stuffed animals, rattles and mobiles than she can use, give her a few items at a time and rotate toys periodically.



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How to stay fit and trim for life

By Steve Hurtado

"If you get the fat out of your diet, I promise that you will get the fat out of your body," says Covert Bailey, author (with Lea Bishop) of "The Fit or Fat Woman" (Houghton Mifflin).

It sounds simple, but that's really all you need to know: You eat fat, you get fat.

Of course, avoiding fat is like avoiding love to some people. Why take the pleasure out of food — and life?

Diet needn't mean deprivation. If you fill up on carbohydrates, not fat, you'll be less hungry — and will have consumed fewer calories.

It's not hard to get in the habit of recognizing foods filled with fat, and making healthy, tasty substitutes.

For example, a potato isn't fattening, nor is a piece of bread. But put butter on them, and the calorie (and fat) count zooms. A quarter-pound stick of butter equals 15 slices of whole wheat bread!

Spread mustard instead of butter or mayonnaise on bread. Substitute herbs or seasonings for salad dressings, beans for hamburger, and watch out for nuts. A huge baked potato is lower in calories than a small handful of almonds.

Don't be fooled by labels. One-third of the calories in two-percent milk comes from fat. In other words, fat is only two percent of the milk's weight, but it contributes 30 percent of the calories.

If you're concerned about getting enough calcium in your diet — and you should be, to ward off osteoporosis — switch from whole milk to skim milk and drink twice as much, and you'll double your calcium intake yet have no increase in calories.

Many women avoid milk and assume they're getting enough calcium from cheese. But most cheese is 70 to 80 percent fat — and you'll feel a lot fuller from drinking several glasses of skim milk than you will by eating a hunk of high-calorie cheese.

Be sure to read the nutrition information on packaged foods; compare the number of calories per serving with the number of calories coming from fat.

How much fat should you have in your diet? "I believe a diet with a total of 30 percent calories from fat is pretty good," says Bailey. "Twenty percent would be better. The Pritikin Diet pushes 10 percent. The diet of the average American is 50 percent fat calories, which, coupled with no exercise, is why we are so fat."

Bailey's basic rules of diet are simple:

- Eat less fat.
- Eat less sugar.
- Eat more fiber.
- Eat a balanced diet.

People think this approach is behind the times, he says. "They want to know about the additives and preservatives in foods. They're worried about saturated fats and cholesterol. But where do

you find additives, preservatives, saturated fats, and cholesterol? They're in the high-fat, high-sugar foods! By sticking to the basic rules, you don't have to worry about them."

Apart from eating sensibly, there are other diet strategies that can help you win the battle of the bulge.

Eat slowly and chew your food thoroughly. Pause between bites and take a sip of water or skim milk. Think about how the food tastes, and never eat anything that doesn't appeal to you.

Get at least 60 minutes of brisk, nonstop exercise every day, advises Seattle's Hope Heart Institute. Try walking, jogging or cycling. Join a fitness center or aerobic dance class if you need the presence of others to keep you going.

Learn to distinguish stomach hunger (when your stomach feels empty) from mouth hunger (when you just want something to sip or to chew on.)

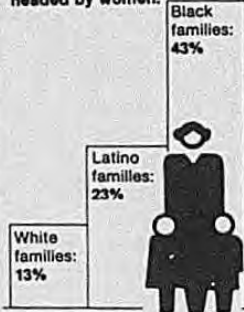
Remember, thin people eat when they're hungry and stop when their hunger is satisfied.

Chew gum while preparing dinner or clearing the table. You'll be less likely to snack.

WOMANFACTS

■ More than 11 million families are headed by women.

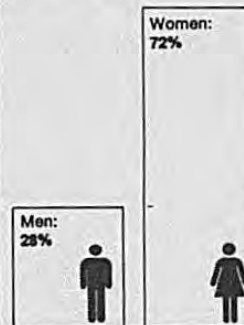
Percent of families headed by women:



SOURCE: 9 to 5 Profile of Working Women

■ Most elderly poor are women.

Who are the elderly poor?



SOURCE: Census Bureau

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HIRED HELP

Who to call, from maids to personal shoppers

By Alison Ashton

After working an 11-hour day, it would be nice to come home, fix a light dinner and relax in front of the television with your family.

But, like many women, you probably come home to a second shift of housework and time-consuming errands. You essentially work two jobs.

Despite all the conveniences of modern living, leisure time has shrunk by 40 percent in the last 15 years to just 16.2 hours a week. Add the fact that 60 percent of women will work outside the home by 1995, and you can see leisure time dwindling even more.

After a full day at the office, you have neither the time nor the energy to take care of such necessities as picking up the dry cleaning, taking the cat to the vet and cleaning the house.

Not to worry, there is a burgeoning personal-service industry to come to the rescue. These highly organized businesses will do anything — from cleaning your house to running your errands to doing your shopping — for a price.

A lot of people are paying that price because leisure time is a precious commodity. The more than 186,000 home-delivery and personal-service businesses that have been established in the last three years will help you buy time — to spend with your family and pursue your own interests.

Most personal-service businesses can be found through personal references. You may have heard a friend rave over her housecleaner, or a business associate heap praise on his personal shopper.

But it takes more than a phone call to use a personal service successfully.

- Be specific about what you expect. These people cannot read your mind; the more specific your instructions, the more likely you are to be happy with the results. If a personal shopper is to do your gift shopping, let her know that Aunt Bea hates pink and loves cats.

- Are they bonded, and to what limit? Bonded personal services may cost a bit more, but it will give you peace of mind when you trust them with things of value, such as the key to your house or car.

- How do they charge for their services? Organizers might charge on a per-project basis. Errand runners and maids often charge by the hour (expect to pay from \$15 to \$50 an hour). Personal shoppers can charge per project, by the hour or a percentage of your purchases.

RUN THE ERRANDS

You can lose a lot of time just taking care of all the little things. Errand runners are there to take care of those little things for you.

Call errand runners to do anything from picking up your dry cleaning to standing in line at the passport office.

They can also stand in line for concert or theater tickets, walk

the dog, take parcels to the post office. Or they will take the car in for service and the cat to the vet.

Courier services are almost always bonded and can be trusted to ferry important documents around town.

ORDER OUT OF CHAOS

Clutter has taken over your home, but you don't have the time or willpower to sort through all the junk. The newest personal-service providers are professional organizers — extremely neat, orderly individuals who put their talents to work for others.

They will sort through accumulated clothing, paperwork and mementos, clearing out crowded closets, drawers, attics and basements.

For day-to-day clutter there are maids (who live in) and housecleaners (who can clean as often as you need, from once a

month to a couple of times a week). Single people and childless two-career couples often want someone to do major cleaning just once a week, whereas busy families often want live-in help.

You also can hire someone to oversee house renovations or other large projects. They deal with contractors, painters and technicians while you oversee the creative aspects.

PERSONAL SHOPPERS

Personal shoppers can do anything from creating a wardrobe to buying birthday gifts. They can either shop with you or shop for you (bringing items to your home or office for you to select). They also take care of returning any rejected items.

In addition to shopping for wardrobe and gift items, you'll find shoppers who will buy your groceries, hunt down furniture for your house or track down some hard-to-find item you don't have time to look for.

OTHER SOURCES

Free-lance personal services aren't the only way to go. Look for any avenue that will save valuable time. Some people and firms offer assistance gratis or for a small fee. Many department stores, for example, have their own personal shoppers on staff to offer customers a higher level of service.

Some large office complexes have concierges. Like hotel concierges, they will arrange for tenants to have their dry cleaning picked up or send flowers or run any number of small, but time-consuming, errands.

Another time-saving option is to look for any business that offers pick-up and delivery service. Dry cleaners can pick up and deliver to your office instead of home, if that's more convenient. Also look for outlets such as optometrists who will deliver contact lenses in a hurry (if they have your prescription on file) and find out if your bank offers courier service for longtime customers.

- FASHION ALERT -



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These outfits reflect the feeling of fun elite wear, that you would find in Boca Raton, Malibu or any exclusive resort area & can easily take you from children's birthday parties, Sunday brunches, Sat. nite dinners, afternoon barbecues with friends, parties...you name it!

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Their dresses retail from \$200-\$800, yet they are handled by professional dress salespeople as if they retail in the thousands. Each customer is individually attended to, pampered, dressed & accessorized as if they have stepped out of a 5th Ave. Salon.

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MARRIAGE MANAGEMENT Juggling careers, romance and myth

By Norman Lobsenz
and Jimmy Thornton

With divorce rates rising, how do you maintain a happy marriage? Once the bloom of infatuation wears off, how does a couple keep the fires burning amid mortgage payments, children and careers?

As any marriage counselor worth his fee will tell you, maintaining a healthy relationship requires work and attention.

MARITAL MYTHS

The first step in building a happy relationship is not to fall victim to common marital myths. In the book "Husbands and Wives" (Clarkson N. Potter), psychologists Melvyn Kinder and Connell Cowan examine some of those marriage-busting myths:

Marriage makes you complete and whole. Expecting your mate to fulfill all your needs is asking too much.

You can change your mate. If he does something annoying before the marriage, chances are you cannot change him after the vows.

You have to share everything to be truly happy. Kinder and Cowan point out that sharing intimate feelings does not work for every couple. Some couples are satisfied by the common interests and activities they share.

A marriage must be stable. A couple who bickers all the time is not necessarily on a path to the divorce court. "In fact, those quiet marriages where no anger is expressed could very well be on the

edge of divorce," say the authors.

CONVERSATION TIPS

Good conversation is a key ingredient of a satisfying relationship; it is even more important in an intimate relationship of lovers and married partners. Without intimate talk, something precious is lost.

Yet most couples at one time or another encounter a problem with intimate talk.

"They never learn how to discuss their ideas clearly or their feelings honestly," says therapist Dr. Mark Goulston. "Or they may be afraid to rock the boat of their relationship by speaking their minds."

You could find yourself falling into some negative patterns.

False agreement comes about when a partner goes along with his mate's wishes without saying how he really feels. False agreement is worse than no agreement, for one person is ultimately deceived and the other becomes a victim of self-deception.

Topic avoidance and topic persistence prevent a relationship from getting closer or better. Avoidance means you put off discussing an unpleasant topic altogether; persistence comes about when one partner diverts talk from an unpleasant subject to avoid being honest about her feelings.

The late psychologist Sidney Jourard once explained that intimate disclosure by one partner

tends to encourage intimate disclosure by the other. The reverse also is true, he said. If one partner withholds information or feelings, the other is more likely to do the same thing.

COUNSELING

There are subtly critical times in a marriage with counseling can be particularly effective.

"This is especially true in the early years of a relationship," says Dr. Thomas Lasswell, a therapist. "Most of the serious differences that can cause problems tend to arise in the first two or three years of a marriage."

"If they are not resolved then," says Lasswell, "they can pose a real threat to the couple."

"As time goes on, conflicts grow, attitudes become more rigid. The counselor and the couple could face either an explosive situation that is hard to defuse or a stubborn resistance that defies the possibility of change."

To help couples head off such a stalemate, experts focus on several key problem areas that should alert couples to seek counseling at the time it can help most.

When a couple fails to realize that some problems are the predictable by-products of normal stages in a marriage. Counseling can help a couple put aside the natural tendency to blame each other and realize the problem is part of the natural evolution of family life.

When a husband and wife take a stand, each feels cannot be

changed without losing face.

When couples unwittingly — or deliberately — conceal the true cause of differences. In effect, these couples are deceiving themselves about what really troubles them in order to avoid facing a conflict that is too threatening for them to confront. Counseling cuts through the camouflage to identify the real difficulty.

When the balance of a couple's emotional needs shifts.

ROMANCE

Romance, love and sex are three ingredients in life that not only inspire lasting relationships but also make life worth living. Ask any songwriter.

But how do you keep romance, love and sex alive in your very personal relationships?

Eve Boyer is a marriage therapist who counsels couples who come to her with similar questions.

She urges partners who want to revitalize their lives together to add discovery to their relationship.

"There's a misconception that the longer a couple is together, the more they know each other. People begin to have opinions about the other person but they're not necessarily accurate."

"It may have been an opinion they acquired early in their marriage and they thought, 'Oh, that's what my husband wants,' when in fact the husband and wife might have changed."

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DRESS FOR SUCCESS

Working wardrobe trends and accessories

By Lucretia Steiger
and Allison Ashton



DRESS FOR SUCCESS — The right jewelry and accessories dress up simple fashions for today's woman. Shown here: Dress by Dan Howard.

Fashion designers tried for years to ignore the working woman.

But she didn't go away. And, a few seasons ago, she didn't fall in line to invest in miniskirts, either.

"There's nothing to buy," she complained. So she stopped buying.

Then an amazing thing happened. When money — or the absence of it — talked, people in the fashion and retail industries finally listened to working women's laments.

THE BASICS

The results are evident in the clothes on display — a wealth of good-looking options that actually work for the working woman.

"Options" is the key word here.

The choices begin with colors — vivid ones mixed with that favorite fashion neutral, black. This makes wardrobe updating easy: Pick a color, any bright color, say red or purple, for a jacket and team it with an all-black outfit for immediate pep and flair.

Wearing variations of one hue is another choice for savvy career women who are bored with having everything match. Try lime green with kelly green and black, for example.

Also look for shape and proportion to convey the right power message. The boxy, masculine cuts of the past have given way to feminine jackets with softly rounded shoulder pads and shaping at the waist. They come in various lengths, from cropped to

long. Bolero, cropped and swing jackets and fitted blazers are some of the important shapes.

As for skirt lengths, designers are giving women plenty of options there, too. Office wear choices range from long, slim skirts — the newsiest of all — to top-of-the-knee skimmers.

Or you can switch to pants — the newest option for working women. Tailored menswear styling and medium-weight fabrics, such as wool gabardine, convey a professional image. The current proliferation of jumpsuits offers a variation on the trousers theme.

For executive suites, the tailored suit with a skirt is still a strong player. Look for them in menswear fabrics, soft knits or traditional gabardines in bright colors. Update them with bright turtlenecks for a sleek new twist on a favorite look.

In dress shapes, look for the comfort and strong lines of the chemise and the trapeze.

TRAVEL TIPS

More working women are finding themselves on the road these days. And like their male counterparts, they want to look neat and professional with a minimum of hassle.

That usually means packing light and opting for wrinkle-resistant fabrics, such as cotton/polyester knits.

More important than traveling light, says Los Angeles designer Rosemary Brantley, is traveling right.

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CHILD CARE

Options for every kind of parent

By Debra Lee Baldwin

The two-income family is no longer a luxury. For many, it has become a necessity — and a way of life.

As a result, child care is one of the hottest issues of the '90s. Concerned parents are seeking the best care for their children, and refusing to settle for less.

The good news is that day-care centers are improving, and many baby-sitting options are available to parents.

DAY-CARE TRENDS

"By 1990, half or more of children twelve months and younger will spend some part of their first year in one of these centers," say Dr. Sirgay Sanger, and John Kelly, authors of "You and Your Baby's First Year" (Bantam Books).

It's true that studies have indicated day-care infants are as well off or better than stay-at-homes when it comes to emotional and cognitive development and social skills.

But bear in mind many studies are conducted at university centers, not at poorly run "warehouses for the very young," advise Sanger and Kelly.

Fortunately, the trend is toward centers that create a pleasant, stimulating and educational environment, as well as better trained

staffs. Day-care centers are beginning to focus on child enhancement rather than child maintenance.

So desirable will day care soon become that "mothers, whether working or not, will want their children to attend preschool programs and classes for one- and two-year-olds," says Mary Ruggie, a psychology professor at the University of California, San Diego.

Look for some future centers to be partly financed by employers — as well as a more employers providing on-site emergency child-care services. Another trend: specialized centers dedicated to meeting the needs of children who are ill.

EVALUATING THE CENTER

How will you provide your child with the ideal day-care experience?

Ask friends, relatives, and teachers for references. Check local community centers, colleges, universities and YMCAs.

Once you find a center you feel good about, Sanger and Kelly suggest you evaluate it according to these guidelines:

- The facility should be clean, attractively decorated, appropriately lit and neither too cold nor too warm.

- Space is important. Experts recommend 100 square feet of crawling and walking space per child (if the center has twenty infants, it should have 2000 square feet of floorspace).

- A high rocking chair to playpen ratio. More rockers means children are routinely held and cuddled; more playpens indicates more time spent alone.

- Space dividers; these provide visible proof that children of the same age have their own special areas.

- Low staff turnover. Children are more likely to make a successful transition to day care if they see the same reassuring faces daily.

- High adult-to-child ratio. For infants it should be three-to-one.

- A staff of workers who have children of their own and/or degrees in child development or psychology.

- Good references. Be sure to ask for the names and telephone numbers of parents who currently have children at the center.

OTHER OPTIONS

Dropping the baby off at the day-care center on the way to work may be a way of life for many parents, but not for all.

Many opt for in-home care for their children, after-school programs for older kids, or make special arrangements with relatives or neighbors.

Grandparents, though no longer the stereotypical gray-haired cookie-servers of the past, often enjoy playing a major role in their grandchildren's development.

"Everyone should have a grandparent, especially if they don't have a television set," says one precocious nine-year-old. "Because grandparents are the only people who have time."

Senior citizens looking for supplemental employment often make ideal child-care providers. You may be able to hire the perfect "grandparent;" check with local seniors' centers and organizations.

Professional nannies are in a class by themselves, and have traditionally been available only to the well-heeled. Nowadays, however, more double income families can afford nannies — as well as larger homes with a second master suite for a live-in.

A true nanny has been through a specialized training program and is placed through a nanny agency. However, unofficial nannies (including au-pair and foreign language-speaking care providers) often work out equally well.

Latch-key programs are becoming available in many areas. These provide a way for older children who are home alone to make contact with sympathetic, friendly (and carefully screened) adult volunteers, usually through a phone-in "hot line."

What if you just need a baby sitter now and then? Check with your local university, nursing schools and high schools. Ideally, a sitter will have completed a Red Cross (or similar) course that teaches sitting skills. Check references, and stick with one or two sitters to ensure a level of consistent care.

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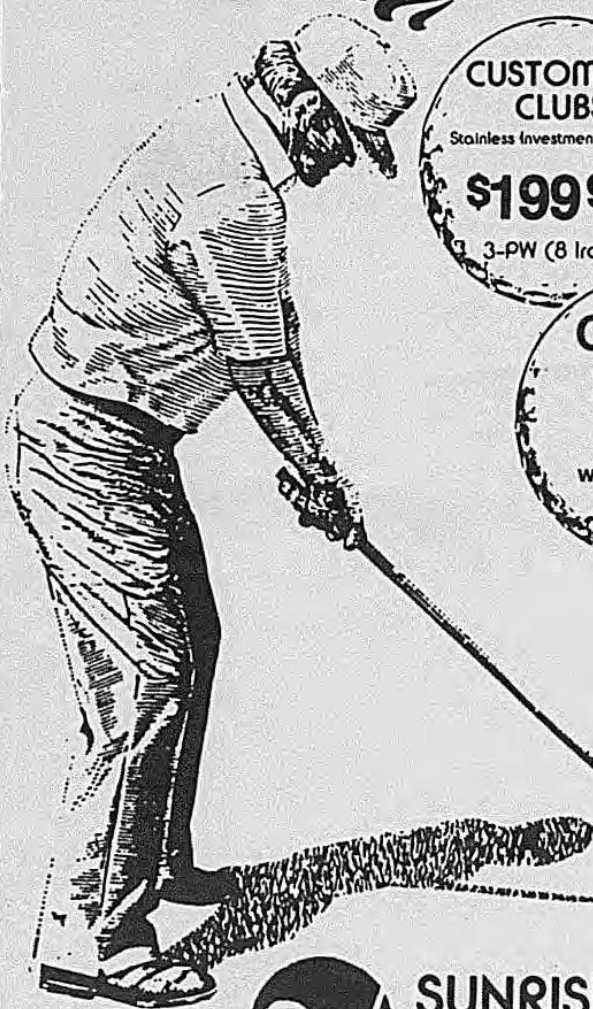
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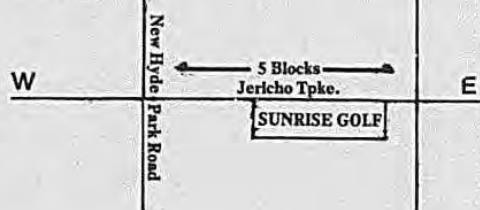
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Friday, May 4, 1990

**That Mother Of Mine
 And Maybe Yours**



SEE PAGE 3



THE QUESTION OF THE WEEK

Should the public be able to view all educational materials used in school and college courses?



