

MRS J S SZABO **CR07
226 LEE AVE
HICKSVILLE NY 11801

In The

The Only Newspaper Printed and Published in the Town of Hicksville

Mid-Island Times & Levittown Times 35¢

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Friday, May 18, 1990

Hicksville Tree Planters



Oyster Bay Town Receiver of Taxes Gary F. Musiello, left, joins residents of the Hicksville Senior Citizen Housing Complex for a tree planting ceremony to celebrate "Arbor Week." Here, he presents a proclamation to Vito Barnaba and Frank Tramontano as Harry Hillberg, Tony Glasl and Anita DiMiceli, executive director of the Town's Housing Authority, look on. Trees were planted at all 10 of the Town's senior housing complex during "Arbor Week" as a special salute to senior citizens.

Fork Lane International Day



Fork Lane Brownie Troop and Daisy Troop perform Mexican Hat Dance at Broadway Mall. Each Girl Scout and Brownie Troop represented a different nation for this gathering.

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.

Two Gain Math Honors

The results are in! The Hicksville Middle School Mathematics Department is proud to announce that two of its students have earned Honorable Mention on the Fifth Annual American Junior High School Mathematics Examination sponsored by the Mathematical Association of America. Taken by over 203,000 students across the United States, Irene Lee, who scored a 24 out of a possible 25, was one of the top 500 eighth graders in the nation. Joaquin Ezcurra, who scored a 22, was also in the top 1% of the country. Congratulations to both of these students!

Columbiettes Communion Supper

The Columbiettes of Rev. Michael J. Hartigan Council, Bethpage, will be holding their annual Communion Supper, Wednesday, May 23, 7 p.m. Mass at St. Martin of Tours Church, followed by supper at 8 p.m. at Annabella's, Main Street, Farmingdale. Donation \$14.00. For information call Clara - 935-7954.

Microwave Brunch At Bethpage Library

On Wednesday, May 23 at 1:00 p.m., the Bethpage Public Library, 47 Powell Avenue, will present Millie Delahunty who will prepare a Microwave Brunch. Recipes will be distributed, and Ms. Delahunty's creations will be sampled by the audience. Pre-registration is required. Call 931-3907 or stop at the Reference Desk when you next visit the Library.

Hicksville Budget Vote Set For Wednesday

By Maureen Traxler

Hicksville residents will vote on Wednesday, May 23, on the 1990-91 school budget and the election of three trustees to the Board of Education. The \$53,084,000 budget is a 19.6% increase over the present budget. This represents an estimated tax of \$32.86 per \$100 assessed valuation, or an increase of \$5.38 over last year's tax rate.

Residents will also be voting for three seats on the Board of Education. Incumbent Trustee JoAnn Miltenberg is opposed by Stephen Pendergast. For the seat presently occupied by Board President Mark Cardella, John Ayres opposes Carole Wolf. Arlene Rudin, Jay Schwartz and Charles Strugatz will all be vying for the seat presently held by Daniel MacBride. Both MacBride and Cardella are not seeking reelection. The three-year term of trustee will commence on July 1, 1990 and run until June 30, 1993.

The polls will be open from 10 a.m. to 10 p.m. Absentee ballots must be returned to the district polling place by 5 p.m. on the election day, May 23.

Senior Dutch Lane Scholars

Hicksville High School seniors Patricia Freyksen, James Hundertmark, Carolyn Weber, Thomas Wittig, Alison Zuzzolo and Andrea Zuzzolo were honored guests at the Hicksville H.S. Scholars' Dinner held on May 2.

It was a lovely evening for the guests and their families. Principal Nancy Burke and PTA Vice President Veronica Olsen were on hand for the presentation of the students' "Golden Apple" award. The students' choice for their honored guest was their 4th grade teacher, Mrs. Wicksex.



Carolyn Weber, one of the H.H.S. scholars, stands with her mom and dad after receiving her award.

Bethpage History Book Published



Town of Oyster Bay Supervisor Angelo A. Delligatti, center, accepts a copy of "Bethpage 1957 - 1987, A Generation of Growth and Development" from Lenny Kunzig, right, at last month's meeting of the Theodore Roosevelt Republican Club as Kevin Galloway, President of the organization, looks on. The book was written by Donna Kunzig, Lenny's wife, and is available at several Bethpage stores. If you would like to order a copy, send a check in the amount of \$10 to: The Book Committee, 174 Broadway, Bethpage, NY 11714.

Letters to the Editor

About Letters

A word about letters to the editor. We run letters to the editor each week. All letters must be signed and should be original letters to the editor of this newspaper. In times of shortage of space, preference will be given to letters written exclusively to this newspaper.

To the Editor:

As time progresses and we draw closer to the election, there are some written and verbal comments that must be clarified.

Please inform Mr. Ayres that I have not been a member of the School Board since June, 1989. Ask him to remove my name when he chants Cardella and MacBride. I was not there.

Mr. Ayres stated "...I don't think a person who takes that option (six children and none of them went to public schools) should come to the school board seeking election."

He does not understand that it is family tradition. Should that disqualify me? I have made many commitments to Hicksville in my 23 years as a resident, homeowner and taxpayer.

Please remind Mr. Ayres that I had served on the School Board from 1986 to 1989, and ask whether any of my votes were "tainted" because my children attended parochial schools in Hicksville. However, he would have to ask others, because he was not there.

Mr. Ayres says that a total increase of \$137,000 less medical give-backs to 38 secretaries is excessive. Have him explain why.

He accuses Mrs. Miltenberg and myself of a "cover-up on the bus driver...case." Does he realize that statement is grounds for a lawsuit? He is a Willet parent himself, but did not care enough to attend a meeting.

I had done my homework and have sat in the auditorium as over 500 parents demanded that their neighborhood schools remain open. I listened. Where was he?

My statement to vote "No" on the budget does not mean that I want to see students walk, or to discontinue our sports and music programs. It does not mean that I am dissatisfied with the \$53 million budget and cuts should be made. And I will vote yes for a re-vote.

I can work with JoAnn Miltenberg and Jay Schwartz. Even though we do not agree on every issue, we respect each other's opinions. Both are extremely intelligent people who have values and who truly care about children.

Vote for the B team...we will listen.

Sincerely,
Carole Wolf

To the Editor:

This June I will finish the second of a three year term on the Hicksville Board of Education.

During the past two years, I have worked with JoAnn Miltenberg, this year as a fellow Trustee and last year under her leadership as Board President. I can speak for her diligence when it comes to the required reading, research and compilation of various data. which we receive as board members. JoAnn always does the background work required on an issue and most times goes one step further by seeking additional information, which she independently seeks from community members, staff and students.

JoAnn is intelligent, well spoken, level headed, but much more importantly, she is an independent thinker. JoAnn, a homeowner, parent, teacher and active community member is always acutely aware of the educational as well as the financial impact Board decisions have on our taxpayers.

Our school board needs JoAnn, please reelect JoAnn Miltenberg and vote yes for the budget on May 23.

Sincerely yours,
Patricia Rooney

To the Editor:

I have in the past and will continue to battle misleading statements made by Board candidates and their supporters.

1. According to the Superintendent's contract, article 12: "The subject of renewal of this contract shall be brought by the Superintendent to the attention of the board no less than eighteen (18) months prior to the termination of this contract."

2. The Nurses increase amounted to \$11,250.

The Secretaries increases amounted to \$137,518.

3. Mrs. Rudin's "new" idea for hiring bus monitors was first tried by the district on September 8, 1989, and on September 25, 1989 in "Newsday" and the "Hicksville Illustrated" and the district continued to advertise.

4. No Board member can "cut a deal" with any litigant: such items are handled by legal counsel.

Opponents have told half-truths and lies to gain support, in the hopes that the Illustrated and the Mid-Island Times would not give us the opportunity to reply by the May 17 edition. The above statements are only an example of the numerous unfounded statements which are being made in speeches and in letters. Compared to the most recent statement made by Mr. Ayres these seem insignificant.

The statement "The Miltenberg and Wolf board actions and cover-up on the bus driver, Izzo, child abuse case" is a blatant lie. I am not nor have I ever been a party to a cover-up. I am publicly asking Mr. Ayres for his facts on a cover-up, which I am certain he does not possess. I am also telling Mr. Ayres to contact his lawyer because under the Sullivan Law of Libel and Slander pertaining to elected officials, I will be filing a Summons and Complaint based on the "Malicious Intent to Defame."

Sincerely,
Jo Ann Miltenberg
Row "B"

To the Editor:

The Executive Board of the Lee Ave. PTA has voted to support this year's school budget. Even though we as taxpayers are not happy with such a big increase, we feel our children would be the biggest losers if this budget is not passed.

On an austerity budget the savings would only be \$1.55. Some of the things lost to our children for this \$1.55 savings would be transportation, intramural sports, all extra music programs (concerts on all grade levels), supplies/materials, field trips, the Gregory Museum and building usage by school clubs/activities, scouting, CYO and PAL.

We as adults would not be able to have Senior Citizen activities, Adult Education and use of the buildings for the various organizations to which we belong.

In spite of the fact that we feel our children would be the biggest losers, we all end up losing something.

Please take those few minutes on May 23 and vote "Yes" for the school budget.

Sincerely,
Marie L. McEneaney
President

To the Editor:

The Hicksville School District is now facing a school tax increase of almost \$300 (on a home assessed at \$5000) for the 1990-91 school year. If New York State drops our school aid as projected this figure may rise to as much as \$400. Using the projected 5 year school budget supplied by Dr. Fenton, our school taxes will rise by \$1000 in the 5 year period.

The reasons for this huge increase are as follows:

- Huge increases in salaries - no one in private industry is receiving raises such as those awarded to our teachers and administrators.
- No attempt has been made to consolidate school facilities. I do not know how much of the High School classrooms are being utilized but the Middle School is using only 30% of its area. Less than 80% of the classrooms in the 8 Grade Schools are being used.
- Class sizes in the Grade Schools are less than 80% of the numbers allowed by the teachers contract.

To bring this budget back to reality the following actions must be taken:

- Vote NO on the school budget! The vote must be large enough to show that Hicksville means it!
- Elect to the school board people who owe allegiance to the people of Hicksville and not to the school teachers. Mr. Cardella and Mr. McBride, two of the four board members who pushed the teach-

ers' contract thru will not be running. They must not be replaced by people who promise economy but will not deliver. Mrs. Miltenberg should be returned to the board as she has tried to represent the taxpayer.

With a new school board responsive to the taxpayers, the following action should be taken:

- Move all sixth grade students to the Middle School.
- Close 3 Grade Schools and redistrict to provide reasonable class sizes in the remaining schools. A goal of 95% of allowed class size should be the objective. By contract class sizes are as follows:

- Kindergarten - 22, Grade 1 - 23, Grade 2 - 24, Grade 3 - 25, Grade 4/6 - 26.
- Since 78% of the school budget is salaries and benefits, it is in this area that most of the cuts must be made. It is in this area that most of the budget increases occurred.
- To those who object to school closings as a violation of the "local school" concept, I would ask why these "local schools" require that 2300 out of 4300 students must be bused!
- Re-examine the curriculum of the High School for classes that are not being utilized. There should not be 3 or 4 levels of study on a single subject. If a need can be established classes for advanced students may be used as a second level but existing levels such as Basic, Standard, Regents and Honors as exist in English 10 is just too much. If not enough students sign up for a particular course during a semester, the course should be dropped until the next semester.

Our school budget can be brought back into control if we, the Hicksville Taxpayers, take back control of the school board. Once the taxpayer controls the school, we can start upgrading the school, but for now we must stop this out of control budget. If you do not vote NO or vote for the wrong people Hicksville is in deep trouble.

Sincerely,
Leo Brecht

To the Editor:

Bill Bennett has stated that the large increase in the school budget is due to the teacher salary increase. I have made a comparison of the Hicksville school budget to that of Commack L.I. which is shown below:

Enrollment: Hicksville - 4,300, Commack - 5,600
 Median Teachers Salary: Hicksville - 46,933, Commack - 51,919
 Pupil/Teacher Ratio: Hicksville - 13 to 1, Commack - 14 to 1
 Budget (in millions): Hicksville - \$53, Commack - \$64
 Cost Per Pupil: Hicksville - \$12,326, Commack - \$11,429

Data for Median Teachers Salary and Pupil/Teacher Ratio was obtained from "The State of Learning Report to the Governor and the Legislature on the Educational Status of the State's Schools" dated January 1, 1990.

The data shows that Commack teachers receive a higher salary while having a lower cost per pupil. Why?

Henry Frey

Dear Parents & Taxpayers,
 I'd like to correct the errors in Mr. Bennett's letter to you last week. I will refrain from comment on his abusive tone except to say that what Mr. Bennett lacks in

factual accuracy he more than compensates for with accusations. In a sense I'm flattered that Mr. Bennett finds the need to use smoke screens rather than facts. If I am such a poor choice for school board trustee why isn't Mr. Bennett pointing to my three year record? In fact, he fails to mention that he asked me to serve as his vice-president when we served on the board together. Was that poor judgment on his part or had he seen that I was a hard working board member who was never afraid to ask questions, and never afraid to put the needs of children ahead of special interests.

He blames me for bringing the community the current board majority. How could he forget his efforts? He brought his protege, Mr. MacBride to the board, and after observing Mr. MacBride for the first three years wrote him a glowing letter of support for three more years. He neglects to point the finger at Mrs. Miltenberg who ran as "teammates" with Mr. Cardella and Mr. MacBride because this year he is supporting her candidacy. He also neglects to tell you that he had scathing things to say about Mrs. Rooney and Mrs. Miltenberg when they ran for the board.

The outstanding issue of this campaign, Mr. Bennett, is the 20.3% increase in the tax rate. Are you trying to divert our attention away from this unhappy fact? The past 3 years have seen a 26% budget increase. You have had a board majority from 1984 to 1989. Do you, Mr. MacBride, Mr. Schwartz, Mrs. Wolf, Mrs. Miltenberg, accept any responsibility for these increases?

I've been around the board room for 18 years. I have worked in the campaigns of many people in this community such as Tom Nagle, Bob Pirrung, Dan Arena, Neil McCormick, Jay Schwartz, Charlene Ance, Iris Wolfson, Pat Rooney, Mark Cardella, Jim Martillo and John Ayres. Working in their campaigns did not give me a crystal ball showing me how effective they would be as board members. Some have met my expectations, some have not. However, the option was always mine to question their actions at public board meetings and then to support or not support them for reelection. For example, I was Charlene Ance's publicity person when she ran. It did not stop me from running against her in 1983 to add a new voice to the board. If I believed that Mr. Cardella, Mr. MacBride and Mrs. Miltenberg had been effective board members, I would not be running with Mr. Ayres and Mr. Pendergast on Row A to bring about board change. After all I didn't know until all petitions were in whether or not Mr. Cardella would be running again. He had picked up petitions and had not declared his intentions.

In 1984 Mr. Bennett led a crusade for change in policy "requiring" a moment of silence be observed in every classroom. Mr. Schwartz and Mr. Nagle supported him. Mr. Ayres, Mrs. Singer, Mr. Wolfson and I voted to abide by the state law which says that a teacher may observe a moment of silence. Ultimately, this crusade wrenched our community, and in the heat of the "big lie" the community supported Mr. Bennett's position. They believed that they would be getting a policy that mandated a

Continued On Page 23

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Crash Volunteers Honored



Leonard B. Symons (front row, second from left) presents citations to Chief David Marmann (left), 2nd Deputy Chief Robert Hally (second from right), and 1st Deputy Chief Joseph Mylnarczyk (right) of the Jericho Fire Department for their rescue efforts relating to the crash of Avianca Flight #52. Also receiving citations are (left to right, back to front) Firefighter Glen Gilberg, Firefighter Robert Simon, Firefighter Glen Russo, Firefighter Donald Ginzburg, 1st Lieutenant Frank Sammartano, 2nd Lieutenant Douglas Sugarman, Captain Joseph Grillo, Captain Alan Cantor, and Captain Michael Milner.

Student Honored



Matt Conway, Bethpage High School senior was recently honored by EAB - Channel 12. He is the 5th Bethpage High School student who has earned the prestigious EAB News 12 Scholar Athlete Award. Matt ranks in the top 10% of his class with a 96.7 grade point average. He has participated in track and played football for the Golden Eagle champions. Conway received the Martone Award in recognition of his outstanding performance as a lineman. Matt will attend West Point in the fall where he plans to study law and play football.

Memorial Day Services Planned

Since Memorial Day is a time when we remember with respect and gratitude the people who have given themselves in war, the Unitarian Universalist Church of Central Nassau is pleased to announce that on Sunday, May 27, 1990, at 11 a.m. Linda Anderson will discuss "A Time to Remember."

She will focus on the career of Dwight D. Eisenhower, who although a man of war, was also a man of peace. For before we can have peace we need to understand the nature of war.

Hicksville Soccer Registration

Our final two registration dates are coming up and we hope to see you. Saturday, May 19 from 10 a.m. to 1 p.m. we will be at the Hicksville Library Community Room.

Then, on June 1, from 7-10 p.m. at Fork Lane School, we will hold registration and our General Meeting. At the General Meeting we will be holding elections for Board positions, as follows: Commissioners for Squirts, Pee Wee/Bantam and Girls Program, Equipment Procurement, Registrar, Newsletter.

Refreshments will be served. It's really important for parents to see how our Club functions and this is the perfect time to find out. We welcome you to the General Meeting and look forward to seeing you at Fork Lane.

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

Fork Lane Skate Night



Fork Lane Skate Night took place on April 16, at United Skates of America. The students enjoyed a terrific night of fun.

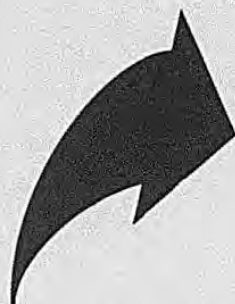


4th graders, left to right: Jessica Smith, Vanessa Leal, Pamela Rodriguez and Danielle Faulkner race for the finish line.



Fork Lane Bowling at North Levittown Lanes. 3rd place team, left to right, Pamela Rodriguez, Jaclynn Demas and Danielle Faulkner. Congratulations!

The Hicksville Council of PTAs Strongly Urges You To



Vote YES

for the 1990-91 School Budget
To Insure Our Children's Future
Wednesday, May 23rd
10 a.m. to 10 p.m.
Local Election Districts

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Spring Concert



The Madrigal Singers under the direction of Darren Lougee



Members of the Jazz Ensemble perform under the direction of James McRoy.



Percussionists play under the direction of Lawrence Rizzo.



Terry Glynn and Joe Vance perform a scene from "The Glass Managerie."



Audience members get up to dance to the tune "In The Mood" performed by the Jazz Ensemble.



se student performers receive a standing ovation from the audience.

LEGAL NOTICE NOTICE OF SALE

Supreme Court: Nassau County, Corporate Financing, Inc., Pltf. vs. Gall Judith Lee, et ano, Defts. Index #11815/89. Pursuant to judgment of foreclosure and sale dated April 5, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y., on May 25, 1990, at 9:30 a.m., prem. k/a 350 S. Oyster Bay Road, Syosset, N.Y. Said property located on the westerly side of South Oyster

LEGAL NOTICE
Bay Rd., being the southerly end of an arc which connects the westerly side of South Oyster Bay Rd., with the southerly side of Manor Gate (Plaza Gate) being a plot 99.15 ft. x 80.40 ft. x 100 ft. x 75 ft. x 4.12 ft. Sold subject to terms and conditions of filed judgment and terms of sale. H. William Hodges, Referee.
H. William Hodges, Referee
Solomon & Sirls
Attys. for Pltf.
600 Old Country Rd.
Garden City, N.Y.

SA 7659
4X4/27; 5/4, 11, 18

Hicksville H.S. Recital For Senior Citizens

Hicksville High School once again performed for the senior citizens at their annual recital held at Levittown Hall on May 2. The students put on a wonderful performance. Audience members danced to the sounds of the High School Jazz Ensemble when they played "In The Mood." The Madrigal Singers, under the direction of Darren Lougee, sang beautifully and the girls looked magnificent in their new blouses, purchased with the donation from Marc Ramirez (Hicksville's "Mr. Electric"). The Percussionists, under the direction of new staff member Lawrence Rizzo, performed a marvelously sounding composition. Drama Club performers Terri Glynn and Joe Vance performed a scene from "The Glass Managerie," as director Judi Pasettiner looked on. Robert West, Fine Arts Coordinator, introduced each group. James McRoy, Band Director, thanked the audience for making it all possible.

Hicksville History Society Meets May 22

The organizational meeting of the newly formed Hicksville Historical Society will take place in the Community Activities Room of the Hicksville Public Library, Tuesday evening, May 22, at 8 p.m. All enrolled and intended Charter Members are invited to attend. Nomination and election of officers and committee registration will take place.

The matters of membership dues and organizational purposes and programs are other agenda items. If time permits after the business meeting, Richard Evers, the Acting Chairman for the Society, will present a brief slide program from the slide collection of the Hicksville Gregory Museum.

In Service

Marine Pvt. Kevin Holtz, son of Peter W. and Kathleen Holtz of 8 Arpad Street, 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.

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.

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294-8900 or 746-0240 for
rates and information.**

Fork Lane Field Day

On April 26 Fork Lane School held their annual field day. Each grade competed in various events and all the students were treated to free pizza and Italian ices provided by the Fork Lane PTA. A special thanks to Mrs. Weber, our Physical Education teacher and the sixth graders who helped coach the 1st, 2nd and 3rd grade teams. When it came to having fun, everyone was a winner.

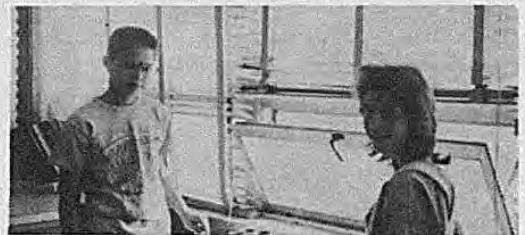


Third grader Coleen Kirliewsky competes in cone race.



Mr. Pisanl instructs fifth grade teams in the final event - the tug of war.

Tree Planting



Budding student scientists in the 5th grade class, Burns Ave. School are planting gardens to experiment with tomato seeds from space. During the spring semester, students will grow and monitor space-exposed seeds and Earth-based seeds, searching for differences caused by long-term exposure to cosmic radiation. Results gathered by the students will be forwarded to NASA by June 15 for a final report.

For nearly 6 years the seeds were exposed to the harsh environment of space, subjected to cosmic radiation, temperature extremes, weightlessness, and the vacuum of space. Students will be looking for possible mutations to the tomato plant, such as changes in fruit size and color, growth rate, and leaf, stem, and stalk shapes and sizes. The pink grapefruit is a mutation resulting from irradiating the white grapefruit seed.

The Space Exposed Experiment Developed for Students (SEEDS) was one of 57 experiments housed on the recently recovered 11-ton Long Duration Exposure Facility satellite. After a nearly 6-year voyage in space, the 12.5 million tomato seeds were rescued by the crew of the Space Shuttle "Columbia" on January 12. SEEDS is a cooperative project between NASA and Park Seed Company, Greenwood, S.C. offering to students a one-of-a-kind, hands-on experiment to study the effects of long-term space exposure on living tissue. SEEDS has the potential to involve 4 million students and 40,000 educators.

In March, NASA distributed 180,000 SEEDS kits containing space-exposed seeds and an equal number of Earth-based seeds to teachers from the upper elementary school to the university level for experiments and study.

In photo John Guzman and Theresa Notskas planting seeds.



Oh, No, They're Trying to Come Back!

LETTERGRAM FOR HICKSVILLE RESIDENTS

Dateline: Hicksville, February 29, 1984: Location: The School Board Meeting

Flash: Arlene Rudin and John Ayres have just voted to remove the Moment

of Silence from our School District Policy. **Stop:** Majority of people in

attendance demand its reinstatement. **Stop:** Residents cry out to take back

their Moment of Silence at the polls. **Stop:** We defeated Mr. Ayres in

his re-election. **BUT** Mrs. Rudin walked away rather than face

defeat. **Stop:**

DON'T BE FOOLED IN 1990.

Elect the Team That Are Truly Community Representatives.

Vote Row B for Better Board Trustees in Hicksville.

Learning Made Fun At Museum

Lawrence Welk must have had a smile on his face because on Saturday, April 28, the Gregory Museum held its first Bubbly Workshop.

Using simple household items, Don Curran, the Museum's Curator, showed children aged 6 - 12 not only how to make bubbles but why bubbles form the way they do.

After some practice, and with assistance from Gail Hofer, the children were blowing bubbles within bubbles. This phenomenon is due to surface energy which was explained by Mr. Curran as a force that causes the surface of liquids to behave in certain ways. It was also explained that because of surface energy, drops of liquid take a spherical shape such as when rain drops fall.

The day ended outside on the Museum grounds as everyone made giant bubbles using the different solutions. It was indeed Learning Made Fun at the Gregory Museum.

(Story & Photo by Deborah Weintraub)



Gregory Galant and Laura Scimeca using their bubble tubes.



Donald Curran, Curator, showing from left to right: Joshua Ross, Christian Pizzimenti, Teresa Brewer and Kate Hofer how to slowly blow a bubble.



Curator, Don Curran with his bubble in flight.



Kurt Koegel using bubble tube provided to blow his bubble.



Gail Hofer successful at making a giant bubble.



On Museum grounds from left to right: Evan Koegel and Hillary Weintraub watching Kate Hofer making her bubble.



A beautiful summer-like afternoon outside the Gregory Museum with the children's bubble tubes ready to go.



Bubble Experts from left to right: Hillary Weintraub and Prachi Mane.



Kurt Koegel makes a giant bubble ready for take-off.



Curator, Don Curran, successful with bubble tube. Background - Carney Ann Brewer and Prachi Mane.



Back turned left to right: Carney Ann Brewer, Curator, Don Curran, Kurt Koegel, Joshua Ross and Hillary Weintraub using their bubble tubes.



Left to right: Kurt Koegel, Janice Hofer, Laura Scimeca, Gail Hofer and bubble, as Curator, Don Curran looks on.

Burns Ave. Retirement Party

The Burns Avenue PTA is sponsoring a Retirement Party for our principal, Dr. Frank Burke. All welcome.

It will be held at The Knights of Columbus Hall, 45 Heitz Place, Hicksville, on Monday, June 18, at 7 p.m. The cost will be \$10 per adult; this will include hot buffet, salad, soda, cake and coffee. There will be an open cash bar. If you are interested, make check payable to: Burns Avenue PTA. Send to Burns Avenue School, Burns Avenue, Hicksville, N.Y. 11801. Attn: Cathy Corrado, PTA Pres., or contact: Cathy Corrado 822-4699 or Shirley Johnson 935-4270, or Anne Chin 822-6313 - Retirement Committee. R.S.V.P. No Later Than May 30.

LEGAL NOTICE THE RAYFIELD CO. II

c/o FRED CARPENTER,
227 Tenth Street, Bethpage,
New York 11714 Substance of
Certificate of Limited Partner-
ship filed in Nassau County
Clerk's office on May 2, 1990.
Business: produce, distribute
and exhibit a motion picture and
market all rights held in
the screen play. General
Partner: Lenox Market Video,
Inc. 227 Tenth Street, Beth-
page, New York 11714. Limit-
ed Partners and capital contribu-
tions: Limited Partners will
invest whole or partial contribu-
tions in proportion to their
shares in Partnership but not
to exceed 10%. Term: April
15, 1990 to December 31, 2020
unless sooner terminated.
Share of Profits and Losses:
First, the capital contributions
of the Limited Partners (initial-
ly \$300,000) will be returned to
the Limited Partners. Any
additional profits will be split
as follows; 25% to Southern
Films, Inc., 3.75% to the
person designated as the lead
actor, 7.5% to Fred Carpenter
and the remaining balance
split 50/50 between General
and Limited Partners in
accordance with their propor-
tionate shares. Losses will
be allocated to offset profits paid
in a prior year pro rata to
Limited Partners and to
General Partner and thereafter
will be shared 50/50 between
General and Limited Partners
in accordance with their
proportionate shares. Sale or
assignment of limited partner-
ship interest is permissible
with the consent of General
Partner. Upon dissolution,
withdrawal, assignment for
benefit of creditors or bank-
ruptcy of General Partner,
Partnership terminated and
dissolved unless successor
General Partner approved by
majority in interest of Limited
Partners. No Partner may
demand property other than
cash in return for its contri-
bution. Management of Part-
nership to be carried on by
General Partner.

