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Mid-Island Times & Levittown Times

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Friday, June 8, 1990

Grandparents Day At Woodland School PTA Council To Hold Candidates Forum

On May 18, Woodland Avenue School held its annual Grandparents Day. Parents, grandparents and special friends of the children gathered in the schools All-Purpose Room for breakfast and then proceeded into the gymnasium where the children displayed their musical talents. Strings director Ricardo Garcia led his students in string ensembles while, Robert Pownall, Director of Band led his students

in a few band numbers. Later children in the chorus sang their numbers under the direction of Cynthia Decker.

Everyone was terrific and the grandparents were delighted.

After the childrens performance, the parents and grandparents were invited to visit the childrens classroom where they viewed all the work the children had accomplished throughout the year.



Fourth grader Allison Lounsbury with her grandmother.



Mr. Garcia leading a mixed string ensemble.



Second grader Jessica Gomez with her grandmother.

Bethpage Council of PTA has invited candidates for the Bethpage Board of Education to participate in a "Meet the Candidates Night" to be held:

Monday, June 11, 8 p.m., Little Theatre, Bethpage High School

Each candidate will give an opening statement, and then respond to questions from the audience; then each will sum up with a closing statement. Come and meet the individuals who seek to represent your community on the Board of Education. Listen as they discuss the issues, and make your vote an educated vote!

The candidates are:

For the seat currently held by Marie Hurley: Eleanor Behrik, Richard Festante

For the seat currently held by Anthony Cotton: Anthony Cotton, Barbara Ellinger

Also remember these important dates: Tuesday, June 12, 8 p.m. - Annual meeting of the Board of Education and Budget Hearing.

Wednesday, June 13, 12 - 10 p.m. - Budget Vote and Election.

Apprentice Lineman



Apprentice Lineman on the way up - Long Island Lighting Company Apprentice Lineman John Petzold of Hicksville has completed preliminary instruction at LILCO's Lineman Training Academy in Hicksville. After successful completion of intensive, 48-month, on-the-job training, Petzold will become a fully qualified LILCO Lineman, First Class. Petzold is a 1986 graduate of Hicksville High School.

Arson Suspected In Fire At Hicksville Lodge

An unknown arsonist poured gasoline throughout the main first floor of the Hicksville Motor Lodge at 429 Duffy Avenue. The Hicksville Fire Department received the alarm at 10:54 p.m., on May 27. First units on the scene found heavy smoke and occupants escaping out windows. There were no injuries reported. Fire Marshals and Arson Squad Detectives are investigating. Ten pieces of apparatus under Chief Wigdinski responded with 80 members.

In other fire related news Hicksville's Haz-Mat Unit responded to assist Syosset Vamps with a leaking propane cylinder on May 28. Syosset had 3 propane related alarms in one hour handled by Jericho, Hicksville and Syosset Fire fighters.

A man, inspecting a car for sale at 51 Tiptop Lane, Hicksville poured gasoline into the carburetor when it back fired burning his upper torso. Hicksville Fire and Rescue Units responded on May 29, at 1:16 p.m. The victim sustained 2nd and 3rd degree burns and was transported to the County Medical Center.

On May 30, at 9:10 a.m. a van driver lost control and struck a utility pole at West John Street and Newbridge Road. Hicksville Fire & Rescue Units responded. One male was transported to the hospital with rib injuries.

Arson Squad Detectives and Fire Marshals announced the arrest of 4 individuals and charged them with the January fire bombing of a Hicksville home on Hewitt Avenue. No one was injured in that fire against the homeowner's son.

According to local merchants, an outfit calling themselves the Long Island Volunteer Fire Fighters Association is calling Long Island merchants stating they are collecting donations for the Local Fire Departments.

The Hicksville Fire Dept. as well as most others does all its Fund Drive activities by mail and personal visits in uniform with photo ID. Firefighters caution not to donate to any group over the phone. There is no official L.I. Volunteer Firefighters Association. Every Department does its own fund drive. Beware - and notify the Fire Department at 933-6444 of anyone collecting over the phone. Ask for a personal visit and a Hicksville F.D. photo ID card.