Input Callers Mixed On Earth Day Opinions

Callers to Input had mixed reactions in answer to this question: "Do you think there will be lasting results from celebrations like Earth Day?" Here are some of the answers:

SOME PROGRESS

Since the first Earth Day of 1970 concerns with the environment have become more widespread. Although there has been some progress in fighting pollution such as the Clean Air Act and other things. Problems that we were not aware of then have emerged today. Global warming, depletion of the ozone layer, destruction of the world's forests and production of acid rain threaten our existence on earth. I think people will respond to this threat because survival depends on it. Celebrations like Earth Day will bring results because we have no other choice. C.P.

SCARE TACTICS

Earth Day might have some meaning but it loses a great deal because it bends to the wishes of people who want to use scare tactics to control things. The fact is that the masses of people who went to Central Park to cheer for Earth Day left a legacy of tons of garbage to be cleaned up. One can wonder what lasting results come from people who join a cause and act in a different manner. L.J.

NO FIRE

There is a possibility that Earth Day will do some good, but probably not half as much good as if the type of people hosting the Day were not such zealots but were more factually oriented. There are many adaptations that will be made on earth and with the human body. The people who claim global warming and have little to back it up other than guess work appear the same as those who have predicted the collapse of the earth, the oil shortages and other calamities. They fail to understand that time does not stand still and that through science we can conquer many of the calamities they see coming our way. Yes, we should be vigilant but no, we should not jump everytime someone shouts fire before there is one. H.K.

KEEP THINKING

I think there has been real progress with people understanding that the earth is here to enjoy but not to foul. Many more people each year think in those terms. 25 years ago that was not the case and many of our rivers and lakes were polluted. We need celebrations like Earth Day to keep the people thinking. D.F.

NO SOLUTIONS

There is some type of elitist who always arises in every sphere. He is the person who tells you what to eat, what not to drink, what to do with spare time and what he wants to control. It is probable that the controllers would like to turn on the hot and cold water while you are taking a shower if they could gain some law. These are the people who take something like Earth Day to start the ball rolling for their control, rationing, and every other form of government control that there is. In the last few months the most highly controlled nation in the world, the USSR, has all but gone "belly up" and gained little by controlling people. The Earth Day idea is good but the people organizing it really want to have more control over everyone so the world will run as they see fit. They manufacture fake problems and force fake solutions on everyone. The breast cancer scare on L.I. was typical of the fakery and misuse of statistics that these pseudoscientists use. Yes the Earth Day theme is a good one but the use of the day to bring about the solutions fostered by a minority is not good. No Earth Day will not solve any lasting problems. H.D.

NOT CARRIED OUT

I don't doubt but that there will be lasting recollections from celebrations like Earth Day but concrete results, I'm not sure. I notice that the "Question" is all-encompassing in its coverage bringing into focus not only Earth Day but presumably publicly expressed sympathy for other ideals such as militant objection to or support of fur coats, animals of the sea, drugs, smoking, etc., etc. Unfortunately, the partisan supporters of these demonstrations often are individuals whose idealism appears to have separated them from the rest of society judging by their appearance, dress, bearing and behavior in public. For example, a shining illustration of the best way to alienate public opinion was the recent protestation near the Stock Exchange to condemn destruction of the environment urging a "people before profit" attitude as a continuation of "Earth Day". In the Wall Street case about 200 were arrested which can hardly be called an example of lasting results of a favorable nature. The objectives may be laudable but can easily be lost in the manner of carrying them out. P.G.S.

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Discovery!

That Mother Of Mine And Maybe Yours



By Bonnie Lyons Salkind

"So did you lose weight and are you married yet?"....."If you aren't saving money each week you might as well not work"....."I told you contact lenses cause eye infections and bacteria".....and on and on. These and similar interrogations are the words that pass between mothers and daughters....not daughters who are teenagers, but those who are 30 and 40 and still "hearing it" from their mothers.

My sister claims that every woman has similar frustrations and conversations with her mother, and it seems the more I start talking about my mother, the more women of my age (late thirties/early forties) open up and say they are having revelations and in-depth introspections about their relationship with mother.

I was driving with a business consultant my firm had retained to an assignment and we started to speak about our mothers.

"If there is a world war," I stated with assurance, "my mother does not need to shop for food, supplies or paper goods for three years." My mother lives alone, told me stories of men selling apples on street corners during World War I, and has a supply cabinet of soaps, paper towels and army-size institutional cans of string beans "just in case"!!

"Ma," I tell her, "You live in a four room apartment next to three malls, and if it starts raining, snowing or there are threats of an air raid, you have a choice of three supermarkets only 200 yards away!"

The humor does not compensate for the fact that I have had to learn to recognize, grapple with and accept the fact that she is, what the psychologists refer to as "obsessive compulsive."

One of my sister's ex-husbands summed up my mother in a terse but accurate, semi-affectionate phrase. "Your mother has something under everything." What he meant was that if my mother puts a banana on the counter she first puts it on a paper plate and puts a paper towel under the plate. The antimacassas market could be resurrected by the purchases of my mother alone! If she eats off a paper plate she has to have a papertowel beneath it.

Her fetishes sound humorous but they smack of some sadness. She has push pins in the dashboard of her car that hold varying and changing notes to herself. I remember she used to hang notes on a 6" piece of scotch tape to the light fixtures so I would see them when I got home. She clips notes to her pocketbook and makes notes to make notes.

Not being a psychologist, I can't even amateurishly analyze what the preciseness, the of-the-minute-urgency everything has and the compulsions mean.

She is intelligent, extremely well-read, up on every current event yet has the most extreme, annoying and eccentric little habits. She is hard to be with.

I see the strengths, independence, responsibility and integrity she imparted to us; and I see this anomalous other side that defies continuity and predictability.

I have been engaging in a lot of conversations about mother lately, particularly with my close girlfriends. It seems so tyrannical and mutinous; but I find out not only amusing stories, but the universality of the mother/daughter relationship as the daughter approaches her 40th year.

Sandy tells me, "If my father gets up at a restaurant to go to the men's room and asks my mother to sign the American Express slip, she has the shakes and can't fill it out. She gets anxious and complains how difficult paying the bill is."

"Sandy," I retort, "that isn't so bad. My mother, a widow for 27 years, has no trouble paying the check and figuring out a generous tip and then reaching into her wallet, but she can't go away on a trip or an airplane and has the funds to do so. At least your mother jets over to Europe and the Caribbean every year."

My mother can pay a check, but won't get on a plane and Sandy's mother can get on a plane, but not pick up the check! So what is a source of irritation to me because something frightens my mother and Sandy's mother can do it, the same applies to her criticism and concern about her mom not being able to overcome something that my mother can face.

It worries me that for years I had a blind respect for her, perhaps paid too much allegiance and showed no defiance for her word. I had too much unquestioning belief in her edict (and it was a mandate, non-democratic and not up for discussion: "You live in my house, I pay

the bills, my word is the law") because of her position as superior. I only saw the "up" side, the strengths and the positives. So why now, am I seeing the neuroses, the crazy patterned habits and why do they drive me crazy? I cannot talk to her about them because she sets up a barrier and "rules" for never questioning her.

I had a slight rash on my eye and she could not stop harping on me to go to an Ophthalmologist ("heaven forbid just an Optometrist!"). I told her it was a dermatological problem and not a vision one. However, when I asked her if she had gone to an Internist for her chronic, continuous habitual 8 month cough, she told me it was the change of weather. ("Ma, it's been two seasons already...see a doctor.") What is good for the goose is never good for the gander when it comes to mothers.

She stayed at my house recently and told me how freezing my house was. "Ma, I learned to live with heat in the low 60's from you. Remember when daddy died and you said we would be able to keep the house, but we needed to be conservative in many areas? Remember you said put on sweatshirts and two blankets but keep the heat low? Recall you said it was so much healthier and germs did not breed so quickly in the coolness?"...I told her "I am grateful you taught us to live with the temperature colder. I do believe it is healthier and it is energy-conscious". She as much as called me a liar and thought I was criticizing. I was trying to be supportive of her earlier mandates.

Food!! My mother happens to be Jewish and Jewish mothers are notorious for their prodding of their children to "Eat!!". However, my mother is a slim size 7, walks everyday and is not really what we think of as a "bubby" or grandma type. She was women's lib before Steinem was born, and told me my "heritage" was that my grandmother was one of the first women in Hartford to "smoke on the streets in public!" So this is not about a mother who is non-feminist, or a stereotypical old fashioned woman. But this food "thing" is universal. She has visited me frequently recently and I told her in a phone call from work that I would be joining my girlfriend for dinner later. "Good," she stated. "I'll have a grilled cheese sandwich ready at 5:30."

"Ma, I don't eat before I eat! Why is life based around food and eating. I can't call it "dining" because my mother will go to an International House of Pancakes and order veal cutlets. She never tries anything new or ethnic. I grew up and never ate cauliflower, broccoli or spinach because she didn't eat it! I think that was fine when I was a child: not being forced to eat icky adult vegetables. But how unc cosmopolitan and sheltered to be 32 and unable to go near spinach!"

I am struggling with these dichotomy of feelings: loving her but not liking her habits. When I would return home from college and she would put me on a plane back to school. I recall having to make a 5 p.m. plane on Sunday and she would have me there three hours early! I hated sitting around. Doing frequent travel in my business life, I learned planes never leave early, let alone on time. So why be there hours early.

My definition of a New Yorker, which I now am, is if you have to make the Long Island Railroad train that leaves in 15 minutes, and you are across town, 18 minutes away...you "go for it!" But the train will not depart early either.

I have since found it is rude to be early to an event for the hostess may not be ready for her guests. But there is no way that I can impart this fanaticism with being early to mother. I respect time and am exactly on time. It is as inconsiderate to be very late. But it is superfluous and boring to be tremendously early.

I sense, through increasingly-more-frequent conversations with other women, that I am not in the boat alone and my issues are global. The stories are funny yet sad; laughable but pitiful.

ABOUT THE AUTHOR

Bonnie Lyons Salkind is a resident of Jericho and Hampton Bays. She is a businesswoman who travels frequently and wrote this article to share with fellow travelers. It is her second contribution to *Discovery*.

RESTAURANT GUIDE

READER RATINGS



GUSTATORY DELIGHT

La Cisterna Italian Ristorante on Mineola Boulevard in Mineola has long been one of our favorite restaurants. Last Thursday night we dined there and experienced a gustatory delight with a very special entree, shrimp in a lobster sauce with homemade pasta. As usual the attentive service, the warm welcome by the host Angelo, the friendly ambience all made for a most enjoyable dinner. To our surprise Wednesday and Thursday nights they have an added attraction, an accordion player playing Italian melodies. It made me want to visit Italy again. I heartily recommend this restaurant and am sure your readers will too. E.H.

Q. We eat out quite often and are very confused with some of the terms written on menus. Could you clarify some of them for us? P.V.

A. We definitely agree that menus can be confusing so we will do our best to list some of the regular terms you may encounter when dining out. These terms, by the way, were included in Donovan's Guide to Long Island Restaurants, 1989 edition.
Alfredo: Cream, butter and a variety of cheeses.
Algre-Doux: Sour-Sweet
Alliade: Garlic sauce
Bernaise: Thick sauce of eggs, onion, tarragon and butter
Bigarade: Orange sauce
Bordelaise: Thickened wine sauce
Boulangere: Chopped potatoes and onions
A la Broche: Skewered or cooked on a spit
Creole: Sauce of green peppers, onions and tomatoes
A la Flamande: In the Flemish style. Served with braised cabbage, potatoes, carrots and cuts of pork.
A la Hollandaise: In the Dutch style. A sauce of butter, eggs and lemon juice.
A la Holsteina: In the style of Schleswig-Holstein. Food served with fried eggs and pickles.
Julienne: Thinly sliced vegetables
A la Maitre D'Hotel: Served with a sauce of butter, parsley and lemon juice.
A la Mode: In America, served with ice cream - In France, braised beef.

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



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To Owners of Good Restaurants:
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The Last Word in Restaurant Guides

Where Our Readers Have The Last Word

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

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

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

DINING GUIDE

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18⁹⁵

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READER RATINGS



EARLY AMERICAN

One of our favorite restaurants over the years has been Maine Maid Inn on Jericho Turnpike in Jericho. The Colonial Building, built in 1789 filled with authentic Early American antiques, the cozy fireplace, the Tiffany lamps, all make for a delightful ambience in which to have a leisurely relaxing dinner with the best possible food.

We dined there Wednesday night starting with a cup of excellent soup. One dinner consisted of the special of the day. Lobster tail with shrimp and clams in a delectable sauce, served with a choice of baked potato or linguine. My choice was the Bass almondine served with fresh peas, carrots and corn. A mixed salad with a choice of dressing, and Cafe espresso made for a memorable dinner.

Every time we dine there we say it couldn't be better, and, would you believe it is! E.H.

We call Mahoney's in Williston Park our "old reliable" because it never fails to provide us with a good meal. Last Sunday we went there in the evening. The place was filled but we still got a good seat. Mahoney's has a salad bar equipped with shrimp, soup and mussels along with the usual items that are found at salad bars.

Some members of our party had veal and some had scrod but everyone said that they enjoyed the good food at this newly refurbished old landmark on Hillside Ave. And if you want something a little bit better try their Irish coffee. G.K.

Q. At a table with others we don't know at a banquet, what do you do about tips-if anything?

A. At public dinners there is sometimes a small card on each table which reads "Gratuities have been taken care of by the Dinner Committee"-a very good idea. If there is no such card at the table, the waiters, immediately after the service of dessert and coffee and before the speaking begins, come to the host or hostess of each table and place a silver salver before him or her, often with a murmured explanation that something is expected for the table's waiters. Unless all at the table are personally invited guests, the host or hostess makes no attempt to tip for the whole table but after placing a dollar (per service for which he or she feels responsible) on the tray, directs the waiter to the gentlemen at the table, each of whom should leave (at \$10 per plate dinner) a dollar and a half for himself and the same for the lady he escorts. Women should never be approached for tips if there are gentlemen at the table.

DINING GUIDE

Surfside



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Sunday, May 13th



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Where Our Readers
Have The Last Word

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

(Guide to Good Dining)

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DINING GUIDE

READER RATINGS



Q. I do not understand why American restaurants continue to use French wording on their menus. Not long ago I ate in a place where various dishes were described as "a l'Espagnole", "a la Grecque" and "a l'Anglaise". Telling diners that the foods were prepared in the Spanish or Greek or English manner was not very helpful!

A. French cuisine is considered by many people to be the best in the world so it is not surprising that many terms dealing with food preparations are derived from the French!

Your waiter would have been pleased to inform you that a dish served "a l'Espagnole" is combined with tomatoes, onions and olives. One which is "a la Grecque" has a sauce of olive oil, lemon, spices and peppercorns. Anything served "a l'Anglaise" is boiled.

Don't be intimidated by French (or Italian, German etc.) expressions in menus. Those terms are not difficult to master and after a time you will begin to see they are a useful "shorthand" for the diner, telling him about methods of food preparation and ingredients.

Q. Many times I find that baked potatoes at restaurants are soggy, even the better restaurants. How come they can't bake a potato right?

C.B. A. They can bake potatoes right but the problem is that when you bake a potato it takes a long time and they usually bake a number of them at once. If you happen to hit at the right time you will get the best but later it will get more soggy. The best tip in ordering the potato is to ask the server whether they are freshly baked or not. If not better take something else.

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DINING GUIDE

READER RATINGS



We enjoy dining out and when we find a truly outstanding restaurant we like to share it. Ristorante Giulia is just such a one. It is located at 570 Middleneck Road in Great Neck; the cuisine is Northern Italian/French.

There is an antipasto display, shortly after you enter, which we could not resist, with roasted red peppers, thinly sliced, grilled eggplant, plus fresh mozzarella cheese, salamis, olives. It was exceptionally good! Crisp rolls and breadsticks, with a glass of white wine started the salivating juices rolling.

Our next two choices were Saltimbocca Fiorentina, which consisted of veal with prosciutto, sage, white wine and spinach, our other choice was Filet Mignon, with a green pepper sauce.

We topped off this fine dinner with cafe espresso.

The attentive service plus the fine food, the welcome atmosphere made for a memorable evening. I heartily endorse Ristorante Giulia. MM

TOTAL JOY

The other day some friends and I visited the restaurant in Williston Park called Your Place or Mine. To my surprise, I was astonished at the beautiful way they decorated the restaurant. It gives you a feeling of intimacy and is a perfect place to do business. The meals and service were excellent. I found the place to be a total, total joy and the cuisine was some of the finest around and the prices are extremely reasonable. I recommend this place for people who would like to have a relaxing evening and I recommend it for the local business people because it's ideal for conducting business. A.S.

For gracious dining in all aspects I would heartily recommend La Marmite in Williston Park. The service, under the able guidance of Manuel, is courteous and attentive and the cuisine varied and excellent.

Anyone looking for a place to celebrate a special occasion or just to enjoy a satisfying dining experience would do well to favor this excellent eating establishment. O.C.

Q. Have you heard the expression "Maiden Dinner?" My cousin said she will be attending one soon and I did not like to confess my ignorance!

A. This is a rather old fashioned term and it refers to the traditional dinner given by the bride-to-be for her attendants usually a few days before the wedding. The Maiden Dinner is the equivalent of the male Bachelor Dinner.

DINING GUIDE

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***Peter Glanotti -
Newsday Mar. 11, 1990

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DINING GUIDE



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READER RATINGS



Last week, my friend and I dined at Surfside Restaurant, on Hillside Avenue in New Hyde Park. We had been there once before and enjoyed it, as the seafood was truly great. Our choices were Trout, and Filet of Sole with Crabmeat stuffing. Dinner came with a baked potato and a great salad. White Chablis wine, then coffee completed this really fine dinner. If you enjoy fresh seafood, well prepared, I strongly recommend this restaurant. Surfside is not only attractive, with large windows on all sides, attentive service and ample parking, but we also found it offers a restful ambience. M.S.

Criticisms of restaurants are sent directly to restaurants concerned on the form of a memo. Restaurants that consistently give bad service or food are dropped from these pages.

DINING GUIDE

KATHLEEN'S
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Each week Litmor Newspapers presents a select dining guide called Reader Ratings to its readers. The guide presents the messages of outstanding restaurants in this area and it also is a forum for readers to tell other readers about why they like certain restaurants.

Reader Ratings, although it is read by up to 100,000 readers is an inexpensive way to meet the public and have the public meet you. Throughout many years, Reader Ratings has helped build loyal followings for some of the best restaurants in the area.

If your restaurant qualifies as a leader in the area we want to talk to you about being included in our guide. The cost is nominal and the results can be great.

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Tex-Mex - Southwest

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RESTAURANT GUIDE

PAGE 9A

Friday, May 4, 1990 READER RATINGS

La Cisterna
1970 celebrates its 1990
20th ANNIVERSARY

Mother's Day
Sunday, May 13

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Angelo

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READER RATINGS



We have lived in this area for a long time, and The Executive Restaurant continues to be one of our favorites. Whether your choice is steak or seafood, you can be assured it will be top quality, and well prepared.

The cuisine is Continental. In particular their Blackboard Specials are diversified. My favorite at the Executive is their Bouillabaisse. I have had this dish at many fine restaurants, and can truly say for my taste it is the best. Just thinking about it makes me want to make a return visit soon. The welcome we receive when we dine there is warm and friendly. The Pavlovich father and son are a great team, we feel we are visiting old friends when we dine there. You will enjoy the caring service as well as the ample parking across the street. H.P.

Q. What do you think of an otherwise elegant restaurant that serves mustard, ketchup or steak sauce in the original bottles?

A. I think bottles of this kind should stay in the kitchen. It would be far more attractive to serve condiments in small individual dishes.

Q. Not long ago I attended a buffet luncheon at a fine dining spot. Crab legs were served and looked tempting, but I passed them up because I was not really certain how to eat them.

A. Next time be more adventurous! Crab legs are not only delicious, but like most sea foods they are highly nutritious and low in cholesterol and calories.

As far as eating crab legs, there is usually no problem since any good restaurant serving them would provide its patrons with nutcrackers.

Q. While eating in an Indian restaurant I noticed that most of the main dishes were slightly spicy, but the dessert felt cool to the plate. I found the contrast quite delightful and wondered whether it was a coincidence.

A. Probably not. I have no doubt that human beings all over the world appreciate contrast in food just as they do in most other things.

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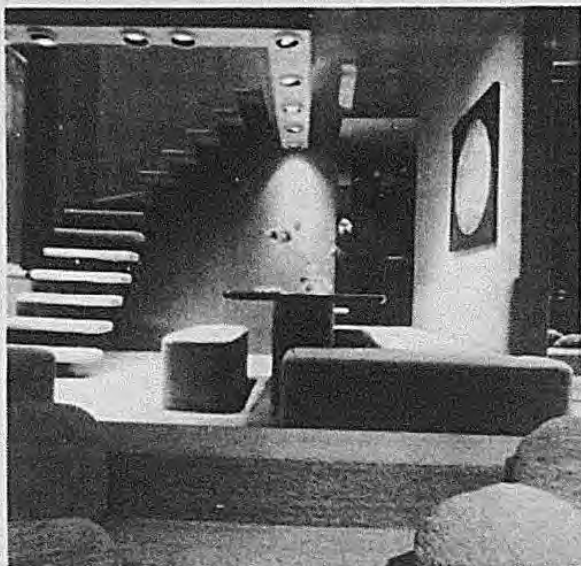
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Decor Score



By Rose Bennett Gilbert



CONTEMPORARY — Designer Ruben de Saavedra streamlines a traditional townhouse for contemporary living, using Stark carpeting and dramatic lighting.