BN3069
6x5/11,18,25/6/1,8,15

Volunteer Luncheon



Nassau County Executive Thomas S. Gulotta, left, attended the Annual Volunteer Recognition Luncheon of the Nassau County Department of Social Services which was held at the Salisbury Restaurant. County Executive Gulotta presented a Certificate of Appreciation to volunteer Max Dachinger, a Syosset resident.

Dutch Lane Keeps Fit

Just in time for Spring Dutch Lane students enjoy doing an "obstacle course" in their gym class to get in shape. With the guidance of their gym teachers, Mr. Shack and Mrs. Manzo, the students are shown the proper way to use the equipment safely.



Melissa McCarthy shows how well she has learned to walk across the balance beam.



All the obstacles were challenging and sometimes students had to try and do it again.

PTA Council Academic Awards

The Hicksville Council of PTA's presented 68 Hicksville High School seniors with its Apple for the Scholars' Award at the Hicksville Alumni Association annual Scholars' Dinner on Wednesday, May 2, at the Hicksville Elks Club. These students represent the top 20% of their class in academic standing.

Each PTA unit honored those seniors that graduated from their area school. Each of these students was presented a certificate and an engraved brass paperweight "apple" by their school principal and PTA president. The apple is the New York State symbol of excellence in education. This year, each group of students selected an outstanding teacher from their school as their honored guest. The teachers were recognized for their dedication and service to these students during their elementary and middle school years. A school bell was appropriately given to each honored guest.

The Council appreciates that Hicksville has produced a number of outstanding young men and women. This award gives a broader range of students the opportunity to have their scholarly efforts recognized. All eleven units of the Council, and the Council itself, have contributed to this award, making it truly a community commitment.

The Council wishes to thank the Hicksville Alumni Association for acknowledging the academic excellence demonstrated by these students.



Fork Lane School Award winner Nicole Hanna, front, with, left to right, teacher Carol Irwin, Principal Carol Bentsen and PTA President Joanne Tolch.



Middle School Award Winners with PTA President Karel Rudis, center, Teacher Dr. Gary Schwartz and Asst. Principal Joseph Giambalvo, rear.

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- IN RESTORING COMMUNITY CONFIDENCE BY ESTABLISHING GREATER COMMUNITY INPUT ON SCHOOL BOARD DECISIONS



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Right Around Home

By Maureen Traxler

"I remember when the gypsies came through town every summer," relates Wilhemina Kastin Luhmann, a charter member of the Hicksville Historical Society. Recalling the "old" Hicksville of her childhood, Mrs. Luhmann tells the tale about roaming gypsies who would come into her mother's country store under the guise of telling fortunes. As one gypsy looked into your future, another would make off with a little of your merchandise. Mrs. Luhmann was born here, and her family settled here from Brooklyn in 1865.

Hicksville's an old town, and it has a wealth of history waiting to be touted. Under the watchful eye of Richard (Dick) Evers, Curator of the Public Library Local History Room and Historian at the Hicksville Gregory Museum, the Hicksville Historical Society is taking form. Mr. Evers, former public school history teacher, author and community member, donated his expansive local history collection to the public library about a year and a half ago. He and Library Director Kenneth Barnes spoke often about forming an historical society.

In Mr. Evers' endeavor to promote the society, he noted, "A powerful incentive to membership is the desire to be a part of organized efforts to preserve a community's historical environment: landmark buildings, monuments, local traditions, spiritual and cultural sites, and the natural environment. One joins with others of an historical inclination in order to collect, study and exhibit artifacts and documents which illustrate a community's past, so as to help local residents build a personal and group sense of roots, identity and pride." Eighty-six charter members were signed in at the society's initial meeting in April.

Hicksville history includes such time-honored institutions as the John Street trolley, the Nicholai School, the Aviation Country Club in south Hicksville, the dress factory and the "tin cup." The home of one of Hicksville's most prominent fore-families, the (Elwood Arnold) Curtis Home, still stands at 100 W. Nicholai Street, the site of the Jolly Swagman Restaurant.

Irmgard Tuechler, another charter member of the society, notes the preservation of Hicksville's old trees and patriotism as the impetus for her membership. Mrs. Tuechler, a 30-year resident, says many of the families on her street have lived here even longer than she. She recalls, though, the days before the razing of the stores on Broadway and the elevation of the railroad. She remembers fondly when she strolled along Broadway with her young children.

Talk often can be heard of securing home rule. In the early 1950's, a campaign took place to obtain a vote on the question of Hicksville's incorporation. The action died and Hicksville has remained a hamlet of the Town of Oyster Bay.

"My grandparents were village blacksmiths in the 1800s," boasts Medard Ofenloch, whose family history goes back over 100 years in Hicksville. Mr. Ofenloch's main thrust has been his unceasing involvement in the volunteer fire department, having served as Chief from 1954-59 and Fire Commissioner from 1963-68. He says he'd like to see the old Hicksville, "the way it used to be," but since that wish cannot be fulfilled, he says he'd like to see Hicksville remain "a decent town," and he calls the education of the young people as "a primary concern."

The Historical Society plans its next meeting for Tuesday, May 22, in the community room at the public library. The agenda will include nominations for a slate of officers, committee selections and suggestions for projects and future programs. If time permits, Mr. Evers will give a slide presentation.

Treat yourself to a delightful Art Exhibition at the senior high school next week. The works of students in grades 9 through 12 in all art subject areas will be displayed, including jewelry, stained glass, painting and computer graphics, to name a few. Art Department Chairperson Mary Jane Caldwell says the exhibit will be open during the spring concert on Tuesday evening, May 22, in the Ceramics Room, to the right of the Little Theater on the first floor of the high school. The works can also be viewed all week during the day by senior citizens and other community residents.

Send contributions of community interest to **Right Around Home**, Litmor Publications, 81 E. Barclay Street, Hicksville, NY 11801.

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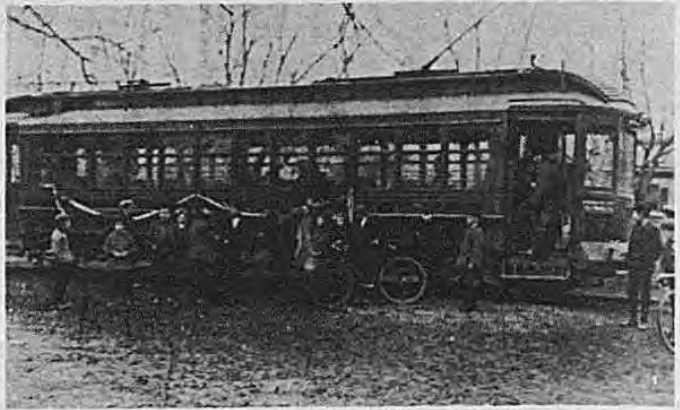
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The John Street trolley arriving from Mineola and Westbury.



The Nicholai School, circa 1900.

I.N.N. Board May Meeting

The regular meeting of the Board of Directors of the Hicksville I.N.N. (Interfaith Nutrition Network) is scheduled for 1:30 on Friday, May 18 in the meeting room of Redeemer Lutheran Church on New South Road in Hicksville. All Board members are expected to be present in addition to representatives from the various service clubs in Hicksville.

At the April Board meeting it was decided to expand the Sunday meals at the I.N.N. to two Sundays per month. There is a free meal served to the homeless and hungry every week day, and also the first and third Sunday of each month. The Rev. Theodore Grant, Chairman of the I.N.N. Board, as well as Pastor of Redeemer Lutheran Church, announced that there were ample volunteers to serve the additional Sunday meals, for which the Board was most gratified.

The I.N.N. is run solely on donations from companies and individuals. Anyone wishing to make such a donation can send it directly to the offices of I.N.N. at Redeemer Lutheran Church.

The I.N.N., in addition to providing free meals for the guests, also has available to them qualified social workers, who provide help to those in need of help, direction or counseling.

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Volunteers Thanked



Leonard B. Symons, third from left, joins some of Oyster Bay's seniors as they are presented with certificates of appreciation for their volunteerism and work in the community. Pictured left to right are Louise Helt Bauer of the Hicksville Friendship Club, Margaret Schoppmann of the Hicksville St. Ignatius Seniors, Oyster Bay Town Clerk Carl L. Marcellino, Chris Prill of the Oyster Bay Beech Brook Seniors, Irma DePace of the Hicksville/Levittown Seniors, Mildred Pitman of the Syosset/Woodbury Seniors and Ethel Habernicht of Plainview Colonial Gardens.

Official Congratulates Auxiliary



Angelo A. Delligatti (second from left) presents a citation to the Ladies Auxiliary to William M. Gouse, Jr., Post #3211 as they celebrate their 50th anniversary. Accepting the citation is president Esther Palladino. Also on hand for the festivities is treasure Carmela Vitello (left), Oyster Bay Town Councilman Thomas L. Clark and past president Dorothy Mulligan.

Science Team Does Well

After winning first place in the Nassau County competition, the Hicksville Middle School Science Team put on an outstanding display of strength in several areas at the recent New York State competition, held in Buffalo.

Winning gold medals in Measurements were Joachim Ezcurra and Mike Chang. Silver medals were awarded to Monica Alexandris for "Metric Estimation," Kathy Hora and Linda Thomas for "A Is For Anatomy," and, Victor Yee for "Weather or Not." Bronze medals were awarded to Mike Chang and Ross Michaels for the showing in "Write It - Do It."

Of course placing sixth is a team effort. Other participants included: "Mark Franchino, Susan Gaylord, Mark Haddad, Bill Harvey, Lisa Latzo, Daniel Moy, Jennifer Murphy, Chetan Trika, Jonathan Yee, Jennifer Yost and Connie Young. The team was composed of seventh, eighth and ninth graders.

Making this trip possible were coaches: Mr. Hal Buck, Mr. Dave Bouton and Ms. Terry Leahy. Many reported back that thanks to all participants, Hicksville was not only "put on the map," but is a future force to contend with at Science Olympiads!

"Evita" Performed



Angelo A. Delligatti, right, joins Kevin and Phyllis Harrington, at the Grand Opening and Ribbon Cutting ceremony of Plaza Playhouse in Old Bethpage. The Playhouse's Premiere Performance was a production of "Evita."

Eagle Scout Cited



Thomas L. Clark (second from left) presents a citation to Eagle Scout Adam Augustowski of Hicksville Troop #683 at the Eagle Court of Honor. Also in attendance are (left to right) Scout Master David J. Kean, Sr., Adam's mother Jenny Augustowski, Nassau County Executive Thomas Gulotta and Assistant Scout Master Michael S. Speranza.

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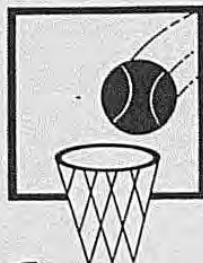
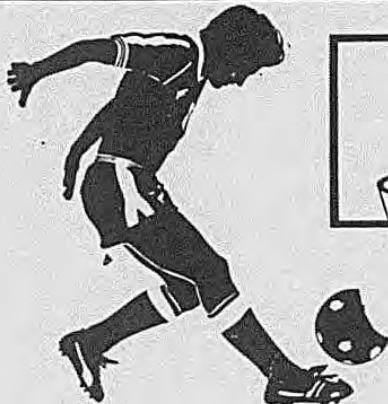
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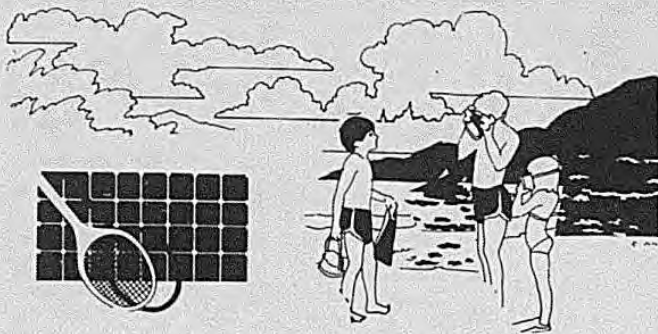
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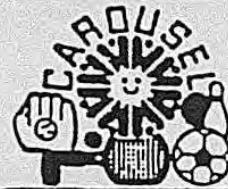
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Dutch Lane Spring Break

Dutch Lane School celebrated Spring break with celebrations of all kinds. The children were very excited and looking forward to family vacation time together.



Miss Klely's a.m. Kindergarten class enjoying their holiday celebrations.



It was fun making baskets in Miss Klely's p.m. Kindergarten class and eating jelly beans, matzas and chocolate rabbits.



Miss Masterson's 2nd grade class decided to show their bunny baskets and pass by Peter Rabbit.



Guessing the correct number of jelly beans in a jar was a fun task for Mrs. Lynn's 5th grade class.

Who Says Nobody Takes Pride In Their Work Anymore?
For a listing of guaranteed advertisers pledged to deliver on their promises please turn to Consumer Confidence page 27A in the Discovery section of this newspaper.

Woodland Avenue Students of Month

Recently Woodland Avenue School honored its January, February and March Students of the Month by treating them to a pizza which was provided by the PTA. Students in grades 3, 4, 5 and 6 were also presented with Award Certificates for their extraordinary effort in their classes.

- Grade 3 - Mrs. Ullrich:**
Keith Marks, Diana Fippinger, Craig Brink
- Grade 3 - Miss Gallagher:** Stacey Karambelas, Jennifer Barozie
- Grade 4 - Mr. Brogle:** Allison Lounsbury, Stephanie Beinert, Kristen Adams
- Grade 5 - Mr. Mandel:**
John Corso, Melissa Knapp, Hilla Rahimi
- Grade 6 - Mrs. Grady:** Daniel Giunta, Danielle Buffolino, Barbara Hundertmark

Library Closed On Sundays

The Hicksville Public Library is closed on Sundays in June, July, August and September. We'll be back in the fall with Sunday hours. Until then, use and enjoy the library Monday through Friday from 10 a.m. to 9 p.m. and Saturday, from 10 a.m. to 5 p.m. That's 62 hours a week that you can visit the building on Jerusalem Avenue and use the computers, typewriter, fax machine or copier. It's the building where you can take home a CD from a collection of 900, choose a video from the 2,720 in the video cassette department. Select a book... a romance, a thriller, a mystery or a historical family saga. A book on travel, cooking, bringing up babies, decorating a home, growing herbs... an endless variety of subjects.

Summer is a marvelous time to catch up on your reading. Do stop in, you are always welcome.

Middle School Special Notice

The Hicksville Middle School will be honored for their New York State Challenge of Excellence recognition at a special ceremony at the Middle School on the evening of Wednesday, May 23, at 8 p.m. A spokesperson from the State Education Department will speak during the ceremony, during which the Board of Education and the Administration will honor the faculty, administrators, PTA, parents and students who made this New York State award possible. Parents of fifth and sixth grade students are urged to attend this public ceremony in order to get acquainted with the staff of this fine institution of learning.

Following this ceremony the Hicksville Board of Education will hold its regular monthly meeting as well as the results of the Budget Vote on the evening of Wednesday, May 23, beginning at 9:45 p.m. in the cafeteria of the Senior High School. Budget tallies and board seat election results will be known at approximately 10:45 p.m. Voting will take place from 10 a.m. to 10 p.m. on May 23 at the district election polls located in seven of the elementary schools (voting does not take place at Willet).

In Service

Pvt. John J. Rennelsen has completed basic training at Fort Knox, Ky.

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

He is the son of Maude Renneisen of 38 Tudor Road, Hicksville.

The private is a 1989 graduate of Hicksville High School.

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT: SUFFOLK COUNTY, OLYMPIC EQUITY CORP., Ptf. vs. MARY G. NOVELLANO, et al. Defts. Index #12422/89.** Pursuant to judgment of foreclosure and sale dated Apr. 2, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse 262 Old Country Rd. Mineola, N.Y. on June 8, 1990 at 10:00 a.m., prem. k/a 15 Mayfair Lane, Hicksville, N.Y. Said property located on the easterly side of Mayfair Lane, 71.14 ft. northerly from the extreme northerly end of the arc connecting the northerly side of Nicholas St. with the westerly side of Mayfair Lane, being a plot 59 ft. x 100 ft. x 62.23 ft. x 100 ft. Sold subject to terms and conditions of filed judgment and terms of sale.

Eli H. Mellan, Referee
Richard Chertock,
Atty. for Plaintiff
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HICKSVILLE PUBLIC SCHOOLS ANNUAL BUDGET VOTE

May 23, 1990 10 a.m. to 10 p.m.

BOARD OF EDUCATION

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James A. Martillo Secretary

TRUSTEES

William P. Bennett
JoAnn Miltenberg
Patricia Rooney
William P. Collins

SUPERINTENDENT OF SCHOOLS

Dr. Catherine J. Fenton

WHERE THE MONEY GOES

| | Approved Budget 1989-90 | Percent | Proposed Budget 1990-91 | Percent |
|-------------------------|----------------------------|--------------|----------------------------|--------------|
| General Support | \$6,715,237 | 14.4% | 8,016,300 | 15.1% |
| Instructional Services | 25,807,329 | 55.3 | 30,677,700 | 57.8 |
| Transportation Services | 2,252,400 | 4.8 | 2,574,500 | 4.8 |
| Community Services | 113,100 | .2 | 123,600 | .2 |
| Fringe Benefits | 11,022,153 | 23.6 | 10,697,800 | 20.2 |
| Debt Service | 426,500 | .9 | 489,100 | .9 |
| Interfund Transfers | 350,000 | .8 | 505,000 | 1.0 |
| TOTALS | \$46,686,719 | 100.0 | \$53,084,000 | 100.0 |

BUDGET SUMMARY

| | |
|-------------------------|---------------------|
| General Support | \$8,016,300 |
| Instructional Services | \$30,677,700 |
| Transportation Services | \$2,574,500 |
| Community Services | \$123,600 |
| Undistributed | \$11,691,900 |
| TOTAL | \$53,084,000 |

WHERE THE MONEY COMES FROM

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|---------------------------|-------------------------|-------------------------|
| Real Property Tax Items | \$77,500 | \$77,500 |
| Charges for Services | 729,750 | 729,800 |
| Use of Money and Property | 355,800 | 450,000 |
| Sale of Property | 16,400 | 16,400 |
| Miscellaneous | 105,000 | 115,000 |
| Basic State Aid | 8,104,052 | 8,302,600 |
| Lottery Aid | 454,500 | 310,000 |
| BOCES Aid | 617,071 | 300,000 |
| Textbook Aid | 141,025 | 138,000 |
| Computer Software Aid | 40,763 | 23,000 |
| Library Loan Program | 15,500 | 15,000 |
| Other State Aid | 0 | 108,500 |
| Prior Year Fund Balance | 1,500,000 | 1,200,000 |
| Property Taxes | 34,529,358 | 41,298,200 |

TOTAL REVENUE

| | | |
|------------------|---------------|---------------|
| | \$46,686,719 | \$53,084,000 |
| Assessed Value | \$125,665,166 | \$125,665,156 |
| Tax Rate per 100 | \$27.48 | \$32.86 |
| Enrollment | 4265 | 4235 |

VOTER INFORMATION

In order to vote, you must be a U.S. citizen 18 years of age or older, and you must have been a district resident for at least 30 days prior to the vote.

Those who have voted in school district elections within the past four years or who are registered with the Nassau County Board of Elections need not register for the May 23rd election.

Absentee ballots will be mailed to all voters registered as permanently disabled. Other voters who qualify for absentee ballots must apply to the District Clerk at least seven days prior to the vote if the ballot is to be mailed, or on May 22nd if the voter will pick up the ballot in person. Absentee ballots must be returned by 5:00 p.m. on May 23rd. Call 933-6592 between 9:00 a.m. and 4:00 p.m. for application information.

BUDGET VOTE CALENDAR

Budget Vote and School
Board Elections

Wednesday, May 23, 1990
from 10 a.m. to 10 p.m.
at Election District
locations.

THE BUDGET 1990-91

1000 SERIES: GENERAL SUPPORT

This section of the budget covers expenses for the Board of Education, Central Administration, and Buildings and Grounds, including supplies, equipment, salaries, membership in professional associations, and legal advertisements. Members of the Board of Education serve without pay. This series also includes the services of the District Clerk, legal counsel, independent auditing service and annual election costs.

The following expenditures are required to keep school plants and grounds open and ready for use: wages of custodians, maintenance and grounds staff, cost of equipment, supplies, utilities, fuel, rubbish removal, and our Asbestos Management program listed under 1627-Safety.

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|----------------------------------|----------------------------|----------------------------|
| 1010 Board of Education | \$41,964 | \$46,300 |
| 1040 District Clerk | 9,900 | 9,700 |
| 1060 District Meeting | 8,800 | 11,800 |
| 1240 Chief School Admin. | 130,810 | 138,700 |
| 1310 Business Services | 221,200 | 245,700 |
| 1320 Auditing | 78,100 | 87,800 |
| 1325 Treasurer | 95,383 | 111,100 |
| 1345 Purchasing | 272,982 | 291,200 |
| 1380 Fiscal Agent Fees | 700 | 1,000 |
| 1420 Legal | 150,000 | 100,000 |
| 1430 Personnel Services | 198,153 | 265,800 |
| 1480 Public Information Services | 54,600 | 61,800 |

| | | |
|---------------------------|-----------|-----------|
| 1620 General Supervision | \$246,070 | \$242,200 |
| 1621 Maintenance of Plant | 554,000 | 590,700 |
| 1622 Custodial Services | 1,759,000 | 1,807,900 |
| 1623 Grounds | 464,775 | 497,400 |
| 1624 Buildings | 212,000 | 218,000 |
| 1625 Utilities | 681,500 | 690,000 |
| 1626 Property Insurance | 30,000 | 30,000 |
| 1627 Safety | 74,700 | 1,065,000 |
| 1670 Printing/Mailing | 122,700 | 138,700 |

The following expenditures cover insurance, association dues, BOCES administration costs and rentals.

| | | |
|------------------------------|-----------|-----------|
| 1910 Unallocated Insurance | \$731,300 | \$731,300 |
| 1920 School Association Dues | 15,500 | 15,500 |
| 490 BOCES Services | 561,100 | 618,700 |

2000 SERIES: INSTRUCTIONAL SERVICES

This code deals with the major function of the school district, the instructional program. Salaries of principals, supervisors, teachers, guidance counselors, psychologists, librarians, health service personnel, teacher aides and members of the office staff are included. Also included are the costs of special services for handicapped children, adult education and summer school programs, extracurricular expenses, the interscholastic sports program and the cost of all instructional materials and textbooks.



The following are the expenditures proposed for school libraries, audio-visual equipment and materials, and computer equipment and software for instructional uses:

| | | |
|--|-----------|-----------|
| 2610 School Library and Audio-Visual | \$780,400 | \$863,200 |
| 2630 Computer-Assisted Instruction (CAI) | 238,600 | 440,200 |
| 490 BOCES | 13,664 | 11,200 |

The following expenditures are for pupil personnel services such as: attendance programs, guidance and counseling, school nurses, screening tests, psychologists, social work, and a new state aided program for Educationally Related Services:

| | | |
|---------------------------------------|----------|-----------|
| 2805 Attendance Services | \$99,100 | \$111,000 |
| 2810 Guidance Services | 693,800 | 817,700 |
| 2815 Health Services | 584,900 | 706,400 |
| 2816 Diagnostic Screening | 14,200 | 15,900 |
| 2817 Health Services/ Private Schools | 98,900 | 164,600 |
| 2820 Psychological Services | 449,900 | 568,700 |
| 2822 Educationally Related Services | 0 | 11,000 |
| 2825 Social Work Services | 38,000 | 48,500 |
| 490 BOCES | 10,800 | 11,100 |

The following are the expenditures proposed for student activity programs funded by the board of interscholastic athletics:

| | | |
|---------------------------------|-----------|-----------|
| 2850 Co-Curricular Activities | \$134,000 | \$149,400 |
| 2855 Interscholastic Activities | 291,200 | 326,400 |
| 490 BOCES | 45,900 | 51,500 |

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|-----------------------------|----------------------------|----------------------------|
| 2010 Curriculum Development | \$212,000 | \$209,300 |
| 2020 Principals' Office | 1,705,900 | 2,131,300 |
| 2070 In-Service Activities | 57,500 | 59,000 |
| 490 BOCES Services | 80,400 | 73,000 |
| 2110 Kindergarten | 339,300 | 398,000 |
| 2111 General Classroom | 4,772,200 | 5,918,100 |
| 2113 Business Education | 382,100 | 426,900 |
| 2115 Language Arts | 1,221,300 | 1,199,075 |
| 2116 Foreign Languages | 812,600 | 1,329,600 |
| 2117 Health Education | 275,100 | 299,900 |
| 2118 Physical Education | 971,100 | 1,284,500 |
| 2119 Home/Career Skills | 261,100 | 355,100 |
| 2125 Social Studies | 1,130,000 | 1,273,300 |
| 2140 Mathematics | 871,800 | 1,035,000 |
| 2150 Fine Arts | 1,831,289 | 2,056,700 |
| 2155 Reading | 571,200 | 643,100 |
| 2160 Science | 1,185,100 | 1,295,600 |
| 2170 Technology | 349,600 | 480,800 |
| 2180 Textbooks—Nonpublic | 66,000 | 72,600 |
| 2190 Academic Enrichment | 225,400 | 223,500 |
| 2191 Driver Education | 89,300 | 66,200 |
| 2193 Cultural Arts | 20,000 | 20,000 |
| 2194 Alternative School | 1,000 | 800 |
| 2195 Terminal Pay | 795,000 | 1,033,000 |
| 490 BOCES Services | 529,776 | 274,100 |

The following are the expenditures proposed for special education programs and Pupils with Special Educational Needs (PSEN):

| | | |
|-------------------------------------|-----------|-----------|
| 2250 Supervision | \$88,800 | \$132,525 |
| 2251 Special Education Classes | 1,150,400 | 1,360,500 |
| 2252 Home Teaching | 59,800 | 95,700 |
| 2253 Committee on Special Education | 460,500 | 385,300 |
| 2254 Speech/Hearing Services | 397,100 | 390,300 |
| 2255 Resource Rooms | 510,700 | 649,400 |
| 490 BOCES Services | 576,800 | 867,400 |
| 227 PSEN | 63,600 | 69,700 |

The following are the expenditures proposed for summer school and a variety of adult education programs by the district:

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|---------------------------------------|----------------------------|----------------------------|
| 2330 Summer School | \$0 | \$0 |
| 2331 Evening High School | 28,400 | 31,800 |
| 2333 Continuing Education | 208,800 | 220,100 |
| 2340 Employment Preparation Education | 8,300 | 10,600 |
| 490 BOCES | 4,700 | 9,100 |

THE BUDGET 1990-91

5000 SERIES: TRANSPORTATION SERVICES

This code deals with all transportation services for the district. These include regular bus transportation for qualified students, special education transport, summer services, in-district busing between schools, transportation to private schools outside the district, field trips and athletic travel.

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|-------------------------------------|----------------------------|----------------------------|
| 5510 Transportation Office | \$40,700 | \$44,400 |
| 5540 In-District Buses | 1,355,200 | 1,450,900 |
| 5541 Special Education Services | 384,200 | 484,200 |
| 5542 Special Ed Summer Services | 3,900 | 4,000 |
| 5543 Schools Outside the District | 327,500 | 392,400 |
| 5544 Field Trips and Athletic Trips | 112,500 | 118,200 |
| 490 BOCES | 28,400 | 80,400 |



7000/8000 SERIES: COMMUNITY SERVICES

This code provides for community services funded by the school district. These include the summer and after-school recreation and youth programs, the Gregory Museum, senior citizen clubs and related activities, and expenses involved in conducting the census of the district population.