Vote Recount Shows Some Differences

By Maureen Traxler

An official recount of the votes in the Hicksville School Budget and Board Trustee election of May 23 was made. The changes are as follows: On the school budget defeat, the official count is 3,588 "no" and 1,559 "yes," a difference of five additional "no" votes and one additional "yes."

In the election of Board of Education Trustees: Carole R. Wolf with 2,631 (up 3) votes won the seat held by Mark Cardella over her opponent John P. Ayres with 2,388 votes (up 4). Arlene

Rudin with 2,271 votes (up 3) won the seat held by Daniel MacBride over her opponents Jay Schwartz with 2,015 votes (up 3) and Charles R. Strugatz with 824 votes (down 99). JoAnn Millenberg was reelected with 2,514 votes (up 5) over her opponent Stephen Pendergast with 2,477 votes (up 2).

The large discrepancy in the number of votes cast for Charles Strugatz was caused by a misreading of a voting machine at Burns Avenue School.

Rotary Club Scholarship

Hicksville High School senior Augustine Hansen was the recipient of the 1990 Hicksville-Jericho Rotary Scholarship in the amount of \$1000. Many applications were submitted for this award from three area high

schools. The award will be presented at the annual Hicksville High School Awards Ceremony on June 21. Furthermore, Augustine will be honored at a Rotary Luncheon on Thursday, July 19.

Letters

Dear Friends:

We would like to thank all of you who worked so hard in our school board campaign. Running for the school board in Hicksville requires the talents, and energies of many people, from those who coordinated the cocktail party and fundraising efforts, to those who designed the flyers and ads, to those who made phone calls, put up posters, walked the streets delivering the flyers, writing letters, and riding the sound truck. Many of you said, "Is that all you need me to do?" When many people work together, it's easier. Giving everyone a small job instead of overburdening a few is truly the way the process works best. Now that the campaign is over the hard job of bringing our school district back under control begins. For our district to function well requires the commitment, talent and energies of all Hicksvillians, both those on the board and those in the community. We stand ready to do that and hope you will as well.

John Ayres, Arlene Rudin and Steve Pendergast

To The Editor:

Jay Schwartz's letter to the editor of May 24, in which he seeks to "correct untruths," contains many untruths.

Mr. Schwartz claims Mrs. Rudin supported me for re-election in 1987. That is true. What Mr. Schwartz fails to point out is that I ran unopposed for re-election and Mrs. Rudin had little choice but to support me. Schwartz also claims I made promises to Mrs. Rudin for her support. That is obviously untrue

for the reason stated above.

Mr. Schwartz claims Mrs. Rudin walked away rather than face defeat for a second term. That is untrue and Mr. Schwartz knows it. Before he says the same about me, let me say that I decided not to run for a third term on July 27, 1987, almost three full years ago.

It is Mr. Schwartz who lives in a fantasy world and the public knows it. That is why we sent him down to defeat at the polls in 1987, 1989 and 1990.

Sincerely,
Daniel C. MacBride

Hicksville Students Win Contest

Three Hicksville High School students won the top prizes in a contest sponsored by PAWS (Pioneers for Animal Welfare Society) in conjunction with Dollar Dry Dock Savings Bank.

The contest was open to elementary and secondary students. Artwork, poems, essays and posters illustrating the objectives of PAWS were displayed at the bank and judged on their originality.

Alana Yost won first prize (\$100 savings bond), Amy Groves came in second (\$75 savings bond), and Peter Lee took third prize (\$50 savings bond).

The prizes will be awarded at a ceremony in the bank at Broadway Mall on June 20 at 5 p.m.

Student Energy Research



Senator Kemp Hannon congratulates students from Plainview-Old Bethpage High School during the 1989-90 State Student Energy Research Competition held at the Empire State Plaza in Albany on May 23. The competition provides an opportunity for young men and women throughout the state to develop alternative energy sources. Pictured above, left to right, are Amy Morganstern; Senator Hannon; Steven Lever and project advisor Mr. Saul Reine. Their project, entitled "Harnessing Wind Energy to Generate Electricity," was chosen as one of 105 finalists from a record-setting field of 490 entries and represents the imagination, intelligence, and commitment of some of the best young scientific minds in the state.

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College Notes

James Kneisel, a freshman at Green Mountain College, has been elected to "Green Key" for 1990-91 according to Francis Bozen, Dean of Student Affairs.