From frumpy to sleek

Q. I've just bought the 60-year-old town house where I've run my mail-order fashion business for nearly five years. It is on the street floor, which had been converted to a shop, and I'm thinking of turning the top two floors into an apartment for me. The trouble is, I really like modern, and this is a frumpy old house with lots of little rooms. Do you have any advice? — H.B., Baltimore

A. I'd talk things over with a good architect or an interior designer who's smart about space-planning. Either can guide you through the business of taking down walls — if that's what you decide — without bringing the roof down, too.

The photo here should give you plenty of incentive. It's of a city town house that has been stripped to its sleek essentials by the internationally known interior designer Ruben de Saavedra, then left open and spare-looking.

Basically, he uses only two decorating elements: dramatic, built-in lighting and carpeting, yards and yards of it, to wrap walls and furniture, as well as the floors. The oatmeal color of the broadloom (from Stark Carpet) is repeated in fabric on the furniture that was upholstered to enhance the illusion of on-flowing space.

Even the hanging stairs are carpeted so they seem to float up to the second level. And there's a

treat for the ear here, as well as the eye: All that carpeting will reduce neighboring noises to a whisper.

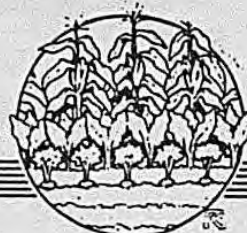
Q. I love the look and feel of dark walls and white woodwork, especially chocolate brown and white. But I'm worried that my dark mahogany furniture will get lost against it. What do you think?

A. I think you ought to look up the work of Billy Baldwin, the great New York designer who put dark brown walls on the decorating map. Only "BB" used high-gloss brown to give his room what he called "city energy," and he also added touches of brass on picture frames and his famous bookcases to punch things up a bit.

The same ideas will work for you. The positive-negative effect of dark walls/white woodwork is very *now* in feeling, so even if your mahogany furniture is traditional in styling — which it probably is — the room will have a life of its own.

Decor Score

Backyard Gardener



By Patrick Denton

Hassle-free gardening

A smooth pathway to hassle-free gardening with trees and shrubs lies in matching plant and site for compatibility.

Sometimes the starting point will be a garden site in need of some growing companionship. Here, the gardener serves as site-plant marriage broker, assessing the qualities the site will bring to the relationship — its size, for example, and degree of exposure to the sun; the texture, depth and fertility of its soil; the efficiency with which the area drains of excess moisture in wet weather; how moist or dry the soil tends to stay in summer.

Armed with a comprehensive site assessment, the next step in making a happy match with a plant or plants is to decide at least in a general way what type of plant or plant grouping would be pleasant in the area. This will mean deciding between trees and shrubs, deciduous and evergreen, and among different sizes and shapes.

Visualize plump and bushy, tall and slender, outstretched and

weeping growth. Decide whether flowers are important. Would brilliant fall coloring be especially appealing in the site? Is it a fruit-bearing tree or shrub that you would like?

A complete site profile together with a general idea of the preferred type of plant will be sure to lead you, with the help of a nursery or garden center salesperson, to a congenial match.

Often the site-plant relationship is worked the other way around, the starting point being a particularly desired plant or group of plants. Here the gardener-matchmaker first becomes acquainted with the plant's needs and preferences, and then seeks out the most suitable location possible for a happy and long-lasting union.

Let's suppose that the desired planting is to be a bed of roses. A little research is then in order on the special conditions in which rose plants will realize their full growth and flowering potential with the fewest possible problems.

These will include an open, sunny site and adequate spacing

for the chosen varieties; a deeply prepared, fertile soil that drains quickly of excess moisture. Providing these health-promoting conditions at the beginning of the relationship will be the gardener's best pathway to a hassle-free rose garden.

As with any important occasion, setting the time of planting will be a major consideration. Ideally, trees and shrubs are planted before the arrival of dry weather and heat, as these are stressful to newly installed plants. The aim is to get those roots probing actively into the surrounding soil as quickly as possible under the most congenial circumstances possible, for good anchorage and efficient uptake of moisture into the plant.

Then there are the crucial prenatals. Laying the groundwork for a permanent union of plant to site means a thorough preparation of the whole site. Opening up a hole just large enough to receive the roots and tossing some goodies into the bottom doesn't quite make it in terms of lasting endearment.

The plant or plants may need some preparation, too. Trim away at its point of origin any broken wood, and remove broken root pieces along with overlong, straggling roots.

Finally, the planting. Settle the plants at the depth appropriate for their type (inquire when you make the purchase) and fill in around the roots with soil gently firmed down. Before the filling-in is complete, pour a bucketful of water slowly around the plant. Let it drain, finish in-filling, and firm the soil over the roots.

Maintain even levels of moisture in the soil following planting, and spray-mist the plants daily should warm weather arrive before they are well established. Coniferous (needle-bearing) evergreens especially benefit from such bathings.

Then relax. Enjoy watching the new alliance prosper.



Peking pork

There is a very old Chinese folk-tale about a country farmer who learned that his barn was on fire. The poor farmer rushed to the scene, finding his pig trapped inside. He could only watch helplessly as the barn burned to the ground.

After the flames had subsided, the farmer made his way carefully through the smoky ruin to find his luckless pig. Reaching down to touch the animal, he burned his fingers and quickly popped them into his mouth to cool them. Aah, the taste was delicious — and thus, say the Chinese, came the discovery of roast pork.

Today, we need not "burn our barns" to enjoy the savory flavor of pork, nor trek to the Far East to sample the many delicious ways the Chinese have developed to cook this tasty meat. With a little ingenuity and your microwave to help, you can turn out delicious Chinese-inspired pork dishes to tempt your family's appetites.

Fuel has long been scarce in many areas of China and because of this, the quick-cooking stir-fry method was developed many hundreds of years ago. Numerous Chinese dishes are quickly stir-fried in a wok set atop a very hot, but short-lived flame, burning the fewest pieces of wood possible.

But with your electric bill paid and your microwave plugged in, you needn't worry about hoarding bits of wood for these dishes! Microwave Stir-Fry Canton modifies this ancient Chinese method for microwave — with delicious results.

The ham-cured pork used in China is similar to Virginia's Smithfield hams — very strong and salty in flavor. But for most Chinese-inspired microwave recipes calling for pork, Boston butt is perfect. Use the leanest portion of the cut, and be sure to slice against the grain for tenderness.

As an alternative to rice, serve crunchy chow mein noodles, or boiled ramen-type noodles (the kind sold in soup packets), draining off and discarding water. Save seasoning packets for another purpose, or add to your pork dish for extra flavor.

MICRO-TIP OF THE WEEK

A bacon rack is one of the most popular microwave accessories. With an elevated grill to drain off and catch drippings, it's also great for cooking burgers and fish. Elevate potatoes on bacon rack for more even baking and perfect results.

MICROWAVE STIR-FRY CANTON

- 1 pound boneless pork, sliced into ¼-inch strips
- 3 tablespoons soy sauce
- 2 tablespoons vegetable oil

- 1 tablespoon sherry
- 1 large clove garlic, minced
- ¼ teaspoon powdered ginger
- ¼ teaspoon pepper
- ½ pound sliced fresh mushrooms
- 1 medium green pepper, chopped
- 6 to 8 green onions, sliced
- 1 medium head napa cabbage, shredded

Yields 6 servings.

Preparation time: 15 to 20 minutes.

Cooking time: 21 to 24 minutes (plus 3 minutes standing time).

Oven setting: MEDIUM (50 percent power); HIGH (100 percent power).

Combine pork, soy sauce, vegetable oil, sherry, garlic, ginger and pepper in 3-quart microwave-safe casserole. Cover and let stand while preparing vegetables. Set prepared vegetables aside.

Microwave pork mixture on MEDIUM setting 10 to 12 minutes, stirring every 2 minutes, until pork is no longer pink inside. Stir in mushrooms, green pepper, and onions. Cover and microwave 8 minutes on MEDIUM setting, stirring after 4 minutes. Add shredded napa cabbage, stir, and microwave on HIGH setting 3 to 4 minutes longer, or until greens are tender. Let stand, covered, 3 minutes before serving. Serve with hot cooked rice.

PORK CHOW MEIN

- ½ cup soy sauce
- 3 tablespoons cornstarch
- ¾ cup water
- 1 (7-ounce) can mushroom stems and pieces, drained
- 1 (5-ounce) can sliced water chestnuts, drained
- 1 (5-ounce) can bamboo shoots, drained
- 1 large onion, chopped
- 1 medium carrot, thinly sliced
- 2 cups sliced celery
- 2 cups diced cooked pork
- 1 pound fresh bean sprouts

Yields 4 to 6 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 13 to 19 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

In 3-quart microwave-safe casserole combine soy sauce, cornstarch and water, stirring until smooth. Stir in mushrooms, water chestnuts, bamboo shoots, onion, carrot and celery. Cover.

Microwave 8 to 11 minutes, stirring every 3 minutes, until vegetables are tender. Add pork and bean sprouts and microwave, covered, 5 to 8 minutes longer, or until sauce is thickened and sprouts are tender. Let stand, covered, 5 minutes before serving. Serve over hot cooked rice or chow mein noodles.



Classic American seafood stews

Bouillabaisse is the quintessential fish stew of France. But in the United States, there are two equally delicious contenders for the crown — the cioppino of San Francisco and the gumbo from Louisiana.

Though cioppino and gumbo originated several thousand miles apart, they have much in common. Both begin with a flavorful vegetable-and-fish-stock base that can easily be made in advance, is assertively seasoned, and has much flexibility as to the kinds and amounts of seafood used.

The cioppino of San Francisco has been popular for most of this century and is a specialty in many restaurants. Derived both in name and in preparation from *cioppin*, a rustic Italian fish stew, most recipes include some wine, traditional Italian herbs and the crab for which San Francisco is famous. It is served, of course, with sourdough bread.

The gumbo of Louisiana begins with the classic Creole roux of flour and oil cooked to a rich brown color and nutty fragrance. The Creole vegetable triumvirate of onions, bell peppers and celery are almost always added.

Finally, most traditional gambos are lightly thickened with either okra or file powder, which is a powder made from ground sassafras leaves, long known by the Choctaw Indians to be a valuable natural thickener.

TIPS

• Given a few hours notice, most good seafood markets will peel and devein shrimp for you.

• Seafood, clam juice, and canned chicken stock are all salty, so do not add salt in these recipes until after tasting the finished stew.

• When substituting fish and shellfish, rely on your fishmonger for the best advice for your local area.

CIOPPINO

- 3 tablespoons olive oil
- 2 medium leeks, cleaned and white parts thinly sliced
- 1 green pepper, chopped
- 1 large clove garlic, minced
- 1 (16-ounce) can tomatoes in juice
- 1 cup bottled clam juice
- 1 cup water
- ½ cup red or white wine
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon dried thyme
- ¼ teaspoon pepper
- ¾ pound firm fish fillets such as cod, monkfish or red snapper, cut into approximately 1-inch chunks
- ½ pound medium shrimp, peeled and deveined
- 4 ounces crabmeat or imitation crabmeat

- tion crabmeat
- 3 tablespoons minced parsley
- Salt as needed

Yields 4 servings.

Preparation and cooking time: 30 minutes.

Heat oil in heavy 3- or 4-quart saucepan. Add leeks, green pepper and garlic. Sauté over medium-low heat, stirring often, for 4 to 5 minutes until vegetables are softened.

Stir in tomatoes and juice, clam juice, water, wine, oregano, basil, thyme and pepper. Bring to simmer, stirring and breaking up tomatoes with back of spoon. Simmer gently, partially covered, for 15 minutes, stirring occasionally. (Can be made a day ahead to this point. Return to simmer before continuing.)

Add fish chunks, shrimp and crabmeat. Simmer about 3 minutes until fish is opaque and cooked through and shrimp turns pink. Stir in parsley and add salt if needed.

SHELLFISH

AND OKRA GUMBO

- 3 tablespoons vegetable oil
- 3 tablespoons flour
- 1 bunch scallions, thinly sliced including green tops (about 1 cup)
- 1 green pepper, chopped
- 1 rib celery, chopped
- 1 large clove garlic, minced
- 6 ounces fresh okra, trimmed and sliced or ½ (10-ounce) package frozen sliced okra
- 2 cups chicken stock
- 1 cup bottled clam juice
- 1 cup water
- 1 (16-ounce) can tomatoes in juice
- ¼ teaspoon dried thyme
- ½ teaspoon cayenne pepper
- 12 ounces medium shrimp, peeled and deveined
- 6 ounces crabmeat or imitation crabmeat
- Salt as needed
- 2 cups cooked rice

Yields 4 servings.

Preparation and cooking time: 35 minutes.

Heat oil in heavy 3- or 4-quart saucepan. Add flour and cook over medium-high heat, stirring constantly for about 5 minutes, until mixture turns dark brown and smells like toasted nuts.

Remove pan from heat and immediately stir in scallions, green pepper, celery, garlic and okra. Return to medium heat and stir in chicken stock, clam juice, water, tomatoes and juice, thyme and cayenne.

Cooking Corner



By Chariyn Fargo

Italian chef suggests lamb, peas

With five books to his credit and one more on the way, Giuliano Bugialli has emerged as the leading exponent of Italian cooking in the United States.

He has become a trans-Atlantic commuter, dividing his year between his cooking schools in his native Florence and New York.

He passed through town recently, so I took the occasion to ask him to select a typical Italian menu.

His nomination for a main course would not surprise most Americans: "Lamb," he said, with an Italian accent as rich as mascarpone cream cheese.

"In early spring, the baby lamb becomes available, so that is what we would have on Easter."

"Then we forget about it for the rest of the year."

Most Italians do not consume much lamb, particularly not in Bugialli's central province of Tuscany.

And north or south, "Italians do not like pink lamb," he said — well-done is the rule.

Bugialli suggested that the main dish might be a *spezzatino*, a kind of stew or saute in which the meat is cut into pieces, browned and then cooked in flavorful liquid. He specified the classic combination of rosemary and garlic.

This is the recipe I expanded from his verbal instructions.

SPEZZATINO OF LAMB

- 1½ to 2 pounds lean lamb
- 2 tablespoons olive oil (or as needed)
- 3 cloves garlic, peeled and chopped
- ¾ cup dry white wine
- 1 sprig fresh rosemary or ¼ teaspoon dried
- Salt, pepper

Yields 4 servings.

Trim meat of excess fat, cut into 1-inch pieces. In large, deep frying pan, heat enough olive oil to cover bottom. Dry lamb pieces so that they will brown easily. Brown lamb over brisk heat. Do this in batches, if necessary, so as not to crowd pan. When last of lamb is almost finished browning, add garlic pieces so that they, too, can brown.

Don't let them burn.

When garlic becomes nicely tan, quickly pour in wine. Return any reserved lamb pieces to pan, and add rosemary, salt and pepper.

Simmer lamb, covered, for about an hour, until it is fork tender. Add more wine if sauce cooks down too much.

...

Here, from Bugialli's works, is a typical way with leg of lamb.

LEG OF LAMB IN

THE ITALIAN STYLE

- 1 leg of lamb, around 6 pounds
- About 6 cloves of garlic, peeled and cut into slivers
- 10 whole cloves
- ¼ cup olive oil
- Salt, pepper

Have your butcher bone the leg or not, as you prefer. The small Italian legs of lamb would weigh about 5 pounds; ours are likely to be larger.

Preheat oven to 375 F.

With small knife, poke holes in meat and insert slivers of garlic and cloves, distributing them evenly over surface.

Or, if leg has been boned, spread out untied meat, spread garlic, cloves, salt and pepper over cut surface and tie up meat into neat, elongated package. Salt and pepper exterior, to taste.

Pour oil into baking dish, add lamb, and cook meat to taste — at most very slightly pink, to follow the Italian style, about 165 F on meat thermometer.

For a 6-pound bone-in roast, allow about 14 minutes per pound for well done, about 11 minutes for medium rare. For a 4-pound boned roast, allow 30 to 35 minutes per pound for well done, 25 to 30 for medium rare. However, the thickness of meat will determine cooking time, so you are best off checking with a thermometer.

...

Peas would be classic *contorno* or accompaniment, indeed virtually a necessity. Fresh young peas are another signal of spring, although in the United States we might use the frozen product.

Here are peas in style of Bugialli's hometown:

PEAS IN THE FLORENTINE MANNER

- 1½ pounds shelled fresh peas or 2 (10-ounce) packages of small frozen peas
- 4 ounces pancetta
- 4 or 5 sprigs parsley, preferably flat-leaf Italian type
- 1 large clove garlic
- 1½ tablespoons olive oil
- Salt, pepper
- ¾ cup beef broth
- 1½ tablespoons sugar

Coarsely chop pancetta (unsmoked Italian-style bacon, available at Italian markets), parsley and garlic. Heat oil in heavy saucepan, then add chopped ingredients and saute very gently for 5 minutes.

Add peas, season with salt and pepper. Stir in about ¼ cup of broth. Simmer uncovered slowly until broth has evaporated, about 15 minutes. By then, peas should be cooked. If not, add remaining

broth and cook several minutes longer. Stir in sugar and simmer for 1 minute more. Serve immediately.

...

Mint sauce is a favorite with lamb in Italy, too, but this version has a notably fresh appeal:

ITALIAN FRESH MINT SAUCE

- 1 cup fresh mint leaves
- Juice of 1 lemon
- 2 tablespoons sugar
- ½ cup red wine vinegar
- Salt to taste

Tear mint leaves into thirds. Place in sauceboat with other ingredients and mix until sugar is dissolved.

This recalls the sweet-sour sauces that, Bugialli said, were highly characteristic of Italian cooking until modern times.

...

Bugialli has little liking for the various "new cuisines" that come down the strada. He dislikes the fussy arrangement of food on the plates as practiced by modern chefs, and fundamentally his attitude toward cooking is conservative.

"More or less, everything has been done," he said with the vivacity and gestures you couldn't do better with a call to Central Casting. "I don't want to invent anything. Why should we give up what

we have?"

Instead, Bugialli has traced back many dishes to their roots. Often the trail leads back through the centuries.

"The 'Decameron' has a story about a party and how hard everybody works to make ravioli, which they serve with butter and cheese," he said. "That's the first mention of pasta in Italian literature."

In common with most authorities, he scoffs at the theory that Marco Polo introduced Italians to pasta, imported from China.

However, pasta assumed its present central place in the Italian diet with the industrial revolution, which mechanized pasta production and turned the food into an everyday item. Bugialli's research has convinced him that tomato sauce for pasta came along as late as the 1840s.

Pasta just happens to be the subject of one of Bugialli's books, called, neatly enough, "Bugialli on Pasta" (Simon & Schuster, \$24.95).

By and large, he said, Italians remain utterly attached to their pasta. "It's part of our life, like going to Mass, almost," he said. "The Italians will give up every other food, but not pasta."

For the indispensable pasta course, he recommended something featuring the fresh vegetables of early spring. Here's a Bugialli recipe from Southern Italy:

SPAGHETTI CON BROCCOLI

- 1 bunch fresh broccoli
- 1 pound dried spaghetti or linguini
- 10 anchovy fillets drained

- ¾ cup olive oil (or less)
- Pinch red pepper flakes
- Black pepper to taste

Bring large pot of salted water to boil. Remove tough stems from broccoli and cut into 3-inch pieces. Boil broccoli in water until tender, about 7 minutes. Remove broccoli from water, reserving water to cook pasta.

Run cold water over broccoli to stop cooking and set color. Chop anchovies. Meanwhile, boil pasta in water until *al dente*. Drain.

Toss pasta with as much olive oil as you think necessary, chopped anchovies and red pepper. Quickly toss broccoli in frying pan with a little olive oil until warm. Pour over pasta. Sprinkle with pepper and serve immediately.

...

For dessert, end the meal with fruit, and serve cake a little while later, with coffee.

...

Bugialli's status as the ranking Italian cooking authority does not go uncontested. Many would point to Marcella Hazan, whose first book on the northern Italian *cucina* became the runaway best seller and America's introduction to the style that has dominated cooking fashions.

Bugialli entered the field a little later, but he has since built up the larger presence, with his books and cooking classes. His newest book, out last fall, is a revised and expanded edition of "The Fine Art of Italian Cooking," which first appeared in 1977. This will be followed by a work on Sicilian and Sardinian cooking.

"Even in Italy we think of Sicilian cooking as spaghetti with heavy tomato sauces," he said.