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|------------------------------------|----------------------------|----------------------------|
| 7310 Recreation and Youth Programs | \$24,500 | \$28,600 |
| 8060 Gregory Museum | 40,000 | 40,000 |
| 8061 Senior Citizen Activities | 25,300 | 28,500 |
| 8070 Census | 23,300 | 26,500 |



9000 SERIES: UNDISTRIBUTED

This code provides for employee benefits including social security, medical insurance, retirement costs, and life insurance. Also included in this code are expenses for paying principal and interest on outstanding bonded indebtedness, interest payments on Tax Anticipation Notes (TANs), and transfers between funds.

| | Approved Budget 1989-90 | Proposed Budget 1990-91 |
|-------------------------------|----------------------------|----------------------------|
| 9010 Employee Retirement | \$525,000 | \$425,000 |
| 9020 Teacher Retirement | 3,959,153 | 3,460,000 |
| 9030 Social Security | 1,994,100 | 2,133,800 |
| 9040 Workers' Compensation | 20,000 | 40,000 |
| 9045 Life Insurance | 120,000 | 80,700 |
| 9050 Unemployment Insurance | 0 | 0 |
| 9055 Disability Insurance | 25,000 | 25,000 |
| 9060 Health, Dental Insurance | 4,378,900 | 4,533,300 |

The following are payment on principal and interest and transfers:

| | | |
|-------------------------------|----------|----------|
| 9711 Principal/Interest Bonds | \$76,500 | \$34,100 |
| 9760 TANs | 350,000 | 455,000 |
| 9950 Capital Projects* | 350,000 | 505,000 |

* 1990-91 Capital Projects consist of: Structural Repair, (\$20,000), at Lee Avenue; Library Media Center (\$150,000), Light Fixtures in Hallways (\$25,000), and Dual Fuel Burner/Hot Water Heaters (\$30,000) at the Middle School; Exterior Door Repair and Replacement (\$30,000), Refurbish Bathroom (\$60,000), Science Lab (\$100,000), and Computer Center (\$30,000) at the Senior High School; and District-wide projects for Cement Work (\$10,000), and Architect Fees (\$30,000). Additional Capital Projects planned for 1990-91 include Oil Tank Replacements at East Street, Willet Avenue, Middle School, Senior High School and the Administration Building. The funds for these projects are to be paid from the Capital Reserve Fund.



CALCULATING YOUR TAX

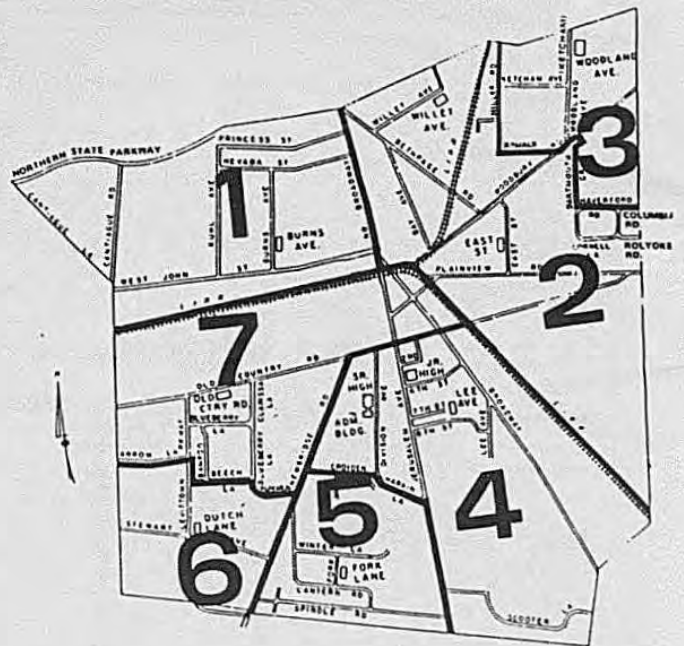
In order to support the proposed 1990-91 school budget, the district must raise revenue through a property tax levy in the amount of \$41,298,200. This is the cost to Hicksville residents after state aid and other local revenue sources such as interest, tuition, compensation, and charges for services have been applied. This represents an estimated tax of \$32.86 per \$100 assessed valuation, or an increase of \$5.38 over last year's tax rate.

The table shown will help you to estimate your tax for the 1990-91 school year.

| Assessed Valuation | 1989-90 Tax Rate \$27.48 | 1990-91 Tax Rate \$32.86 | Year's Increase | Monthly Increase |
|--------------------|--------------------------|--------------------------|-----------------|------------------|
| \$4,000 | \$1,099.20 | \$1,314.40 | \$215.20 | \$17.93 |
| 6,000 | 1,648.80 | 1,971.60 | 322.80 | 26.90 |
| 8,000 | 2,198.00 | 2,628.80 | 430.40 | 35.87 |
| 10,000 | 2,748.00 | 3,286.00 | 538.00 | 44.83 |
| 12,000 | 3,297.00 | 3,943.20 | 645.60 | 53.80 |

VOTE MAY 23rd AT YOUR ELECTION DISTRICT LOCATION

- District 1: Burns Avenue School
- District 2: East Street School
- District 3: Woodland Avenue School
- District 4: Lee Avenue School
- District 5: Fork Lane School
- District 6: Dutch Lane School
- District 7: Old Country Road School



IMPACT OF A CONTINGENCY BUDGET

Should the voters fail to pass a school budget on May 23rd, the district will be required to operate under an austerity budget next year. In that case, the only expenses allowed are to provide direct instruction for students, to discharge legal obligations, to conform to existing state and federal statutes, or to preserve property and assure the health and safety of students and staff.

Expenditures which cannot be made under an austerity budget are: new equipment (except in science and technology), transportation below the two and three mile state limits, field trips, student classroom supplies (which must be purchased by each student), new library books, most youth recreational activities, funding for the Gregory Museum, interscholastic athletics, senior citizen field trips, and all capital projects other than those dealing with health and safety.

Preliminary estimates indicate that removing unallowed expenditures from the budget will amount to a reduction of about \$1,952,777 which results in a total austerity budget of \$51,131,223. This means a projected tax rate increase of \$3.83 over the previous year for an austerity budget.

Fork Lane Grandparents, Special Day

On April 27, Fork Lane School held their annual Grandparents and Special Friends Day. Over 200 people attended and enjoyed shows performed by the students.



Ms. Bergeron's sixth grade class performed a play on the Importance of Latin.



Mrs. Schreck's first graders performed "High Hopes" for their grandparents and friends.

HBA Well Into Season

Hicksville Baseball Association is well into their season. The season's opening day was cancelled because of snow! Everyone was disappointed, but we all managed to get our league organized and began our ball games the following Saturday with the sun shining. HBA will be marching in the Memorial Day Parade; it usually is a very hot sunny day...let's hope it is...



Team manager, Mr. Soper, gives his team some pointers before they get up to bat. The Pirates are a major team in HBA.



Strike 3, "You're out!" was called by Mr. Granal as he umpired home plate!

Library Room Being Renovated

The Community Room of the Hicksville Public Library will be closed for renovations. Work will commence on May 23, and be completed the beginning of July.

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

IRS IN NASSAU IS MOVING!

The Internal Revenue Service is moving our Nassau County Office from Mineola to Garden City to more effectively serve county residents.

Beginning

Monday, May 21,

the IRS office in Nassau County will provide all services including tax assistance, at 107 Charles Lindbergh Blvd., Garden City,

instead of its present location at

114 Old Country Rd. Mineola.

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CHARLES STRUGATZ

Candidate for Hicksville School Board

Vote Row 3C May 23

Independent/Qualified The Children's Candidate

Attorney - regularly represents many L.I. school districts
Hicksville homeowner - 10 years
Two children attending public elementary schools
Active in Hicksville soccer and baseball clubs

Protect the Children and the Taxpayer !!!!

STOP SPECIAL INTEREST GROUP INFLUENCE

STOP THE "A" LINE

VOTE 3C



50th Anniversary For VFW Auxiliary

The Ladies Auxiliary of the Hicksville V.F.W. held their 50th Anniversary Celebration at the V.F.W. Post on Sunday, May 6. The Ladies Auxiliary was Chartered on April 25, 1940 and has been a driving force ever since. They are active in many Veterans Affairs, monthly trips to Northport Hospital to entertain and bring goodies to hospitalized vets. They also serve the community in other ways, such as The Voice of Democracy program (an Americanism program for Junior and High School children with a scholarship award). They assisted the men of 3211 on the Color Book contest (for children in grades 3-4) which won a national V.F.W. award. The Ladies are also active in the V.F.W. County, District, State and National Depts. At the present time, Joan Chwalisz, a 3211 Auxiliary member, is Dept. of N.Y. President of the Ladies Auxiliary. All these things are accomplished by the ladies not for their own recognition, but for the benefit of others.

The current Ladies Auxiliary President, Esther Palladino greeted all the guests and dignitaries, and after a short program the festivities began.

It was a most successful evening from the cocktail hour, a wonderful band to listen and dance to. A lovely Dinner and a dessert table that was fabulous. A wonderful evening was had by all. May the Hicksville 3211 Ladies Auxiliary have many more successful years ahead. As the ladies put it, "In friendship there is a brighter tomorrow".

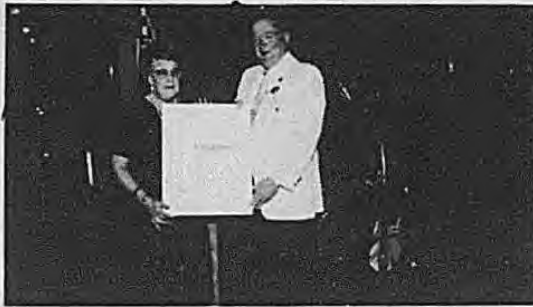
Among the many special friends and Honored Guests were: Joan Chwalisz - V.F.W. Dept. of N.Y. President Ladies Aux; Gen Roth - Nassau County Council Ladies Aux. President; Al Prue - Dist. #1 Commander; Anthony Chimento, Nassau County Council Commander; Anthony Ferrara - Post 3211 Commander; Thomas Gulotta - Nassau County Executive; Angelo Delligatti - Supervisor, Town of Oyster Bay; Thomas Clark - Councilman, Town of Oyster Bay.

Post 3211 Auxiliary President Esther Palladino, her officers and auxiliary members wish to thank all the people and friends who helped to celebrate a milestone in the history of our beloved Auxiliary.

Officers

William M. Gouse, Jr.
Auxiliary to Post No. 3211
President - Esther Palladino
Sr. Vice President - Dorothy Mulligan
Jr. Vice President - Shirley London
Treasurer - Carmela Vitiello
Secretary - Joan Chwalisz
Chaplain - Frieda Ferrara

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest! By the way if you want your photo returned, just write your name and address on the back of the picture and we'll even do that too!



Past Nassau County Council Commander Dan Cavanagh representing Nassau County Executive Thomas Gulotta, presents V.F.W. Auxiliary President Esther Palladino with proclamation making May 6, 1990 Ladies Auxiliary of William M. Gouse Jr. Post No. 3211 Veterans of Foreign Wars Day.



Left to right: Past Presidents of V.F.W. Post 3211 Ladies Auxiliary Louise Normandy, Carmela Vitiello, Esther Palladino, Dorothy Mulligan, Joan Chwalisz, Rita Aug, Edna Barone, Ginny Burns, and Mae Bergsohn



Left to right: Esther Palladino, Aux. Pres. Dorothy Mulligan, Sr. Vice President, Carmela Vitiello, Treas. Dorothy Mulligan receiving life membership card for all her years of devoted service to the V.F.W. Ladies Auxiliary.



Carmela Vitiello and Esther Palladino await guests.



T.O.B. Supervisor Angelo Delligatti and T.O.B. Councilman Thomas Clark present citation to V.F.W. Auxiliary President Esther Palladino on occasion of Auxiliary's 50th Anniversary.

Editor's Notebook

Over 23 million Americans are functionally illiterate - unable to read a street sign or a headline in this newspaper. Another 37 million people are marginally illiterate, unable to read instructions in a workplace manual.

Although all 50 states have adopted some type of education reform since 1983, much more needs to be done to insure Americans are prepared to become productive and competitive members of the workforce.

There is a continuing educational gap between white Americans and members of some ethnic groups. Among the population aged 25 years and over, 77 percent of white Americans are high school graduates and 20.5 percent are college graduates; among blacks, the corresponding figures are 63.4 percent and 10.7 percent; among Asians and members of other races, 78.4 and 33.4 percent; among Hispanics, 50.9 percent and 8.6 percent.

Between 1976 and 1986, total college enrollment grew by more than 1 million students, while enrollment by black males fell by 34,000. It is thought that the decline occurred, even though black students have been completing high school at an increasing rate, because a significant number of black males are entering career vocational schools rather than colleges.

The national high school dropout rate continues to hover around 30 percent. Dropping out of high school is strongly linked to social problems: 62 percent of all prison inmates are dropouts, and more than half of all welfare families are headed by high school dropouts.

Nearly a third of the nation's children entering school deal with a serious socio-economic problem: they live in a single-parent household, or have a poverty-level family income: have non-English-speaking parents; or are members of a minority group with a pattern of below-average academic achievement.

To develop successful models to solve the illiteracy problem, local literacy programs are developing many innovative programs. One program supported by a \$700,000 grant from United Parcel Service will develop models to teach adults to read using the latest technology.

Service To Town



Oyster Bay Town Supervisor Angelo A. Delligatti, third from right, presents a pin to Salvatore Malale, who is retired from the Solid Waste Disposal District, for 30 years of service to the Town. The Supervisor joined Town Clerk Carl L. Marcello, second from left, and Commissioner Karl Leupold, right, in presenting pins to employees of the various divisions of the Department of Public Works. Other recipients included, left to right, Ralph Pagan of Farmingdale, 25 years, Solid Waste Disposal District; Michael Bier of East Farmingdale, 20 years, Central Vehicle Maintenance; Edwin Strital of Plainview, 20 years, Highway Repairs; Salvatore Malale, 30 years, Solid Waste Disposal District; and Albert LaPlaca of Hicksville, 20 years, Sign Bureau.

Continued From Page 2

moment of silence. They elected Mr. MacBride and Mr. Moor. With a five vote (Bennett, Schwartz, Nagle, Moor and MacBride) majority they instituted a policy no different from the one I had lobbied for which reads as follows, "...In each public school classroom the teacher in charge may at the opening of school each day, conduct a brief period of silent meditation with the participation of all the students therein assembled. The silent meditation will not be conducted as a religious service or exercise, but may be construed as an opportunity for silent meditation of a religious theme by those who are so disposed, or a moment of silent reflection on the anticipated activities of the day. "Participation" will be construed to permit seated participation and not to require any student to stand..."

Mr. Bennett told you last week, "Our students had their rights restored, and continue to say silent prayer or meditation under the protection of our Board policy and state law." Does the policy above reflect what you thought you were getting? Do you believe that silent prayer or meditation is going on in our classrooms? If silent prayer was being asked of our children it would be in direct violation of Mr. Bennett's board policy! If you want to know whether a moment of silence is being observed in classes ask your children! What is true however, is that two fine child advocates, John Ayres and Honey Singer, were run off the board by Mr. Bennett and were replaced by protegee Danny MacBride and Larry Moor.

Mr. Bennett implies that the teachers' union is involved in my campaign. This is astounding. He draws this conclusion I'm sure from the fact that I talk to union leaders (and just about everyone else) at board meetings. Mr. Bennett knows full well that he and I are probably part of a very small group of trustees that the teachers' union has not supported, and I can't swear for him! When I ran 1983 the union supported my opponent Charlene Anci who had just successfully negotiated a favorable contract for them. In winning that election

In Service

Marine Pvt. Lee M. Olson, son of Niel L. and Teresa A. Olson of 16 Motor Lane, Bethpage, has completed recruit training at Marine Corps Recruit Depot, Parris Island, S.C.

During the 13-week training cycle, Olson 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.

A 1989 graduate of Plainedge High School, North Massapequa, he joined the Marine Corps in January 1990.

I struck a blow for candidates being successful against the "union machine."

I'm running with John Ayres and Steve Pendergast on Row A because I believe that John and I have a proven solid record of educational excellence and fiscal prudence and we believe that Steve Pendergast will work hard to complement that record. We believe that the Budget is inflated by approximately \$2 million dollars (without touching educational programs). We will work tirelessly to correct it.

I hope that Row "A" can have your support on May 23.

Sincerely,
Arlene Rudin

In Service

Navy Petty Officer 2nd Class Keth A. Berg, son of Patricia A. Berg of 8 Atlas Lane, Hicksville, recently returned to Norfolk, Virginia from deployment to the Mediterranean Sea while serving aboard the destroyer USS Stump, homeported in Norfolk.

During the six-month deployment, the USS Stump served as a flagship, commander of anti-submarine warfare, and screen coordinator for an aircraft battle-group. Berg participated in numerous joint exercises with allied forces and visited several countries including Turkey, Italy, France, Israel, Spain, Tunisia and Egypt.

A 1983 graduate of Holy Trinity High School, he joined the Navy in July 1984.

Hospital Salutes Volunteers



In 1915 a small group of women volunteers founded the Hempstead League of Mercy Hospital, the first fundraising arm for the then 16-bed hospital. The annual fundraising event in those days was a linen shower held on the green lawns of the hospital. Now another form of green laws has become the Council of Leagues largest fundraiser - the greens of a golf course.

On Monday, July 30, the Ladies' Annual Golf and Tennis Tournament will be held at the Hempstead Golf and Country Club.

Pictured here, left to right, are Council of Leagues President Joan Hildreth, Hicksville resident, Dorothy Maan, President of the Glen Cove/Hicksville/Syosset League, Rosalie Stoothoff, 1990 Tournament Chairlady, Marie Hegehus, co-president of the Freeport League, and Regina Brancato, Incoming president of the Council of Leagues.

**LEGAL NOTICE
PUBLIC NOTICE**

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, June 5, 1990, at 10 o'clock a.m., prevailing time, in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering a proposed amendment to the Building Zone Ordinance of the Town of Oyster Bay in the manner set forth hereinafter: **PROPOSED AMENDMENT:** Petition of RUTH B. LANE, for a Change of Zone from "D" Residence District to "R-O" Residence-Office District to use the existing premises as a residence and an office on the following described premises: ALL that certain plot, piece or parcel of land, situated at Syosset, Town of Oyster Bay, County of Nassau, State of New York, which is described as follows: An irregular parcel located on the southwest corner of the intersection of South Oyster Bay Road and Carolyn Court, having an approximate frontage of 110.00 feet on South Oyster Bay Road and 70 feet on Carolyn Court, situated at Syosset, and is further identified on the Land and Tax Map of Nassau County as Section 12, Block 483, and Lot 10. The abovementioned petition and map which accompanies it are on file and may be viewed daily (except Saturday, Sunday or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay and Massapequa. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated. **TOWN BOARD OF TOWN OF OYSTER BAY.** ANDGELO A. DELLAGATTI, Supervisor. CARL L. MARCELLINO, Town Clerk. **Dated:** February 27, 1990
Oyster Bay, New York
SA7668
1X5/18

In Service

Navy Lt. Cmdr. Charles J. Gusette, a 1967 graduate of Plainview Old Bethpage High School of Plainville, recently returned to Mayport, Fla., from deployment to the Mediterranean Sea while serving aboard the aircraft carrier USS Forrestal, homeported in Mayport.

During the six-month deployment, the aircraft carrier served as part of a battle group. Gusette took part in numerous exercises, training operations, and provided a naval presence in support of NATO allies. In addition, Gusette participated in various community projects including reconstruction of orphanages, halfway houses, and day care centers. He assisted in the repair of hospitals, missions, and restored homes for retarded and disabled children in Italy, France, Spain and Israel as part of the Navy's "Project Handclasp" Goodwill Mission Program.

Navy Ensign William M. Haas, son of Carol A. Haas of 49 Field Avenue, Hicksville, has completed his first solo flight.

Haas is undergoing primary flight training with helicopter Training Squadron-Eight, Naval Air Station Whiting Field, Milton, Fla. His 14-week basic course, which included 65 inflight training hours, was the initial step of the Naval Integrated Flight Training System. His follow-on training with jets, helicopters or multi-engine aircraft will lead to designation as a naval aviator.

He is a 1981 graduate of Hicksville High School, and a graduate of New York Institute of Technology, Old Westbury, with a Bachelor of Science degree.

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Call any office to place your classified ad by noon Tuesday:

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Advertising and classifieds that help you find what you need.

St. Ignatius CYO News

By Barbara Lewis

St. Ignatius C.Y.O. is so blessed to have so many dedicated parents helping our youths, I would like to share with them all a poem I found in the paper.

Volunteers God Bless Them
 Many will be shocked to find
 When the day of judgment nears
 That there's a special place
 in heaven
 Set aside for volunteers.
 Furnished with big recliners,
 Satin couches and footstools,
 Where there's no committee
 chairmen,
 No group leaders or car pools.
 No eager team that needs
 a coach,
 No bazaar and no bake sale,
 There will be nothing to staple
 Not one thing to fold or mail.
 Telephone lists will be outlawed,
 But a finger snap will bring
 Cool drinks and gourmet dinners
 And treats fit for a king.
 You ask, "Who'll serve these
 privileged few
 And work for all they're worth?"
 Why, all those who reaped
 the benefits
 And not once volunteered on
 earth.
 (I always knew there was a place
 for all our volunteers.)

Special Announcements:

Midnight Bowl...C.Y.O. will be hosting a Midnight Bowl on May 26, Saturday, at the North Levittown Lanes, starting time will be 7 p.m. Cost of the tickets are: \$17 per person, includes 3 games of bowling, shoes, D.J., ziti, cold cuts, coffee and tea. For further information please contact Andrea Kiernan 931-3093, or Barbara Hebron 822-5096. Door prizes and raffles galore.

Jennifer's Cookbook...Dedicated in the memory of Jennifer Anne Gomez. This book was written by her mother to help keep her spirit alive through her scholarship fund at St. Ignatius Loyola School. The cost of the book is only \$10 with many great recipes. Anyone interested in purchasing this beautiful memory please contact Mrs. Cecil Comez, 933-0961 or 935-2157 (answering machine). All books are delivered free. You will be helping a mother's dream become a reality.

Baseball Highlights:

K-2
 Cardinals defeated Barracudas. Hitting stars for the Cardinals were Anyd Visconti, John Kiernan, Brian Mensching and Chris Barbino all went 5 for 5. Brent Rogers went 5/5 with a homerun

and Paul Vaz went 4 for 4. For the Barracudas, Dennis Noonan, Ryan Klupt and Johnny Cashin played an all around good game.

3rd Grade League

Mets 6
 The hitting stars for the Mets, Chris Binick and Craig Brink both made Homeruns. Great hitting by Joe Gandolfi and Ryan O'Toole. For the Dodgers, playing great defense, Brian Kaplan, Jason Basso, and Craig Delia.

4th and 5th Grade League

5-1 Phillies 10
 Excellent pitching for the Phillies by Ken McCullough, Jerry Singer and Michael Guerriero. Timely hitting by Carl Sacco, Alex Jimenez, and Dan Carsten. Good defense by Danny Shaul. Playing good pitching for the A's, Eric Micalizzi. Excellent defense by Chris Mackay. And a grand slam homerun by Craig Quinlan.

5-8 Phillies 9 Yankees 4

Great hitting for the Phillies, Ruben Aviles, Andrew Colton, Matt Genovese and Kevin Russell. Excellent pitching by Michael Guerriero. For the Yankees, good pitching by Pat Walker and Scott Woodworth. Good hitting by Brian Baricevac and excellent defense by Marcos Moncayo.

5-12 A's Royals 3
 Good pitching for the A's by

James Turturro and Jonathan Sattler. Excellent fielding by Eric Micalizzi at short stop. Timely hitting by Jonathan Sattler and Omar Syed. For the Royals, great hitting by Michael Verde and good all round play by Dan Voss and Chris Johnson.

6th and 7th Grade League

Pirate Update

The Pirates won their last 3 games to extend their unbeatable stride. Outstanding pitching performance by Mike Foran, Jeff Reinhardt, Brian Patwell and Steve Locke. Great game catching by Matt Patwell. Good defensive plays by Greg Mueller and Paul Mackin. Timely hitting by Nick Hart, John Luyster and Paul Gomez kept us in a winning way.

Grls Softball

5-3 Mets 5 Pirates 4
 Hitting the winning run for the Mets was Antonietta Suppa. Christine Gorney pitched a very nice game. All girls for the Mets did a very well job.

Travel Team Update

Grls Softball
 The 7th grade Travel Team won 25-10 against Holy Family. Outstanding pitching by Meegan Wood and Carolyn Galdo. Excellent hitting by Michelle Zaffuto 5 for 6 with 4 homeruns and also a triple. Erin Mitchell also hit a homerun. Good catching by Colleen Gardner, good hitting and fielding by Kristy Haley, Meridith Hennessey, Beatrice Clark, Fontayne Mitas and Lauren Snadecky.

The 8th grade travel team out

hit a very good Our Lady of Mercy team, scoring 13 to 9 for their 3rd win, no defeats. Christine Spina led the hitting with 4 for 4, Kathleen Kelly went 3 for 4 with 5 RBI's and was the winning pitcher striking out 10. Livia Cirillo went 2 for 2 leading the team with a .909 batting average.

Boys Baseball

St. Ignatius 26 St. Mary's 13

The hitting stars for the game, with homeruns by Robert Haddad and Robert Bungert, started the hitting rally. To continue the rally a triple by Kenny Binick, 3 doubles by Craig Finn. Robert Haddad made a double play on his own at first base. Chris Connolly caught a player stealing home. Defensive plays by Craig Finn at short stop, and Tommy Geramita at third base. The excellent baserunning and stealing of the bases created the victory for St. Ignatius.

9th and 10th Grade Tyro Team

St. Ignatius Tyro Team finally got in, its second game of the season with another decisive win. Greg Figlia delivered an impressive pitching performance with "7" K outs, aided by catcher Andy Murray excellent performance behind the plate, throwing out 4 runners. The 2nd defensive plays of center fielder, Pat Hart and first base man Mike Famiglietti led the team to a 7-2 win over last year's Division Champs, St. Barnabas of Bellmore.

C.Y.O. Monthly Meeting, will be held on May 17, Thursday, in the Old School Basement at 8 p.m.



We've planned for your emergency.

Dr. Mitch Goldman and Head Nurse Sheila Kennedy both know that preparation is the key to handling any emergency.

Like everyone else on our Emergency Room staff, they're prepared through years of training and experience to provide the best possible care for the people of Long Island. And we've given them a new facility—one specifically designed for providing fast, efficient emergency care.

Now we want you to do your part. Our new booklet can help you prevent accidents in the home, and plan how to handle them when they happen. Call us at (516) 496-6527 for your free copy.



Syosset Community Hospital

221 Jericho Turnpike, Syosset, N.Y. 11791

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.