"Green Key" serve as counselors to the incoming freshman class along with organizing their orientation program and activities," Bozen said. Members of this student leadership group are nominated by senior Green Key, staff and faculty. Selection is based upon maturity, responsibility, academic achievement, service to the community and potential for future success.

Kneisel is a 1989 graduate of Hicksville High School. The son of Hank Kneisel and Joyce Zahariou, of Hicksville, he is majoring in business management and a member of the GMC class of 1993.

LEGAL NOTICE

Metro Management Company, 1220 Moore's Hill Road, Syosset, N.Y., Substance of Certificate of Limited Partnership filed in the Nassau County Clerk's Office on April 30, 1990. Business: Own and operate real estate and all activities related thereto and other activities. General Partners: Frank K. Deutschmann, 1220 Moore's Hill Road, Syosset, N.Y., Frank Deutschmann, 179-22 Kildare Road, Jamaica, N.Y., Cornell Construction Corp., 1220 Moore's Hill Road, Syosset, N.Y. Limited partner(s), Capital Contributions and share of profits: Frank H. Deutschmann, Robert C. Deutschmann and James M. Deutschmann, all residing at 1220 Moore's Hill Road, Syosset, N.Y. \$16,000 each. 16 percent each. Term: Until Dec. 31, 2100 unless sooner terminated or dissolved. No add'l contrib. agreed to be made. No time agreed upon for return of contributions. No LP has the right to substitute an assignee as contributor in its place without prior written consent of Managing Partner. Add'l LP(s) may be admitted. No priority among LP(s). No LP has the right to demand or receive property other than cash in return for its contribution. Upon the death, retirement, insanity, bankruptcy, withdrawal or dissolution of GP, the partnership shall continue as provided in Partnership Agreement. SA 7674

6XS/25; 6/1, 8, 15, 22, 29

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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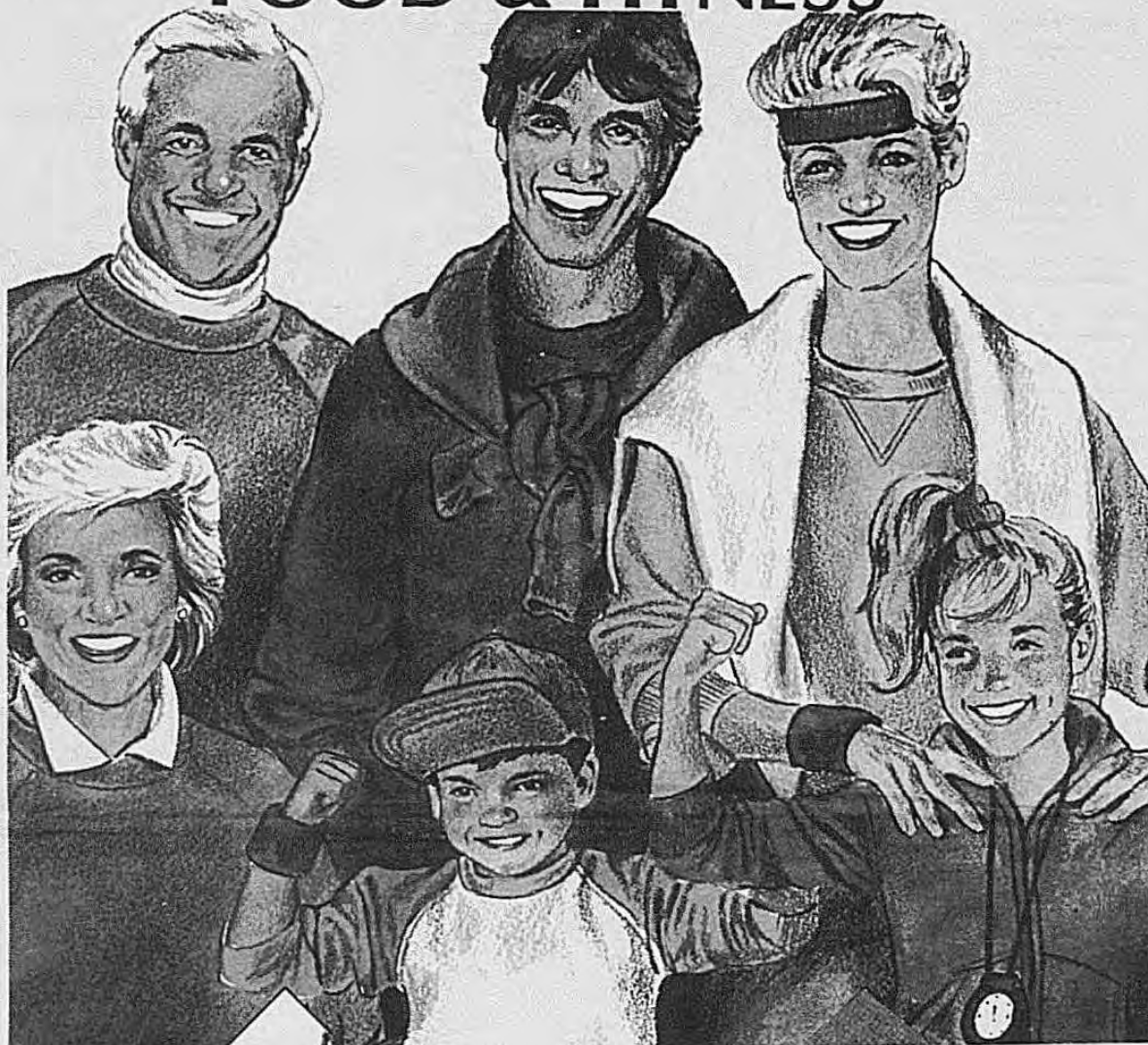