"But it's very different — very Oriental, a lot of spices, and aromatic herbs. And Sardinian cooking is very little known."

His fans will have to be patient. Such is the lead time required for today's elaborate picture cookbooks that it will be 1991 before we see the result of Bugialli's latest explorations into the never-ending fascinations of *la cucina italiana*.

Besides the works mentioned, Bugialli is the author of "Classic Techniques of Italian Cooking" (Simon & Schuster, 1982) and "Foods of Italy" (Stuart, Tabori & Chang, 1984).



Cooking
Corner

By Rena Coyle



Slumber parties

Every little girl, starting at about the age of 8, dreams of having a slumber party. And by the time she is 14, she still is piling in her friends and the parties are rollin'.

When menu-planning for one of these events, remember that you must keep the food coming out of the kitchen in waves, from the time the girls arrive until their untimely exit. It is truly like an eating binge, generally completely out of control.

With a little forethought on your part, you can supply goodies that will not only keep the girls well-fed but also busy.

Put the hostess in charge of the Mexican Pizza Dip. This is a very simple casserole-style dip that your daughter can put together while anticipating her big night. Instead of just chips, have her cut up some crispy vegetables to dip with as well.

Then, once the kids begin descending on the kitchen, have them line up the hot dogs and make the Dogs in a Sack. Choose the turkey or chicken franks as an alternative to other high-fat-type hot dogs. Then when the girls arrive for the midnight attack, caramel corn home-style will round the night out perfectly.

Even after a heavy night of giggling, sipping and munching, the girls will still have plenty of appetite left for breakfast. Veteran parents of these sleep-overs unanimously agree that breakfast is best left as simple as possible. So they suggest lining up a dozen bagels, with a variety of toppings and spreads, a gallon or two of juice, and just let them go!

DOGS IN THE SACK

- 1 (1-pound) package turkey or chicken dogs
- 10 8-inch tortillas
- $\frac{1}{4}$ cup grated cheddar cheese
- $\frac{1}{4}$ cup mustard
- $\frac{1}{4}$ cup ketchup
- 2 tablespoons pickle relish

Utensils: Baking sheet, measuring cups, spatula, oven mitts.

Yields 10 servings.

Preparation time: 40 minutes.

Baking time: 15 minutes.

Place tortillas flat on a kitchen surface. Place dogs on half the tortilla. Sprinkle some cheese, mustard, ketchup and relish over each dog. Fold tortilla up and over dog, much like a blanket. Tuck sides under dogs and place on baking sheet. Refrigerate until you are ready to bake.

When ready, preheat oven to 375 F for 10 minutes. Then remove dogs from refrigerator, put oven mitts on and set dogs in oven and bake 15 minutes.

Put mitts back on and carefully remove baking sheet from oven and set on heat-proof surface. Slide spatula underneath dogs and serve. They can be eaten with your hands.

MEXICAN PIZZA DIP

Dip:

- 1 ripe avocado
- $\frac{1}{2}$ lemon
- 2 tomatoes
- 1 bunch scallions
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup plain yogurt
- 1 tablespoon chili powder
- $\frac{1}{4}$ teaspoon ground cumin seed
- $\frac{1}{2}$ teaspoon garlic powder
- 1 cup refried bean dip
- 2 cups grated cheddar cheese

For scooping:

- Tortilla chips
- Carrots, sliced lengthwise
- Sliced zucchini

Utensils: Cutting board, table-spoon, 2 mixing bowls, paper towels, plate, measuring cups and spoon, 9-inch pie plate.

Yields 10 servings.

Preparation time: 40 minutes, plus 1 hour for chilling.

Place avocado on cutting board, and holding it steady, trim off stem end. With spoon, scoop out avocado flesh and place it in a bowl. There is a very large seed in the middle of the avocado, so you will have to scoop around it.

Squeeze lemon over avocado. Twist spoon into lemon to squeeze out all the juice. With back of spoon, mash avocado and lemon juice together. Set bowl aside.

Rinse tomatoes under cool running water and pat dry with paper towel. Place tomatoes on cutting board and with knife, trim core end away. Cut tomatoes into thin slices, then cut slices into small pieces. Put chopped tomatoes on a plate and set aside.

Put scallions on cutting board and with knife, trim root end away. Take dark outside skin off scallion and discard. Slice scallions into thin pieces. Add to plate with tomatoes and set aside.

In another small mixing bowl, combine sour cream, yogurt, chili powder, ground cumin seed, garlic powder. Blend together with mixing spoon. Set aside.

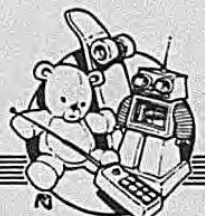
Prepare dip by spreading bean dip in bottom of pie plate. Spread over top the avocado mixture and then top with sour cream mixture. Sprinkle evenly over the top, the tomatoes and green onions. Add cheese and refrigerate for at least 1 hour while you prepare vegetables for dipping.

KITCHEN KIDS



Our Children

By Willard Abraham, Ph.D.



Smokeless tobacco dangerous, too

Q. One of my grown-up "kids" has been telling me how lucky I am because he doesn't smoke. "Pure" is a word he uses in describing himself.

But ... he chews tobacco and uses snuff, and I wonder if they aren't as bad for his health as cigarettes. He says they are not in the same league and just laughs when I bring them up.

What do you think? I trust your objective opinion.

A. On the basis of a recent study you seem to be on the right track, and he isn't. Risk of heart disease and cancer are involved in the use of "smokeless tobacco."

His claim of being "pure" doesn't make much sense.

Q. Our 9-year-old son has developed a "sometimes" habit that is strange, and I wonder how you feel about it.

We live in a desert part of the country, and often there are gophers and a lot of gopher holes around our house. Just about every other report card our son receives is carefully "deposited" by him in one of those gopher holes.

When we miss getting one from him, we ask him about it, and he reluctantly goes about 100 yards from our front door, stoops down, retrieves the report card from one of the holes, and sheepishly brings it in.

Sometimes it's even a pretty good one, but not always.

A. Is he fearful of being punished? Have you discussed his progress in school with his teachers? If his schoolwork is below the level at which you and his teach-

ers feel he should perform, have you worked out with them (and him) specific means for improving his school performance? Have you asked them to mail the report cards rather than his carrying them home?

As parents we may wonder why children do something that they should know will be revealed in time to their parents. I guess that it might be because they just don't think ahead to that possibility. Tomorrow, and especially next week or next month, seem so far away when we're young.

Q. Because we have a visually impaired son (he's now in high school), we always try to find enrichment outlets for him that could add to his learning and enjoyment. His teachers have been very helpful to us and to him.

Are there any recent sources that you think may be useful to us?

A. Here is a new one that may not have reached you yet.

The Corporation for Public Broadcasting has funded a project through a television station (WGBH in Boston) that you and his teachers may find quite valuable.

The programs they have developed include narrated explanations of key visual elements — like character movements, body language, settings and scene changes — when there is a pause in the dialogue.

If you want more details, they can be obtained from WGBH Press Relations (Jeanne Hopkins) at (617) 492-2777, extension 4363.

KITCHEN HINTS

Canned tomatoes have consistent flavor

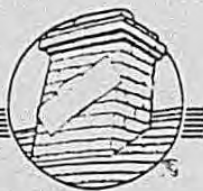
Use them in soups and stews.

Here's how to add them without mess:

1. Whole canned tomatoes can squirt when pressed with the stirring spoon.
2. Add tomatoes one at a time. Slowly poke your thumb into the tomato to make a hole.
3. Pull the tomato apart as you add it; tomato will disintegrate more easily into the stew.



Here's How



By Gene Gary

Don't let all the roof choices shake you up

Q. We are remodeling an older home and have been advised that a new roof is in order rather than continual patching and repair of the old roof. We are uncertain about the type of roofing materials that would be best in our situation.

We like the look of cedar shingles. However, we have heard that cedar shingles are not recommended these days due to the fire hazard.

We want a durable, fire resistant and attractive roofing material and would like your advice on what would be the best selection. The current roofing material is some type of asphalt shingle. — M.M.

A. There is a wide choice of roofing materials now available. Fire ratings vary depending on brands and materials used.

Roofs secure their fire ratings by being tested with gas flames. There is a wide range of ratings

because roof ratings are based in part on what's underneath the shingles. A Class A rating is best, with Class B and C acceptable in many locations. Cedar shingles have long been a popular roofing material.

Cedar shakes, which are rougher and heavier than the shingles, have a longer life span. However, some communities ban the use of wood roofs and others require that new roofs have a Class C or better rating. A number of cedar roofing products are now pressure-treated with wood preservatives and fire-resistant chemicals to improve longevity and assure safety.

The life cycle costs of the wood roofs can be higher than some other selections available. For instance, asphalt shingles are most popular because of their low cost and ease of installation. They last from 10 to 15 years depending on the grade of shingle and climatic conditions.

Fiberglass shingles are also very popular. The advantage over asphalt is that they are thicker and come in a variety of textured looks, some simulating wood products, which are attractive. They are somewhat more expensive and carry a warranty of 20 to 30 years depending on the grade. The fiberglass shingles will usually carry a Class A rating for fire resistance.

The best fire-resistant products would be the installation of a non-combustible roof such as tile, slate or one of the metal roofing materials.

However, there are a number of things to consider when selecting a new roofing material.

One is the life cycle of the roofing material. While one material will cost twice as much as another it can last four times as long.

Another major consideration is weight. Some structures are not made to bear the additional weight of slate or tile. One of the advantages of metal roofing — aluminum, copper or steel — is that it offers a very long life and is lightweight.

HEALTH WATCH

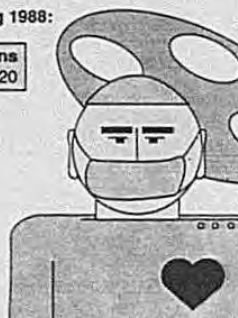
Heart surgeons are top-earning physicians

A recent survey revealed that cardiovascular surgeons averaged the highest earnings in the medical profession during 1988.

What a typical physician earned during 1988:

Cardiovascular surgeons	\$383,520
Neurosurgeons	\$326,000
Orthopedic surgeons	\$280,000
Obstetricians/gynecologists	\$189,000
Family practice and pediatricians	\$100,000

SOURCE: Cejka and Co., St. Louis



NEW AND PRE-OWNED CAR MART

KORT THE DISCOUNT KING

CAVALIER VL

2 Dr. Coupe, Auto. Trans., Air Cond., Body Side Molding, Rear Defogger and more.

MSRP \$9642 \$7868 * Includes all factory rebates

Lease \$162. per 48 mo.

KORT CHEVROLET

383 Jericho Tpke., Floral Park (516) 352-7200 (212) 343-2747

ON THE NASSAU QUEENS BORDER GENERAL MOTORS CORPORATION

Josef's Foreign Car Repair Inc.

Specializing in Volkswagen, Mercedes, and Other Foreign and Domestic Cars

STATE INSPECTION

516-931-7575 215 Robbins Lane Syosset, N.Y. 11791

The New and Pre-Owned Car Mart is published weekly as a guide to readers in finding sales and service for new or used automobiles, vans and trucks. In addition, people interested in short or long term leasing can locate rental information quickly and conveniently.

Advertisers not conforming to accepted business standards will be eliminated from this page.

If you are interested in advertising here call 931-0012 for further information and rates.

One ad appears in eight paid circulation newspapers at one low rate.

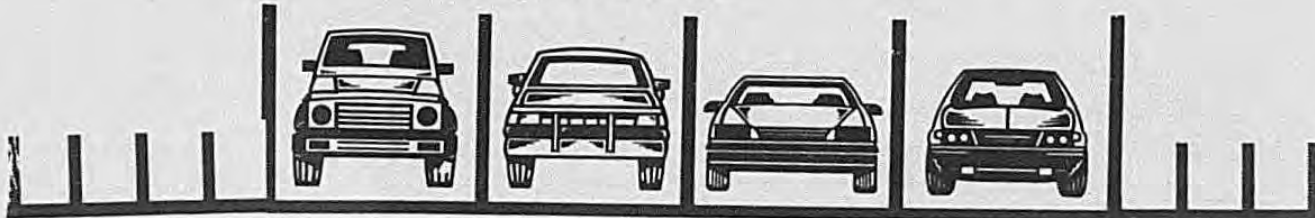
RENT-A-CAR

DAY WEEK MONTH

Most Major Credit Cards Accepted

SYOSSET FORD

496-9700 271 Jericho Tpke.





LOCAL READER

CLASSIFIED ADS sure to get results

There Is Nothing Else Like Local Classified Ads From Neighbor to Neighbor

DEADLINE
TUESDAY
12 NOON

PAGE 15A Friday, May 4, 1990

CLASSIFIED

ONE AD APPEARS IN 8 LOCAL NEWSPAPERS FOR ONLY \$10.75

Garden City News • Call 294-8900
Great Neck News
Mid Island Times • Bethpage Newsgram
Syosset Advance • Jericho News Journal
• Call 931-0012
Williston Times • Mineola Edition
New Hyde Park Herald Courier
• Call 746-0240

NOW after 2 p.m. phone in your ad 24 hours a day to our special after hours ad number. You can phone your ad 24 hours a day and it will appear in the next issue of the paper (up to the 12 noon deadline for week of publication). If you miss the hours of our regular ad takers at any of the above numbers call 746-0240 and give your ad 24 HOURS A DAY.

Help Wanted

SECRETARY (SALES)

The Stroh Brewery Company, a leading National Consumer Goods Company is currently seeking a qualified individual to work in one of our Division Sales offices located in Garden City. Candidate must have a minimum of 2 years experience, good typing skills, personal computer experience a plus. This busy office needs someone with good organizational skills and the ability to handle diversified duties, the ability to effectively communicate with the public is a key requisite for this position. We offer good starting salary and attractive fringe benefits. Please send complete resume to Stroh Brewery Company, 118-35 Queens Boulevard, Forest Hills, N.Y. 11375 - Att: Ronnie Krams. EOE-MFH 718-575-5960

MATURE, RELIABLE PERSON wanted to care for fourteen (14) month old in my Jamaica Estates home. Mon. & Thurs., 2 p.m. to 8 p.m. Non-smoker, English speaking, own transportation & references a must. 718-969-1276.wmy1

GREAT NECK OPPORTUNITY for person to learn advertising representation. 20 hrs. per week. Should be able to work on telephone after training. Good chance to learn and earn. Returnees, college students, others interested in good permanent position. Salary +. Call 931-0012 for interview if serious about employment. htfnm4

PROJECTIONISTS NEEDED in Great Neck Library for afternoon and evening film screenings. Knowledge of 16 mm projectors helpful, will train reliable individuals. Must be at least 16 years old for evening hours. \$4.25 per hour. For further information contact Marjorie Malcolm in the Programming Office at 466-8055, ext. 208. hm1

Help Wanted

SECURITY GUARDS, F/T OR P/T. Weekends, all shifts. Car and phone a must. Retirees welcome. Inside work. 579-8880. wMy1

TEACHERS WANTED: SAT Math, SAT Verbal, Earth Science, Physics. Also needed: Writers for Science Materials. Call 741-3550. wMy1

WANTED: LIC. REAL ESTATE Agents for rental apartments. Part time or full time positions. Flexible hours/excellent positions. Royal International Real Estate. Days, 742-3355. Eves./Weekends, 795-7707. wMy2

HOUSEKEEPER/BABYSITTER Garden City - woman with car wanted to care for 2 children Mon.-Fri. Non-smoking, recent references required. Call after 7:30 p.m. 747-7468. gcMy3

PT TELEPHONE-GARDEN CITY finance company seeking PT telephone work. Up to 25 hours per week. Flexible schedule. Telephone experience a plus. Call Pat Masone. 742-2300 gcMy2

CHILD CARE/HOUSEKEEPER Professional L.I. couple seeks mature, responsible person for 2 yr. old and newborn. Live-in, own room and bath. Will sponsor. Call (212) 546-7726. Leave message. gcmy3

ASSEMBLY WORK Attention: Excellent income from assembly work from floral arrangements to electronics. 504-646-1700 Dept. P3090. hm4

STYLIST, NAIL TECHNICIANS Positions available, stylist, nail technicians wanted, options available. 485-0205. hm1

WAITRESSES, FULL TIME OR part time, Manny's Coffee Shop/Restaurant. Hillside Ave., New Hyde Park 358-7686. wMy1

Help Wanted

RECEPTIONIST/CLERICAL Small but growing New Hyde Park sales firm seeks responsible individual for general office duties. Returnees welcome (no smokers preferred) 488-2622. gcMy2

LOVING & WARM WOMAN desired to care for two (2) children, ages 3 and 11, in my Williston Park home. Four days per week, 4 p.m. to 6 p.m. Call after 7, 747-5512. wMy2

HICKSVILLE PART TIME no experience necessary. Wednesday and Thursday evenings in newspaper mailing department. Contact Ed at 931-0012 htfm

REAL ESTATE SALES CAREER Come join us in the exciting world of Real Estate at Gaffney Realtors in Floral Park. 100% training and support. Full time or part time, flexible hours. Very active and congenial office. Hi \$ earnings potential. Mr. Young 437-4480. gcM1

FIELD SERVICE REP to run inspections. Pay based upon amount completed. Good transportation and Polaroid camera a must. 313-427-4520. gcMy1

STOCK & SALE, HARDWARE clerk, P/T. Will train retiree. Munder's Hardware, 316 Hillside Ave. 746-1075. wtfm

COLLEGE STUDENTS interested in working for the Garden City School District for the summer, please pick up an application at the administration building, 56 Cathedral Avenue, Garden City, Room 5. gcMy1

SEEKING ENERGETIC BABY-sitter P/T in Jericho, Tues., Wed., Fri., with some eves., including 2 Sat's per month for fun loving little girl almost 3. Must speak English well & have good references. Call 938-5620 leave message please. hm1

COLLECTOR P/T for the right person. Name your own price and hours. Flexible. 228-8275. gcMy1

PERSON NEEDED TO ASSIST editor with layout of pages, general work on newspaper. Must be able to work evenings from five to nine or ten on Tuesdays, Wednesdays or similar hours. Steady work. Good chance to learn publication work. Experience not needed but a desire to learn and to be helpful needed. Call Mr. Morgan, 931-0012.

Help Wanted

TELEPHONE SOLICITOR to work at home. Leads furnished, good compensation, permanent immediate opening. Mr. Morgan 931-0012.