Writing Contest Winners



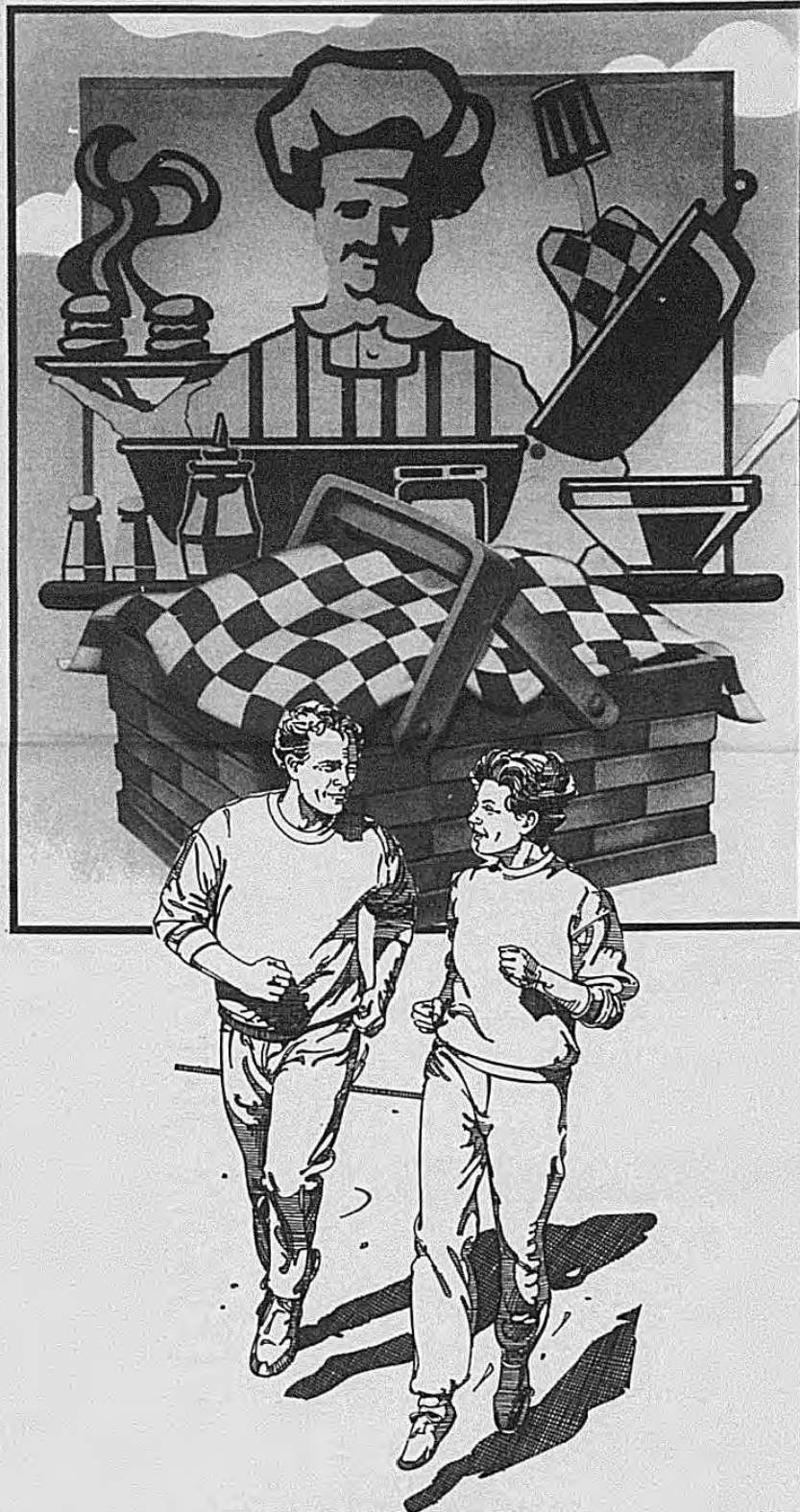
Oyster Bay Town Councilman Douglas J. Hynes presents certificates to Lauren Moran, third from left, of Plainedge and Stefanie Lovering, second from left, of Bethpage, both winners of a student contest held by the Long Island Writing Conference. Also on hand, were Phyllis Willens, left, contest coordinator, and Rubin Friedman, Plainedge Schools English Supervisor.

Eagle Scout Honored



Nassau County Executive Thomas S. Gulotta, second from right, attended the Court of Honor Ceremony for Eagle Scout Adam Augustowski, third from right, of Troop #683 which was recently held at the Hicksville Knights of Columbus. Joining the County Executive were: David Kean, Scoutmaster; Oyster Bay Councilman Thomas Clark; Jenny Augustowski, mother of Adam; Mike Speraza, Assistant Scoutmaster.

FOOD & FITNESS



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

Friday, May 18, 1990

HEALTHY HABITS

Lower biological age by changing lifestyle

By Dean Carroll

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

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

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

"Until about 50 years ago the major threats to health and life were diseases associated with public-health problems," says Dr. Earl T. Carter, in the American Physical Fitness Research Institute's book, "Here's to Wellness."

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

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

HEALTHY HEART

According to the American Heart Association, the health of your heart may be the factor that best determines how long and how

well you'll hang in there.

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

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

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

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

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

If you smoke, your heart wishes you wouldn't. Of course, it's not

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

THINK POSITIVE

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

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

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

BONE UP

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

BROWN BAG WELLNESS

Just because you work under fluorescent lights, sit behind a desk for six hours a day and feel

lost without a doughnut for your 10 a.m. coffeebreak, doesn't mean you need to grow old before your time.

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

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

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

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

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

And in many offices of Johnson & Johnson, the medical supply conglomerate, traveling employees can participate in a 12-week "correspondence" weight-loss program.

FOOD & FITNESS

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Fashion steps off courts and onto the streets

By Rosella Stern



SPORTSWEAR

The latest word in after-five and weekend fashion is simple — get out of your suit, into your sports gear and hit the streets in style.

The fashion-conscious have invaded beaches, tracks, courts and locker rooms to borrow some of the most innovative styles around. So what if you really didn't just cycle 20 miles or spend a day cruising in your sailboat ... it's fashionable to be dressed like you did.

Look around while you're shopping, standing in line at the movie theater or meandering through the crowd at a county fair or a college campus. You'll see the same look everywhere, one that's sports-derived, lively and healthy.

But the look isn't sloppy. It's casual, but aware.

You might say jeans were the first to make the switch from sports to fashion successfully. Once the work clothes of cowboys and miners, these granddaddies of trendy sportswear are now staples in just about every wardrobe.

Sweats are nothing new in the world of sports apparel, but they continue to grow in popularity. A few years ago, the average person might have owned just one pair of sweats for running or working out on a cool day, ala Rocky. Today, men, women, teens and even tots are likely to have several pairs of colorful sweats in their closet. They're fashionable as well as functional.

While the medium-weight sweats are still excellent for that jog in the park, sweats are now seen just about everywhere. You'll see pastel-colored sweats paired with colorful socks and accessories for a complete look. Hand-painted or glittered, the social set often dons designer sweats for dancing at the discos or socializing at cocktail parties and other casual but elegant events.

Students study in their sweats, children use them as pajamas and for trips to Grandma's house and writers love to sit at their typewriters and computer terminals, exercising only their minds in sweats. Lawyers have been known to go to the office on Saturday in their favorite sweats, pretending

they just came from the club, but actually enjoying the casual feeling of doing a little work in soft, comfortable clothing rather than in a three-piece pin-striped suit.

Running clothes have gone beyond sweats, and these new designs also appear on the street long after the last lap.

Newest among the fashion entries for women is the lycra running tight. Body-clinging and shiny, these tights were designed to retain the body heat of runners on cool days. Now, they can be seen under an oversized shirt, boogying at a party or coupled with a pair of soft boots and a colorful sweater.

Men often pair their nylon jogging pants with T-shirts or tank tops, shedding their matching jacket for lazy Saturday afternoons.

Athletic shoes have also stepped off the aerobic dance floors and tracks and onto the street. In fact, some owners wouldn't dream of exercising in their athletic shoes.

In New York City, most working girls stroll to work in understated, athletic shoes for comfort, toting their high heels in shoulder bags and briefcases. Meanwhile, the colorful, high-top aerobic shoe is showing up everywhere from casual workplaces to nighttime dance spots.

Many have borrowed the high-topped sneaker from the basketball player, pairing them with shorts or jeans and sometimes coordinated frilly socks that just peak out over the ankle-high tops.

Sales of sports shoes are edging toward \$500 million a year, according to industry spokesmen, and this figure probably doesn't include the Rodeo Drive versions of sneakers covered with rhinestones, or the pairs of ballet shoes young girls are wearing on the street with long skirts. Even Whoopi Goldberg galumphs around in high tops, and Cybill Shepherd dared to pair her orange high tops with a black formal gown at the Emmys.

In warm weather areas, the newest must-have items for both sexes is the surfing short, baggie knee-length cotton shorts in the hottest colors and designs.

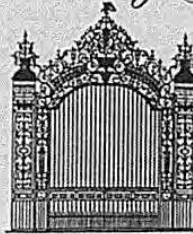
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HEALTHY EATING

A guide to choosing safe, nutritious foods

By Kevin Anderson

It's not just what you eat but how you eat that determines the fitness factor of your diet.

Healthy eating isn't just a matter of giving up red meat and cutting down on sugar. It means avoiding contamination in your food and unnecessary chemicals in your water. Most of all, it means using common sense.

Most consumers are particularly careful about storing food in warm weather. Unfortunately, the danger of food spoilage doesn't end on Labor Day.

If you want to avoid food poisoning and the stomach ailments caused by improperly stored food, you should follow a few simple rules. Keep hot foods hot and cold foods cold. When foods adjust to room temperature, harmful bacteria can thrive.

Cook meats thoroughly. Defrost meat in the refrigerator or microwave oven before cooking. Cooking frozen meat can lead to charred meat outside and raw meat inside.

You can partially microwave items and then cook immediately on the barbecue or in the broiler, but avoid time lapses in between. Refrigeration keeps meat and poultry fresh, but temperature changes increase the chance of spoilage.

Make grocery shopping your last errand of the day. Dairy items

and meats can spoil, even if you are running into the dry cleaners just for a minute.

Rewrap items encased in grocery plastic wrap before refrigerating. This is particularly important for poultry and meats that may have been sitting in juices — a perfect medium for bacteria.

Wash utensils and cutting surfaces well after using. Don't use a knife that's been cutting raw meat to cut up vegetables for the same meal. Meat and poultry can be bacteria carriers.

In fact, U.S. government estimates say nearly 40 percent of the poultry in grocery meat coolers are infected with salmonella bacteria. Some meat inspectors say the actual rate of contamination is even higher.

Follow the expiration dates listed on packaging and cans to avoid the danger of spoilage. Don't buy cans that are leaking or severely dented.

When freezing meats and vegetables, watch out for "freezer burn," the formation of ice crystals directly on the food. While freezer burn won't hurt you, it affects both the taste and nutritional value of food.

Read labels to know what you're buying. Be aware, however, that labels don't tell you everything. For example, the word "diet" or "dietetic" on a label

doesn't necessarily mean that a product is lower in calories than a "normal" food.

When you see "sugar-free" or "sugarless" on a label it means that the product doesn't contain sucrose (table sugar) but it may contain other sweeteners, such as honey, corn syrup, fructose, sorbitol or mannitol.

"Low sodium" on a label does not mean the same thing as low salt. Salt isn't the only ingredient that contains sodium. People on a low-sodium diet also must check labels for monosodium glutamate (MSG), sodium bicarbonate, sodium saccharin and total sodium content per serving.

"Sodium-free" foods have less than 5 mg. sodium per serving. Very low sodium means no more than 35 mg. per serving. Low sodium means no more than 140 mg. per serving, and reduced sodium indicates that the sodium has been reduced by 75 percent.

Salt-free, unsalted, no salt, no salt added, without added salt, all mean that no salt was added during the processing of the product. But it still could have significant sodium content, either naturally, (such as the addition of cheeses) or from substances added for preserving, leavening or coloring.

The word, "light" on a label may not always mean low calorie. Light also can indicate less fat, less salt or less breeding on frozen meats. When light is used on labels for plain meats and poultry, the product must contain 25 percent less of a component than the majority of such products on the market.

The phrase "pure vegetable oil

is no indicator that a food is lower in saturated fats than a product prepared with animal fats. Both palm kernel and coconut oil — two vegetable oils widely used in making every variety of snack food — are more highly saturated than beef tallow.

In fact, beef tallow is 50 percent saturated and both palm kernel oil and coconut oil weigh in at 80 percent saturated.

Look beyond the "vegetable oil" banner and scan the ingredients for the words coconut, palm and palm kernel oil. If you find them, think about searching further for a snack made with cottonseed, corn, safflower, sesame or soybean oil, which are much higher in mono-unsaturates or polyunsaturates than saturates.

In addition to common sense at the supermarket, healthy eating includes a realistic approach to weight loss and weight maintenance.

While there are literally hundreds of diet and diet books on the market, most medical professionals endorse a diet that's basically low fat, high carbohydrate and high fiber. For many of these diets, pasta — low fat and full of complex carbohydrates — is a mainstay.

Athletes long have recognized the nutritional benefits of carbohydrate for endurance and energy. Ordinary eaters have found that satisfying portions of pasta, lightly dosed in sauce, substitute nicely for calorie-dense meat dishes.

Portion size is a key to healthy eating, as well.

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Are Repeat Cesarean Sections Necessary?

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

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

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



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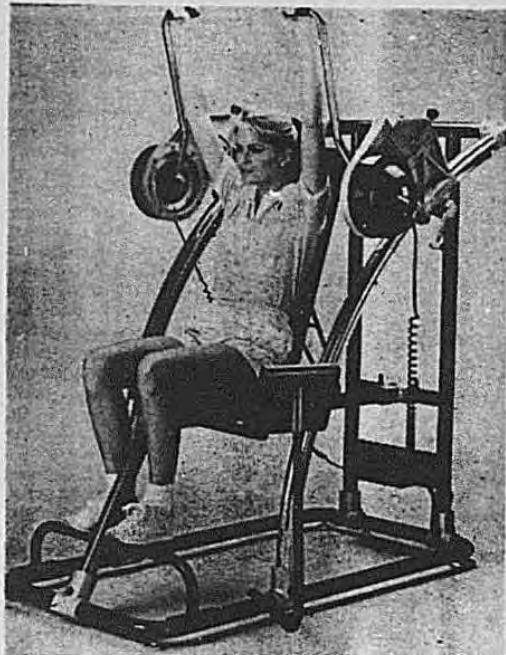
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Finding a workout space, from home to spas

By Steve Hurtado



HOME GYM

Dressed to the nines in gym shorts or a leotard, the would-be athlete is ready to work up a good sweat in the privacy of his or her home. Now, where's the best spot for exercising?

The living room is out of the question ... too many valuables to break in case of an extra-high kick or swing of the arm. The family room's out, too ... the kids will likely be in there watching TV.

Once a location is found, there's a good chance the telephone or doorbell will ring. The refrigerator is another potential distraction.

Exercising effectively at home can be challenging, but it is possible and popular, thanks to available videos, books and equipments.

It may take some furniture arranging, but chances are there's some semiprivate spot in most homes big enough for some type of workout.

In "The Jazzercise Workout Book," author and Jazzercise originator Judy Sheppard Missett suggests the 'deal' room for an aerobic dance workout is one that's well-ventilated, particularly during the hot summer months. Heavily padded or carpeted surfaces, rather than bare cement or tiled floors, are best. For floor exercises, Missett suggests a workout pad or mat.

Make the spot conducive to exercise, removing all breakables so one can move without apprehension. Add a radio or cassette player and a place to store free weights, a mat and exercise tapes. If you're exercising with a TV program or videotape, position the television so it's out of the way.

A small space can accommodate some types of exercise equipment. Consider an exercise bicycle, free weights, a rowing machine or a mini-trampoline for the smallest areas; a punching bag, more extensive weight sets, cross-country ski simulator, treadmill or weight machine designed to work specific muscle groups for larger home gyms.

New weight machines incorporate the functions of several familiar gymnasium machines, saving space and money. There's not one weight on Toro's new Iso-power fitness machine; resistance is applied electronically via electromagnetic resistance units.

Add thick carpeting, a sauna and wall-mounted free weights for a posh home workout room.

Those who long for the companionship of classmates or more personalized instruction might invest in a spa or club membership or hire a personal trainer. Look for a professional when choosing an instructor, whether for weight workouts or aerobic dancing, since your safety, as well as fitness, is at stake. In the early upsurge of aerobic exercise classes from 1978 to 1982, injuries affected seven out of 10 regular participants, according to *the Aerobics and Fitness Association of America*.

Here are some guidelines to look for from Bill Calkins, owner of One-to-One Fitness in Los Angeles:

— **Academic Credentials:** This is the foundation on which a good trainer is built. You must have scientific knowledge for safe exercise prescriptions.

— **Certification:** Instructor certification is now available from many professional organizations. While not the same as an academic degree, it assures a minimum level of knowledge.

— **Good Teacher:** A good trainer should demonstrate, articulate and motivate well.

— **Professional:** Trainers should carry themselves in a professional manner, reliable, organized, dependable, honest. Don't be afraid to ask for references.

— **Personable:** You should feel relaxed and comfortable with your trainer. Picking a trainer is similar to picking a therapist.

— **Goal:** Your trainer should develop some clearly defined goals and objectives for your program and be able to measure your progress.

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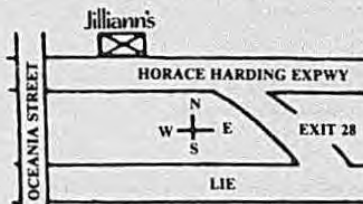
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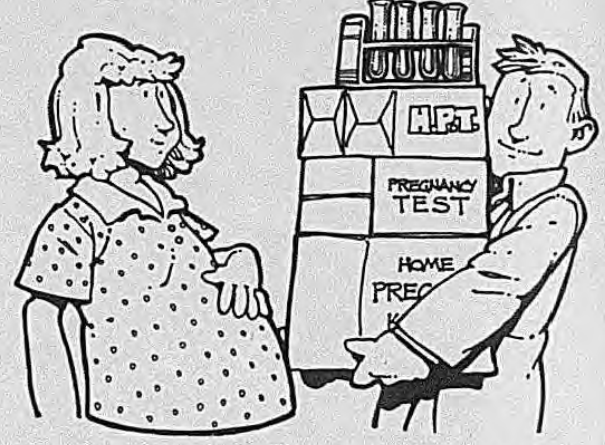
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HEALTHY MOTHERHOOD

Fertility programs, prenatal fitness go high-tech

By Debra Lee Baldwin



Barren. Infertile. The words haunt you. Everywhere you go, you see pregnant women. You feel inadequate. You wonder: why them and not me?

Don't despair. Modern medicine has developed some astonishing ways to help you start down the path to motherhood. Conditions that once were considered hopeless are yielding to medical breakthroughs.

New technology also has put easy, accurate home tests on the shelves of your local drugstore. Now you can detect ovulation times at home or be the first one to find out you're pregnant.

Once happily expecting, you'll want to stay as physically fit as possible for the nine months to come. Innovative programs for prenatal fitness will keep you feeling as radiant as you look.

NEW HOPE

If after two years of trying you can't seem to get pregnant, it's time to consult an expert. It's important that both you and your spouse be examined.

The specialist or clinic you visit will test each of you for common causes of infertility. For example, a severe attack of the mumps during your husband's childhood could have caused damage to testicular tissue. If you have a problem with ovulation, you may be given a drug called Clomid. It could increase your chances of pregnancy by 50 percent.

It used to be that a woman who had lost both her tubes through infection, tumors or ectopic pregnancies had no possibility of becoming pregnant. Now, with the use of hormonal studies and ultrasound combined with laparoscopy, doctors can harvest eggs from a healthy ovary. These can be fertilized *in vitro*, meaning "in glass."

Most infertility specialists are members of The American Fertility Society. To find members in your area, contact the Society at 1608 13th Ave. S., Birmingham, AL 35256, 205-251-9764.

YOU'RE THE DOCTOR

If you like to be independent

when it comes to health care, you'll be happy to hear of new do-it-yourself home tests for pregnancy and ovulation. According to Walgreen's *Health Care News*:

"Most pregnancy kits contain a color test; if the test strip changes color, you're pregnant. These kits are easier to read than 'ring tests,' which indicate pregnancy with a ring formed at the bottom of a test tube. Both types test a woman's urine for a pregnancy hormone, HCG or human chorionic gonadotropin. Kits range in price from \$9 to \$16.

"Ovulation test kits measure hormone levels in a woman's urine — this time, a substance called LH or luteinizing hormone. Over one to three days, LH increases rapidly to trigger ovulation, causing the body to release an egg from the ovary. Therefore, LH is a good indicator of a woman's most fertile period. Ovulation kits cost \$28 to \$35."

PRENATAL FITNESS

The first and most important step is to consult your doctor about what type of exercise is good for you at various stages of your pregnancy. It's wise to stop exercising the moment you feel any fatigue or pain, have an irregular heartbeat, or when your heart rate exceeds 140 beats per minutes.

Swimming is probably at the top of the list of activities that safely promote strength and coordination for pregnant women.

"There's no place safer than water," says Peggy Buchan, whose Ladies-in-Wading is a popular prenatal swim/exercise class at Methodist Hospital in Omaha, Neb.

For classes designed with pregnant moms in mind, check with local hospitals and maternity clinics. Some health clubs have special programs, too. And look through your local TV listings. Many large cities air shows that focus on the special needs of pregnancy. These shows often include a quarter-hour of exercise or relaxation techniques you can do as you watch.

CHANGING YOUR WEIGHS Behavior modification wins bulge battle

By Peter Rowe

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

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

Their findings: 2 percent to 5 percent.

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

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

These are the folk who:

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

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

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

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

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

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

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

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

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

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

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

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

are not meant to be size 6.

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

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

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

Jarvis discounts the "food combining" prohibitions of a 1986 best-seller, "Fit For Life," which urges that fruit should be eaten solo, discourages milk drinking and maintains that morning meals harm your waistline.

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

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

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

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

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

Every person is different.

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

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

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

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

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

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

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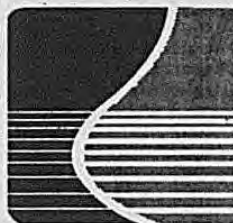
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Fitness Forum

Reducing the fat factor

The medical establishment says it. The major health organizations say it. Nutritionists say it. Now the federal government says it, too:

Americans should reduce their fat factor. They should derive no more than 30 percent of their calories from fat.

The clincher came earlier this year with a federal report endorsed by 38 government agencies, health groups and medical associations. A few months earlier the U.S. Surgeon General got the campaign rolling by declaring that "the primary priority for dietary change is the recommendation to reduce intake of total fats."

The public seems to agree. Although no one can know for sure, Americans today appear to be getting about 37 percent of their calories from fat. This proportion has been dropping slowly for several years after fat consumption hit an apparent peak in the early '70s. "Low-fat" and, better, "non-fat" have entered the advertisers' battery of sales pitches.

But getting down to the 30 percent level will take a substantial change in eating habits. "OK, you've convinced me," the average consumer might say. "I believe in eating no more than 30

percent of calories from fat. But what exactly am I supposed to do now?"

The answer is this: You've got to read labels, look up other data and do quite a bit of mental arithmetic to see how your diet stacks up.

Most packaged food items carry fine print on the label listing fat content, but you still have to calculate the percentage yourself. A lot of food — fresh fruit on the produce stand, steaks in the butcher's case, a Big Mac at the fast-food outlet — doesn't come with the data attached, and you may have to go to some trouble to find out the facts.

"The basic idea is to go easy on the high-fat food," said Diane Odland, nutritional spokesperson for the U.S. Department of Agriculture in Maryland, "so we're not saying don't eat potato chips or French fries. But we are saying that you should balance it out by eating other foods during the day that are lower. It's the total diet that counts."

True enough. But determining now you stand on fat consumption still requires some figuring.

Here are the basic facts:

Fat contains more than twice as many calories as other foods — 9 calories per gram, compared to 4 for carbohydrates (starches and sugars) and protein.

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STRESS ALERT

Keep cool tips for dealing with anxiety

By Debra Lee Baldwin

You're late for a job interview and the car ahead of you is a snail. You're on the correct street but now you're not sure which building to go to. You finally find it ... but there's no place to park.

If you handle stress poorly, you are either feeling the first throbs of a headache, wishing your palms wouldn't sweat so much or trying not to scratch a new batch of hives. Or maybe you're as calm as Walden Pond. You're not aware of it, but the stress you just experienced has submerged. It will surface in a few hours (or days) as an ache in your neck, stomach or back, or by weakening your immune system.

The good news is that ways to reduce the negative effects of stress are available. Best of all, many are virtually effortless.

One of the best stress-reducers is behavior modification. For example, when you have an experience like that drive to the job interview, don't waste time criticizing yourself.

According to Stanford University professor Carl E. Thoresen, Ph.D., in the book, "Here's to Wellness," "Some of us talk to ourselves in ways we wouldn't dream of speaking to others, which is often a major problem to be dealt with in terms of the kind of chronic stress we experience."

Thoresen suggests that we develop "healthier coping habits," such as saying "helpful, relaxing things" to ourselves and leaving earlier for appointments.

When you return home after a stressful day, treat yourself to a half hour of mind and body relaxation. Audio tapes can help. Stress expert Daniel Goleman, Ph.D., a Harvard Medical School psychologist, has produced two tapes: "Muscle Relaxation," and "Mental Relaxation." The first instructs you step-by-step how to unwind physically; the other soothes you mentally via meditation. If the tapes are not at your local bookstore, you can order them by sending \$11.85 to American Health, P.O. Box 2830, Hendersonville, N.C. 28793.

"Stress" may be your middle name if you're a typical "Type A." You're impatient. You're driven by your work. You talk fast and eat fast. You're also worried that the ol' ticker may not be able to handle it all, but you can't seem to slow down.

You may have nothing to worry about. According to Margaret Chesney, head of behavioral medicine at Stanford Research Institute in Menlo Park, Calif., "It's only when a work-involved person becomes competitive, easily frustrated and struggling against others that a relationship to heart disease shows up."

She adds, "The real negative factor appears to be the hostility."

Dr. Theodore Dembrowski, director of biopsychology at the University of Maryland, agrees. "Some Type A's are enthusiastic, but not hostile, and those types

don't get heart disease."

What if you're a hostile Type A? Learning to modify your behavior may save your life. Ask your doctor to recommend a clinic or a therapist who can help you learn to express yourself without exploding at people, how to stop fretting, and how to relax. (You also may find you enjoy life a lot more!)

To some people, "stress" means "stuff," as in "stuff yourself." If you overeat in response to life's hassles, here's help: the Weight Control Hotline, 800-361-3651 (in the United States only). When you call, ask about biofeedback equipment and cassette tapes that help you monitor stuff-inducing stress levels.

If you respond to stress with sleeplessness, there are ways to cope with a mind that revs up after the lights go out.

No one knows the ins and outs of sleeping like the Better Sleep Council. According to this nonprofit educational organization, "If you're under stress, make time during the day for exercise, reflection and relaxation. An hour before bedtime, try to take your mind off your worries. One woman imagined herself putting her problems into a sack and tying it to a tree before getting into bed."

Other ways to induce sleep are PMR (progressive muscle relaxation), yoga, imaging, and mind games. Counting sheep *does* work.

"As you keep track of the woolly creatures skipping through your mind, you literally bore yourself to sleep," according to the council.

The Better Sleep Council also recommends having a "sandman's snack" rich in L-tryptophan. It's an amino acid found in milk, eggs, tuna, cottage cheese, chicken and turkey.

If your eyes still refuse to close, there's an appropriate video you can watch. It's called "The Sleep Tape," and it's available in department stores, video and gift shops and pharmacies, for \$19.95. The tape will tell you "everything you need to know about sleep, from A to ZZZZZZ."

Many stress-related ailments respond best to medical attention. Migraine headaches, for example — though often triggered by anger, anxiety and tension — can usually be cured (or minimized) through proper medical treatment.

New research indicates that phobic behavior, though commonly thought to be stress-related, may be in many cases a medical problem.

According to Dr. Harold Levinson, a clinical associate professor of psychiatry at New York University Medical Center, irrational fears of heights, open or closed spaces, crowds, flying, etc. "are often due to an easily diagnosable inner-ear malfunction, not to deep-seated neuroses or emotional illness."

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SWEET INDULGENCES

An occasional sweet isn't all bad, chocoholics

By Monica Perez

Chocolate is America's favorite flavor, but many fitness converts believe you can't have your chocolate and eat it too if you want to stay in shape.