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FOOD & FITNESS



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Garden City News & The Great Neck News

Friday, May 24, 1991

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VEGGIE POWER

Add a few meatless meals to the menu for longevity

By Karen Caldwell

Eating a vegetarian meal once in a while sounds easy enough until you're confronted with an unimaginative plate of beans and rice. The thought of bland entrees and endless salads is enough to send any meat lover to the nearest steak house.

But vegetarian eating doesn't have to be boring. Many converts say the meatless meals they prepare are among the best they've tasted. They've just given up meat, not imaginative new recipes or old favorites like pizza, lasagna, even burgers.

There are plenty of reasons why it's a good idea to go without meat once in a while. Less consumption of meat, seafood and poultry is one way of reducing your dietary intake of cholesterol and fats. The American Heart Association recommends all Americans use more vegetarian protein sources and limit protein intake to 15 percent of daily calories.

More good reasons to become a sometimes vegetarian: New AHA dietary guidelines suggest intake of total fat should be less than 30 percent of a person's daily calories with only 10 percent of these fats categorized as saturated fats (fats that harden at room temperature, including animal fats and coconut and palm oil). The new guidelines also suggest limiting daily cholesterol intake to 100 milligrams per 1,000 calories consumed — not exceeding 300 milligrams (cholesterol is found in all animal products), and daily sodium intake to 1 gram per 1,000 calories, not exceeding more than three grams per day.

Still, health statistics and grocery figures probably aren't going to make your mouth water. If you don't like what you're eating, even the promise of better health won't be enough to keep you going.

That's why it's important to keep a positive attitude and open mind when planning a vegetarian meal. Instead of pining for a hamburger patty, look forward to trying new kinds of cheeses, a bounty of vegetables and tofu. Remember, you don't have to kiss meat goodbye forever. But, chances are you won't miss it too much if you're eating innovative vegetarian recipes like these from "Healthy Cooking" (Rodale; 1984).

GOLDEN MOUNTAIN VEGETABLE PIE

Crust:
1 1/4 cups whole wheat flour
1/2 cup butter
1/2 cup cottage cheese
1 to 2 tablespoons cold water
Filling:
4 to 5 carrots
2 medium sweet red peppers
1 large cauliflower
1 tablespoon minced fresh parsley
1 cup crumbled feta cheese
1/2 cup cottage cheese
1 cup shredded mozzarella cheese

To make the crust, place the flour in a large bowl or in a food processor fitted with the steel blade. Use a pastry blender or quick on-and-off turns of the processor to cut the butter into the flour.

Use a fork, or several more quick on-and-off turns of the processor, to add the cottage cheese and enough of the water to make a smooth dough.