REAL ESTATE SALES AGENT Full time or part time, serving this area for 75 years. Call Mr. Valentine for details and confidential interview. The Valentine Agency. 746-7200. wJy2

SALES AGENT/MOLLOY Realty - position available. Congenial office. Call Bernice Rossi 747-2010. gcMy2

LIFEGUARDS LIFEGUARDS Spend the summer of 1990 working in a pleasant environment among friendly people. Village of Kensington needs lifeguards Nassau County certified, CPR. Call (516) 482-4409 days, and (718) 428-1907 evenings. hm1

CLERICAL/GREAT NECK Library. Public Relations Office/Audiovisual Room. Challenging clerical position that will entail a variety of tasks in the Public Relations Office and the Audiovisual Room. Good communication and keyboarding skills desirable. Regular schedule will be two days (fourteen hours/week) plus additional hours as needed and will include some evening and weekend hours. For further information, contact Muriel Turk in the Programming Office at 466-8055, ext. 208. hm1

BABYSITTER WANTED IN MY home English speaking, mature, responsible with references. PT 2-3 days a week. Also 5-6 hours for Sat. late afternoon. 742-8791. gcM2

REAL ESTATE SALES PERSON Put yourself in our place. A career in Prudential Real Estate affiliates office has a lot to offer, like unsurpassed training program, a unique computerized sales support system, plus the prestige of being part of The Rock. So call us today and ask for Alex or Farzad. The Prudential-Galeria, R.E. 516-746-0440. wMy3

HOUSEKEEPER, LIVE IN Woodbury area, 44 hours weekly, \$5.47 per hour. Laundry, housekeeping, prepare Kosher foods, care for three children. 364-3091. hm4

RECEPTIONIST/TELEPHONE operator for Friday evenings 5 to 9 p.m., Sunday evenings 4 to 8 p.m. Please call 747-8822 - Wheatley Hills Golf Club. wmy1

Situations Wanted

NURSE'S AIDE LOOKING FOR position to care for sick. Also will do light housekeeping & cooking. Daytime hours or live in. Hospital experience & references. Call 292-2426, 565-1817 anytime. gcml

CERTIFIED NURSE'S AIDE with very good references wishes hourly or live-in position. (718) 454-5282. Call anytime or leave message. gcMy4

COMPANION/AIDE FOR THE elderly. Specializing in all phases of your everyday needs. Top notch G.C. references. Flexible with car. Emergency overnight stays. Call or leave message 489-5941. gcM2

IRISH GIRL AVAILABLE FOR child care Mon.-Fri. References available. Call Liz 437-4308. gcmy4

ATTENTION VACATIONERS would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113 gcjn5

HOUSECLEANER Cleaning lady looking to clean houses in Williston park and western part of East Williston in the morning. Honest with experience. Call after 6 p.m. 746-3967. hm3

HOUSECLEANER AVAILABLE Nice young lady available for housecleaning. Own transportation, experience. Call 292-6029, ask for Elizabeth. gcMy3

HOUSECLEANER EXP'D Cleaning lady looking to clean houses in Williston Park and western part of East Williston in the morning. Honest with experience. Call after 6 p.m. 746-3967. hm2

CLEANING LADY LOOKING to clean houses in Williston Park and western part of East Williston in the morning. Honest with experience. Call after 6 p.m. 746-3967. hm4

HOUSEKEEPER AVAILABLE Wednesdays. Own transportation. Speak English. Have experience. 538-4578 gcM2

HOUSECLEANER AVAILABLE Honest, reliable, experienced. Former school teacher. Excellent references, flexible hours, own transportation. Call evenings 334-2336. gcM2

NURSES AIDE EXPERIENCED seeks position, has references. Will sleep in. Call Naida 718-493-6244. hm4

Situations Wanted

TILE SETTER/HARDWORKING
West Indian seeks job as tile setter. References can be added. Call (718) 523-9039 any time. gcm2

RELIABLE CLEANING LADY
Experienced, excellent references. Own transportation. Call me after 7 p.m. or leave a message. 735-2432. gcm1

RELIABLE NURSE'S AIDE
seeking position to take care of elderly people. References. Available weekends only, day or night. Call any day between 8 p.m. and 11 p.m., 718-479-1281. gcm1

SUMMER MOTHERS HELPERS
Live-in Europeans, ages 18-25, available to help care for your children. Carefully screened. Fees average \$120 per week including visa, air fare, insurance, pocket money. Call Sue Gibson at 1-800-727-2437 ext. 6124 or write: AIFS, IFC Program, 102 Greenwich Ave., Greenwich, CT 06830. hm4

WEEKEND COMPANION
available. Live in or out. Experience & references. 718-469-8773. gcm1

HOUSEKEEPER/BABYSITTER
available. Experience, own transportation, references. \$9/hour. Call Maria Lucia, 248-1638. gcMy3

HOUSECLEANING/5 DAYS A
week with experience, own transportation. Available mornings and afternoons. Call Christine 795-3836. gcMy3

PEDIATRIC NURSE/LOVING
mother with 2 1/2 year old boy would love to watch your children full time or part time. Non-smoker, references available. Please call 489-1621. gcMy3

HOUSECLEANING AVAILABLE
Swiss lady, mature, available every second Monday for cleaning house/apartment, laundry, shopping, errands, driving, etc., long years of first class references. \$100 per day. (212) 772-3552 - evenings. gcm1

HOUSECLEANING
Good experience, excellent references, own transportation. Call any time or leave message. 671-7481. gcM2

HOME HEALTH CARE
I am reliable, experienced (12 yrs.), kind & caring. Hospital experienced. Excellent references available. Area: North Shore to South Shore. Call 681-2283. hm4

LOVING MOM TO CARE FOR
your child in my home. Excellent references. 775-1714. wMy1

BABYSITTING AVAILABLE
in my home. F/T - P/T. References available. 742-9162. wMy4

NURSE'S AIDE - AVAILABLE
days or nights. Experienced with references 481-6366. Please call after 6 p.m. gcMy4

RESPONSIBLE GARDEN CITY
high school student would like babysitting position. Call Elizabeth 746-5449. gcMy4

Situations Wanted

STUDENT NURSE WITH
references, wishes night & weekend work with sick or elderly. Have car. 718-528-7879. wmy3

HOUSEKEEPER OR NURSE'S
Aide. Monday - Saturday. Own transportation. Experience, references. Call 294-4366 after 3 p.m. gcM1

PORTUGUESE HOUSEKEEPER
available. Honest & reliable person. Experience & good references. Call after 5 p.m. 294-8062. gcm1

HOUSE CLEANER AVAILABLE
Mon to Fri. Excellent references, own transportation. Call in afternoon 481-4896. gcm1

EXPERIENCED LADY SEEKS
job as housekeeper/companion. Live in. Have reference. 212-904-9655. gcm1

COMPANION AVAILABLE
Also light nursing at \$10 an hour. 627-2603. gcMy3

HOUSEKEEPER AVAILABLE
Mon-Fri. Experienced 292-6928. gcMy4

HOUSECLEANER - MORNING
or afternoon, experienced, references, English speaking, honest. Call 747-8523. gcMy4

HOUSEKEEPER/COMPANION
Aide - Energetic, live in, mature, experienced lady. English speaking, non-smoker, green card, pleasant and caring, excellent references. Call after 6 p.m. (718) 458-1501. gcMy3

HOUSECLEANER W/TRANSPORTATION
references. I clean your house very well. 565-9869. gcMy3

CLEANING LADY LOOKING
to clean house in the morning and in the afternoon every day. Honest, experienced, have references. Please call 485-9530 anytime. gcMy4

MAID TO ORDER-PLUS
Complete maid service: Offices-banks-schools-stores-factories-restaurants, plus special projects, window and carpet cleaning. Residential and commercial. For free estimate call 718-843-6331. gcMy2

HOUSECLEANING AVAILABLE
at reasonable rates. Call (516)358-9212. gcMy4

HOUSECLEANING - GOOD
references with own transportation. Call 489-6223. gcMy4

IRISH NURSE'S AIDE
available for care of sick and elderly. Weekdays or nights and weekends. (718) 357-3963. gcM2

RELIABLE MOTHER WILL
watch your child in my home. Full time/ part time \$5 per hour. Near Covert Avenue. 775-7440. gcM2

HOUSECLEANING POSITION
Polish Experienced Woman. Every day of the week. 564-9148 after 6 p.m. gcM2

CERTIFIED MALE ORDERLY
nurse's aide seeks job to work 8-12 hours a day. References available. Own car. 379-6707. gcMy2

Situation Wanted

NURSE'S AIDE OR COMPANION
seeks to work 8-12 hours a day or live in. References & experience. 718-949-0214. gcm1

LOVING MOTHER/PEDIATRIC
Nurse with 2 1/2 year old boy would love to watch your children FT or PT. Non-smoker, references available. Please call 483-4997. gcm1

SEEKING POSITION AS
Nurse's Aide preferably nights. I have 16 yrs. experience, recent references. 483-3289. Call any time please. gcm1

HOUSE CLEANING AVAILABLE
5/6 days a week. Very good references. Call after 6 p.m. 292-3074. wmy1

LOVING MOTHER WILL CARE
for your child (3+) in your home. Monday-Friday. References. Call 747-0831. gcMy2

IRISH GIRL SEEKING AU PAIR
live-in position. Garden City area preferred. References available. Call Debbie 437-4308. gcM2

HOUSECLEANER AVAILABLE
Experience, own transportation, good references. 333-6291. gcMy3

POLISH LADY LOOKING FOR
housecleaning position. (718) 383-0351 days (516)326-0840 eves. gcMy4

MATURE PERSON SEEKS
position as companion, home health aide or housekeeper. Live in or out. 223-0924. gcMy4

HOUSECLEANER: EXPERIENCE
references and own transportation. Call weekdays only, 579-2369. gcMy4

Real Estate For Sale

GARDEN CITY: MINT BRICK
5 BR Cape. 2 baths, finished bsmt, garage. \$229,990. Mint 5 BR Ranch, 3 baths, Euro-kitchen, central a/c, den, 3 car, on one acre. \$575,000. Rosemary Terry 483-0061. gcMy1

EAST WILLISTON - SECLUDED
attractive four bedroom, 2 1/2 bath, den & library. Wheatley schools. Walk to RR & shopping. Reduced to \$360,000. Private. 248-2685. wmy2

SAG HARBOR (NOYAC)
Waterfront 1/2 acre exciting view LR, FDR, EIK, den/Fpl, 2 BRs, 1 bath, attached, oversized garage, deck. Immaculate. All year home. Principals only. \$450,000. 354-7025. gcm2

CUTCHOGUE BEACH FRONT
Nassau Point vicinity. Custom built Ranch on 75 x 190. 2 BRs, large LR, garage. \$295,000. Mattituck - 2 lovely wooded acres minutes to beach, \$129,000. Principals only. 584-6318. gcm2

SOUTHOLD MINT CONDITION
4/5 BRs, 2 baths expanded Ranch on private road on wooded property in exclusive McCabe's Beach area. Fin. heated basement, new appliances, roof, skylights, fans, many extras. Moving & ready to sell. Must see. Asking \$262,500. Owner, 765-9279. gcmy3

Real Estate For Sale

GARDEN CITY 4 MORE EXCLUSIVES
Spectacular Ranch - 3BRs, 2 Bths, 2 unfinished BRs on 2nd. Gas heat, CAC, 2 car garage. A rare find. \$595,000. Magnificent English Tudor Stone & stucco. One of Garden City's most prestigious addresses. 4BRs, 2 1/2 Bths, CAC, all amenities. \$925,000. Gracious Estates - True Dutch Col. LR w/fpl, huge Formal DR, state of the art ultra mod EIK, 4BRs & 3 full Bths on 2nd. \$657,000. Dramatic Contemp. - 5BRs, 3 1/2 Bths on 1/2 acre +. Glass walled LR & DR, many extras incl. CAC, burglar alarm, sprinklers. \$799,000.

Taylor-Warner
101 7th St Est. 1919 516-741-4422 hm1

GARDEN CITY ESTATES
Full expansion Ranch, 4 BRs, 2 baths, den, LR/fpl, oil heat, attached garage. 5 minutes to RR. Large plot, \$495,000. Call after 11 a.m. Owner broker 746-5445. gcMy3

ORIENT BAY FRONT
Lovingly renovated shingle style 1930's home. Large LR with picture windows opening to wonderful front porch overlooking bay, harbor & Shelter Island. New kit., 3 BRs, 2 baths in main house. Guest house with LR/DR, kit, 2 BRs, 1 1/2 baths & terrace with wonderful water views. Detached garage. \$495,000. Hahn Realty 477-0551. gcmy1

GARDEN CITY ESTATES
Stately brick Colonial. 3 large BRs, 2 1/2 baths, LR, FDR, large eat-in, oak kitchen, 20 x 20 den, 2 fpls., 2 car garage on 1/2 acre. Mint condition. Principals only 742-4396. gcmy4

NEED MORE HOUSE?
Why not trade up. Our 5 BR, 3 bath house has many conveniences. Unusually large corner lot. No exterior maintenance. Delightful 8 minute walk to LIRR. Very private. Lots of extras. We will swap for smaller home. Just hang up your clothes. Let's talk. 741-8838. gcmy3

GARDEN CITY: LARGE
English Cottage. Prime Estates location. LR, fpl, FDR, large EIK, den, screened patio, 4 BR, 2 1/2 baths, garage. Low taxes. \$445,000. Principals, 742-2804. gcmy2

GARDEN CITY WESTERN SECTION:
Corner split, 3 BR, 1 1/2 baths, LR/fpl, DR, kitchen, den, bsmt, patio with awning, one car garage, 2 zone oil heat, central a/c. Owner, \$375,000. 488-4796. gcMy4

CUTCHOGUE FARM HOUSE
3 BRs, LR, Country Kit., greenhouse, 4 car garage, \$155,000. Cutchogue - 3 BR Ranch, LR, DR, EIK, deeded water rights, \$175,000. Orient - Wonderful Contemporary - Spectacular views from every room. LR/fpl, DR, designer kitchen, 4 BRs, 3 baths \$715,000. Marilyn Lang Realty - 734-6690, 734-6472. gcmy1

FLEETS NECK/CUTCHOGUE
3BR, 1 bath waterfront, private beach \$210,000. 734-5958; 248-3770; 747-5228. gcm1

Real Estate For Sale

GARDEN CITY ESTATES
Updated gracious Colonial in top location. 4 BR, 3 baths, LR/fpl., FDR, den, gourmet kit., & breakfast area. C/A/C, alarms, sprinklers. Large property. Relocating owners want offer. Substantially reduced to low \$700's. Principals only. Eves & weekends, 746-2678. gcm1

FLORAL PARK VILLAGE
Separate entrance, 2nd floor, legal 2 family, 2 BRs, EIK, DR, LR, full bath, balcony & garage. Walk to RR & stores. Available June 1 \$900. Call eves. 354-5039. gcmy4

GARDEN CITY TUDOR
4 BR, 2 baths, den, deck, large rooms, anxious. \$300's. Principals only. 742-2582. hm2

GARDEN CITY ESTATE TUDOR
LR/Fpl, DR, library, EIK, 4 BRs, 3 1/2 baths, finished basement, 2 car garage. Principals only. \$489,000. 294-2641. gcm2

EAST WILLISTON/CONDO FOR
sale. Travel a lot? House too big? Children all gone? 2200 sq. ft. condo may be perfect for you. One king bedroom, living room/formal dining room, EIK. Washer/dryer. End unit with three exposures. Unbelievable price of \$180,000. Call 248-1468 - Homes America/Smith & De Groat. wmy1

GARDEN CITY - LOVELY,
quiet, furnished room. Private entrance, bath. Mature non-smoker preferred. References. 746-0018. gcmy4

GARDEN CITY: LARGE
English cottage. Prime Estates location. LR, fpl, FDR, large EIK, den, screened patio, 4 BR, 2 1/2 baths, garage. Low taxes. \$445,000. Principals, 742-2804. gcmy2

GC. IN HEART OF ESTATES
Mint Centre Hall Colonial. 5 oversized BRs, LR/fpl, DR, 3 1/2 baths, back staircase, den, alarm, sprinkler, brick patio, fin. basement. Asking \$675,000. Principals only. 294-5868 days, 248-7662 evenings. gcmy3

SOUTHOLD ON BLUFF
overlooking L.I. Sound. Paradise view 100 x 240 cottage, 2 BR loft fpl, dishwasher/compact, gas stove, refrigerator, washer/dryer. Do your own lobstering. \$320,000. Call 765-2421 or 323-2761. gcm2

IF YOU WANT AN ALTERNATIVE
to a Co-op or Condo, try semi detached Colonial. LR, FDR, EIK with new appliances, 3 BRs, 1 1/2 baths, basement, attic, fenced in yard. Walk to RR & churches. Principals. \$218,000. 741-2780. gcm2

MATTITUCK - GREAT FOR
retirement or investment. Charming 2 BR furnished, winterized house. 600 feet to private Peconic Bay beach and park. Great area, ready to move in. Just bring yourself. 722-4901. gcM2

MUST SELL BELOW COST
Gurney's Inn time sharing. Two room suite, ocean view. First week in June. 742-4158. gcmy4

Real Estate For Sale

222 SEVENTH STREET
Completely renovated 2 BR first floor, new kitchen, bath, carpeting, etc. \$219,000. Principals only. 747-6688 days, 742-8337 eves. gcm1

GARDEN CITY 3 BRs, 3
baths Ranch. Prime location 80 x 125. True Williamsburg decor. Must be seen. \$535,000. 747-6688 days 742-8337 eves. gcm1

GARDEN CITY UNIQUE
Historic English Townhouse in landmark neighborhood. LR, marble fireplace, French doors, DR, 3 BRs, 2 1/2 new baths, top of the line mod. kit., central AC, gas hot water heat, garden, garage. Walk to RR, low taxes plus much more. \$395,000. Owner, 747-6405. gcm4

SEAFORD - WATERFRONT
New Englander, tranquility, calm, excellent bulkhead. Low taxes. Great starter/retirement. High \$100's. Call Grasso 775-6035. gcm2

GARDEN CITY WESTERN
Dutch Colonial - LR/FPL, DR, new EIK, 3 BRs, 1 1/2 baths, low taxes. Large property, walk to all. \$299,000. 742-7210. gcm2

GARDEN CITY ESTATES:
Full Ranch on exclusive Whitehall Blvd. 3 BR, 2 baths, den, gas hot water heat, 5 min. walk RR, large plot. 746-1121. \$425,000. gcm2

CONDO - QUAIL RIDGE/
Boynton Beach, Fla. Long time Garden City resident relocating near family. 2 BR, 2 bath, stunning view of lagoon & eighth hole of south course. Quality golf. Quality residence. 741-2832. gc1

STEWART MANOR - MINT 3
BR Colonial semi attached. LR/fpl., FDR, 1 1/2 baths, den, low taxes. Walk to all. Principals only. Mid \$200's. Owner. 326-7847. gcm1

GARDEN CITY COZY CAPE
Oversized 125 foot lot. 4 BRs, 2 baths, separate DR, lg. EIK, fin. rec room, new siding & windows. Principals only. \$315,000. 747-6688 days, 742-8337 eves. gcm1

GARDEN CITY MINT DUTCH
Colonial. Estates Section. 4 BR, 3 baths, LR, DR, den, EIK, sun room, finished basement, landscaped, large property. \$500's. Owner, 248-5462. gcm2

GARDEN CITY VICINITY
1 BR Garden Condo. Large triplex, sunken LR, FDR, CAC, washer/dryer, dishwasher, free indoor parking. Maintenance \$110. Walk to all \$118,000. 538-8380. gcm3

BERKSHIRES - ROUTE 82,
Gallatin, NY near Taconic State Park & Parkway. New England ranch on hilltop. Beautiful view, 3 BRs, kit w/ceramic floors. LR w/stone fireplace, both rooms paneled & beamed ceilings. 5 appliances. Great well with ample water. Full basement. Oil heat. 2 car insulated garage. Screened breezeway. Fully furnished on 4 acres with 5 horse barn. \$165,000. \$4 acres surrounding house with pond available. Great deer & turkey hunting. \$200,000. Call collect 407-498-3462, 516-938-0211 or 718-539-0173. hm4

Real Estate For Sale

G.C./3 BR CO-OP ON SEVENTH
St. - Oversized LR & DR, fpl, country EIK, 2 full baths, foyer, washer/dryer, a/c, new windows, walk to RR, shops, schools, mint condition. \$269,000. Call 742-1268 or 201-449-3048. gcm4

STEWART MANOR NORTH
Commuter's Delight - Sprawling Ranch, lg. landscaped plot, attached garage, 3 BRs (King Master), 2 baths, spacious LR/fpl, FDR, EIK, sprinklers. \$325,000. Exclusive broker 775-2327. gcm1

EAST MARION - PRIVATE
community, private beach, tennis courts, next to golf course, 4 BRs, 2 1/2 baths, 3 decks, 20 x 40 in-ground pool on 1/2 acres plus. Reduced \$30,000 to \$329,000. 477-0928. gcm4

GARDEN CITY ESTATES
Classic Tudor, 6 BRs, 4 1/2 baths, fin. basement, fireplace, EIK, corner plot. Amenities. Asking \$645,000. Principals only 746-4088. gcj2

GARDEN CITY ESTATES
Tudor CH Colonial - 4 BRs, 3 1/2 baths, EIK, FDR, LR/fpl, din, fin. bsmt., screened porch, 2 car. Walk RR, schools, Adelpi. Call 742-8447 or leave message. \$505,000. gcm4

PRIME REYDON COURT CUL
de sac Southold, NY. 2 one acre lots in prestigious area, deeded & association approved private beach & boat slips, right in beautiful community marina. Road & power completed, all approvals, ready to build \$145,000 & \$150,000. Call 437-8520. gcm1

NASSAU POINT WATERFRONT
Fabulous 2,600 sq. feet all year round home on 1.3 acres. Reduced \$130,000 to \$695,000. Owner. 629-4404 days, 298-5660 weekends. gcm3

CUTCHOGUE/BROADWATERS
Cove/Association docking rights. 2 plus BRs, 1 1/2 baths, LR/FPL, den, DR, EIK. Good condition. Low taxes. \$165,000. 765-1914 gcm2

POINT LOOKOUT - 4 BR CAPE
2 baths on 2 lots. Excellent condition. 1 1/2 blocks to beach. Principals only. \$310,000. 667-2911 or 889-5324. gcm1

WEST HEMPSTEAD - 3 ROOM
apartment, furnished. Skylights, Dec., wall-to-wall. 1 BR, LR, Kitchen for quiet business couple. Includes utilities & cable. No children; no pets. Prime President's area. \$895. 292-0582. gcm1

GARDEN CITY NEW APT.
1 BR basement apartment. Must be seen. Bright & airy, full wall to wall carpeting. All new EIK, washer/dryer, full bath, large closets, additional storage space, private entrance. Steps to LIRR, close to all, ample parking. Ideal 1 person. \$600 plus utilities. 775-4256. gcm2

GARDEN CITY: 3 BR ALL
brick Split. 3 baths, formal DR, LR, fam. rm., EIK, 2 car garage. Ideal for professional. By owner. 292-9272. \$325,000. gcm1

Real Estate For Sale

GARDEN CITY ESTATES
Elegant, beautifully decorated and renovated Dutch Colonial. Center hall, 5 bedrooms, 3 1/2 baths, living room with fireplace with authentic Dutch tiles, formal dining room, sun room, finished basement. Brass light fixtures, Laura Ashley curtains and wallpaper throughout. Hardwood floors, new eat-in-kitchen with cherrywood cabinets and top of the line appliances, two car garage. New furnace and water heater. House surrounded by dozens of azaleas. Excellent location, within half mile from Mineola and Hempstead train lines, Tullamore Park, Homestead and Stratford Schools just around the corner. By owner, \$515,000 742-4271 gcm3

BERKSHIRES Contemporary
all year vacation home in move in condition with 4 BRs, sauna, 2 1/2 baths, screened porch, all appliances and many built in features. Located on a forested acre in a beautiful community with swimming, boating, tennis and other amenities. Close to Tanglewood and ski resorts. 2 1/2 hours from New York. \$250,000. 352-1928 gcm3

GARDEN CITY LINE
Gracious expanded Ranch. 4 BRs, den, EIK, LR/fpl, CAC, 2 car garage. Excellent condition. Only \$275,000.