If you're a fitness enthusiast who's also a closet chocoholic, you're not alone. According to a survey, chocolate is eaten in 84 percent of all U.S. households and 86 percent of these chocolate lovers eat it at least once a week.

But can something that tastes so good have any redeeming qualities? Chocolate is not just a lump of empty calories. According to the Chocolate Manufacturers' Association, a 1.5-ounce bar of milk chocolate (about 80 percent of chocolate consumed in the United States) supplies the following percentages of the U.S. Recommended Daily Allowances: calcium — 9 percent; riboflavin — 9 percent; protein — 6 percent; iron — 3 percent; vitamin A — 2.4 percent; thiamin — 2 percent. The addition of nuts to the chocolate increases the nutrient values.

Chocolate is often linked with high levels of caffeine and sodium. In reality a 1.45-ounce milk chocolate bar contains only 30 milligrams of sodium, according to the Hershey Foods Corp. Sodium occurs in far higher amounts in many common foods: 1 cup of whole milk contains 122 milligrams; one slice of white wheat bread has 132 milligrams; and one

slice of Swiss cheese has 440 milligrams.

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½ cup margarine, softened
1 cup packed light brown sugar
1 egg
1 cup finely shredded raw carrots
1 teaspoon vanilla
1¼ cups unsifted all-purpose flour
one-third cup unsweetened cocoa
2 teaspoons baking powder
½ teaspoon salt
½ cup chopped walnuts
Cream cheese frosting, optional (recipe follows)

Pour boiling water over raisins in small bowl; let stand 5 minutes.

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FITNESS FASHION

Exercise wear and accessories come of age

By Linda Susan Dudley

Exercise apparel has stepped off the aerobics floor and into the streets.

Granted, The Weekend Exercise Co. had a little help from some big names who know all about wearing garments like leotards and tights — Mikhail Baryshnikov, the king of ballet, and Judi Sheppard Missett, the queen of an aerobic dance exercise called Jazzercise.

In a Manhattan ballroom, Baryshnikov, artistic director of New York's American Ballet Theatre, and Missett recently showed new lines.

Bodywear today is picking up the beat of The Weekend Exercise Co. Just step into any sports boutique or department store. You'll see a number of designs, including tops, shorts, skirts and cardigan cover-ups, that are stylish and versatile enough to be worn as casual attire anywhere.

Another bonus is these active styles no longer come in just garish neon brights, a backlash from dance or exercise fashions' early days when leotards and tights came only in basic black or pale pink.

Instead, expect to see crisp red, white and navy, smart black and white and flattering pastels along with the magenta and peacock. It's a refreshing change. Sophisticated shapes have replaced the designs that used to scream, "look at me."

And, finally, manufacturers are offering different cuts for different purposes and a variety of body types (including large sizes).

"We realize not everyone wants or can wear a high-cut leg," said Missett.

"We tried out the styles we previewed today first on instructors and students to see if they were comfortable and workable as well as stylish," Missett said.

Baryshnikov drew laughter and applause when he introduced his line by saying: "I spend two-thirds of my life in leotards and I hope everybody will do this, too."

After only one year, sales of Baryshnikov body wear exceed expectations, according to company president Arthur Levinson, and help account for a total of \$40 million in annual sales for The Weekend Exercise Co. The company also manufactures body wear under its Marika label.

Baryshnikov, who defected from the Soviet Union in 1974 and has been called one of the greatest dancers of his time said his line introduces new looks for the dancer as well as the fitness enthusiast.

On some of the items the Baryshnikov signature is incorporated in a red, white and navy graphic combined with stripes and a dancer motif.

In his line, oversize T's and crop tops are coordinated with capri tights, leotards and unitards — the latter, a one-piece leotard and tights garment.

In keeping with the body wear trend, a new Baryshnikov group

called B Sport was recently introduced. It's designed to come out of the dance studio and the gym and take to the streets. The garments are constructed of French cotton, a blend of cotton and spandex, and many have the B Sport label sewn on the outside.

This collection includes a mini-dress; a short, loose skirt; bicycle tights; leggings (which look good worn under the miniskirt); tops; and leotards.

In the Marika line, tights are shortened to just below the knee and, in addition to an elastic-banded miniskirt, there's a long, flared skirt that could be worn over a leotard or with a camisole top to make it more fashionable for street wear. There's also a flared, cropped cotton jacket that match-

es.

Look for bra tops that bare the midriff and something new called a "body band," which is sort of like a leg warmer for the waist. Worn in a contrasting color, it's a snappy addition to a crop top and skirt or pant ensemble.

Swimwear has revived an interest in vintage bathing suits, skin-diving suits and men's underwear styles for women. Fabrics range from spandex and cotton to vinyl and neoprene, a scuba suit fabric.

The mix is eclectic — old-fashioned tank suits with lifeguard logos, glamorous maillots and matching dusters or sarongs for post-pool socializing, and '40s one-piece Esther Williams specials.

And the colors? Black, white, silver, gold, purple, fuchsia and red, with new emphasis on shades of lime, turquoise, yellow and periwinkle. Keep an eye on animal prints and harlequin checks as well.

As the United States teams prepare to go for the gold, the stay-at-home can cheer them on while wearing an Olympic outfit. Once again, street and fitness fashion

hold hand, giving this activewear double duty.

Adidas has introduced a collection of leisurewear that recalls past Olympics. The firms collection of polyester and cotton fleece, French terrycloth and lightweight wovens depict Olphics events and sites in bright graphics, prints and embroideries.

Try on a black blouson jacket printed and embroidered in color showing a runner as a memory of the 1952 Helsinki Finland Olympics.

Footwear has become as diversified as athletic wear, and the colors of what used to be called sneakers match all the wild colors you see in the gyms. Top of the line for aerobics are the Reebok 5000, Avia 500 and the Saucony Palladium. Jogging shoes for men include the Tiger GT2, Nike Air Max and New Balance. Women runners will want the New Balance 520, Nike Air Control and Tiger Gel Light.

These exercise styles are so smart looking, can "after 5" active wear be far behind?

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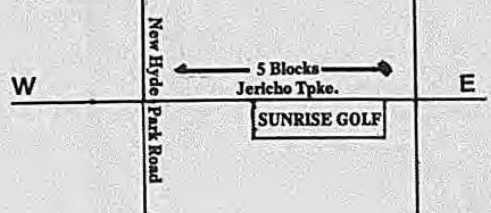
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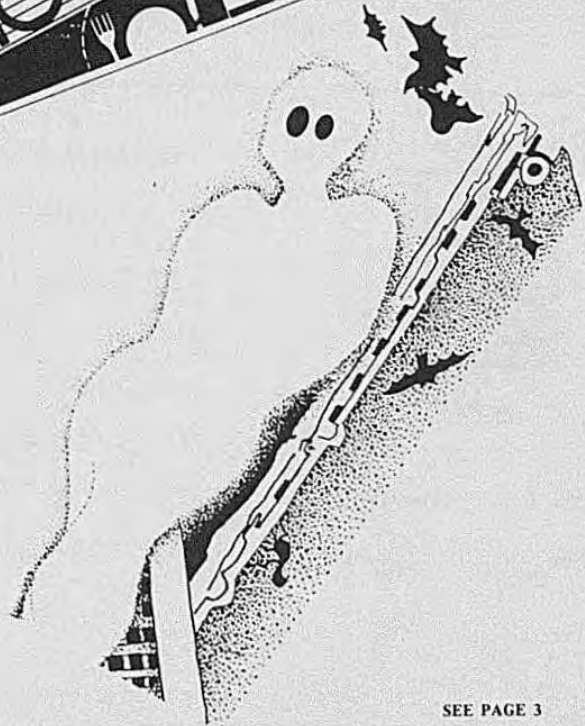
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Yes. There Are Ghosts



SEE PAGE 3



THE QUESTION OF THE WEEK

With less demand for military equipment will L.I. economy go into a slump?

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Input Callers Mixed Ideas On Hostages, Bargaining

Callers to Input were divided on the question of the week: "Do you think we should pressure Israel to free Arabs in exchange for American hostages?" Here are some of the answers:

NO PRESSURE

I do not think we should pressure Israel on anything. But I would like to see the hostages go free. I believe that if an international negotiating commission were set up with the countries that want to be part of it joining in that a plan could be worked out and presented to different sides to get the release of prisoners. If Israel is actually holding any prisoners as hostages they would be released or exchanged. If not, then the Arabs should be pressured even harder by recommendations of an international group. The idea could help in the future as well as now. But it is time we did something to get these people freed. A.T.

THIRD PARTY

I do not think that we would get very far in pressuring Israel, but we might set up some way that a negotiator or third party could work with both countries and see if some exchange should be made. The problem we face is not to show weakness that we will give in to demands for anyone who takes hostages but we have now gone on for long enough to let countries know that taking hostages is not an instant way to get things done. I would say that even if the prisoners are exchanged in some kind of deal that the hostage taking could hardly be considered a big success in that it has not brought about any great change. I think we should now be trying to get to ways of ending this. And if the final goal is peace in the middle east, negotiations cannot hurt the cause. H.F.

POOR PREMISE

The premise of putting pressure on Israel is a poor one. The Arab nations have worked outside the law in taking hostages. Israel has taken prisoners where there was reason. The people we call hostages in Israel were all engaged in some form of action against Israel. This is not true of the hostages held by the Arabs. We will finally get most of them back but to cave in now is not the answer. N.F.

DO MORE FOR US

I think that Israel should do a great deal more to help us get our hostages back. I think that if they have to give up people they are holding that they should do so. There is no sense in keeping people prisoner because of some cause that is remote and not of the making of the hostages. J.G.

WORK CLOSER

Since we give Israel a great amount of money in foreign aid they should work more closely with us and try to help us with the hostage situation. There should be some bartering and if we have to pressure Israel to make it come about we should go ahead and do it. N.D.

FIX MIDDLE EAST

It is time for everyone to think about how we are going to straighten out the middle east. It certainly would be a help to Israel to get rid of some of the load of years of war. The world will have to join in bringing about a settlement soon. Get the hostages back, make peace with the Arabs and let's start enjoying a better world. All of this fighting over land and possessions is not worth the trouble. We want peace, Israel wants peace and maybe the Arabs want it too if we can get to them. It is time for negotiating, not fighting. H.V.

STOP AT SOURCE

We definitely should not pressure Israel into freeing Arabs in exchange for hostages. It would leave us hostage to future demands from every group that has a cause. They could insist on England, Italy and even ourselves in releasing Sirhan and whatever Arab prisoners are being held in those countries. We can have hostages taken in the future for us to stop doing business with South Africa, Italy, Japan, etc. The real answer is to cut off hostage taking at its source. This information is in the hands of Interpol and our own country. We are just afraid to use it. A.G.

COMPLICATIONS MAY RESULT

I would prefer not to put pressure on Israel for anything unless it was directly connected to relations between our two nations. To put pressure on them to release Arabs they are holding in exchange for American hostages might accomplish a desired end but in my opinion would introduce more complications than we would be prepared to handle. When Israel took Arab hostages, it must have been clear in their own minds the subsequent courses of action which they intended to take and I just can't believe that the USA was included in those plans. On the other hand, I am sure the Arab nations would be delighted if we introduced this idea to Israel - how could they lose! As far as I am concerned, we can be pretty sure that Syria, Iran, Iraq, et al know who the culprit is and who is fully responsible for the American hostages so whatever pressures we exert should be directed to one or all of those nations. P.G.S.

POSITION CLEAR

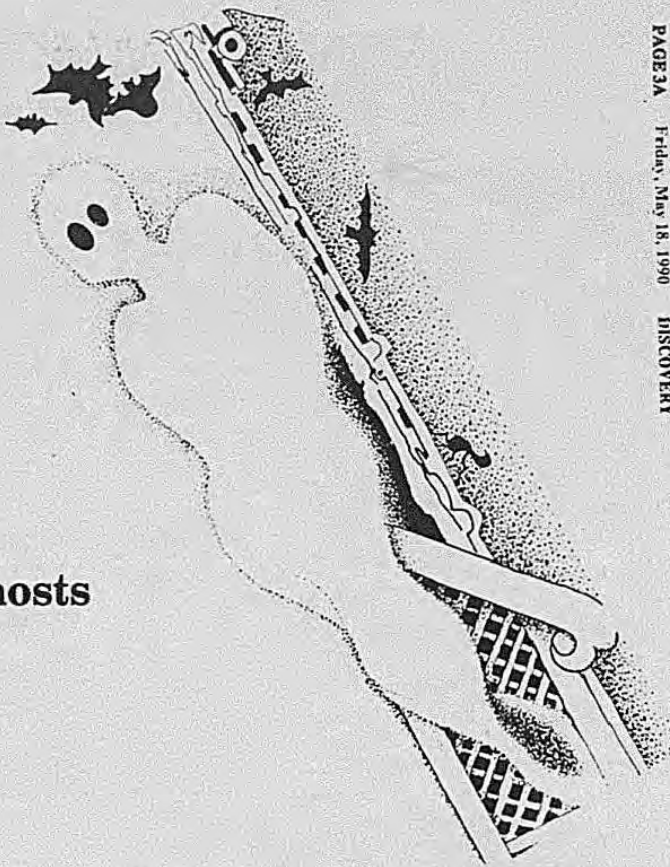
Israel has already made its position on releasing their Arab prisoners or hostages quite clear. They would gladly trade many of these Arabs for the handful of Israeli soldiers currently being held in Lebanon. And they have enough of these Arabs to include the recovery of all of our American hostages. It is the Arabs who need to be pressured into this kind of negotiation. C.K.

OTHER ISSUES

Your Social Security, Lump sum death payment in your Social Security column, was quoted as \$225 and should be \$255.

Discovery!

Yes. There Are Ghosts



By Margaret Hartman

Do you remember the letter written by the editor of "The Times" that said, "Yes, Virginia, there is a Santa Claus." Likewise, I want to say to all doubters and scoffers, "Yes, there are ghosts." How do I know? I saw one. No, not one, but two.

It was many years ago, in fact about half a century. I was just a little girl ten years old. I was sent to spend the summer in the "mountains" in New Jersey.

My mother was, what is now called a single parent. Then she was simply classified as a widow - my father having died suddenly, a few months previously.

I was to spend the summer with an aunt and uncle of my mother. They were retired school teachers. Upon their retirement they settled down on Round Mountain, in New Jersey.

They had just purchased a grey stone farm house that was built, according to the date on the corner stone, in 1660.

It was also, according to the real estate salesman, a fact that George Washington slept here. His troops, while fighting the Revolutionary War, were quartered in the surrounding hills.

The real estate agent, with great zeal, pointed out all the lovely and useful things about the house.

There was a cold cellar that made having an ice box in the summer unnecessary. While the two fireplaces in the living room and library were just the thing for a cold winter's night.

The kitchen sink, equipped with an indoor pump to draw water, made going outdoors unnecessary.

The ceilings, all decorated in a lovely rococo style, and the large windows with their priceless lead glass panes caused the salesman to throw his arms skyward and exclaim, "What more could you want?"

Then going outside he pointed to the little brook behind the house, the trees and the garden. The only thing he left out was the ghosts. Who would think to ask?

I arrived at Round Mountain the day after school let out. All the things that made the house so saleable didn't impress me at all.

About one half a mile down the road was a large dairy farm. Living there was a big family - about nine children. A boy and two girls - the right age for me to play with. The next morning I trudged down the road to the dairy farm, carrying my ball and bat with the hope of getting up a game of softball.

When I reached the farm there weren't any kids around. Finally, I found Artie, a boy just about my age. He was milking a cow. He didn't look up. He didn't even say, Hi. I stood looking down at my shoes and kicking the dirt. Finally I said, "Hi." He didn't look up but he did say, "Hi."

I said, "Wanna play catch?"

"No, can't," he replied. "Got chores to do."

"Where are your sisters?"

"Mattie is picking strawberries and Ellie's helping Ma with the washings. We can't play any games 'til we finish our chores."

"When will that be?" I asked.

"After we eat supper, about five o'clock."

I picked up my ball and bat and walked slowly back to the house that had everything.

After five o'clock I again set out for the dairy farm. Artie was standing there, barefooted. His hair was wet and slicked down. He really looked funny.

The girls were sitting on the porch. They didn't have shoes on and they didn't want to play ball.

They didn't ask me, but I sat down on the steps a little distance away from them.

Artie came over and leaned against the railing. He didn't talk either. The girls began to giggle and I felt like I wanted to cry.

One of the girls, I think Mattie, said, "Did you see any ghosts last night?"

"No," I said. "Where are they?"

"In your house. Maybe in your bedroom." She began to giggle again.

Artie was standing there, just staring at his toes.

I picked up my bat and ball and hurried back to the house that now truly had everything.

Aunt Alice was standing at the end of the road waiting for me. I noticed that the horse was hitched-up to the carriage. Aunt Alice said that we had to take the "Mister" to the train as he had to go into New York.

On the way back Aunt Alice said, "Has the cat got your tongue?" Then I began to cry. "I want to go home," I said.

"Why, whatever is the matter?"

"Mattie and Annie said that there is a ghost living in your house."

"Now don't you believe a word of it." Aunt Alice, said. "They just want to frighten you."

That night I went to bed hugging my flashlight. Everytime I heard a noise, I turned it on, but no ghost was anywhere to be seen. After a few more hours of tossing and turning, I called "Aunt Alice can I come in your bed?"

"Yes, yes do come." I crawled in beside her and she hugged me tightly. At last I fell asleep.

Suddenly, I was awakened by a strange sound. I felt for Aunt Alice but she wasn't in the bed.

I looked up and there at the foot of the bed was a figure. A long white figure moving slowly back and forth. At first I thought it was Aunt Alice in her long white nightgown. I called out, "Aunt Alice is that you?" Her voice came from down in the kitchen, "I'm getting a glass of milk, I'll be right there."

Then I saw, standing beside the bed, about to reach over and touch me, another creature in a long white robe. It didn't have a complete face. It stared down at me from two big holes where its eyes should have been.

It kept trying to reach me. I screamed the most blood-curdling screams that ever came out of a human being. Aunt Alice came into the room, flashed on my flashlight and the white apparitions disappeared.

Holding me close to her, Aunt Alice confided that she had seen the ghosts many times. It was rumored that a previous owner had murdered his wife and her lover and buried them in the cold cellar. It seems every time the moon is full they come out and wreck havoc on the present occupants of the house. All this she and Uncle Fred did not find out 'til they bought the house.

Uncle Fred said not to talk about the ghosts or they will never be able to sell the house, because nobody will buy a house that has everything - including a couple of ghosts.

ABOUT THE AUTHOR

Margaret Hartman is a longtime Plainview resident. She has made several contributions to **Discovery**.

RESTAURANT GUIDE

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READER RATINGS



TOPS IN DINNERS

The New Hyde Park Inn is a landmark on Jericho Turnpike in New Hyde Park. Most people have been there many times for one banquet or another. Throughout the years it has served as a top catering hall for many affairs. As a restaurant it is equally good. We went there last week and found that it has a full menu for dinner and that all of the good things that were at banquets can be had in the restaurant. Because it is a festive type place it is a great one to celebrate a birthday as we did. Tell your readers that the New Hyde Park Inn is tops for dinners. We know, we were there. Y.R.

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NICE PLACE

Bomont's Cafe is one of those small restaurants that makes me glad there are such places away from the larger crowds. For your readers who do not know of this place, it is located in Williston Park on Hillside Avenue and is just a small but elegantly decorated restaurant. The menu is a pretty good sized one and we have always found it to be an enjoyable place whether we were having a late night snack or a luncheon special. We recommend it to your readers. J.F.

UNIQUE MENU

Monday night we dined at The Orchid Chinese Restaurant on Franklin Avenue in Garden City. We were delighted with this restaurant and heartily endorse it.

The ambience was both beautiful and restful with soft background music, and very attentive service.

It was by far the best Chinese food that we have ever tasted. The menu was unique and deliciously different. We chose two of the Jumbo Shrimp entrees which were superb. Looking over the interesting menu it was difficult to make a choice. Our remedy will be to make a return visit very soon. Incidentally they are open for lunch as well as dinner. We are pleased to have such a fine restaurant at practically our back door. E.E.

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

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(Guide to Good Dining)

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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.

DINING GUIDE

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READER RATINGS



CONSISTENTLY GOOD

The John Peel room in the Island Inn is consistently a good restaurant. We have been there a number of times and have always found the food and decor especially enjoyable.

The menu at the John Peel room includes a complete dinner from appetizer through dessert. We had prime ribs there last Thursday and were particularly happy with the large portion of beef along with the fine ambience of this restaurant, the service was attentive and prompt. As usual we had a good night at the John Peel room.

B.R.

Q. When one approaches a receiving line and is asked to give a name, does one say, "Mrs. Jones" or "Mrs. John Jones" or "Mr. Jones" or "John Jones"?
T.F.

A. Your just say, "Mrs. Jones" or "Mr. Jones", or more usual now, "John Jones". If you are a very special Jones, the person who introduces you finally to the guest of honor sometimes has the opportunity to define you as it were. The receiving line should never be held up for lengthy conversations, however.

Q. As a newly hired woman executive with a large store, I will soon be taking male clients to lunch on occasion. What is the best way to handle payment of the check?

A. A credit card would be your best solution. Another possibility would be a charge account with a good local restaurant.

The bills could then be presented to your employer.

Q. What do you do if you enter a restaurant and some friends at another table tell the waiter to see what you are drinking because they want to buy you a drink and you do not drink?
E.R.

A. There is no set answer to your question. You obviously have some very generous friends who do not know your habits. The best thing to do would be to inform the waiter that you do not drink but you might make a gesture with a water glass towards your friends table as a toast.

Q. If I have a party of about 30 guests, is it best to go to a restaurant or a regular caterer?
A. Generally you can find a restaurant that would be more interested in that size party than a caterer although some caterers do have mid-week and off-season rates. But, in general restaurants have rooms that they can close off and give you special service. Often the price is no higher than the menu rates.

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(Guide to Good Dining)

DINING GUIDE

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.

LIKE HEAVEN

I have gone to the Casa Mia twice in the past three months. The first time was excellent. The second time was superb and if tis is any indication of this fine Italian restaurant I can hardly wait for the next time we dine there. The atmosphere is intimate and warm. The service is attentive and courteous and the food is so exquisite you think you are dining in heaven. If you enjoy chicken, try their chicken Valdosta and don't leave before you taste their desserts. You'll love everything about this delightful dining experience. A.D.

Q. How many people does a bottle of champagne serve at dessert time?

A. Normally four. If you're at a wedding-rehearsal dinner or an anniversary party, the toasting might go on for quite a while, so you have to supply twice as much champagne for your guests as you would for a regular dinner party.

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DINING GUIDE

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

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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 Middle Neck 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

Q. Why in some restaurants do I have to sit there so long before the waitress gives me the check?
A. Well the answer to your question is hard to define. It might be simply because the restaurant is so busy that the waitress hasn't time to add up the check. But at some of the better restaurants you will never get a check unless you ask for it. In these establishments they feel that the guests should decide how long they wish to talk or occupy the space after eating and only on rare occasions will they bring a check that has not been solicited and then with apologies.

Q. Recently I was a guest at a club luncheon in a restaurant. Accidentally, I overturned my tomato juice. What was the right thing to do? The waiter didn't see the accident immediately. T.L.A. A waiter seeing such an accident would immediately change the cloth, or if that was impossible at a long table, would spread a clean napkin over the spilled food. As the waiter did not do this because he was busy elsewhere, at a large luncheon you could have spread a napkin over the spot yourself, without undue discussion of the incident. Everyone occasionally has things like this happen.



DINING GUIDE

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

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

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

(Guide to Good Dining)

DINING GUIDE

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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.

DINING GUIDE

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READER RATINGS



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.

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. I heartily recommend this restaurant and am sure your readers will to.

E.H.

READER RATING

Our party of three dined at a delightful restaurant on Westbury Avenue in Carle Place, Saturday night. We were warmly greeted and seated at the same table we occupied the last time we were there. Imagine, a host remembering!

The cuisine is Northern Italian. Just writing about the superb dinner has me salivating. The specialties of the day were Veal Chop stuffed with prosciutto and fontina cheese, sauteed with artichokes and mushrooms, and the other specialty was Agnolotti stuffed with lobster meat and served with a white clam sauce. We had their Antipasto which included fresh asparagus, fresh mozzarella, salami, soprasatta, roasted peppers and thinly sliced eggplant. Chablis wine, and crisp rolls added to this magnificent dinner. Desserts were their famous Hazelnut cake and fresh strawberries with whipped cream.

Not only was the dinner great, the service was perfect and unobtrusive. The restaurant is intimate, the ambience most attractive. Pamper yourself and try this delightful Restaurant!

E.H.

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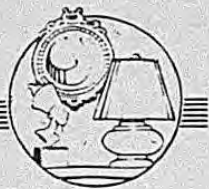
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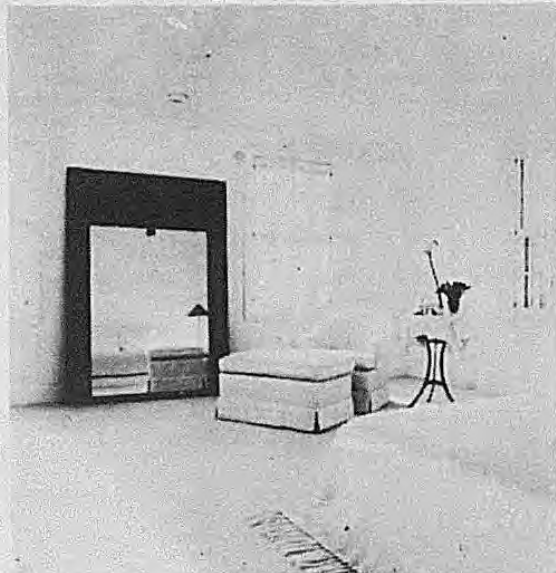
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Decor Score



By Rose Bennett Gilbert

Open spaces and plain colors



MINIMALISM — Minimal furniture equals maximum impact in the understated bedroom of an interior designer in Boston.

Q. I am an interior decorator by profession, and a good one, if I do say so myself. My problem is, I can never bring clients into my apartment (where I work) because I have never actually decorated it for myself.

After working on other people's places all day, I like coming home to open spaces and plain colors. Is this weird? — R.N., Stowe, Vt.

A. It's surprising, perhaps, for a decorator to dislike practicing what she "preaches," but it's neither weird nor all that unusual.

As a designer friend in New York once told me, the professionals see so much — and can buy wholesale, remember — that they often get surfeited. Or just plain bored by the idea of committing to one style or color scheme for a long time.

The photo we show here should offer solace. It's of the personal bedroom of a successful Boston designer who evidently shares your taste for the spare.

There is no color, no frills, certainly no "cozy clutter." Yet the room has a great clean spacious quality that is as appealing as it is dramatic.

I think you should have the courage of your convictions: set the living room of your apartment up so it really looks like a design office. Your clients need never know you live "next door."

Q. Our eat-in kitchen is a delight in the morning — it faces east and is flooded with sunshine. The trouble is, the rest of the apartment is dark and gloomy all day long.

We are thinking about knocking out the wall between the kitchen and dining/living room so the light can get in there, too. What do you think? — L.M., Baltimore, Md.

A. I have just seen an apartment where the owners arrived at exactly the same conclusion and acted on it. The results are worth the effort — the rest of the apartment now enjoys natural light, if not actual sunshine.

They worked with a professional kitchen designer — a good idea, too — who replaced the full-height wall with a pass-through counter at chair rail height.

She arched the top of the new opening and covered the counter-top with hand-painted ceramic tiles, so net-net, as they say, the remodeling job became an asset in more ways than one.

Q. Our entry hall is tiny, barely a half-dozen "baby-steps" from the front door to the living room.

Give me some ideas on how to make it look bigger. — K.S., Austin, Texas

A. Apply time-honored *trompe l'oeil* (fool-the-eye) tricks, such as:

- Paint walls, ceiling and inside doors all the same color. Light, fresh colors always make space look larger but ...