Edwin M. Kenney
747-1300

gcm4

CATSKILLS, DELAWARE CNTY
5.1 Wooded open acres. Private road, electric, spring/stream, views, deeded pond and park rights, hunting, skiing. 5 min. to Stamford pool, hospital, tennis, golf, shopping. Owner 9-5 212-385-4028. After 7 p.m. 516-775-2087. Some weekends 607-652-2693. Asking \$19,900. gcm1

SOUTHOLD CONTEMPORARY
New on secluded wooded acre 1/4 mile to beach. 4 BRs, 2 1/2 baths, large deck, 2 car garage, fpl., formal DR, A/C, jacuzzi, full basement, landscaped, sprinkler system. First class all the way. Possible owner financing. Principals only. Let's make a deal! Sacrifice \$299,000. 765-1165. gcj1

OCEAN RIDGE, FLA
Just north of Boca Raton. Say good morning to the pelicans. Surf cast off your own private beach. You will fall in love with this charming 3 BR, 2 bath seaside home with ocean views. Completely renovated! By owner \$325,000. 407-732-7578. gcm1

MATTITUCK COUNTRY LIVING
with easy access to Sound beaches. Well kept, 3 BR, 2 Bath Ranch awaits a new family. Den w/cathedral ceiling, family room, skylights, decks. \$225,000. Cutchogue deeded row to water and great location are just two of the assets of this well-built and maintained 3 BR, 2 Bath Ranch. Solar hot water heater, new appliances and family/party room complete this home. Come and see it. \$170,000. Cutchogue move right in. This charming cedar ranch features 4 BR, 2 Baths, large deck, pool and more. Near town and beach. \$189,000. Jim Gray Realty. 765-5333. hm1

Real Estate For Sale

SOUTHOLD WATERFRONT
property, 24 acres. Zoned farm/residential, beautiful property. Sell entire property or 1/4 interest. One partner retiring. Days 294-0727, evenings 747-0962. wmy3

GARDEN CITY BRICK ENGLISH
Tudor with slate roof. 4 1/2 BRs, circular staircase, 3 1/2 new baths, new gas & water heater, new A/C, alarm, sprinkler system, formal LR/Fpl, large DR, library, new gourmet kitchen & breakfast area, sunporch. 2 oversized garages, basement, rec. rm. with bar, pool room, large laundry room & storage. Whole house completely renovated. \$750,000. Principals only. 248-3775. gcm3

MANHATTAN 75th STREET E.
and York. Large L-shaped Studio Condo, walk in closet, newly renovated kitchen and bath. Maintenance \$157/mo. \$119,000 by owner. Jim work (212)418-3380 home (212) 861-3927 gcm2

GARDEN CITY NE SPLIT:
Buy direct from relocating owner. Maintenance free, low taxes, up to date Split level home. Aluminum sided, c/a/c, 3 BR, 2 baths, large yard, 125 ft. deep. Convenient to all. No Brokers. Principals only. \$315,000. 746-7281. gcm1

SUMMIT, NY 14 MILES TO
Deer Run ski area. Unique converted school house offers LR/fpl, 2 BRs, full loft, bath, kitchen, aluminum siding, 1 car garage, in-ground pool. Close to state land for hunting & snowmobiling. Asking \$85,000. Owner financing. 742-1738. gcm4

GARDEN CITY WESTERN
Section. Fenimore Avenue 3 BR Colonial. LR/fpl, FDR, semi fin. basement, new heating system. Oversized plot 80x100. Assumable \$150,000 mortgage, taxes \$3600. Walk to all \$269,000. Owner. 742-4262. gcm1

MIDDLE ISLAND CONDO
15 mins. to Ronkonkoma RR. Two year old, two BR, 1 1/2 baths. Five appliances, central air. Deck with lake view. Pool, tennis clubhouse. Monthly maintenance only \$115. Move in June 1. Rent while purchasing. Only \$98,000. 924-2866. wmy3

SOUTH JAMESPORT RANCH
Private beach, 3 BRs, LR, large EIK, fam. rm., 20 x 40 in-ground pool, CAC, Central vac, burglar & fire alarm, 3 zone heat, sprinkler system. 2 car garage. Maintenance free. Many more amenities. Just reduced. Must see. Call Mon-Fri., 741-5079, Sat. & Sun. 722-4287. gcm3

WILLISTON PARK - PRINCIPALS
only. 3 BR Colonial, mint. Formal DR, new EIK, all appliances, 2 baths, new windows, new doors, den/fpl., full basement, detached garage. Walk to RR, pool & shopping. (Must sell). 741-5691. wmy3

MINEOLA PARK SECTION
Legal two family house for sale. Four over five. Walk to RR, hospital. Detached garage, fin. basement. Principals. \$279,990, 746-3141 wMy3

Real Estate For Sale

JAMESPORT - 3 BR SPLIT,
attached garage. In ground sprinkler system, hooked to Riverhead water. LR, newly decorated EIK, fam. rm., two full baths, all appliances. Beautifully landscaped 1 1/3 acre. Deeded sandy beach on Peconic Bay, \$199,900. Principals. Call after 6. 741-3676. wmy1

HOUSE + OFFICE SUITE
Albertson Herricks SD, lg. professional office, sep. private entrance, or lg. fam. room + immaculate 3 BR Split, lg. Florida room, mod. EIK, FDR, fireplace, walk to schools, stores, transportation. Owner asking \$260's. 248-7956. hm4

WILLISTON PARK - HERRICKS
showplace. 3/4 BRs, 2 new baths, mint, Colonial. True FDR, new extended EIK, fantastic fin. bsmt w/bath, detached garage. All appliances. Walk to RR. Must see. Rummel exclusive. \$237,000. Rummel R.E. 746-5320. wmy1

JERICHO - THE HAMLET:
Adventura model, mint condition 3 BR, 2 1/2 baths, perfect location, beautiful decor, deck, marble fpl., backing woods. Seller will pay closing costs. Ask \$300's, will hear all offers. 935-6543. gcm3

GARDEN CITY: COMMANDER
Ave. Cape. Excellent condition. 5 BRs, 2 1/2 baths, fin. basement. Near tennis, Hofstra, RR. Rental possible. \$269,000. 747-6392. gcm3

ORIENT NEW VICTORIAN
w/unique woodwork & elegant detail in pastoral setting. 3 BRs, 2 1/2 baths, LR, FDR, EIK w/wainscoted cabinets. Wrap around porch & attached garage. You'll love it. \$365,000. Waterfront - "You will have plenty of room for the whole family" with this beautiful 4 BR, 3 bath cape with all amenities. Situated on high ground with fantastic views of Peconic Bay & Shelter Island. Grounds are well landscaped with sprinkler system & there is 137' of bulk heading. Priced to sell \$595,000. Mattituck - Enjoy country living in this newly renovated farmhouse. 3 BRs, 1 1/2 baths, large DR, LR, kitchen wrap around porch. In private area. Within walking distance to town. \$195,000. Jim Grey Realty 765-5333. hm1

CUTCHOGUE - PICTURE
perfect 3 BR, 2 1/2 bath Ranch with all oversized rooms, features Country kit., FDR, covered rear deck with private yard, full basement, OHW heat & 2 car garage. Good value at \$189,000. Nassau Point - Exquisite home in exclusive area 2 1/2 BRs, 2 bath Cape, ready for expansion on wooded shy acre, Great room, LR/fpl, deck & 2 car garage. Move right in \$295,000. Mattituck Lake Front - Vintage country home, recently restored & updated 2 1/2 BRs, 2 1/2 baths plus room for expansion. Situated on 1 1/2 landscaped acre. Convenient location. A must see! Asking \$249,900. Laurel Bay Front buy 3 BR Ranch plus detached studio in private neighborhood, white, sandy beach. Anxious to sell \$435,000. Marlon King Realty - 734-5657. gcm1

Real Estate For Sale

GARDEN CITY ESTATES: Excellent area. Was the builder's personal, custom built, brick/slate beauty with detached, matching, oversized, 2 car garage, 10 rooms including 4/5 BR, new, very large kitchen & new large DR, plus 2 1/2 baths. Almost 6000 sq. ft. living area. Price reduced by 24% to \$759,000. Owner, days: 228-3828; evenings & weekends: 747-8265. gcm2

OXFORD BLVD. - FIRST SHOW: ing. Spacious Dutch Colonial, 5 BR, 4 1/2 baths, entrance foyer, LR/fpl., fam. rm., office/nursery, FDR, huge mod. EIK, full bsmt., attached 2 car garage, large brick patio and more. Beautifully landscaped 1/3 acre in Garden City's prime location. Walk to both RR lines & all schools. \$985,000. By appointment only. Owner/broker 248-2450. gcm2

MANHATTAN: 34th & PARK Rent/Sale, furnished, newly renovated studio, a/c, safe building, w/d in building. \$1100/month or \$119,500. 609-751-5343; 516-747-7948. gcm4

GARDEN CITY SPACIOUS Brick Colonial just reduced to \$549,000. Elegant foyer, LR/fpl., large DR, library, screened porch. 5 BRs, 3 1/2 baths, large property (75x150). Newly landscaped. New gas heat. **Garden City Homes Exchange** 746-1350 & 248-0079. gcm2

FLORAL PARK VILLAGE Separate entrance, first floor, legal 2 family, 2 BRs, EIK, DR, LR/P fpl., full bath, Florida room, yard & garage. Walk to RR & stores. Available immediately \$1,000. Call eves. 354-5039. gcm4

NORTHFORK, BOATMAN'S haven. Rustic oversized 6 rm. Ranch home. Just steps from beach/boating with beautiful bay view. All appliances, beamed ceiling LR/fpl., enclosed porch, double garage. \$175,000. **Book-miller Real Estate**, 722-4423. gcm1

GARDEN CITY CONDO TUDOR Gardens - 1 BR, mod. EIK & bath. Walk to RR, low maintenance with heat \$155. By owner \$180's. 742-8342 evenings. gcm3

GARDEN CITY YOUNG Colonial Mint, Prestigious Central Section, numbered st., 4 BD, 2 1/2 baths, mod. EIK, fam. rm w/fpl, laundry on first, walk to all. Serious buyers only. Priced for quick sale. Principals \$519,000. 248-2761. hm4



OPEN HOUSE-MINEOLA CO-OP for sale. Six Birchwood Court, Madison II, 1 Bedroom, Euro Kitchen, mint. Open house, May 6, 1 to 3 p.m. Unit 5F, \$120,000. Walk all. Call Anne Hartigan, H.A. Smith & DeGroat. 248-1468. wMy1

Real Estate For Sale

GARDEN CITY CO-OP 2 BR - washer/dryer, mod. kit., blinds, carpeting. Park like setting. Walk to LIRR, convenient to everything. Must sell. No brokers. 741-4088. gcm2

MINEOLA, HORTON HOUSE, large 2 BR Co-Op. One bath, corner apartment on residential street. Walk-in closets, oak floors. Walk RR & all. Anxious owner. \$135,000. 294-5964. wtfm

GARDEN CITY: CHERRY Valley Coop. 2 BR, second floor end unit. CAC, w/w carpet, new kit. appliances including washer/dryer. Walk to all. Ready for occupancy. Owner. \$139,000. 248-6679. gcm4

GARDEN CITY/HEMPSTEAD Spacious 1 BR with patio. Euro Kitchen, separate dining area, wall to wall. Maintenance 79% deductible. Many extras. High \$70's negotiable. Owner 485-8079. gcm2

CHERRY VALLEY - BEAUTIFUL Courtyard Co-Op Mint condition, new kitchen, washer/dryer, wall to wall, upgraded electric, extras. 75% tax deductible. Best offer over \$110,000. 248-6738 gcm1

GARDEN CITY'S BEST 1 BR Co-Op. New LR/DR, kitchen, bath, foyer, CAC, W/D, W/W baseboards, etc. Best 1st floor courtyard location. Prime for retiree/single/newlywed. Come see at your convenience. Asking \$115K. Principals only 742-3065. gcm3

EAST 22nd ST. MANHATTAN Good size studio with dressing area in luxury doorman building. (Sunroof opens soon) Parquet floors, A/C, mod. kit. Co-op with large reserve fund. Maintenance just \$374. Priced to sell at \$84,000. 212-472-4618, leave message. wtfm

GARDEN CITY: 2 BR CO-OP Sunny & spacious. New windows, elegantly remodeled kit., new appliances, 2 new baths. Prestigious central location. \$225,000. 294-0585. gcm2

MANHATTAN LUX. CO-OP 86th St. 233 East, "Park East". Must sell - 4 year new not convert, mint condition, large sunny alcove Studio, full service, mod. lux., 24 hour doorman building, terrace balcony, roof garden, full kit., all appliances, a/c, parquet floors, marble bath, large closets. 65% T.D. Reduced to \$115,000 & cash rebate. Or rent furn/unfurn. with option to buy. Perfect city apt. or residence. Make offer. Must sell 30 days. Owner 212-996-8187 or 516-334-2226. Leave message. gcm2

GLEN OAKS - MODERN attractive one BR Co-Op. First floor apt. Maintenance \$300. Best location. Park-like setting. Reduced to \$69,900. Owner. 747-0535 or 718-347-1526. wmy2

NEW HYDE PARK SPACIOUS 1 BR apartment with town house like charm. LR, DR, EIK, wall to wall, a/c. Fully renovated. All new GE appliances, low maintenance & many extras. Asking \$105K. 718-347-2387 after 5 p.m. gcm1

Real Estate For Sale

GARDEN CITY CHERRY Valley Co-op. Top location - 1 BR, second floor, new kitchen, all new appliances, washer/dryer, CAC \$137,000. Owner Also available furnished. 676-3985. gcm3

GARDEN CITY/HEMPSTEAD The Mulford - Spacious 1 BR in charming building. Newly remodelled, high ceilings, closets galore. Low maintenance, like new. \$79,900. 489-9666, owner. gcm3

GARDEN CITY: TOP LOCATION 2 BR, Garden apartment. Best view, three exposures, updated kit., central a/c, ideal starter or for retirees. Must sell by 31 May. \$129,000. Call Frank Sawicki, **Keusey Realty**, 747-1300. gcm1

CHERRY VALLEY CO-OP 2 BR, first floor, end unit, verticals, ceiling fans, wall to wall over oak floors, new EIK, walk to stores, RR. Maintenance 77% tax deductible \$139,000. 248-8916. gcm4

GARDEN CITY CO-OP sacrifice \$119,000 Spacious, lovely area. Queen BR, new kitchen and bath. Days (718)343-0909, eves & weekends 261-0945. gcm4

HAMILTON PLACE CO-OP Charming 1 BR apt. on preferred first floor on treelined residential street. New kitchen and appliances, new wall to wall carpeting. Walk to stores, RR & churches. \$134,000., 741-5477 or 877-0710. gcm2

GARDEN CITY 2 BRs SECOND floor, number 1 location facing 15th St. Three sides, washer/dryer, A/C, wall-to-wall, garage. 294-0269. gcm2

MINEOLA CO-OP, SPACIOUS 2 BR, 2 baths, corner, EIK* 3 A/Cs, W/W, closets galore. Relocating. Must sell. \$110K 248-9747. wmy3

GARDEN CITY CO-OP 2 BR, spacious, airy first floor, end unit, loaded with extras; 80% tax break, available now. Call owner, 742-0359. gcm3

HAMPTON BAYS WATER-front Co-Op apt. 1 BR, LR, kit, fully furnished, a/c, winterized, marina, heated pool, facing bay. Low maintenance. Must sell \$69,990. 565-3143. gcm2

GARDEN CITY EXCLUSIVES Lowest prices for 1 BR Cherry Valley apts. Both available now & must be sold. Now \$85,000 & \$99,000. **Edwin M. Keusey R.E.** 747-1300. gcm1

HEMPSTEAD/GARDEN CITY 1 BR Co-Op. LR, kitchen, bath. Maintenance 79% deductible. \$78,500. Contact owner (516) 489-8840. gcm4

GARDEN CITY/HEMPSTEAD Cathedral Gardens - 1 BR Co-Op, 3rd floor. Renovated, finished floors, maintenance 85% deductible. \$67,500. Leave message 485-3195. gcm4

ROSLYN GARDENS: MINT large 1 BR. Renovated, private entrance, new bath/kitchen/wall-to-wall. Low maintenance. Walk RR/shops. \$110,000. 484-7197. gcm4

Real Estate For Sale

GARDEN CITY 2 BR Co-op in heart of village. Fine detailing and architectural charm. Convenient to train, shops and Leo's. Low maintenance. \$179,000, negotiable. 294-9318. gcm3

GARDEN CITY CO-OP 2 BR lovely second floor unit. Center of Village. One block to LIRR, refinished floors, new windows. Owner, \$154,000. 873-9469, leave message. gcm3

GARDEN CITY CHERRY Valley Co-Op - Mint condition, 1 BR, first floor, new kit & bath, ceiling fans, wall to wall, walk to stores/LIRR, \$110,000. 294-7889. gcm3

GARDEN CITY CHERRY Valley - First floor, 1 BR, private entrance, new kit., oak floors, walk to RR, park-like grounds. Great for newlyweds, retiree or single. \$101K. 294-8066. gcm4



SUNDAY MAY 6 1-4 339 Halsey Ave. West Hempstead. Charming 3 BR, 2 bath Cape. Mint condition. New finished basement. Best area. \$185,000. gcm1

Real Estate For Rent

INGRAHAM ESTATES Hempstead - House for rent. 1/2 mile from Hofstra University. Furnished 3 BRs, 2 baths, LR/FPL, EIK, CAC, wall to wall carpeting, garage. Professionally landscaped, large property. 483-1380 gcm2

ELMONT 3 ROOM APART-ment - 2nd floor, private entrance, EIK with refrigerator, wall to wall, 2 a/cs, own electric. Near all. Suitable mature business person. Call 775-6346. gcm1

WEST HEMPSTEAD APT. 3 rooms, furnished. Skylights, deck, wall to wall. 1 BR, LR, kitchen for quiet business couple. Includes utilities and cable. No children; no pets. Prime President's area, \$895. A/C and newly renovated. 292-0582. gcm3

OFFICE FOR RENT Professional building, ground floor, 3 room Suite. Panelled, carpeted, utilities, \$650 a month, 99 Hillside Ave., Williston Park, 742-3644. wmy1

FRANKLIN SQUARE Basement Apartment. Single, mature working person. LR/BR combo, EIK, bath with shower, paneled, clean. References. \$550 utilities included. 437-3405. gcm2

MINEOLA - STOREFRONT Glass front, new interior, 2nd Street. Approx. 400 sq. ft. in Downtown Area. Must see. 747-7379. hm4

CORNER STORE FOR RENT 1500 sq. ft. 310 Hillside Ave., Williston Park. Owner 746-1075. wtfm

Real Estate For Rent

TWO SISTERS...TWO HOMES. My sister & I both have a home for rent in beautiful Garden City. Clean, bright, contemporary - renovated new, & move in. One you can walk to RR. Call 248-8263 after 7 p.m. to find out about both or leave name & number & I will return your call as soon as possible. gcm2

GARDEN CITY AREA: 1 BR & 2 BR apts in luxury building. New kit & bath & new appliances. Large airy rooms. \$800 to \$850. No fee. 481-7745 or 489-3010. gcm1

WILLISTON PARK - FIRST floor, legal two (2) family, separate entrance, 2/3 Brs, EIK, FDR, living room, garage basement, yard. Available May 1. \$1050 includes heat. 741-5059. wmy2

GARAGE FOR RENT: Perfect for storage. Mineola Park section. Available immediately. \$75.00 per month. Call 746-3141. wmy2

WEST HEMPSTEAD 3 RM apartment, furnished. Skylights, deck, wall-to-wall. 1 BR, LR, Kit, for quiet business couple. Includes utilities & cable, AC & newly renovated. No children; no pets. Prime President's area. \$895. 292-0582. gcm2