- Conversely, so do dark cozy colors. Overscaled wall covering patterns have the same space-stretching effect, if you're bold enough to try them.

- Lay flooring — ceramic tiles or patterned carpet — on the diagonal to "push" the walls apart.
- Keep furniture minimal

Backyard Gardener



By Patrick Denton

Growing summer vines and foiling furry pests

Today I'd like to share with my gardening friends a beautiful multipurpose summer vine, a boost to pea growth, and some ways of foiling furry garden prowlers.

SCARLET RUNNER BEANS

In many ways these are ideal plants for the home garden. The vines themselves are a lush and beautiful deep green, useful for clothing tall fences and trellises and for shading patios and other areas that otherwise would be uncomfortably hot to relax in during the summer. The flowers are brilliant and the beans that follow are intensely flavorful.

Bright red runner bean flowers are also hummingbird favorites. A friend, describing his experiences one year with scarlet runner, told me that in this particular year he switched his planting arrangement from long rows to several short ones. He was amazed to find hundreds of hummingbirds visiting the flowers. The more concentrated planting area drew the little birds in especially large numbers.

This veteran scarlet runner-bean grower also confirmed that watering the vines once they begin

to bloom promotes good pollination. He turns the sprinkler on them so that plants will be well-soaked as in a good rain. He also warns against letting the vines go dry, and emphasizes the importance of keeping the beans picked young.

Plant scarlet runner beans in full sun, 1 inch deep and 2 inches apart, against a sturdy support 6 to 8 feet tall. Thin the plants to 6 inches apart. A warm, moderately rich, well-drained but moist soil and plenty of water in the summer will ensure healthy and beautiful flower-filled vines and an abundant crop of tasty beans.

PEAS

Experienced home gardeners are familiar with the late spring and early summer weed-thin-grow syndrome in rows of young vegetable plants. That first weeding and thinning, and a follow-up watering with a mild fertilizer solution, always send plant growth into top racing speed.

Another gardening friend has passed along his discovery that raking along the pea rows with a three-pronged hoe brightens up the young pea plants quickly. His theory, probably quite correct, too, is that this soil loosening let in nitrogen-bearing air — breath of life to nitrogen-fixing bacteria that live on pea (and bean) roots. This cultivation also breaks up compacted soils, bringing needed air and generally more healthy conditions for trouble-free productive plants.

FURRY PROWLERS

I keep surprising the neighborhood cats in my back yard. I don't know who gets the worst shock, me or the cat. I turn a corner in the garden and a furry beast scats away like a speeding bullet.

A feline highway appears to have developed, too, across the patio. Often, as I'm lying doily on the sofa watching some mindless show on television after a long day in the garden, I'll be startled by

the glint of animal eyes as a cat saunters saucily across the patio right next to the glass doors.

As long as they do no damage in the garden, I don't become too fussed by this furry invasion. But once seed beds of plants begin to be dug up, in the course of their fastidious toilet or vigorous mating habits, I'll dust cayenne pepper around their favored haunts. Last spring, the cayenne caper saved quite a few seedlings in areas the cats had been frequenting. The cayenne, licked from paws or sniffed, causes enough discomfort to make a site unappealing.

Then there are the dogs.

I'm resigned to purchasing eternal supplies of doggy deterrent pellets for the boulevard. But one morning, recently, I looked up from my office desk to see a huge curly-haired black beast as large as a pony, I swear, loping up the driveway. Before I could grab the broom and head for the door he was into the perennial flower bed. Though I must confess this ambling fellow had a certain charm, I see the possibility of a gate across the bottom of the driveway in my future.

By Desiree Vivea



Low-cal, and the livin' is easy

Interested in low-calorie, low sodium, low-cholesterol recipes you can prepare quickly in the microwave?

Then Karen Kangas Dwyer's "Easy Livin' Low-Calorie Microwave Cooking" is just what you have been looking for.

This newly published cookbook offers recipes for tempting goodies like English Pumpkin Pudding Wedges and Blender Red-Raspberry Cheesecake, as well as main dish recipes like Lemon Chicken in Wine Sauce and Cheesy Meat Loaf Florentine — and they are all less than 250 calories a serving.

A lifelong battle with extra pounds (sound familiar?) led Dwyer, a home economist and microwave specialist, to search for ways of preparing foods that would trim calories, yet leave the delicious flavor intact.

The over 200 recipes presented here do just that, and they cut down on sodium and cholesterol at the same time. Each recipe lists number of calories, and a nutritional breakdown including fat, carbohydrate, protein, fiber, cholesterol, and sodium content. If you're diabetic, you'll find the diabetic exchanges listed for each recipe particularly useful.

Recipes range from appetizers and beverages, breakfast dishes, meats, fish, casseroles, and sauces to breads, muffins, desserts, bars and cakes. Each recipe includes tips on such items as nutrition, preparation, and ingredient substitutions, while each chapter offers a microwave time chart for easy reference.

Many favorite recipes you might not expect to find here have been altered to reduce calories, salt and saturated fat so you can still enjoy them, but in a healthier version.

You'll find recipes for Au Gratin Potatoes, Lite Lasagna, Breakfast Sausage (made with ground turkey), Trim Chicken Cordon Bleu, and even Lite Chocolate Pudding, Diet French Dressing, and Sugarless Strawberry Jam.

Dwyer is also the author of "Easy Livin' Microwave Cooking" and "Easy Livin' Microwave Cooking for the Holidays."

Today's recipes are from Karen Kangas Dwyer's "Easy Livin' Low-Calorie Microwave Cooking." Available in bookstores, or from St. Martin's Press, 175 Fifth Ave., New York, NY 10010 (\$14.95 paperback).

(Recipes in this column are tested in 625- to 700-watt microwave ovens.)

MICRO-TIP OF THE WEEK

Here's a general guide to microwave power settings: HIGH means 100 percent, or full power; MEDIUM-HIGH means approxi-

mately 70 percent power; MEDIUM means 50 percent, or half power; LOW or DEFROST means 30 percent power; WARM means 10 percent power.

LOW-CALORIE GUACAMOLE DIP

- 1 cup chopped green or yellow onion
- 1 small clove garlic, minced, or ¼ teaspoon garlic powder
- ¼ cup chopped fresh parsley
- 1 ripe avocado, halved and pitted
- 1 cup (8 ounces) low-fat cottage cheese
- 1 tablespoon fresh lime juice

Yields 2 cups. Calories: 20 per 2-tablespoon serving.

Preparation time: 10 minutes.

Cooking time: 1½ to 2 minutes.

Oven setting: HIGH (100 percent power).

In small microwave-safe bowl or custard cup combine onion, garlic and parsley. Microwave for 1½ to 2 minutes, until vegetables are softened. Set aside.

Scoop out avocado pulp and discard skin. Combine pulp, cottage cheese, lime juice and cooked vegetables in food processor or blender. Process 20 seconds or until smooth. Cover and refrigerate until serving time.

LEMON SALMON WITH CUCUMBER SAUCE

Fish:

- 4 salmon steaks (4 ounces each, fresh or frozen, thawed)

- 2 green onions, thinly sliced
- 1 lemon, sliced

Cucumber Sauce:

- ½ cup low-fat cottage cheese
- 3 tablespoons non-fat plain yogurt
- ½ teaspoon lemon juice
- ¼ teaspoon dill weed
- ½ teaspoon seasoned salt substitute
- ½ medium cucumber, peeled and sliced
- Lemon and cucumber slices to garnish (optional)

Yields 4 servings. Calories per serving: 175.

Preparation time: 10 to 15 minutes.

Cooking time: 9 to 12 minutes (plus 3 minutes standing time).

Oven setting: MEDIUM-HIGH (70 percent power); MEDIUM (50 percent power).

Arrange salmon steaks in 10-inch flat microwave-safe casserole with thickest portions toward outside. Top with onion and lemon slices. Cover loosely with plastic wrap or waxed paper. Microwave for 7 to 9 minutes at MEDIUM-HIGH setting, or until fish flakes easily with a fork. Let stand 3 minutes.

By Melanie Barnard and Brooke Dojny



Let's eat in

We likened the publication of our first book "Sunday Suppers" to producing a baby, and the analogy still holds.

We are excited, happy, bursting our buttons with pride all over again with this second book, "Let's Eat In" (Prentice Hall Press, 1990), just as you are with that second baby.

For regular readers of this column this book may mean something extra special, for many of the recipes in "Let's Eat In" first appeared here.

Subtitled "Quick and Delicious Weekday Meals," the book is filled with the kind of simple, fast, realistic recipes that we try to give you every week.

It has become a cliché to say that we're all too busy to cook anymore, but we believe that even in the most hectic households, making time a few evenings a week to sit down to a meal together is a comforting, civilizing and necessary ritual.

So what we've tried to do in "Let's Eat In" is to give you the tools to make eating at home not only possible but preferable. From updated versions of old favorites such as Alphabet Soup for Ned, Marianne's Spaghetti and Meatballs, and Real Sloppy Joes, to contemporary creations such as Caribbean Grilled Chicken with Pineapple Salsa, Swiss Nachos and Linguine Tonnato, "Let's Eat In" is geared to singles and couples, as well as families.

Here are two of our favorite recipes from "Let's Eat In."

Spring Chicken Soup is a perfect example of a very simple, yet absolutely delicious soup that can be put together in mere minutes.

Pasta Salad Nicoise, a takeoff on the classic Salade Nicoise, is beautifully easy and makes wonderful springtime fare.

We hope you like this second baby just as much as we do!

SPRING CHICKEN SOUP

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 2 stalks celery, thinly sliced
- 3 carrots, peeled and cut into small dice
- 6 cups chicken stock
- 2 cups water
- 10 ounces boneless chicken thighs or breast cut into thin strips
- ¼ teaspoon dried tarragon
- 2 cups frozen corn kernels
- 3 ounces (1 cup) thin egg noodles
- ½ teaspoon Tabasco
- ¼ teaspoon black pepper
- Salt

Yields 4 servings.

Preparation time and cooking time: 30 minutes.

Heat oil over low heat in large saucepan or soup pot. Add onion and cook gently for 4 minutes. Add celery and carrots and cook over

low heat for about 4 minutes.

Add chicken stock and water and bring to simmer. Add chicken along with tarragon and simmer for 6 minutes. Add corn and noodles, bring to simmer and cook for 3 to 6 minutes or until chicken and noodles are cooked. Taste and season with Tabasco, salt and pepper.

PASTA SALAD NICOISE

Salad:

- 12 ounces rotelle or similar pasta
- 8 ounces fresh green beans, cut into 1-inch diagonal pieces
- 1 small red onion, thinly sliced
- ½ cup sliced black olives
- 1 (13- to 14-ounce) can solid white tuna packed in oil, drained

Dressing:

- 3 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1 clove minced garlic
- ¼ teaspoon dried red pepper flakes

- ½ cup olive oil

- 4 tablespoons minced fresh basil or 2 teaspoons dried
- 2 teaspoons small drained capers

Garnish:

- 1 large ripe tomato, cut in wedges
- 1 (2-ounce) can flat anchovies
- 2 to 3 hard-cooked eggs, quartered (optional)
- 1 tablespoon minced parsley

Yields 4 to 6 servings.

Preparation and cooking time: 30 minutes.

Bring large pot of water to boil for pasta. Salt water, add rotelle and cook for about 10 minutes. Add beans and boil for 2 to 3 minutes more, until beans are crisp-tender and pasta is al dente. Drain well in colander, then run cold water over to stop cooking. Turn into large mixing bowl and add onion and olives. Break tuna into pieces and set aside to add to salad later.

To make dressing, whisk together vinegar, mustard, garlic and red pepper flakes. Whisk in oil. Stir in parsley, basil and capers.

Drizzle dressing over pasta salad and toss to combine. Add tuna and toss gently, taking care not to break up tuna too much.

To serve salad, spoon onto large platter or individual plates. Garnish with tomato, anchovies and optional egg wedges. Sprinkle with minced parsley.

Note: Salad can be made up to 4 hours ahead and refrigerated. Restore to cool room temperature before garnishing and serving.

Cooking Corner



By Linda Susan Dudley

High steaks for beef — hearty bows to healthy

The description of beef is being rewritten these days, and proof can be found in the winners of a California Beef Cook-off held in San Diego.

The word "hearty," which often has been used to describe a beef meal, has been given the heave-ho.

Today — to reflect an emphasis on healthier eating — heavier beef dishes are often replaced with lighter recipes, with special attention given to fresh vegetables and imaginative seasonings instead of fat-laden additives such as cheese and butter.

In the statewide cook-off, two of the winners — including a \$1,000 first prize recipe — were salads. Seven of the 16 finalists placed a major emphasis on fresh vegetables in their dishes. Each cook prepared his or her own dish in the finals.

First-place winner in the indoor category, Frances Benthin, is a former U.S. Forest Service employee. Cooking is one of her hobbies, and she has twice before been a California Beef Cook-Off finalist. Her prize-taking dish paired beef with health-conscious couscous and fresh vegetables.

Pat Parsons, a homemaker who placed second in the indoor category, created her ground chuck salad as "something easy yet different to serve at luncheons."

It combines two colors of shredded cabbage and chopped almonds for crunch and sesame seeds and sesame oil for a distinctive flavor. The salad is attractively presented in whole purple cabbage leaves used as serving bowls.

Barbara Morgan, who placed third, works in hospital medical records and likes to write non-fiction and experiment with new recipes. She created her winning recipe of fresh vegetables, lean beef and filled pasta as a one-dish meal.

Here are the winning recipes.

• INDOOR CATEGORY •

FIRST PRIZE

Frances Benthin's Beefed-Up Casbah Salad
 Marinated Vegetables (recipe follows)
 1 cup couscous
 ¼ cup soy sauce
 1 teaspoon garlic powder
 1½ pounds boneless beef top sirloin steak
 2 to 4 tablespoons coarsely ground pepper
 Spinach leaves, garnish
 Tomatoes, garnish
 Sliced bell peppers, garnish
 Parsley, garnish

Yields 4 servings.

Prepare marinated vegetables; set aside. Cook couscous according to package directions; cool. Mix

soy sauce and garlic powder; rub into steak. Press half the pepper into one side of steak.

Heat non-stick skillet until hot. Sear steak, pepper side down, 4 to 5 minutes. Press remaining pepper into steak; turn. Cook 3 to 4 minutes for medium-rare or until desired doneness. Trim excess fat from steak; cut across the grain into thin slices.

Mix couscous, marinated vegetables and steak. Cover serving platter with spinach leaves; mound salad on top of spinach. Garnish with tomatoes, bell peppers and parsley.

Note: Long-grain brown rice or bulgur wheat can be substituted for couscous.

Marinated Vegetables

2 cups diced firm, ripe tomatoes
 1 cup sliced water chestnuts
 1 (4-ounce) can diced green chilies
 ½ cup each minced onion, chopped celery, chopped green pepper and sliced black olives
 1 cup medium-hot prepared picante sauce
 ½ cup red wine vinegar
 ¼ cup olive oil
 1 tablespoon Dijon-style mustard

Place all vegetables in large bowl. Mix remaining ingredients; pour over vegetables and toss. Cover and marinate 1 hour.

SECOND PRIZE

Pat Parsons' Beef Confetti — Crunch Salad

Dressing (recipe follows)
 3 tablespoons peanut oil
 ¾ cup coarsely chopped almonds
 3 tablespoons sesame seeds
 1½ pounds beef ground chuck
 3 cups each coarsely shredded green and red cabbage
 ¾ cup chopped green onions
 Red cabbage leaves, for garnish

Yields 6 to 8 servings.

Prepare dressing. Heat oil in skillet until hot. Stir-fry almonds in oil over medium heat until lightly browned. Drain on paper towels. Stir-fry sesame seeds in oil until lightly browned. Drain on paper towels. Discard oil.

Cook and stir beef in skillet until all red is gone and beef is cooked. Do not brown. Mix ground beef, both kinds of cabbage, green onions, almonds and sesame seeds in large bowl. Shake dressing; pour over salad and toss. Season with salt to taste.

Spoon salad into cabbage leaves for each individual serving.

Dressing

½ cup each seasoned rice wine vinegar and peanut oil
 1 tablespoon sesame oil
 1 tablespoon sugar
 ½ teaspoon black pepper

Place all ingredients in small jar, cover. Shake well.

THIRD PRIZE

Barbara Morgan's East-West Beef Stir-Fry

1 pound boneless beef top round steak
 1 (9-ounce) package fresh spinach cheese tortellini
 2 tablespoons each soy sauce and dry sherry
 3 cloves garlic, pressed
 1 teaspoon each cornstarch and dried basil leaves
 2 tablespoons vegetable oil
 1½ cups broccoli, cut into 1-inch pieces
 1 zucchini, diagonally sliced
 1 carrot, diagonally sliced
 1 red pepper, slivered
 6 green onions, sliced
 ¼ pound mushrooms, halved
 ¼ cup water chestnuts, thinly sliced

Yields 6 servings.

Partially freeze beef until firm. Cut across grain into very thin slices; reserve. Prepare tortellini according to package directions; drain and reserve. Mix soy sauce, sherry, garlic, cornstarch and basil; reserve.

Heat large skillet over high heat until hot. Add oil. Stir-fry broccoli, zucchini and carrot in hot oil for 3 minutes or until crisp-tender. Remove and reserve.

Add more oil, if necessary. Add half the beef to skillet. Stir-fry 2 to 3 minutes until browned. Remove and reserve. Add remaining beef to skillet; stir-fry 2 to 3 minutes. Return all beef to skillet. Add pep-

per, green onions, mushrooms and water chestnuts. Stir-fry 2 minutes. Stir soy sauce mixture into skillet. Cook and stir until thickened and bubbly. Add reserved tortellini; stir to coat well. Add reserved broccoli, zucchini and carrot; cover. Cook 1 minute. Serve immediately.

Marinade

4 ripe kiwis, peeled and mashed
 ½ cup red wine
 3 tablespoons lime juice
 2 to 3 teaspoons chopped fresh ginger root
 2 teaspoons sugar
 1 to 2 teaspoons red pepper flakes (optional)
 1 teaspoon onion powder
 1 teaspoon salt
 ½ teaspoon dried thyme leaves
 ¼ teaspoon pepper
 1 clove garlic, minced

Mix all ingredients.



Cooking Corner

KITCHEN HINTS

Chicken breasts make elegant dishes

Its tough tendon spoils the effect.

Here's how to remove the tendon:

1. A white tendon runs about two-thirds down the underside. When cooked, it shrinks and toughens.
2. Turn over skinless, boneless chicken breast. Use knife tip to scrape meat away from tendon.
3. Pull tendon with one hand and cut with the other. Cooked fillet will be tender and lie flat.



TRAVEL TIPS

Campers can choose from about 20,000 developed campgrounds

Campers can choose from private campgrounds with amenities such as swimming pools, game rooms, snack bars and playgrounds, or they may try a more rustic setting at a public campground in a park or recreation area.

Types of developed campgrounds in the United States

Public campgrounds
8,000

Private campgrounds
12,000



SOURCE: Recreational Vehicle Industry Association

By Lorna J. Sass



Sweet and sour

Because of my father's German heritage, I have memories of sweet-and-sour dishes that take me back quite a few years.

For special holiday meals during my childhood there would always be a large bowl of cucumbers, sliced paper-thin, in a sweetened vinaigrette. A similar dressing was invariably used for a cold salad of cooked green beans.

These dishes always had complex flavor and a refreshing mouth pucker, both characteristics of the culinary marriage of sweet and sour.

The use of both sweet and sour flavors in a dish is a perfect example of how opposites attract and can bring out the best in each other. Our taste buds are happily roused when both flavors reach the tongue simultaneously, and thank us by offering an exaggerated taste sensation. Thus, the sweet seems sweeter and the sour seems more sour. All in all, it's a robust and satisfying experience, an example of the whole being greater than the sum of its parts.

Combining sweet and sour in cooking is found in kitchens all over the world. Perhaps the most familiar to Americans is the pickle, specifically a sweet gherkin or a dill. However, many relishes and condiments, such as ketchup and chutney, use this approach to flavoring.

Depending upon the cuisine and the cook's inclination, the sourness will be provided by an acidic substance such as vinegar, citrus fruit or salt. The sweetness is usually provided by sugar, although maple syrup, molasses and dried fruit are also used.

Sweet-and-sour dishes are nice all year round, but can be especially appreciated when the weather is warm and appetites flag. Here are a few recipes to awaken sleepy taste buds.

One of my most delightful discoveries on a recent trip to San Francisco was Marty's Natural Food Restaurant, the only eatery I found that cooked exclusively with organic ingredients. It is a very small restaurant that serves vegetarian food prepared with love and attention. Call before going, as the hours are erratic: (415) 621-0751.

This delightful version of a traditional recipe uses raisins to provide sweetness and brown rice vinegar or apple cider vinegar for the tart counterpoint. The walnuts add a surprising crunch. It was developed by Suzanne, one of Marty's most creative cooks.

MARTY'S SWEET-AND-SOUR RED CABBAGE

- 1 small head red cabbage
- ½ cup organic raisins
- ½ teaspoon sea salt
- ½ cup spring or filtered water
- 2 to 3 tablespoons brown rice vinegar or apple cider

- vinegar
- ½ cup coarsely chopped walnuts
- 5 to 6 organic lettuce leaves

Yields 6 servings.

Cut cabbage into quarters. Core and slice thinly. Place in large non-aluminum pot and add raisins, salt and water. Cover and bring to boil. Reduce heat to low and simmer for 25 minutes, adding more water as needed. Add vinegar and simmer uncovered until all liquid has been absorbed, stirring occasionally, about 10 to 15 additional minutes. Adjust seasonings.

Add walnuts and place on bed of fresh lettuce leaves. Serve warm or at room temperature.

This German potato salad uses a sweet-sour vinaigrette rather than mayonnaise with wonderful results. Be sure to use waxy red potatoes that are cooked just until tender, but not mushy. Ideally, this potato salad is served warm or at room temperature, but never cold.

ALFRED WALTERSPIEL'S POTATO SALAD

- 2½ pounds red potatoes
- ¼ cup vegetable stock
- ¼ cup olive oil
- 3 tablespoons wine vinegar
- 1 tablespoon finely minced fresh parsley, tarragon or chervil
- 1 tablespoon onion juice or very finely minced onion
- 1 tablespoon Dijon mustard
- 1 tablespoon sugar
- Salt and freshly ground black pepper to taste

Yields 8 servings.

Cook potatoes in steamer or pressure cooker until tender. Set aside to cool slightly.

Prepare dressing in jar by combining vegetable stock with olive oil, vinegar, herbs, onion juice, mustard, sugar, salt and pepper. Shake well and pour into large bowl.

Peel warm potatoes and slice thinly. Carefully set potato slices, a few at a time, into dressing.

Once all potatoes have been added, allow a few moments for them to absorb dressing before serving.

Adapted from "The Cuisines of Germany" by Horst Scharfenberg; Poseidon, \$24.95.



Vegetarian View

By Kit Saedaker



Healthy, traditional dishes

Eating meals that don't insult your arteries with cholesterol and that keep calories down doesn't mean giving up some of the great dishes of the world.

The secret of changing food habits is never to feel deprived. I don't intend to give up all the traditional dishes that delight me. I intend to refine them into '90s-style recipes and go on eating things I love to the end of my days.

So, when I have a yen for a celebrated dish I once knew and loved or just met and fell in love with, I try it out in my kitchen. By cutting fat here and salt there, I can come up with a taste and texture so close to the real thing that I'm satisfied. Sometimes the result is better than the original, and then I have my cake and eat it, too.

That's what happened with Cioppino. I started thinking about this fish stew and the first time I ate it down by the San Francisco wharf, where it originated. It's a mixture of fish and tomatoes and olive oil, a California bouillabaisse. Deleting some elements and adding others, I came up with a version as good as any I've ever had.

I first tasted Italian Vitello Tonnato in a cooking class years ago and thought it was the eighth wonder of the culinary world. Traditionally it's made with veal, but since then I've learned to substitute chicken or turkey to save money as much as calories, and find I like it even better.

Fajitas are new, not more than 10 years old, a Tex-Mex dish of merit. Of the several dozen versions I've tried, I like my own best. You may prefer it hotter. If so, add some chili powder or ancho chilies or red pepper flakes.

In this recipe it's served from a platter, but you might wrap the fajitas in tortillas in the kitchen beforehand and serve them that way. I like to eat some of it straight, sopping up the sauce with a warm tortilla.

You don't have to miss out on these goodies. They are just changed for the better.

CIOPPINO

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green pepper, seeded and chopped
- 2 medium carrots, chopped
- 4 cloves garlic, minced
- 1 (6-ounce) can low-sodium tomato paste
- 1 (28-ounce) can low-sodium tomatoes, preferably Italian, chopped
- 2 cups red wine
- ¼ teaspoon each oregano, thyme and basil
- 1 bay leaf
- 2 pounds firm white fish such as cod or bass, filleted and cut in chunks
- 2 pounds lobster tails in the shell, cut in chunks (use shrimp if lobster is un-

- available)
- 16 to 18 clams, cherrystone or little necks or substitute mussels

Yields 8 to 10 servings. Each serving has about 232 calories, 141 milligrams of cholesterol, 190 milligrams of sodium and 5 grams of fat.

Heat oil in Dutch oven or large casserole that can go on top of stove as well as in the oven. Saute onion, green pepper, carrots and garlic until onion is transparent. Add tomato paste, canned tomatoes, wine, herbs and bay leaf. Simmer for about 15 to 20 minutes.

Add fish and simmer for a minute or two. Add lobster or shrimp and clams or mussels, cover and simmer 5 to 10 minutes. Spoon out lobster or shrimp, clams or mussels and fish into heated serving bowl and cover with liquid.

Serve at the table from the bowl into soup plates. Be sure to have plenty of French bread for dunking in the sauce.

ITALIAN TONNATO WITH TURKEY

- 1 turkey breast, about 2½ to 3 pounds
- 1 (9¼-ounce) can water-packed tuna, drained and rinsed under cold running water
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- ¼ cup non-fat yogurt
- 2 tablespoons capers, rinsed
- ¼ cup chopped parsley

Yields 6 to 8 servings.

Each serving has about 320 calories, 95 milligrams of cholesterol, 250 milligrams of sodium and 14 grams of fat.

Roast turkey on rack in roasting pan for about 90 minutes or until meat thermometer registers 170 F. When cool, skin, bone and slice meat about ¼-inch thick. Refrigerate.

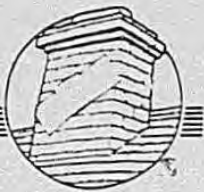
Put tuna, lemon juice, olive oil and yogurt into work bowl of food processor and blend. Fold in capers and store mixture in glass jar in refrigerator.

To serve, coat each slice of turkey with some of the tuna sauce. Garnish with chopped parsley if desired.

THE HEALTHY GOURMET

- Cioppino**
- Calories per serving: 232
- Fat per serving: 5 grams
- Cholesterol per serving: 141 milligrams
- Sodium per serving: 190 milligrams

Here's How



By Gene Gary

Cedar siding needs preservative treatment

Q: We own a two-story house that has a cedar siding exterior. The house is 15 years old and we have never added oil or preservative to the siding. The builders said it was not necessary. Other people have said it should be oiled or have a preservative coating added.

We have some minor splitting on the south side, where it is exposed to the most sun. Otherwise, it still looks good.

Should we leave this exterior siding alone, or should it be treated with something for protection? — A.M.

A: Even with the natural weather resistance that makes woods such as cedar and redwood so suitable for siding, decking and other outdoor uses, they still need some additional protection to stand up to constant exposure to harsh rains, snow and the damaging rays of the sun. There are literally doz-

ens of products designed expressly for the purpose of protecting outdoor wood surfaces.

You can maintain the natural finish and simply treat the wood with a water repellent. When used outdoors, they may need to be applied in several coats and renewed every year or two. Paint is another common solution. However, these are not the only solutions.