GARDEN CITY FURNISHED room in quiet home. Private bath, private entrance, parking. For male, non-smoker. 741-1098. gcm4

GARDEN CITY, WESTERN Section: 4 BR, 2 bath expanded Ranch. LR/fpl, formal DR, EIK, rec. room. \$2250. **Stutzmann Realty** 742-8888. gcm1

GARDEN CITY CENTRAL Section - Young custom \$800,000 value house for rent \$2,700 per month. Walk to station & shopping. 5 BRs, 3 baths, CAC, 2 fpls, large LR, fam. rm/bar & kitchen. Formal DR, deck, oversized 2 car garage. Owner 365-6732. gcm3

GARDEN CITY WESTERN Section. 3 BRs, 2 bath Cape. LR/fpl, Prime location \$1,750. **Stutzmann Realty** 742-8888. gcm1

OFFICE FOR RENT: Professional building, Williston Park. Two (2) room office, utilities included. \$450 per month. 746-7739. wmy1

WEST HEMPSTEAD - Furnished large 1 room basement studio apartment. Cheerful & newly renovated LR/BR combo with new kitchen area; new bath, wall to wall. Includes utilities/cable, a/c, private entrance for quiet business person/couple. No children, no pets. Prime area \$595. 292-0582. gcm1

MORE AD!
PLEASE TURN PAGE

Real Estate For Rent

MINEOLA - BEAUTIFUL
3 BR House for rent: LR, EIK, 2
baths. Partially finished base-
ment, plus yard. \$1250; 2 BR Apt.
\$800. Royal R.E. 742-3355 during
weekdays; 795-7707 weekends
and evenings. wMy3

SPACE FOR COMMERCIAL OR
industrial or office use. \$950 a
month approximately 1,000 sq.
feet 294-9420 gcmY1

FLORAL PARK CREST AREA
Studio Apartment. Private en-
trance, full bath and kitchen. Call
after 5 p.m. 775-0792. gcmY4

ELMONT BASEMENT APT
1 BR, LR, full bathroom,
efficiency kitchen, plenty of closet
space, private entrance \$525
including utilities a month.
Mature person, no pets. 437-4456
gcmY4

FLORAL PARK/NEW BUILD-
ing located across from LIRR
station. Sub lease available on
2,149 sq. ft. Will consider best
offer. Many services available in
building. Call Wes or Barbara for
more information. Mon. - Fri.
775-5700. Sat. & Sun. 484-7032.
gcmY1

GARDEN CITY/HEMPSTEAD
Plaza 230 - sub-lease available on
approximately 500 sq. ft. Will
consider best offer. Call Wes or
Barbara for more information.
Mon. - Fri. 775-5700, Sat. & Sun.
484-7032. gcmY1

GARDEN CITY STUDIO,
Private entrance, private bath,
good location. Perfect for Florid-
ians. Rent week or month.
References. Call 326-1954. hm4

WHY RENT? HOMES FOR \$1
Repos. Gov't give away
programs! For information
504-649-0670, Ext. R-7927.
hm1

Vacation Rental

SOUTHOLD WATERFRONT
Panoramic view, secluded private
beach, Franklin fireplace, 2 BR, 2
baths, dishwasher, washer/
dryer, furnished. \$3500/month;
\$7000 for season. Principals
747-0535 or 734-7160. gcmY3

NORTHFORK/SOUTHOLD
waterfront. 2 BR & deck, Euro
kitchen, golf, fish. Available
weekly, monthly or full season.
Cozy, clean, secluded setting.
Private beach. 825-3985 -
765-1954. gcmY4

EAST HAMPTON: 3 MILE
Harbor Contemporary. 3 BRs,
large LR, all appliances, a/c,
wrap-around deck, 18 x 36 pool,
available June \$800 weekly, July
& Aug. \$1100 weekly. No pets.
742-1063 or 324-3463. gcmY3

NORTHFORK - AQUEBOQUE
New large 3 BR house on the
water with dock & private beach,
furnished. Memorial Day to Labor
Day \$14,000. Call 757-7733 week
days. gcmY3

QUOGUE SUMMER HOME:
Private, 3 BR, 2 bath Country
home; south of Montauk High-
way; full rental season \$11,500;
contact 212-270-2735 weekdays or
516-326-2737 evenings/week-
ends. gcm2

Vacation Rental

BRIDGEHAMPTON, BEAUTI-
ful home on 1 1/4 acres, 3 BRs, 2
baths with 20x40 in-ground
heated pool. Walk to town. Bike
to bay & ocean. Monthly or
season. 739-8859. wmy2

NASSAU POINT - GRACIOUS
waterfront home with private
beach on 2 plus secluded acres. 5
BRs, 3 1/2 baths, washer/dryer,
dishwasher. Many extras, avail-
able Aug. Call 747-0688. gcm2

SOUTH HAMPTON VILLAGE
Town House - 2 BR, 2 Bath,
Cathedral ceiling, swimming
pool, tennis. August 1 - Labor
Day, \$5,500. No pets. Evenings
(516) 283-8145. gcm2

OUTER BANKS, N. CAROLINA
Free vacation brochure and sales
information. Gardner Realty,
800-468-4066. gcm2

MATTITUCK - CHARMING
2 BR house, 600 feet to Peconic
Bay Beach. Seasonal, monthly or
weekly. Great area, quiet, relax-
ing. 1/2 hour to Hamptons.
722-4901. gcm2

SOUTHOLD - JULY RENTAL 100
feet on picturesque waterfront
with deep water dock on Goose
Bay. Completely modern & newly
decorated 3 dbl. BRs, 2 full baths,
fam. rm/fpl., oversized screened
deck overlooking spacious new
in-ground pool. Gorgeous view.
One hour 45 min. from Garden
City 741-2832. gcmY1

MATTITUCK: BEACH
rights. Large LR/fpl., country kit
opening onto large deck. 4 BRs,
2 1/2 baths, close to stores. Call
after 6 - 747-1585. wmy1

SOUTH JAMESPORT RANCH
Beautiful 3 BR, 1 1/2 baths. Mint
condition. Completely furnished.
Private road & beach. Season or
monthly. Call owner 722-8096.
gcm1

AMAGANSETT: 2 BR
charming. Close to everything.
Washer/dryer, dishwasher, deck,
many extras. Seasonal, monthly.
Evenings after 6 p.m. 212-486-
7570. gcmY2

SAG HARBOR - NEWLY
renovated village charmer. 3/4
Brs, two baths, all appliances.
French doors to decks. Great
location. \$11,000 season or
monthly. owner. 294-5964. wmy3

SARANAC, N.Y., 4 BR
house on 60 acre lake waterfront,
between Lake Placid & Tupper
Lake. Call Joe 212-406-5214 days,
516-742-3188 evenings. wmy3

SOUTHAMPTON: SPACIOUS,
beautiful Contemporary on two
secluded acres. Three BR, 2 1/2
baths, separate master suite with
terrace. Large modern European
kitchen, high cathedral living
room, formal dining, patio. All
new appliances, cable ready,
alarmed. Five minute walk to
private Peconic Bay Beach.
Memorial Day-June 30 \$2000.
July or Aug. \$3900. Labor
Day-Sept. 30 \$2000. Utilities +
deposit. Flexible dates - one
month minimum. Owner, 746-
4314. gcm1

Vacation Rental

DRIVE TO SEMI TROPICAL
Hilton Head Island. Fully equip-
ped ocean villa with balcony,
large pool, tennis, much more.
Ideal for small family or couple.
742-4485. gcm1

SO. JERSEY SHORE 4 BR,
2 bath Condo, oceanfront, all
amenities, minutes from A.C.
casinos, amusements & Cape
May. Flexible availability in
Spring. Weekly rates for summer.
Great for 1-2 families. Call
746-5652. gcmY2

SANIBEL ISLAND, FLORIDA
Lush tropical setting, virtually
unspoiled, southern Florida Gulf
coast. Sundial Beach & Tennis
Resort Selected by Better Homes
& Gardens as one of the top
resorts in the USA. 2000 ft.
beach, 5 pools, jacuzzi, 13
soft/hard court tennis, golf,
boat/bike rentals, supervised
children's activities available,
award winning chef and gourmet
restaurants, superb shopping,
world famous shelling, only 35
min. to Ft. Myers airport
Complete resort right on the Gulf.
Recent multimillion dollar beauti-
fication program. One or two BR
Condos with full kitchens. Rent
daily, weekly, etc. Reasonable
746-2211 or 326-7711. gcmY2

HAMPTON BAYS - JULY - 2 BR
apt., cable, pool, deck on bay
facing Shinnecock bridge. Fishing
dock, boats, public golf course,
tennis, ocean bathing nearby. No
groupies or pets. Direct rental, no
brokers. \$5,000 firm. 516-728-
1989. gcmY3

EAST MARION/GREENPORT
Bayfront Cottage/Condo. Sleeps
6. Private beach, dock and boat
slip, tennis court. Also golf
nearby. Available July and
August. \$600 a week, \$2000 a
month. 621-2079. gcm3

JAMESPORT - COTTAGE ON
private lane, 200 yrs. from
Peconic Bay, 3 BR, 1 bath,
LR/fpl., EIK, screened in porch.
Exterior shower & dressing
room plus 50 x 100 foot side yard.
914-337-9372. gcm1

MT. SNOW/HAYSTACK
4 BR, 2 1/2 baths, color tv., VCR,
microwave. Available by month,
week, weekend or season. Near
golf courses, lakes, tennis. 3
acres, beautiful views with
privacy. 466-6120. gcm1

MONTAUK - SPRING SPECIAL
\$166. Three nights, two room
suite, heat/AC, full kitchen, cable
TV, walk to beach and town. Daily
Maid Service. Sleeps 4 (\$193).
Immaculate! Other packages
available. Sullivan 724-5572. hm3

ATLANTIC CITY OCEAN CLUB
3BR Condo. Decorator furnished,
sleeps 5. Modern kitchen fully
equipped, ocean view, 18th floor,
bright south exposure. Balcony.
A/C, W/W, TV, Washer, Dryer.
All year heated large pool, sauna,
jacuzzi, full gym, tennis, 24 hr.
security, concierge service, valet
parking. Walk to all casinos on
beach/boardwalk. For sale or
rent, Call Mr. Ossi, PM 516-
742-0415, Days 516-437-5252.
wmy4

Vacation Rental

MARCO ISLAND, FLORIDA
2BR, 2 bath, Condo. All ameni-
ties, pool, tennis. Terrace with
gulf view. Walk to Gulf beach.
Ideal for family or two couples.
Day 516-365-3300, ext. 246;
evenings 718-352-5798. wmy4

SHELTER ISL. - WELL KEPT
charming new Colonial/Ranch set
on 1 acre, 3 BR's, 2 baths,
laundry room & large fully
equipped Country kitchen. Sun
deck and many extras. Walk to
beach. 2 car garage. Available for
season or monthly. Call after 6
p.m. (718) 894-8079 or (718)
894-4319. gcmY4

REMSENBERG-WHB WATER-
front - Bring your boat. 3 BR, 2
bath Ranch bulk headed with
dock & bay view from wrap-
around deck. House backs 300
acre preserve. Walk to tennis &
pool club. July \$5,000, August
\$6,000 or season \$12,500. Option
to buy \$325,000 (516) 621-8940
leave message. gcmY4

OCEAN FRONT MONTAUK -
Old Montauk Highway on brink of
beach. Beautifully furnished 2
BRs, 2 baths, large LR, daily
maid service. Several weeks
available during July & Aug.
\$2,700 per week. 668-3000. gcmY2

Real Estate Wanted

FLORAL PARK FAMILY
desires home in Estates or
Western sections, Garden City. 4
BRs, 2 1/2 baths, LR w/fpl, FDR,
large EIK, den, 2 car garage. No
brokers please. 437-0471. gcm2

GARAGE SPACE NEEDED
immediately to fit approximately
3 1/2 rooms of furniture for 3-5
months. 681-4314 gcm3

GARAGE(S) WANTED FOR
storage of antique cars. Detached
& lockable. Will insure. J.
Morrison, 741-1322. gcmY3

FLORAL PARK FAMILY
desires home in Estates or
Western sections Garden City. 4
BRs, 2 1/2 baths, LR w/fpl., F/DR,
large EIK, den, 2 car garage.
Price \$400,000. No brokers
please. 437-0471. hm2

NEEDED IMMEDIATELY
Garage space to fit approx. 3 1/2
rooms of furniture for 3-5 mos.
681-4314. gcm2

LOOKING FOR A HOME
3 BR, 2 full baths, den, EIK, LR,
DR. Specify location. Absolutely
no brokers. Please respond to
Garden City News at 821 Franklin
Avenue, Garden City, N.Y.
11530, Box 5. gcm1

FURNISHED APARTMENT
/house, Florida, mature couple.
Jul/Aug - Queens/Nassau Area.
Please write particulars or call
M/M John N. Hellemeyer, 850
N.E. 12 Ave., Hallandale, Florida
33009, 305-456-1569. gcmY3

WANTED FURNISHED APT/
house, Florida, mature couple.
Jul/Aug - Queens/Nassau area.
Please write particulars or call
M/M John N. Hellemeyer, 850
N.E. 12 Ave., Hallandale, Florida
33009, 305-456-1569. gcmY3

Car For Sale

1981 BUICK SKYLARK
6 cylinder, black. Only 65,000
miles. \$700 or best offer.
739-2511. gcm1

1985 BMW 735i, MAROON,
59,000 mi. All options incl. Snows
plus wheels. Garaged. Original
owner. Perfect. \$17,000. 747-1500
days; 746-6280 eves. gcm1

1979 VW BUG CONVERTIBLE
Red/black top. Completely re-
stored to mint condition. Best
offer over \$10,000. Call Bill
212-239-4409. gcmY4

'82 CHRYSLER LE BARON
Convertible: a/t, p/s, p/b, a/c,
am-fm, 54,000 miles, very good
condition. \$3900. 877-0532. gcmY4

1985 BMW 735i BURGANDY
Loaded, mint, 58K, \$17,500. Ask
for Carl or John. 747-1500. gcmY4

1990 JEEP CHEROKEE
Laredo. White with gray interior,
2 dr., A/T, all power. Jensen
sound system. Loaded with
extras. Only 1700 miles. \$17,500.
352-1248. wmy2

BUICK REGAL LTD. 1980
59K miles, a/c, ps, stereo &
cruise. Good condition \$1,000.
741-8594. gcmY3

BMW 1982, 528E: 5 SPEED,
black, mint, sunroof, 63K miles,
new clutch, brakes, maintained
with records, garaged, alarm,
Benz box. \$7900. 437-4132,
evenings & weekends. gcmY3

1985 PLYMOUTH RELIANT
4-Door, 72,000 miles, air con-
ditioning, automatic, new tires,
new brakes. Looks good, runs
good. \$2,500. 931-6171. hm2

CADDY 8 - 83 SEDAN
De Ville - 24,000 miles. New
condition. Estate of original
Garden City owner. Call
488-2914. gcm1

DATSUN 1981 280 ZX
Blue/silver, cruise control, elec-
tric windows, T tops, 5 speed.
Mint in & out, low miles. Must
see 248-6856. gcmY3

1987 VW CABRIOLET:
Auto, a/c, am-fm cassette, alarm,
extended warranty, 42,000 hwy
miles. Mint. \$9495. Evenings
746-2678. gcmY4

RESIDENT OF GARDEN CITY
looking for 1 BR Co-op in Garden
City. 747-2995. gcm1

FORD STATION WAGON 1978
Runs well, automatic transmis-
sion, am-fm radio. \$1200. 1977
Chevrolet. Runs very well, auto
trans., am-fm radio. \$475. 741-
7750. gcm1

1981 MAZDA G26, 2 DR, AUTO,
tilt, AM/FM, a/c, clean \$1,500
negotiable. 489-7433. gcmY3

DO YOU HAVE A SERVICE
to advertise? Our Service
Directory is sure to bring
results. Call 931-0012
294-8900 or 746-0240 for
rates and information.

For Sale

MOVING: FRUITWOOD 8 PC DR set, 90 inch couch, 2 matching cocktail tables, 3 occasional chairs, decorative bar, miscellaneous wall hangings, all mint condition. 248-7544. gcMy3

ANTIQUE CLOCK OG Waterbury \$250. Bench press weights \$50, antique table radio 1930 - \$50. Fireplace screen 37 1/2 x 33 glass panels \$40. 742-4823 gcMy3

RECLINER NINE MONTHS OLD and in perfect condition. Very pretty beige/blue/peach durable fabric. \$95. Call 746-4109. gcM2

RICOH 3050 COPIER \$145 or best offer. Also several office desks, chairs and file cabinets. 228-8275. gcM2

AIR CONDITIONERS/2 Emerson 7400 BTU, one General Electric Carry Cool. Best Offer. Call 248-7132. gcMy2

13 OAK WOOD KITCHEN cabinets: pecan finish. Excellent conditions with custom drawers. Phone 747-8123. gcMy3

TWO CONVERTIBLE SOFAS 1 full size \$150, 1 love seat size \$125. Mahogany server \$50, matching sofa and swivel rocker set \$100. Dehumidifier used once \$125. Anti-gravity exerciser - best offer. 38 x 70 glass showcase with adjustable glass shelves, glass sliders, extra glass and brackets \$300. 488-3715. gcM2

MOTHER OF THE BRIDE Cocktail length dress, size 14/16. Blue/grey lined chiffon with light trim crystal beading. Sold for \$600. Plus all accessories - all less than half price. 747-8145. gcMy4

5 PIECE BEDROOM SET All wood. Full size mattress \$300. 873-9051. gcM1

ACCORDIAN USED with case 747-4861. gcMy4

For Sale

WATER DISTILLERS wholesale prices. Stainless steel quality product. Purifies and distills tap water easily. For information call 747-4861. gcMy4

KITCHEN CABINETS Do you need 'em? We have 'em in good condition at an incredible price. Excellent formica top and sink with new Moen faucet. Must see! Top condition: Must sell soon!! Call (516) 747-0185 between 10 a.m. - 5 p.m. gcMy3

EXERCISE ELECTRIC Exercises entire body, adjusts for weight and speed. Reasonably priced. Please phone 248-6909. gcM2

ATTENTION MOTHERS OF BRIDES & GROOMS!! Worn only once, designer dresses! Originally to \$2500, as low as \$150. Also top designer's suits, dresses, sportswear, gently used or never worn. All sizes. Call Tag Fashions for sale hours or personal appointment. 378-4436. gcM2

CONTEMPORARY SOFA AND love seat, glass top oak coffee and end tables and lamps. Also Colonial sofa, love seat and rocker with ottoman, matching table and lamp. Formica kitchen table with chairs. All excellent condition. Best Offer. 877-1022. gcMy2

YAMAHA CONSOLE PIANO Walnut, 1 1/2 years old. Perfect condition. \$3,000. 741-2548. gcMy4

COMPUTER COMPAQ Portable IBM Compatibility 640K, dual disc drive Epson printer, multimate WP w/speller & thesaurus dollars & cents program, PFS file & report \$1,000. 352-8644. gcMy4

1989 MOTOR SCOOTER Yamaha "Jog" model. Brand new ridden only 160 miles. Perfect condition. Must see \$600 (516)596-9328 gcMy4

Instructions

RITA LUCY'S GARDEN CITY MUSIC STUDIO Piano, Violin, Viola, Cello Theory, Harmony College Preparation All ages and all levels The best in music education 30 years in area 248-7379 gcmy3

FRENCH-SPANISH TUTOR all levels, regents preparation by licensed teacher. Excellent results. 791-2857. gcMy1

Wanted

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hma3

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hm3

ANY TYPE ANTIQUE Victorian or other furniture wanted. Also cut glass, silver, jewelry, paintings, bronzes, dolls, frames, clocks, rugs, linens, trunks, china, lamps. Will call for any time, any place. Call Kay & Tom, Westbury, 334-4117. gcJn2

DO YOU HAVE OLD COINS??? U.S. or foreign. I will pay a good price. Coin collecting is my hobby. Call me at 223-4236 hmy3



Pets For Sale

PURE BRED POMERANIAN for sale. Male, five months old, papers. \$350. 538-3205. gcmy2

Lost & Found Pets

FOUND - BLACK & WHITE puppy near Stratford School on Fri., April 27. For information call 248-4738. gcmy4



HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me, I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. M.M. gcMy1



Services

LAWN SPRINKLER SYSTEMS Turn ons, installations, maintenance and winterizing. Prompt, efficient, courteous service. Call for free estimates. Garden City Irrigation, 483-4720. gcJn5

PRESTIGIOUS WOOD FLOORS Sand, seal, polyurethane, staining and installation available. Dustless machines. Call for free estimates. Harry Showalter 358-0982 or Jim Smollon 328-3647 gcJn1

JAMES F. MENTZ CARPENTER-ROOFER Skylights Installed Carpentry-Alterations Slate Roof Repairs Roofing-Gutters-Leaders Kitchens-Attics-Basements LIC #401750000 593-2933 gcJ2

SCOTT MILLER LANDSCAPING maintenance. Weekly maintenance, spring-fall clean ups, lawn chemicals, tree & shrub trimming, tree & shrub spraying, shrub planting, thatching, lime seed-fertilizer, sod lawns. 333-7260. gcJn2

EAST OAKS PAINTING Benjamin Moore Paints. Int./Ext. Residential/Commercial. Eight years experience. Free estimates. Satisfaction guaranteed. Call Pat Coulter, evenings at 294-8025. gcJy1

GUTTERS CLEANED REPAIR- ed, replaced. Painting, trim, windows. Other handyman jobs. Call & ask for Joe. 735-6349. hjn4

LOCAL HANDYMAN From roofing to basements, all types of home repair. No job too big or small. Licensed & insured. Reasonable rates. 326-2599. gcmy4

WINDOW CLEANING: ATT. housewives - windows washed in your home. Quality work. Residential and commercial. Call Frank, Sunshine Building Maintenance, 798-2380. gcJn4

LADIES, RELAX AND ENJOY Your next party! Catering and experienced professional services for assisting with preparation, serving and cleanup, before, during and after your party. Bartenders available. Call Kate at 248-1545 or 746-8264. wfn1

CARPENTER Any type work such as bookshelves, cabinets, radiator covers, doors, windows, decks, basements. Excellent finished work. 40 years experience. Reference. 248-8163 gcJn4

CARMINE'S PAINTING INTERIOR/EXTERIOR paper hanging, plastering, also sheet rock taping. Free estimates. Commercial or residential. Reliable, references. Licensed & insured. Please call 481-5210. gcM1

HANDY MAN - RELY ON ME for needed repairs. Interior/exterior. Tenth year in business. Carpentry/painting/tile/closets/shelves/basement finished/re-modeling. All odd jobs. Frank, 741-5059. wmy4

Services

SENDING KIDS TO COLLEGE Need extra income. Good at painting, wallpapering & small handyman jobs. Available evenings and weekends. Contact Joe, 212-406-5214 days, 516-742-3188 evenings. wfn

FALCON TREE SERVICE Storm damage, pruning, removal, firewood, free wood chips. Chipper for hire, reasonable prices. Licensed & insured. Bob & Paul. 796-1152 gcJ1

LANDSCAPE & GARDEN Service: Maintenance, planting, sprinkler systems, lawn & tree spraying. Call for free estimate. Reasonable. 483-2492. gcJn3

P. MARTIN CONTRACTING INC Concrete & Masonry work - sidewalks & driveways. Fully insured. Call for free estimate. (718) 357-3963. gcmy1

THE CUISINE SCENE Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Professionally trained staff. Call Susan 742-1956. gcJn3

BRIAN CLINTON MOVERS Licensed and insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place gcJ4

HANDYMAN - QUALITY HOME repairs: plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences. Doors shaved, carpentry, sheetrock patching, ceiling fans & window A/C installed. Call Joe 746-7517. wjn4

CARPENTRY ALL PHASES OF Carpentry done professionally. Quality workmanship guaranteed. Free estimates. Licensed and insured. Call Mike, anytime, 352-5783. gcmy2

PAINTING & PAPERHANGING References available. Reasonable prices. Call anytime 747-8523, 742-9175. gcmy4

HAVE YOUR HOME CLEANED the easy way. Insured bonded people available. Affordable rates. Call Moppets Cleaning Service 488-6279 or 294-9120 (leave message). gcJy4

BUILD WITH BRICK Stoops*Fireplaces*Patios *Driveways*And all types of Brick & Stone Work Quality Workmanship at Reasonable Prices Satisfaction Guaranteed No Job Too Small*Waterproofing Slate Roofs Repaired Estimates 538-3813 LIC#H1735940000 gcmy4

PUTTING OFF SPRING CLEAN- ing? Let Joe help: 1. Painting, 2. Wallpapering, 3. Window Cleaning, 4. Odd jobs. Call Joe 212-406-5214 days, 516-742-3188 evenings. wmy4

HOUSE CALLS FOR HAIR Haircuts, perms, color. Women/men/children. All services. Miss Tarno! 385-7394. Answering machine. wmy1



FOUR (4) DAY CRAFT SALE: Fri., May 11, Sat., May 12, Fri., May 18, Sat., May 19, 10-4. 352-0917, 110 No. 7th St., New Hyde Park. Near Lakeville Rd. & Jericho Tpke. Country crafts, gift baskets, mother's gifts, dressed teddies, baby bibs. wmy3

ALBERTSON - HUGE GARAGE sale, Sat., May 5 from 10 to 4. Raindate May 6. 130 McKinley Ave. Something for everyone. Furniture, collectibles, etc. wmy1

MULTI-FAMILY GARAGE SALE Rain/shine, May 5, 10 a.m. to 2 p.m. Something for everybody. 96 Capitol Ave. Williston Park. wmy1

GARDEN CITY ESTATE SALE, Sat., May 5 9 a.m. - 4 p.m., 98 Wyatt Rd. (west off Clinton Ave., north off Stewart Ave.) Antiques, furniture, bric-a-brac, and china. gcmy1

CHILDREN'S MEDICAL FUND Garage Sale Friday, May 18 at 116 Hilton Ave. (bet. 9th & 10th Sts.) Garden City 9-4. Furniture, typewriters, lamps, appliances, soft goods & books. gcmy3

FRIDAY MAY 4 & SAT. MAY 5 10-3, 145 Tanners Pond Rd., Garden City. Household, toys, books, furniture. Saturday only - handyman office furniture, supplies, computer & management books. gcmy1

ALBERTSON TAG SALE SAT- urdays, May 5, 12 & 19, 101 Coventry Ave., 10 a.m. - 4 p.m. LR couch with matching love seat, coffee table, end tables & sofa table, curio cabinet, DR, lamps, chests, crystal, housewares, paintings, etc. LIE exit to Willis Ave. South, left onto IU Willets Rd., right on Devon Rd., first left onto Coventry Ave. 742-1615. gcmy3

Services

WE WILL DO GENERAL housecleaning, also floorwaxing. Own transport. Call 742-1333. Leave message on machine. hm2

CLEANING HOMES & APTS. Responsible, dependable, references and reliable. We do dusting, vacuuming, scrubbing kitchens and bathrooms. For more information call Elizabeth 536-6148. gcMy2

E.T. TREE REMOVALS All types, pruning, topping, stump grinding. License/Insured, references. Free Estimate. 561-9399. gcMy4

M & B MANNION - Electricians - Fully covered. Reliable. Safe. No job too small. Please call 483-7478 any time. gcm1

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

Boat For Sale

CATALINA 25, 1984 STD. RIG Honda OB, DS, KM, VHF, furling, HS, Dodge, like new \$14,500 747-2560 gcm1

BAY LINER CABIN CRUISER 25 1/2 ft. 1/O, 225 HP Volvo, low hrs., prof. maintained. VHF, D/F, compass, key tabs, stove, ice box, kitchen sink, head w/sink, fish well, sleeps 4/6, Coast Guard equipped, window curtains, swim platform. Sacrifice. Phone 775-7428. wMy3

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Ginnie: As long as everything is out in the open, you could follow up on your relationship with him. However, there is a hazard involved.

Even though your friend says it is OK with her, feelings for past boy or girl friends sometimes hang on long after the break up. So you will be taking a chance by dating him.

Her real feelings might come to the surface later on when it may be difficult for you to break off with him. If it is worth that chance to you, go for it.

Dr. Abraham: My boyfriend tells me that I have a slight lisp when I talk. I had never been aware of it until he mentioned it, and even now I can't really hear it.

He also tells me that he likes it because it goes so well with my soft voice. I don't know whether to believe that because he seems to like practically everything about me.

But getting back to the lisp, should I do something about it? — Laurie, Cheyenne, Wyo.

Laurie: You obviously weren't aware of it (maybe your parents aren't either) and he appears to like it, so this probably is a non-problem. Besides, you wrote that "he seems to like practically everything" about you, so that should encourage you to stay as you are. The old line that "if it isn't broken, don't fix it" might apply.

She knows I like him, and of course I know that she does. She says it is OK with her if I have a date with him because it doesn't look like he is still interested in her.

I don't want to lose her as a friend though, so what do you suggest? — Ginnie, Helena, Mont.

FOR TEENS

FOR TEENS

By Willard Abraham, Ph.D.

The 'L' word

Dr. Abraham: I am an 18-year-old A and B high school senior who happens to love a 25-year-old man. I have been seeing him for almost a year and a half, and he knows I love him because I tell him all the time. He says he cares for me and tells our friends he loves me, but he won't tell me. He tells me things like "I want you," "I like you a lot" and "You know I care; I just can't tell you that I love you."

My family loves him and his parents love me, but he won't let me spend a lot of time with his family. He is in the Army, and I only get to see him every few months and only for a week or two at a time.

When he's home, we spend almost all of our time together. When he is gone, I write to him very often, but in the whole year he's been in the Army, I've received only three letters from him. He says it's because he doesn't like to write.

What can I do to get him to say "I love you" to me? Or at least write more? — Angie,

Angie: Let's start with what you probably should not do because it seldom works. Pressuring, nagging, asking, expecting — those approaches may tend to turn him off.

Some men (and women, too) have difficulty saying

the "L" word. So patience on the part of the one who wants to be told is essential.

You wrote that he tells your friends that he loves you, so that's encouraging and may have to satisfy you for now.

If he becomes more comfortable with you, enjoys your company and shows in different ways that he really does care for you, "the word" may then come through.

I hope that it is soon, but please try not to set up a deadline in your mind.

Not writing letters is somewhat common in some relationships. A brief card once in a while might be a suggestion you can make to him.

Dr. Abraham: One of my girl friends (not my best one) and I like the same guy. He has stopped calling her, but he does call me once in a while. In fact, he stopped calling her at least six months before I received my first call from him.

She knows I like him, and of course I know that she does. She says it is OK with her if I have a date with him because it doesn't look like he is still interested in her.

I don't want to lose her as a friend though, so what do you suggest? — Ginnie, Helena, Mont.

Mainly for Seniors

By Leonard J. Hansen

Preventing hip fractures in older adults

Hip fractures may cause older women to become immobile and dependent on others for years. But hip fractures may be avoided by most women, according to new research studies reported in the February 1990 issue of *Prevention* magazine.

"A daily stroll may help prevent hip fractures, but not for reasons you think," states the magazine.

Doctors at Washington University Medical Center, St. Louis, compared 70 women over age 60 who had broken a hip with 60 women of the same age with no broken hips. The researchers gave paper-and-pencil tests to the women to measure "central processing time," how fast they could process and act on information.

Women who had walked, exercised and led active lives had quicker central processing times than women who led sedentary lives. There was a direct correlation. The more sedentary women had slower central processing times and suffered hip fractures.

Stanley J. Birge, M.D., director of the aging program at Washington University, is quoted by *Prevention*: "So much of what has been attributed to the aging process may actually be a result of the progressive inactivity that often goes along with aging. By preventing inactivity, we may be able to prevent many of the accidents associated with aging."

RESEARCH ON ALZHEIMER'S DISEASE

Sixteen medicines to treat Alzheimer's disease and its related symptoms currently are being developed by 11 pharmaceutical companies, according to a new report by the Alzheimer's Association, and the Pharmaceutical Manufacturers Association (PMA). All of the medications are presently in human testing in the United States.

"Although none of the drugs is expected to be a cure, the test medicines do represent important progress toward easing the symptoms of Alzheimer's disease," states PMA President Gerald J. Mossinghoff. "The drugs that survive the testing process are expected to be available in the early 1990s."

A copy of the report on the medications is available free of charge by requesting "Alzheimer's Medicines in Development" from the Communications Director, Pharmaceutical Manufacturers Association, 1100 15th St. N.W., Suite 900, Washington, DC 20005.

CHANGING YOUR TOOTHBRUSH

That everyone should brush his or her teeth in the morning, evening and after meals, is an accepted recommendation in the medical and dental fields.

But new research by the University of Oklahoma Health Sciences Center recommends that, as a mature adult, you change toothbrushes frequently, even as often as every two weeks.

One of the principal researchers, Dr. Tom Glass, used animal tests with sterile brushes, disease-contaminated brushes and then a regular or repeat brush, compar-

ing for lesion effect.

"In the group with their own toothbrushes, 4.9 lesions per animal per month were reported — more than twice that of the sterile toothbrushes, and 16 percent more than with disease-contaminated brushes.

"More lesions translates into more disease, since organisms have more portals of entry in which to find access to the body. We don't want people to stop brushing their teeth, because that will produce disease, too, but instead follow certain procedures."

Recommendations by Glass include:

• Don't use a toothbrush any longer than two weeks.

• If you're sick in any way, discard your toothbrush at the beginning of an illness, when you first start feeling better and when you are completely well.

• Those who are undergoing cancer therapy or major surgery may want to use a toothbrush only once before discarding it.

• Store toothbrushes in the bedroom and not in the bathroom, since the bathroom is the most contaminated room in the house and the most moist, keeping organisms alive on the toothbrush.

NEW DRUG FOR HYPERTENSION

Procardia XL (nifedipine) Extended Release Tablets have been approved by the Federal Food and Drug Administration as the first once-daily calcium channel-blocker indicated for the treatment of both angina and hypertension.

Diagnosis shows that approximately 67 percent of the senior citizen population is hypertensive.

"This drug for the treatment of hypertension should make a difference for many patients," states Dr. Lawrence R. Krakoff, professor of medicine at the Mount Sinai School of Medicine in New York City.

He cited a multicenter study of a broad spectrum of hypertensive patients in which it was found that 73 percent of them achieved goal blood pressures with Procardia XL alone.

Pfizer Laboratories, which markets the drug, cites probable benefits for the once-daily dosage, particularly during sleeping hours when multiple daily dosage drugs may be ineffective.

Procardia XL is available only by prescription, and physicians may now have information on the drug, its applications and possible benefits.

Mainly for Seniors

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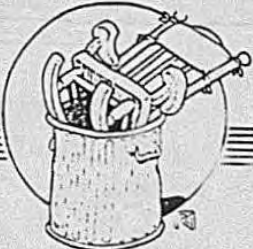
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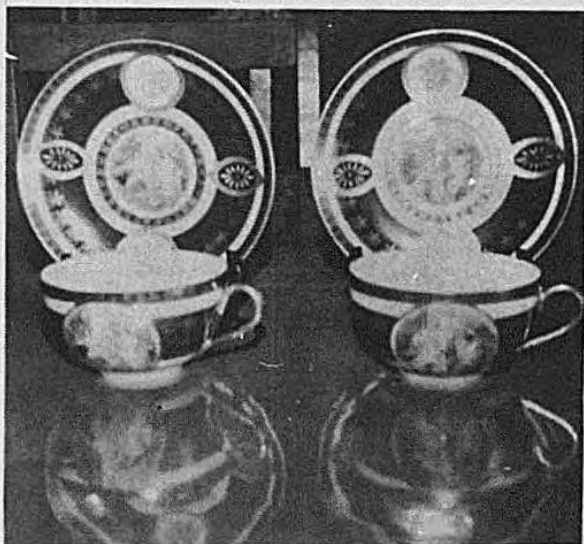
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ANTIQUE OR JUNQUE



Cups and saucers made in Czechoslovakia



CUPS AND SAUCERS
...Maker of these porcelain
cups and saucers is unknown

By James G. McCollam

Q. Enclosed is a picture of two porcelain cups and saucers. The mark on the bottom is "Czechoslovakia" in an oval.

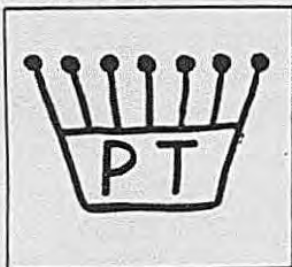
When were they made? How much are they worth?

A. The maker of these is unknown. They were made between 1918 when Czechoslovakia was founded and 1938 when that country was invaded by the Nazis.

The two cups and two saucers probably would sell for \$50 to \$60.

Q. The enclosed mark is on the bottom of a covered serving dish. It is 9 inches in diameter and decorated with pink roses and green leaves.

I would like to know who made this and its value.



A. This was made by Porzellan Tirschenreuth in Bavaria, Germany, just after World War II.

It probably would sell for about \$35 to \$45.

Q. I recently acquired an old sheet metal thermometer. It is marked "Drink Coca-Cola — Delicious and Refreshing," and has a picture of a girl drinking from a bottle.

Can you estimate the value and age?

A. Thermometers like this were popular around 1940. In good condition they sell for \$75 to \$85.

Q. My vase is marked "Roseville, U.S.A., 116-10." It has a panel with the figure of a nude girl.

Can you tell me anything about the vintage and value of this vase?

A. Your description suggests that this is the "Silhouette" pattern made by the Roseville Pottery between 1939 and 1953.

It probably would sell in the \$140 to \$160 range.

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ANTIQUE OR JUNQUE





Points on Pets

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

Some tips for housebreaking dogs

Q: We have just acquired our first puppy and would like some advice regarding housebreaking. Everyone we talk to seems to have different ideas about what is the best method.

A: Housebreaking a new puppy takes a lot of patience and effort by the entire family.

You should not expect much progress until your puppy reaches 3 to 4 months of age. However, you can begin training the very young puppy as long as you do not expect too much and do not treat the puppy harshly.

There are two basic methods of training a young dog — paper training and outdoor training. Whichever you use is really up to you and your circumstances.

If you try to paper-train your dog you need to select an out-of-the-way place where you want the puppy to urinate and evacuate. This should be a place where the floor covering can be scrubbed and sanitized frequently. It should also be a place isolated enough to be out of the way of other family activities.

The paper-training spot should be separated from the dog's sleeping quarters. Most dogs do not like to foul the place where they sleep or eat.

If you want to train your dog to go outside to eliminate from the very beginning, follow the same procedures as for paper-training. Instead of getting him accustomed to the paper, get him used to going outside.

Everytime the puppy uses the paper to evacuate or urinate you should reward him with a loving pat and much praise. If you see the puppy squatting, move him to the paper immediately.

Never spank or place the dog's nose in the mess if he has had an accident. This simply confuses the young dog. If an accident has just occurred, move the dog to the paper. The dog must associate elimination with the newspapers.

Always clean up accidents well. Odors following accidents frequently attract dogs to the spot again.

JUNIOR EDITION



Aunt Tilly's Corner

Recently I went shopping for books for a young friend. It seems like book stores are offering more and more books for children and young adults. These days there are books for all different ages and they cover so many different subjects. There are books to teach many subjects as well as books that are just fun to read. There are even books on tape for very young children who can't read yet. (I still like reading to children rather than listening to a tape.)

I used to like to read more than I liked television. Do you like to read? Write and tell me what your favorite books are.

Your friend

Aunt Tilly

P.S. This week's coloring contest winners are Alex DeMille and Stephanie Maslin.

RULES

BOYS AND GIRLS

Here is your chance to win One Dollar (\$1.00) - to spend or to save.

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, May 11, 1990
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:

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The World's Most Beautiful Grandchildren



Jennifer, age 2, Jackie, age 3 and Bradley, age 4, are sharing a good laugh! They are the beautiful grandchildren of Mrs. Mattie Hercman, proprietor of the popular Wicker & Whims of Mineola.

YOUR SOCIAL SECURITY

By William M. Acosta

Who determines SS disability eligibility?

Q: I just filed a claim for Social Security disability benefits.

Who actually determines whether or not I am disabled under the Social Security law?

A: The disability decision is made by a team of specially trained people — physician and a disability evaluation specialist — at the Disability Determination Services office in your state.

They review reports from treating physicians, hospitals and other medical sources in reaching each decision. When necessary, additional medical evidence is requested and obtained through special medical examinations or tests at no expense to the applicant.

The person can claim the medical insurance payment either before or after paying the bill. The Medicare carrier or any Social Security office can provide additional information about how to claim a medical insurance payment after a patient dies.

Q: My nephew was recently killed in an automobile accident. He was survived by a young wife and child.

He was only 24 years old at the time of his death and had been employed only a short time. Can benefits be paid to his family?

A: Survivor benefits can be paid only if the deceased worker had credit for a certain amount of work in employment covered by Social Security.

The exact amount of work credit needed depends on the worker's age at death. Your nephew would have needed six quarters or work credits. Under a special rule, survivors' benefits can be paid to a deceased worker's children and their mother or father even though the worker died with few work credits, provided he or she had worked under Social Security for 1½ years in the three years before death.

Q: My husband, who was covered by Medicare, died a month ago. There are some doctor's bills that still must be paid. Can I submit a claim?

A: If the bill has not been paid and the doctor does not accept assignment, the medical insurance payment can be made to the person who has legal obligation to pay the bill for the deceased patient.