Exterior wood stains are another good way to protect wood from moisture, rot, mildew and other weather-related problems. Stains treated with wood preservative compounds such as copper naphthenate, zinc naphthenate, copper-8-quinolinoate, polyphase and TBTO (bis-tributyltin-oxide) offer sturdier protection from the elements.

These preservatives penetrate the wood, rather than forming a film on the surface. They come in a wide variety of colors and in oil

and latex bases to suit both your decorating and cleanup preferences. Latex and vinyl-base stains don't penetrate as well as oils but can be cleaned up with water.

Oil-base stains are made with linseed oil or any number of vegetable oils. Linseed-oil stains have superior penetrating ability, but are relatively slow-drying and tend to yellow. Modified-oil stains may be made from linseed oil that has been heat-treated to resist yellowing or may have resins added to upgrade surface protection. Alkyd-resin stains have a base made from vegetable oils and are best for applying to new, untreated wood. If you want the wood grain to show through, choose a semitransparent stain.

In addition to the basic ingredients, many stains also are formulated with water repellents, wood preservatives, mildewcides and fungicides. Water repellents help to prevent cracking that can occur when wood repeatedly absorbs moisture and then loses it through evaporation. Preservatives discourage rot, and mildewcides and fungicides guard against discoloration caused by organic growths.

Be sure the wood siding is thoroughly cleaned and dried prior to the application of any stain or water repellent. Unprotected wood that has been allowed to weather may be water-stained, mildewed or streaked with rot.

To remove dirt, grime and mil-

dew, scrub the siding with a stiff-bristle brush (do not use a wire brush) using a solution of ½ cup trisodium phosphate mixed with ½ cup of detergent, 1 quart of household bleach and 3 quarts of warm water. Rinse with plenty of clear water.

An effective treatment for brightening the natural finish and restoring color prior to any treatment is to use oxalic acid. Dissolve 4 ounces oxalic acid crystals per gallon of water in a non-metallic container. Using a cloth or soft brush, apply to an entire board area at a time. When the wood dries, rinse with clear water. More than one application may be necessary if discoloration is severe.

Use extreme care in handling oxalic acid. It is poisonous, but not dangerous if precautions are taken. Wear rubber gloves, avoid contact with skin or eyes. Pour acid into water when mixing, not the other way.



Here's How

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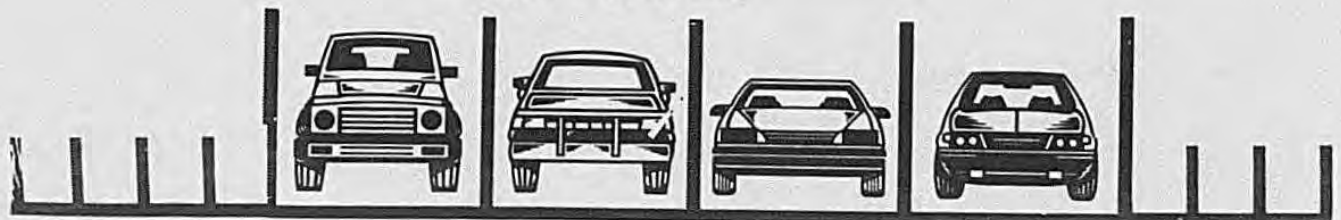
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PART TIME LIVE IN HOUSE-
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through Sat. plus entire month of
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ing & cooking. Call mornings
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2 days, light deliveries. Long
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gemy3

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hm4

BABYSITTER NEEDED FOR
summer. One child, starting the
beginning of June, Tues. thru
Fri., 9 a.m. to 4 p.m. College
student preferred. References.
Call 741-6861. wjn1

Situations Wanted

HOUSEKEEPER AVAILABLE
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Excellent references, own trans-
portation, English speaking,
non-smoker. \$50 742-1615 gcn2

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I do housecleaning. 5 years
experience, own transportation.
Speak English. Very good refer-
ences. Call after 6 p.m. 292-1307.
gcn2

MATURE LOVING WOMAN
will babysit your child in my
home, Mon. thru Fri. FT/PT.
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ences available. 742-0685. wjn2

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(718) 454-5282. Call anytime or
leave message. gcMy4

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16 YR. OLD GIRL: ENGLISH
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July & Aug. with family in N.Y.
area. Babysitting, housework &
language tutoring in exchange for
spending money. P.O. Box 338,
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child care Mon.-Fri. References
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gemy4

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would you like to go away and
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who loves animals will give your
pet lots of TLC. Fenced in yard.
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Cleaning lady looking to clean
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western part of East Williston in
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hm3

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Nice young lady available for
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experience. Call 292-6029,
ask for Elizabeth. gcMy3

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to clean houses in Williston Park
and western part of East Williston
in the morning. Honest with
experience. Call after 6 p.m.
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seeks position, has references.
Will sleep in. Call Naida
718-493-6244. hm4

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Goods Company is currently
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work in one of our Division Sales
offices located in Garden City.
Candidate must have a minimum
of 2 years experience, good
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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
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attractive fringe benefits. Please
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gcMy3

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energetic & outgoing female for 2
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Good pay 212-595-6318 or leave
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NANNIES AVAILABLE Summer & yearly. Call 741-8679 or 203-222-1434 or write Kid Care Inc., Box 324, Greens Farms, Ct. 06436. gcjn1

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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

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Situations Wanted

STUDENT NURSE WITH references, wishes night & weekend work with sick or elderly. Have car. 718-528-7879. wmy3

LOOK NO FURTHER FOR THE best nurse's aide, companion, child care. Reliable, educated, own transportation. Excellent references. Laurie, 791-4673. Call now! gcjn2

HOUSECLEANING AVAILABLE Mon - Fri. Own transportation, with references. Call Sandra 747-7988. gcjn1

HOUSEKEEPER AVAILABLE Experience & references, own transportation. 741-7750. gcjn1

LIVE-IN HOUSEKEEPER Available Mon.-Fri. Have experience. 867-0320. Call anytime in the afternoon. gcjn1

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/TRANSPOR tation, 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

GARDEN CITY COLLEGE student available to care for your children. Loving, dependable & responsible. Excellent references, highly experienced with newborns & children. Please call or leave message 741-2867. gcjn2

HOUSECLEANING AVAILABLE at reasonable rates. Call (516)358-9212. gcMy4

HOUSECLEANING - GOOD references with own transportation. Call 489-6223. gcMy4

HANDY MAN AVAILABLE If you need your carpet washed, half house cleaning, small painting & plumbing jobs, window cleaning. Call 767-2796 after 7 p.m. gcjn2

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: EXPERI ence, references and own transportation. Call weekdays only, 579-2369. gcMy4

Situation Wanted

RELIABLE EXPERIENCED Polish housecleaner available. Own transportation. Call 486-2839. gcjn1

BABYSITTER AVAILABLE: Mature, excellent references, excellent character, loving. My house or yours. Part time or full time. 538-6328. gcjn1

NURSE AVAILABLE Energetic & capable. Superb references. 746-2151. gcjn1

HOUSECLEANING/EXP/D/ references. Own transportation. 485-4810 after 4 p.m. gcjn1

Real Estate For Sale

SOUTHOLD CALIFORNIA Ranch. Country kit., fam. rm/fpl. DR, LR, 3 BRs, 2½ baths, fin. basement, 20x40 in-ground pool, landscaped for privacy. Reduced to \$298,000 by owner 765-9247. gcjn2

OPEN HOUSE, SOUTHOLD, Sun., May 19, 1 to p.m., 220 Crittens Lane. 3+ BR, Family home in sought after private community. Water rights, close to beach, owners very anxious \$210,000. New Suffolk, reduced to sell country retreat for city dwellers. 1700's completely renovated 3 BR Colonial on creek. Skylights, double fireplace, new gourmet kit., walk to most beautiful beaches on Northfork. Now only \$174,000. **Catchogue**, the area is "pure country" the location is "pure Catchogue". Majestic trees grace 1 acre lots in the heart of vineyard country, starting at just \$98,000. Jim Gray Realty 765-5333. hm3

SHELTER ISLAND HEIGHTS: View Victorian year round. 10 rm., 2 baths, porches, fireplaces, gingerbread galore. Buy now in time for summer. \$350,000. 538-0297. gcjn2

GARDEN CITY CONTEMPOR ary NE: 3 BRs, 3 baths, c/a, security/smoke alarms, mint condition. Quiet, verdant. Lower \$300's. Principals only. Evenings, 248-1041. gcjn2

GARDEN CITY CENTER HALL Colonial on 1/4 acre landscaped for privacy. 3 large BRs, 2½ baths, LR/fpl, formal DR, bright sunny EIK, den, rec room with bar, piano, built-in TV. Cement patio, underground sprinklers, automatic garage opener. Low taxes, move-in condition. Convenient Eastern Section. Owner, \$370,000. 741-7929. gcjn2

GARDEN CITY 5 BR EXPAN ded Ranch, 3 baths, CH, lg. LR/fpl, DR, EIK, enclosed breezeway. Lot size 84 x 125. Move in condition. Walk to stores & RR. Owner \$385,000. 747-2047. gcjn2

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 TUDOR Style Estates - LR/fpl, FDR, lg. EIK, den, screened porch, 4 BRs, 2½ baths, low taxes. Walk RR/schools. \$445K. Principals 742-2804. gcjn2

GARDEN CITY 3 MORE EXCLUSIVES
DOLL HOUSE CAPE COD \$395,000. Estate Ranch - Easy 1 floor living, CAC, fin. bsmt., 2 car garage. \$429,000. **Great Space** - Lg. split level. 5 BRs, 3 full baths, ultra mod. EIK, 2 car gar. \$445,000.

TAYLOR-WARNER 101 7th St. Est. 1919 741-4422
GARDEN CITY - BUILD YOUR own dream house! ½ acre lot. Prime area. \$495,000. 741-7743. gcjn1

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

EAST WILLISTON - SECLUDED attractive four bedroom, 2½ bath, den & library. Wheatley schools. Walk to RR & shopping. Reduced to \$360,000. Private. 248-2685. wjn2

WILLISTON PARK 3/4 BR Colonial. EIK, LR, Full DR, fin. basement. Fenced yard/brick patio. Low taxes. Owner - \$215,000. 741-1867. wjn1

GARDEN CITY ESTATES Stately brick Colonial. 3 large BRs, 2½ baths, LR, FDR, large eat-in, oak kitchen, 20 x 20 den, 2 fpls., 2 car garage on ½ 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

LOVELY COLONIAL - SMALL family in mind. 3 BRs, 1½ baths, LR, DR, updated EIK, fenced English gardens, porch, low, low taxes, semi detached. Walk RR & church. Principals \$205,000. 741-2780. gcjn2

GARDEN CITY WESTERN SEC tion: Corner split, 3 BR, 1½ 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

GARDEN CITY PRINCIPALS only. 3 BR Colonial, 1½ baths, large LR/DR with fpl., new EIK with bow window, low taxes, oversized property on lovely street. Walk to RR & park. Just reduced to \$310,000. 437-8560. gcjn1

GARDEN CITY OPEN HOUSE Charming, beautiful home. Lovely spacious rooms on large property. 5 BRs, 3 baths, screened porch, fin. rec. rm., 215 New Hyde Park Rd. (off Stewart Ave.). Sat. & Sun. 1-4 p.m. or by appointment. Asking \$325,000. Call 775-5974. gcjn1

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. gcjn1

SEAFORD WATERFRONT Great starter/retirement. Low taxes, High \$100's. 775-6035. gcj
STEWART MANOR CHARMING Colonial. 3 BRs, new EIK, large FDR, LR/fpl, fam. rm., 1½ baths, professionally landscaped 60 x 100 plot. \$279,000 Owner 354-2485. gcjn2

STEWART MANOR NORTH Commuter's Delight - Sprawling Ranch. Large landscaped plot, attached garage, 3 BRs (King Master), 2 baths, spacious LR/fpl, FDR, EIK, sprinklers. \$325,000. Exclusive broker 775-2327. gcmy3

GARDEN CITY ESTATES Brick Center Hall Colonial. 3 large BRs, 3 baths, LR/fpl., FDR, den, basement rec. rm., screened porch, attached 2 car garage. Mid \$400's. Owner 248-8425. gcjn1

MARCO ISLAND, FLORIDA: Beachfront Condo facing Gulf of Mexico. Near Hilton and Marriot Hotels. Was builder's personal suite. Corner unit, six years old, newly decorated & furnished. 2 BRs, 2 full baths, fully equipped kit. with large breakfast bar, LR/DR combo, large front, screened porch. Washer & dryer in apartment. Original pre-construction price \$210,000, now reduced to \$189,900 including furnishings. Assumable 9 1/8 percent fixed mortgage. Weekdays: 228-3828; evenings & weekends: 747-8265. gcjn2

GC. IN HEART OF ESTATES Mint Centre Hall Colonial. 5 oversized BRs, LR/fpl, DR, 3½ 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. gcjn2

GARDEN CITY - BEST Exclusive Condo - LR, EIK, 1 BR, 1 bath, new windows, all new appliances. Low maintenance, low taxes, prime location, convenient to shopping & churches. Asking \$180,000. **Wilson Realty** 746-1563. gcmy3

WILLISTON PARK/MINEOLA Blvd. Mint Colonial on S2 x 150. \$100,000 renovation. 3 BRs, 2½ baths, master suite, huge den, 2 fpls. Low taxes. Owner \$395K. 741-3571. wjn2

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

POOR HEALTH FORCES SALE of Garden City, 3 BR, 1 1/2 bath Colonial at well below appraised value. 85% financing available. By owner, \$260,000. 248-9668. gcjn1

CHARMING ESTATES Colonial on beautifully landscaped 100 x 100 property. 3 BRs, 2 baths, LR/fpl, DR, EIK, fabulous fam. rm. & fin. basement. \$450,000. Principals only 746-3527. gcjn1

GARDEN CITY: CHOICE Estates location (off Stewart Ave.). Was builder's personal custom home. Pristine inside & out. Large English, 37 yr. old brick/slate beauty with matching, separate 2 1/2 car garage. 5900 sq. ft. of living area includes 4/5 BRs, 2 1/2 baths, LR/fpl., new, very large EIK & new large DR, very large fin. bsmt. with 15 ft. wet bar, laundry nook, wine cellar/storage rm., jalousied Florida rm., new landscaping, in-ground sprinkler system, direct fire/security systems. Now showing at a substantial \$230,000 reduction to \$759,000 and includes five appliances, three Friedrich air conditioners, five ceiling fans and \$18,000 of new wool, wall-to-wall carpeting. Also ideal for professional. Owner: days - 228-3828; evenings & weekends - 747-8265. gcjn2

SOUTHOLD: 2 BR immaculate Ranch on park-like 1/2 acre. Private beach & boating. Low taxes. Owner anxious. Our exclusive, \$145,000. **Catchogue:** Better than new 3 BR, 2 bath home with EIK, FDR, large fam. rm/fpl, OHW heat, bsmt, garage, deck & in-ground pool. Our exclusive. \$184,000. **Mattituck Creekfront:** Brand new, quality built Farm house in private area. Features 3 BRs, 2 1/2 baths, LR/brick fpl., rocking chair porch. Builder offers creative financing. \$365,000. **Southold:** Beautifully renovated 3 BR, 2 bath Ranch with deeded beach & boating rights. Country kit, DR/LR/fpl, skylights & deck. A must see. \$179,000. **Mattituck:** 100' deepwater front. Well built & lovingly maintained expandable home. Beautifully landscaped, 2 large BRs, 1 1/2 baths, Country Kit., LR/fpl, & 13 x 18 solarium overlooking water. A very special home. \$425,000. **Marion R. King Real Estate** 734-5657. gcjn1

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 gemy3

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. gcmy4

MT. SINAI - MOTHER/ daughter - up: LR, kitchen/DR, bath, 1BR/Down: LR, DR, kitchen bath, 2 BR. Two garages and breezeway. Near L.I. Sound, RR and hospitals. 1/2 acre. \$161,000. Call eves, 928-5031. gcjn1

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. gcmy4

GARDEN CITY ESTATES Classic Tudor, 6 BRs, 4 1/2 baths, fin. basement, fireplace, EIK, corner plot. Amenities. Asking \$599,000. Principals only 746-4088. gcjn2

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, Adelphi. Call 742-8447 or leave message. \$505,000. gcmy4

SHELTER ISLAND: REDUCED for quick sale by owner. Excellent area, close to beaches, lovely 3 BR, 2 bath Ranch, LR, large DR, fam. rm/fpl., large EIK, partially furnished, deck, garage, full bsmt. all in excellent condition. At \$235,000, will consider all serious offers. For details call 749-1397 after 7 p.m. gcjn2

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. gemy3

GARDEN CITY - EASTERN Section - Excellent starter home. 4 BRs, 1 1/2 baths, LR, DR, EIK, den/fpl, screened porch, fin. bsmt. Serious principals only. \$269,000. 741-5935. gcjn2

LUXURIOUS NORTH SHORE Acorn Ponds - Duplex condo. 2 BR, 1 1/2 baths, 2-car garage, skylights, indoor/outdoor pool, tennis, low monthly maintenance. Asking \$255,000. 747-2999 gcjn1

FRANKLIN SQUARE/SPLIT LVL Superb 3BR Split Level. 1 1/2 baths, 65 x 165 large, above ground oval pool, 16 x 24 screened deck, alarm, automatic sprinklers, many extras. Owner. \$295,000. Call 437-1847 gcjn1

GARDEN CITY ESTATES TV star must sell charming 3 BR, 2 bath home 80 x 100 with pond. Walk to RR. Vacant, move right in. Principals only. \$395,000. 877-0522. gcjn1

MINEOLA - 160 FERNCREFT Rd. Prime area off Mineola Blvd. Charming two family or mother/daughter. Thirty (30) min. commute to NYC. Low taxes, AG pool, detached garage. \$249,990. Principals only - owner - 741-8586 or 294-3191. Call after 6 p.m. wjn1

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 gcmy3

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 gcmy3

GARDEN CITY LINE Gracious expanded Ranch. 4 BRs, den, EIK, LR/fpl, CAC, 2 car garage. Excellent condition. Only \$275,000. Edwln M. Keusey 747-1300 gcmy4

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. gcjn1

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

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. gcjn2

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. gcjn2

NASSAU POINT 7/10 of an acre. Majestic setting, heavily wooded, near beach & boating. North Fork's exclusive community. \$140,000. Owner. 747-0535 or 734-7160. wjn2

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. gcmy4

Real Estate For Sale

SOUTHOLD WATERFRONT property, 24 acres. Zoned farm/residential, beautiful property. Sell entire property or 1/2 interest. One partner retiring. Days 294-0727, evenings 747-0962. wmy3

GARDEN CITY BRICK ENGLISH Tudor with slate roof. 4/5 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. gemy3

PORT ST. LUCIE, FLORIDA ("Home of the Mets"). Lots for sale by owner. 80 x 125, backed by waterway canal, sewers & city water. Asking \$14,500. Call evenings, 5-9 p.m. 747-0774. gcjn1

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. gcjn1

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. gemy4

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. gcjn1

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

GARDEN CITY CENTRAL \$349,000 CH Colonial. Exclusive listing. 3 BRs, walk to all. Move in condition. Make all appointments through Helga Crosby. Studwell Realty Days 746-7077 or eves. 746-0563 gcjn1

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

GARDEN CITY 146 FEET DEEP secluded Country garden. Expanded executive tapestry brick Split level. 4 BRs, 2 1/2 baths, LR/fpl, separate DR, den/fpl, 2 car garage, fin. bsmt., redwood deck with barbecue. Immaculate. Reduced to \$367,500. 742-7608. gcjn2

JERICHO - THE HAMLET'S 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. gemy3

STEWART MANOR - 3 BR Colonial, semi attached, formal DR, LR, sun porch, patio, 50 X 100 lovely property. Low taxes, 1/2 block to Country Club. Mint \$225,000 firm. 328-7497. gcjn1

SOUTH JAMESPORT - ALL year-round custom built 1800 sq. ft. Ranch on 1/3 plus acre. Deeded rights for lovely, white, sandy, private beach on Peconic Bay. Spacious 7 rms. includes 3 BRs, LR/DR, 2 baths, great fam. rm., large Country Kit., laundry alcove, all appliances including a/c's. Front portico & beautiful foyer 11 x 25 ft. screened patio, oversized garage, beautiful landscaped grounds & much more. Asking \$185,000 by owner. 722-4158. gcjn1

ORIENT PT. VILLAGE Bay view, minimum maintenance. Ideal year round retreat or retirement. 2 BRs, 2 baths, oversized fam. rm., W/D, DW, wood burning fireplace, updated electric, gas heating, water system. Low taxes. Low \$200's. Partial furnishings. Available for summer occupancy. Offers invited. 742-4436, 323-3963. wjn2

GARDEN CITY - OUR EXCLUSIVE, Estate sale, 2 BR Custom brick/stone Ranch, EIK, sunken LR/fpl, 80 x 100. Can be expanded. Needs TLC \$299,000. **Charming Cathedral Gardens,** Hemp. Owner financing. 5 BR Center Hall, brick, slate roof Colonial, 3 plus 2 1/2 baths, fireplace, den, Florida rm. CAC, fin. bsmt, attached 5 rm. professional suite, 16 x 24 heated pool, 3 car garage, 1/2 lush landscaped acre. Low taxes, \$500,000. 3 BR Garrison, Colonial, EIK, 1 1/2 baths, fireplace, fin. bsmt. 75 x 100. \$239M **Elsaine J. Nelson** 485-7054 or 292-9749 gcm3

Real Estate For Sale

OXFORD BLVD. - FIRST SHOWING. 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.
gcjn2

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.
gcmj3

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.
gcmj4

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.
gcmj4

SOUTHOLD - EXCLUSIVE Charming 3 BR, 2 bath Ranch on 1/2 acre in A1 condition. Move right in! Desirable neighborhood, near village & boat ramp. Extras. By appointment only. Asking \$185,000. **Southold** - Protected waterfront 1.4 acre with tri-level. 5 yr. old Contemporary. 3 BRs, 2 1/2 baths, Master suite with jacuzzi & skylight. Large open LR/DR area with fpl., mod. kit., fam. rm/wood stove, deck, in-ground pool. Excellent value. Just reduced to \$349,000. **Southold.** Beautifully landscaped, maintenance free 20 yr. old Ranch near exclusive bay beach. 3 BRs, 2 1/2 baths, open kit/fam. rm. Heated in-ground pool, full cellar (1/2 fin.). Good value for \$298,000. **Southold** - Very modern 2 story Contemporary on 1 acre with water rights in new sub. division. 5 BRs, 2 1/2 baths, LR., fam. rm. with double fpls. Exceptional kit. with separate dining area, FDR, lg. deck, 2 plus attached garage, full cellar. By appointment only. Asking \$399,000. **Southold** - Exceptionally well maintained 4/5 BR Colonial on 1 acre. Circa 1860. 20 x 40 workshop. Walk to L.I. Sound beach. Well worth seeing at this price. Asking \$250,000. **Southold** - Walk to everything from this 2 BR, 2 bath Cape in heart of village on lovely lane. LR/fpl, DR, EIK, screened porch, fin. attic, 2 car attached garage. Now reduced to \$195,000. **Madelyn Baker Real Estate** 765-2310.
gcmj3



GLEN OAKS - MODERN attractive one BR Co-Op. First floor apt. Maintenance \$300. Best location. Park-like setting. Reduced to \$69,500. Owner. 747-0535 or 718-347-1526.
wjn2

Real Estate For Sale

GARDEN CITY/HEMPSTEAD Co-op. Very large, sunny 1 BR, totally renovated, new windows, new wall-to-wall carpeting. Low maintenance. Excellent location. \$10,000 under sponsor's price. Must sell. 80 percent tax deductible. \$69,000. 625-3522.
gcjn2

ROSLYN STUDIO CO-OP Beautifully located across from duck pond on very private, totally renovated, low maintenance, security system, well maintained grounds. Excellent for single or grandma. Private parking available. \$75,000. 625-3522. gcjn2

FOREST HILLS GARDENS Tennis View Apts. 6 Burns St. Mint 1 BR in most desirable building, new EIK & bath, second floor, court yard view, private parking, next to West Side Tennis Club. Maintenance \$341. \$125,000. 718-544-4094.
gcjn2

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. wfn

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.
gcmj3

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.
wfn

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.
gcmj4

NEW HYDE PARK SPACIOUS 1 BR apartment with town house like charm. LR, DR, EIK, walk to wall, a/c. Fully renovated. All new GE appliances, low maintenance & many extras. Asking \$103K. 718-347-2387 after 5 p.m.
gcjn1

GARDEN CITY 2 BR CO-OP in heart of village. Fine detailing & architectural charm, convenient to train, shops & Leo's. Low maintenance \$179,000 negotiable by owner. 294-9318.
gcjn4

EAST SIDE MANHATTAN: E. 81 between 2nd & 3rd Aves. Sunny, charming 1 BR Co-op in mint condition. Building with courtyard recently renovated. Exposed brick walls. Maintenance \$442. Asking \$112,000. Principals only 516-759-7725.
gcjn1

GARDEN CITY 2 BRs SECOND floor, number 1 location facing 15th St. Three sides, washer/dryer, A/C, wall-to-wall, garage. 294-0269.
gcjn2

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.
gcmj3

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.
gcmj3

CHERRY VALLEY CO-OP Relocating! Must sell. Beautiful courtyard, mint condition, new kit., washer/dryer, wall to wall, upgraded electric, extras, 75% tax deductible. Best offer over \$105,000. 248-6738.
gcjn1

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.
gcmj4

GARDEN CITY CO-OP sacrifice \$119,000 Spacious, lovely area. Queen BR, new kitchen and bath. Days (718)343-0909, eves & weekends 261-0945.
gcmj4

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.
gcmj3

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.
gcmj3

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.
gcmj3

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.
gcmj4

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.
gcmj3

HEMPSTEAD/GARDEN CITY 1 BR Co-op, LR, kitchen, bath. Maintenance 79% deductible. \$78,500. Contact owner (516) 489-8840.
gcmj4

GARDEN CITY/HEMPSTEAD Cathedral Gardens - 1 BR Co-Op, 3rd floor. Renovated, finished floors, maintenance 85% deductible. \$67,500. Leave message 485-3195.
gcmj4

ROSLYN GARDENS: MINT large 1 BR. Renovated, private entrance, new bath/kitchen/wall-to-wall. Low maintenance. Walk RR/shops. \$110,000. 484-7197.
gcmj4

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.
gcmj3

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



PECONIC - MAIN ROAD Sat., May 19, 1 p.m. - 4 p.m. Lovely 1930's farm house. LR/fpl, DR, parlor, sun room. 3 plus BRs, 8/10 acre \$169,000. **Marilyn Lang Realty** 734-6690, 734-6472. gcmj3

SUNDAY MAY 20, 2-4 P.M. 115 Jefferson St., Garden City. Western Cape - 4 BRs, 2 baths, LR, DR, EIK, vinyl siding, plaster walls, hardwood floors throughout, full basement. Walk to RR. Low \$300's. 422-3344. gcmj3

GARDEN CITY ESTATES: Sat. & Sun., 1 p.m. - 4 p.m. 130 Cambridge Ave. Expanded Ranch. 3 BRs, 2 1/2 baths, LR/fpl, DR, den plus study, 2 car detached garage. Reduced. \$389,500. 481-2037.
gcjn2

BY OWNER - SAT. & SUN May 19 & 20 2-5 p.m. 87 Bromleigh Rd., Stewart Manor. Colonial. 3 BR, 2 1/2 baths (Master BR with full bath & dressing rm), FDR, LR/fpl, new EIK & fam. rm. with atriums to deck, new windows & heating, new half fin bsmt. Walk to RR/stores/Country Club. Mint! Principals only. Asking \$295,000. 775-2246. gcmj3

Real Estate For Rent

FRANKLIN SQUARE - apartment available in June. Private entrance, 2nd floor, non-smoker. 488-5723.
gcjn2

GARDEN CITY - ROOMS TO share. Kit., laundry rm., LR & DR areas. Near RR, non-smoker. Professional/business, female preferred. 747-6420.
gcjn2

GARDEN CITY SOUTH: STUDIO apartment, private entrance, walk to all, utilities included. \$475 per month. 248-7348.
gcjn1

GARDEN CITY/HEMPSTEAD Border Atrium - 3 BR Cendo, patio, garage. \$1800 a month. **Bernice Bamberg** 742-0933.
gcmj3

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.
wfn

Real Estate For Rent

WEST HEMPSTEAD Furnished, large 1 rm. basement studio apartment. Cheerful & newly renovated LR/BR combo with new kit area; new bath, wall-to-wall. Includes utilities, A/C, private entrance for quiet business person/couple. No children, no pets. Prime area. Owner \$545. Short term considered. 292-0582. 15 min. to JFK.
gcjn2

GARDEN CITY YOUNG Colonial. 5 BRs, 2 1/2 baths, LR, DR, EIK, den, screened porch, large fin. bsmt., 2 car garage \$2200 a month. Call owner. Available June-1 203-233-7311.
gcjn2

GARDEN CITY WESTERN Section: 3 BR Colonial, walk to all. \$1550/month rent with option to buy. Owner, 742-4262. gcjn2

GARAGE FOR RENT: Perfect for storage. Mineola Park section. Available immediately. \$75.00 per month. Call 746-3141.
wjn2

TIME SHARING - SHAWNEE- North Slope. Available week of June 8, as well as 2 weeks July 6 & 13. Sleeps 8. All amenities. Call 212-406-5214 days, 516-742-3188 evenings.
wjn2

3 BR COLONIAL, DR/LR with fpl., mod. EIK, excellent condition. \$1200 per month. 1 BR Apt. \$650. **Royal R.E.** 742-3335 weekdays; 795-7707 evenings & weekends.
wmy4

FLORAL PARK VILLAGE Separate entrance, first floor, legal 2 fam., 2 BRs, EIK, DR, LR/fpl., full bath, Florida room, yard & garage. Walk to RR & stores. Available immediately \$1,000. Call eves. 354-5039. gcjn1

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.
gcmj3

FEMALE NEEDED TO SHARE large 2 BR apartment. Parking, good location. Reasonable. Please call 747-7430 evenings.
gcjn1

FLORAL PARK - BRICK attached 2 BR, 1 1/2 baths, LR, DR, mod. kit., washer/dryer, garage, yard. No pets 9950. Principals only 326-2359.
gcjn2

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

MORE AD!
PLEASE TURN PAGE

Real Estate For Rent

PRIVACY, LUXURY AND SECURITY: Newly fin. bright basement apt. in Floral Park. BR, kit/Lr combo with plenty of extras, private entrance, alarm system. Prefer female, non-smoker. No pets. \$525 all utilities included. Toni: eves. 718-343-6166; days 201-414-2731. gcmj4

FLORAL PARK CREST AREA Studio Apartment. Private entrance, full bath and kitchen. Call after 5 p.m. 775-0792. gcmj4

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 gcmj4

NO. LYNBROOK - LEGAL 3 BR duplex, 1 1/2 new baths, new galley kit, w/w, parking, walk to all. Immediate. \$950. Spacious 2 BR, fully furnished, A/C, closets galore, walk all, immediate \$950. Cathedral Gardens - Hemp-Studio, elevated building, W/W, \$560 per month. Owner will apply half year rental for option to buy at \$47,000.

Elaine Nolan
485-7054 or 292-9749
wmy3

GARDEN CITY FURNISHED room in quiet home. Private bath, private entrance, parking. For male, non-smoker. 741-1098. gcmj4

GARDEN CITY STUDIO, Private entrance, private bath, good location. Perfect for Floridians. Rent week or month. References. Call 326-1954. hm4

GARDEN CITY - LOVELY, quiet, furnished room. Private entrance, bath. Mature non-smoker preferred. References. 746-0018. gcnj1

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. gcnj1

Vacation Rental

SOUTH JAMESPORT RANCH 3 BRs, 1 1/2 baths, furnished. Washer/dryer, deck. Available July 27 through Aug. 18. Owner, 775-0814. gcnj2

EAST MARION/4 BR CAPE Beautiful, on Gardner's Bay, Private Beach. All or part of July \$4,000 for month. (203) 972-0949. gcnj1

PUTMAN LAKE/RANCH house, beautiful, facing lakefront. Furnished. For rent or vacation. 248-9569. gcnj1

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. gcmj4

Vacation Rental

PECONIC BAY AT JAMESPORT Family oriented summer cottages near beach. Monthly or weekly. 722-3013. gcnj1

SOUTH JAMESPORT RANCH beautiful 3 BRs, 1 1/2 baths. Mint condition. Completely furnished. Private road & beach. Available June & July only. Call owner 722-8096. gcnj1

SOUTHAMPTON VILLAGE Colonial 4 BRs, 2 1/2 baths. Near ocean. Season \$14,000. Bay View Oaks 3 BRs, 1 1/2 baths. On bay. Season \$8,000. 747-6392. gcnj1

MONTAUK POINT - 3 BR house, fully furnished, wrap-around deck, walk to town beach. Available 7/1-7/15 \$2,000. Days 354-0111, eves. 352-8524. gcnj1

JAMESPORT: 3 BR, 2 baths, fam. rm., completely furnished, washer/dryer, dishwasher. Walk to deeded private beach. Available July & Aug. Call owner 741-3675 - weekends or evenings, or 722-8251, weekends. wjn2

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./ppl., oversized screened deck overlooking spacious new in-ground pool. Gorgeous view. One hour 45 min. from Garden City 741-2832. gcnj1

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. wjn1

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. gcmj3

NASSAU POINT - GRACIOUS waterfront home with private beach on 2 plus secluded acres. 5 BRs, 3 1/2 baths, washer/dryer, dishwasher. Many extras, available Aug. Call 747-0688. gcnj2

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. gcnj1

Vacation Rental

DRIVE TO SEMI TROPICAL Hilton Head Island. Fully equipped ocean villa with balcony, large pool, tennis, much more. Ideal for small family or couple. 742-4485. gcnj1

SPRINGS - EAST HAMPTON Barn - like vacation gem on wooded half acre, skylights, Cathedral ceilinged, open floor plan/fpl., 3 dbl. BRs, 1 1/2 baths, outdoor shower, large deck, private beach rights. July 1 - Labor Day \$6,800. 483-7419. gcnj2

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 beautification program. One or two BR Condos with full kitchens. Rent daily, weekly, etc. Reasonable 746-2211 or 326-7711. gcnj2

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. gcmj3

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

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. gcmj4

POCONO COUNTRY HOME 2 1/2 hours - Resort Community - 3 lakes (beaches & lifeguards) tennis courts, LR, kitchen, 1 1/2 baths, 3BRs. Many vacation activities and restaurants in the area. \$350 per week. 352-3345. gcnj1

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 3rm 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 (asking 150K) or rent. Call Mr. Ossi, p.m. 516-742-0515; days 516-437-5252. wjn1

Vacation Rental

MARCO ISLAND, FLORIDA 2BR, 2 bath, Condo. All amenities, 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. gcmj4

SOUTHOLD WATERFRONT Panoramic view, secluded private beach, Franklin fireplace, 2 BR, 2 baths, dishwasher, washer/dryer, furnished. \$3500/month. \$1800 Bi-weekly. Principals 747-0535 or 734-7160. gcmj3

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. gcmj3

VERMONT - MT. SNOW AREA Lovely, fully equipped Condo with 3 BRs, 2 baths, large deck in magnificent setting. Golf, tennis, pool, horseback riding, mountain biking, raquet ball, antiquing, beautiful lake, fine dining, music & art functions. Call 741-1824. gcnj1

Real Estate Wanted

COUPLE SEEKS 3 + BR HOUSE in Garden City Estates, Mott, Western only. We have sold our house & have a pre-approved mortgage. Serious sellers only. Absolutely no brokers. 718-279-8276. gcnj2

FAMILY RELOCATING BACK to Garden City. Seeks 1 to 2 year rental 4 BR house. 722-8764. gcnj2

GARAGE(S) WANTED FOR storage of antique cars. Detached & lockable. Will insure. J. Morrison, 741-1322. gcmj3

COUPLE WITH ONE CHILD looking to rent a home with option to purchase. Minimum 4 BRs. Garden City Estate section only. 326-7864. gcnj1

YOUNG, GARDEN CITY family seeks home in Garden City to buy. Ready to move in. Will consider renting with option to buy. Mid \$300's. 741-1472. gcnj1

NEWLY MARRIED COUPLE Grew up in Garden City, looking to buy first home. Principals only. Call 248-9135. gcnj1

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. gcmj3

GARAGE SPACE NEEDED immediately to fit approximately 3 1/2 rooms of furniture for 3-5 months. 681-4314 gcm3

Real Estate Wanted

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. gcmj3

RESIDENT OF GARDEN CITY looking for 1 BR Co-op in Garden City. 747-2995. gcm1

Car For Sale

BUICK REGAL LTD. 1980 59K miles, a/c, ps, stereo & cruise. Good condition \$1,000. 741-8594. gcmj3

'79 CHEVROLET NOVA 4 DR sedan, 79,000 miles, very good mechanical condition. Excellent station car. \$850 negotiable. 747-2015. gcnj2

EXCELLENT USED CARS All makes & models. If we don't have what you want, we can get it for you. All our cars are guaranteed 718-470-1231. 264th St. & Hillside Ave., Floral Park. gcmj4

1986 CADILLAC COUPE De Ville. Immaculate, low mileage, excellent condition. \$8600. 294-7826. gcnj2

1986 ISUZU IMPULSE Automatic, maroon, a/c, AM/FM stereo, bucket seats, ps, pb. Good condition. 35,000 miles \$5,500 negotiable. work 333-3050, eves aftr 8 p.m. 579-1272. gcnj2

GOVERNMENT SEIZED vehicles from \$100. Corvettes, Chevs, Porsches, and other confiscated properties. For Buyers Guide 1-(800)-488-2562 ext. 5421. Also open evenings & weekends. gm3

1983 RED FORD MUSTANG convertible. Mint condition. Loaded, A/C, \$4500. Call 773-3337 evenings & weekends. hjn2

1979 PONTIAC TRANS AM Black, t-tops, rebuilt worked engine/transmission. Excellent in and out. New Dunlops, carb, starter, alternator, carpet. \$2500. 957-6977. gcnj1

BMW 1982, 528E: 5 SPEED, black, mint, sunroof, 63K miles, new clutch, brakes, maintained with records, garaged, alarm, Benzi box. \$7900. 437-4132, evenings & weekends. gcmj3

'81 OLDS CUTLASS SUPREME Blue, 6 cylinder, 2 door, power windows, a/c. Must see \$2,600 negotiable. gcnj1

'82 CHRYSLER LE BARON Convertible: a/t, p/s, p/b, a/c, am-fm, 54,000 miles, very good condition. \$3900. 877-0532. gcmj4

1981 MAZDA G26, 2 DR, AUTO, tilt, AM/FM, a/c, clean \$1,500 negotiable. 489-7433. gcmj3

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.

Car For Sale

1979 VW BUG CONVERTIBLE
Red/black top. Completely restored to mint condition. Best offer over \$10,000. Call Bill 212-239-4409. gcm4

1985 BMW 7351 BURGANDY
Loaded, mint, 58K, \$17,500. Ask for Carl or John. 747-1500. gcm4

DATSUN 1981 280 ZX
Blue/silver, cruise control, electric windows, T tops, 5 speed. Mint in & out. low miles. Must see 248-6856. gcm3

1987 VW CABRIOLET
Auto, a/c, am-fm cassette, alarm, extended warranty, 42,000 hwy miles. Mint. \$9495. Evenings 746-2678. gcm4

1985 BMW 7351, MAROON, 59,000 mi. All options incl. Snows plus wheels. Garaged. Original owner. Perfect. \$17,000. 747-1500 days; 746-6280 eves. gcjn1

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

DR - BREAKFRONT, BUFFET, oval table, 6 chairs. BR-dresser, gilt mirror, armoire, night tables, king headboard optional. Hexagonal cocktail table. All fruitwood & glass. Excellent. Call 747-3121. gcjn2

SURF BOARDS. REASONABLE 742-4158. gcjn2

CONTENTS OF APARTMENT
Wall unit, BR sets, carpets, etc. 873-9735, leave message. gcjn2

BEAUTIFUL LEADED STAINED
glass windows from grandma's house. Seven 31 x 32 at \$55 each & four 18 x 32 at \$70. Entire lot \$550 or priced individually. 621-1836. gcjn2

STERLING SILVER FOR SALE:
Four-six piece place settings, two serving spoons, "old Master" by Towle. 248-3839. gcjn2

HOSPITAL BED - FULLY
automated with mattress. \$1200, 485-7054. wjn2

SEALY SOFA CONVERTIBLE
65" long, beige plaid, excellent condition. Entrance mirror 40 x 31", gold trim. 741-4844. wjn2

ANTIQUER 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

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

21" TORO COMMERCIAL
grade lawn mower with rear bagger. Five horsepower, B & S engine. Less than one year old. Superb condition. \$500. firm. 466-6120. gcjn1

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

FRUITWOOD DINING ROOM
set, table, four (4) chairs, leaf. \$150. 746-3439. wjn1

ACCORDIAN USED
with case 747-4861. gcMy4

FLOOR COVERING/COW SKIN
Large and beautiful floor covering 9 ft. 4 in. x 7 ft. 3 in. Must see. Asking \$450 negotiable 538-3205. gcjn2

MOTHER OF THE BRIDE
gown: Pale silk apricot with pearls, size 14, perfect condition. Asking \$250. 354-4906. gcjn1

13 OAK WOOD KITCHEN
cabinets: pecan finish. Excellent conditions with custom drawers. Phone 747-8123. gcMy3

YAMAHA CONSOLE PIANO
Walnut, 1 1/2 years old. Perfect condition. \$3,000. 741-2548. gcm4

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. gcm4

1989 MOTOR SCOOTER
Yamaha "Jog" model. Brand new ridden only 160 miles. Perfect condition. Must see \$600 (516)596-9328 gcMy4

GIRLS' BR SET: 5 PCS.
Wedgewood blue, white formica tops. Good condition. Asking \$225. 354-4906. gcjn1

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 hm3

SWISS LADY, MATURE
would like to rent closet space for seasonal clothing, books etc. If interested, please call collect (212) 772-3552 evenings. gcjn1

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 gcm3

DO YOU FEEL YOUR CHILD IS
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puppy near Stratford School on Fri., April 27. For information call 248-4738. gcm4

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NOTICE

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

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

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

931-0012

PRAYER TO ST. ANTHONY
O holy St. Anthony, gentlest of saints, your love for God and charity for his creatures made you worthy, when on Earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (mention the request). The answer to my prayer may require a miracle; even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours and thank you for answering my prayers. M.F.

wmy3

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, Pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. R.D.

gcmy3



GARAGE SALE



SAT., MAY 19, 9 TO 3
77 Magnolia Ave., Garden City. Furniture, dishes, lighting fixtures, household items & much more. hm3

FRIDAY, MAY 18 & SATURDAY
May 19. 157 Hampton Road., Garden City 9-3. Household goods, toys, children's books, furniture. Mint Silvercross baby carriage, play pen, cradle, high chair, baby clothes, bric-a-brac. gcmy3

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

CRAFTERS AND SEWERS
delight: baskets, frames, BR set, chairs, lamps, numerous sewing notions, baby items and more. No early admittance. May 18 and 19, 9-3, 105 Fourth Street. gcMy3

TAG SALE/GARAGE SALE
Sat., May 19, 9 a.m. - 4 p.m. 114 Kildare Rd. (off Stewart Ave.) Accumulated treasures. Something for everyone. Don't miss this great sale. gcmy3

TAG SALE SAT. MAY 19,
10-3. 369 Stewart Ave., Garden City. Collectibles, furniture, antiques & appliances. gcmy3

MOVING SALE - 40 YRS OF
accumulation - attic to basement goodies. No previews, cash only. 64 Chestnut Ave., Floral Park (west end) May 19 - 10 a.m. - 5 p.m. gcmy3

GARDEN CITY: SELLING
4 oak chairs, N.J. large copper fudge pot, antique clocks, old & gold jewelry, antiques & collectibles, old mannequin dolls, books about antiques, fabrics, household, much misc. 113 Hayes St. (off Stewart Ave.), Sat., May 19, 9 a.m. - 3 p.m. gcmy3

GARDEN CITY BORDER
79 North St. Paul's Rd., Hempstead (parallel with Cathedral Ave.) May 26 & 27, 9-5 rain/shine. Clocks, furniture, camera & exercise equipment, lawn mower, household items, toys, more. gcmy4

GARAGE SALE SAT. MAY 26,
10-4 Clinch Ave., Garden City. Furniture, glassware, books, records, bikes, dehumidifiers, gift items, collectible, pix, etc. gcmy4

118 MEADBROOK RD.
Garden City (between Stewart & Stratford) May 18 & 19 - 10-4. 22 yrs. accumulations, household goods, Drexel Italian Provincial BR, other furniture, baby gear, bric-a-brac. Something for everyone. gcmy3

TAG/GARAGE SALE
Sat., May 19, 9-4. 185 Stewart Ave., Garden City. Furniture, appliances, designer clothing, pictures, draperies, bric-a-brac & lots of goodies. gcmy3

GRANDMA'S HOUSE WAS
sold! Miscellaneous assortment of household items including linens, china, pictures, etc. & lots of costume jewelry. Come & see. 98 Locust St., Garden City, Sat., May 19, 9 a.m. - 4 p.m. gcmy3

GARDEN CITY SOUTH
278 Dorchester Rd. (Nassau Blvd. east on Terrace Ave.) Sat., May 19, 9-5. Books, records, jewelry, crafts, frames, clothing, collectibles, lamps, tables, bric-a-brac. Rain or shine. gcmy3

TAG SALE/MOVING
Sat., May 19, 111 Yale St., Williston Park. 9 to 2. Furniture, Oriental rugs, dining room table, desk, lamps. Something for everyone. wmy3

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Mainly for Seniors

By Leonard J. Hansen

IRAs in retirement planning need congressional stability

Retirement plans and programs for mature adults are manipulated in almost every session of Congress, as once-firm Independent Retirement Account (IRA) programs have been endorsed and then changed repeatedly.

Other retirement financial planning programs and concepts, once approved by Congress, have similarly undergone adjustments in tax treatment and benefit allowance.

The Investment Company Institute says, "Enough!" and has called on Congress to approve a simple and unchanging program.

In testimony to the Senate Finance Committee, David Silver, president of the institute and a leader in the mutual fund industry, said that any new tax-favored savings program that Congress may pass should be simple, universal and avoid frequent changes.

"Our experience with the universal IRA has taught us important lessons: Savings incentives work best if the rules are simple and permanent and if they do not require burdensome record keeping," Silver said. "Frequent changes create uncertainty and reduce contributions."

"Why save for the long haul unless there is a sense that the program is likely to have a degree of permanence?" Silver questioned the committee. "Similarly, if financial institutions find the terms of a tax-favored savings program too complex to describe in a simple, effective marketing campaign, they may abandon the effort."

IRA-like programs in other countries, according to Silver, have contributed strongly to the level of new personal savings. It is time, the institute suggests, for Congress to approve a simple IRA-type program and then not change it, so that individuals may plan responsibly and effectively for retirement.

The issue is expected to be considered by Congress yet this session, and individuals may submit opinions to their respective congressional representatives.

DIRECT MAIL SOLICITATION ALERT

A private organization calling itself the Social Security Protection Bureau has been soliciting \$7 fees from mature adults to provide a service that the Social Security Administration provides free.

The allegation that the bureau's benefits were dubious was made by officials of the federal General Accounting Office, in a recent report to Congress.

Mailings by the organization, according to the GAO, offer to secure individual earnings statements and expected Social Security benefits for people not yet retired. Congressional, governmental and state agencies are investigating the organization and its benefit statements, according to the GAO report and testi-

mony.

For your individual report, request Social Security form 7004 from the Consumer Information Center/SSA, Pueblo, CO 81009.

The simple, one-page "Request for Earnings and Benefit Estimate Statement," is easy to complete for mailing to a regional Social Security office. The complete report and estimate should be returned within six weeks. There is no cost for the service or report.

RETIREMENT GUIDE FOR WOMEN

Women should take a "hands-on" concern for financial planning and fulfillment, urges a new publication from the American Association of Retired Persons (AARP). "The Primer on Financial Management for Midlife and Older Women" is a 55-page manual including subject briefings, planning charts and recommendations, and is available cost-free.

"Today's generation of older women has traditionally not controlled the family's finances or made independent financial decisions," states AARP president Louise Crooks. "Women who learn more about their finances possess a stronger financial identity and confidence about their future."

Request a copy of "The Primer on Financial Management" (D13181) from: AARP Fulfillment/EEI14; 1909 K St., N.W., Washington, DC 20049, for delivery within 6 to 8 weeks.

RETIREMENT GUIDES AVAILABLE

Several new guides to financial planning for retirement provide both valuable information for the present retiree as well as for those looking forward to post-working years. Here are some recommendations:

"Money Matters: Your IDS Guide to Financial Planning" is a detailed, no-nonsense and non-commercial handbook published by Avon Books (ISBN 0-380-75775-1, 357 pages; paperback, \$4.50). The IDS book is an encyclopedia of investment strategies and financial terms for both the novice and the knowledgeable investor. It includes a comprehensive index of financial terms, illustrative charts and graphs, addresses of government agencies and other sources of consumer information, in addition to little-known financial planning tips. The IDS "Money Matters" is an effective and understandable book for learning, reference and planning.

Mainly for Seniors

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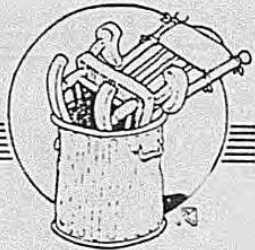
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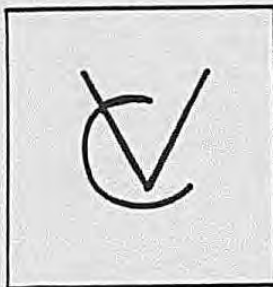
Hall trees suitable
in almost every home



HALL TREE
...This type of antique is
very popular with collectors

Q: This mark is on the back of a 14 1/2-inch-diameter plate. It is hand-painted with a picture of a cottage by a stream.

Can you tell me anything about its origin and value?



A: This mark was used by the Charles Volkmar pottery in Tremont, N.Y., between 1879 and 1888. Volkmar was trained as an artist and his pottery did look like oil paintings.

A plate such as you describe probably would sell from \$165 to \$185.

Q: I would like some information about this solid oak hall tree.

It is about 7 feet tall and 36 inches wide. The seat opens to reveal a storage area. There is an umbrella holder at one side.

A: Your hall tree was made in the late 1800s and probably would sell for \$700 to \$800 in good condition.

Hall trees are very popular with collectors; they are suitable in almost every home.

Q: I would like some information about a Royal Doulton figurine.

It is titled "Europa and the Bull," HN-95. It depicts a girl in a flowing robe riding on a bull; it is about 10 inches high.

A: This is based on a Greek myth — Zeus becomes enamored of Europa, changes himself into a bull and kidnaps Europa.

This figurine was made between 1918 and 1938. It has sold for as high as \$5,000 in mint condition.

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

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527 FRANKLIN AVENUE GARDEN CITY





Points on Pets

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

Many advantages to birds as pets

Q: We live in a small apartment, do not have room for a large animal, and do not want to be bothered with letting a pet go outside several times a day.

We are considering buying a bird. Are birds good pets for apartment dwellers?

A: There are many advantages to having birds as pets. They usually are small and will fit comfortably into most apartments. Their pleasant songs and amusing antics can entertain one for hours.

However, bird ownership is a serious responsibility. You must house, feed and care for your bird. You must be its daily companion. Occasional veterinary care is required for most pet birds. You must plan for your bird's care whenever you are away from home.

Most small birds live for seven to 10 years. Some larger varieties live for 25 to 30 years. Parrots can outlive their owners and must be passed on to the next generation.

Owning a bird requires as much commitment as owning any other pet. Therefore, getting a bird

should not be a casual decision.

Selecting a bird is not easy. There are literally hundreds of species to consider. Choosing a bird depends on your personal tastes, budget, available space and the amount of time you desire to devote to your new friend.

Different birds have different needs and will interact differently with you. For example, large birds generally require more space and time to care for them. Parrots often require much personal attention, while canaries and parakeets are happy to sing or play by themselves in their cages.

Before selecting a bird you should visit with your veterinarian, the owner of your local pet store and someone who owns the type of bird you have desired to purchase.

Although birds require much attention, they can be wonderful, devoted companions.

Points on Pets

JUNIOR EDITION

WIN A BIG PRIZE!
ADD ALL THE SINGLE NUMBERS ON THE RHINOCEAROS AND COLOR THIS CONTEST ENTRY.

WRITE THE TOTAL HERE

Aunt Tilly's Corner

Now that summer is almost here, everyone starts thinking about the fun things there are to do in this part of the country. We have beaches next door, and local pools are everywhere. There are lots of great places to explore.

But one of the most fun places in the summer is the library. These days libraries have full programs for children along with the books they lend. You can do arts and crafts, listen to a story, put on a puppet show, join clubs and lots of other great things at the library.

Your friend,
Aunt Tilly

P.S. This week's coloring contest winners are Amanda Taraska and Peggy Smlth.

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 25, 1990
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
 105 Hillside Avenue
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YOUR SOCIAL SECURITY

Can you own home and still get SSI?

Q: I have an elderly neighbor whose only income is a very small Social Security check.

She believes that she isn't eligible for Supplemental Security Income (SSI) because she owns her own home, which has greatly appreciated in value.

Does owning the home you live in make you ineligible? — O.J.P.

A: A home (and adjacent land) that a person owns and makes his or her principal place of residence is not counted, regardless of its value. Personal effects or household goods with a total equity value of \$2,000 or less are not counted.

Contact Social Security to find other things that do not count either entirely or in part.

Q: I recently filed for Social Security disability benefits and was told that there is a waiting period before my checks start.

Why does Social Security disability have a five-month waiting period before payments can begin? — L.W.

A: Many wage and salary workers are protected under employer wage continuation plans or sickness insurance or a temporary disability program that would provide for the early months of disability.

Social Security disability is protection against long-term disability that is expected to prevent you from working for a year or more

or that is expected to result in death.

Q: I understand that if you work after your retirement benefits start, you can receive all of your benefits for the year if your earnings do not exceed the exempt amount. Do all wages count as earnings? — J.M.

A: The annual exempt amount for 1990 is \$9,360 for people 65 to 69 and \$6,840 for people under 65.

Wages may include bonuses, commissions, fees, vacation pay or pay in lieu of vacation and severance pay. Do not count income from savings, investments, pensions or annuities as earnings.

Contact your Social Security office for additional information.

Q: I am 68 years old and am covered by Medicare. In case of auto accident, does Medicare cover my medical expenses? — J.S.

A: Medicare pays second if a person is in an automobile accident and (1) his or her (or the other driver's) automobile medical insurance pays, or (2) state no-fault automobile insurance pays, or (3) liability insurance pays.

However, in the case of liability insurance, a person may file a claim with Medicare first, which will get its payment back when the liability insurance pays.

The World's Most Beautiful Grandchildren



These are my grandchildren, the child to the left and standing is Lindsay, she is 2½ years old and is going to be a world class gymnast when she gets to be fifteen.

The baby on my lap is Emily. She is 5 months old and is already a heart breaker with her blue eyes and little cap of dark brown hair. She is mostly content to just eat and sleep and is a very good girl. They are the children of Mr. and Mrs. Ronald Hall and live in Bethpage. I am their maternal grandmother and live at 91 Rocky Wood Road, Manhasset.

Mrs. Kirt W. Johnson