Flatten the ball of dough slightly, wrap in plastic wrap and refrigerate for 30 minutes.

To make the filling, cut the carrots into julienne strips. Cut the peppers into thin strips about 2 inches long. Separate the cauliflower into small florets. Cut the larger florets in half.

Place the carrots in the bottom of a large steaming basket. Add the cauliflower and pepper strips. Set over boiling water, covered, for 5 to 8 minutes, or just until the vegetables begin to get tender.

Place the cauliflower and peppers in a large bowl. Add the parsley, feta and cottage cheeses and toss well to combine.

Roll out the dough and place it in the bottom of a 9-inch pie plate. Place the carrot strips in the bottom of the crust, then top with the cauliflower and cheese mixture and sprinkle with the mozzarella cheese.

Bake in an oven preheated to 350 degree for 30 minutes, or until the cheese topping and crust are golden brown and the vegetables are tender.

Remove from the oven and allow to stand for about 5 minutes before cutting. Makes 8 servings.

Variations: Substitute 1 cup shredded Swiss or Gruyere cheese for the mozzarella. Substitute 1/4 cup ricotta cheese for the cottage cheese.

PITA PIZZAS

1 large onion, finely chopped
1 medium sweet red pepper, finely chopped
2 tablespoons corn oil
1 cup sliced mushrooms
1/2 teaspoon dried marjoram
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 garlic clove, thinly sliced
4 whole wheat pita breads
one-third cup tomato paste
4 very thin slices of tomato
4 thin slices mozzarella cheese
Alfalfa sprouts (garnish)

Place the onions and pepper in a large skillet with the oil. Stir over medium heat until the onions are translucent.

Add the mushrooms, herbs and garlic. Stir until the mushrooms have given up their liquid and the liquid has evaporated. Remove from heat.

Place the pita breads under a broiler and toast one side. Spread some tomato paste over the untoasted sides, then spread with the onion mixture.

Place a thin slice of tomato in the center of the pizzas, then top with the mozzarella. Broil just until the cheese has melted and is lightly browned. Garnish with sprouts. Makes 4 servings.

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Make wise choices when dining and dashing

By Rosella Stern

It's 7:54 a.m. and you're out the door. You haven't had your coffee and your stomach is empty. You fight traffic, finally reaching the office. On your way in, you grab something with ham, egg and cheese on a bun, croissant or an English muffin. This, with black coffee and a little heartburn, is breakfast. It's better than nothing. It has food groups represented from the chart you remember in grammar school.

But wait a minute. You may be heading for nutritional trouble.

If you combine the quick breakfast above with a burger deluxe and shake for lunch, you are "very into" fast food and heading for a kind of nutritional trouble that could be serious. In his book, "The Fast-Food Guide" Michael F. Jacobson, Ph.D., executive director of the Center For Science in the Public Interest, shows the dangers of this kind of diet.

Fast foods, as we know them, are not the most nutritionally sound choices. Generally, they have too much sodium, too much fat, too much sugar and too many calories that fill us up, but leave us lacking many of the nutrients we need. A lunch consisting of a milk shake, fries and cheeseburger may contain as much as 15 teaspoons of fat, according to Jacobson. It may also take the ordinary woman close to her total calorie intake for the day, without giving her fiber or necessary vitamins and minerals.

It's easy to be blind as consumers and Jacobson tries to wise us up. He explains french fries are often coated in sugar for better browning, or fried in beef fat, which can clog arteries. There is a lot of sugar in the ketchup and little nutritional value in the lettuce. Besides, the yellow cheese on that burger may be made with yellow dye No. 5, and the vanilla milk shake may be loaded with many teaspoons of sugar, yellow dye and preservatives. The meat is also high in animal fat. Add bacon to that cheeseburger and it's fat city.

Jacobson suggests some alternatives to the typical American diet that's heavy in fast food. The

first is for chains to label their goods with nutritional information so that we will be better-informed consumers in the fast-food department. The second is eat wisely when we eat out, frequenting the salad bars, piling on beans and dark greens and staying away from ladles of salad dressing. We should choose baked potatoes instead of french fries and drink orange juice rather than milk shakes.

Another suggestion made by Mary Donkersloot, author of "Fast Food at Home," a recipe collection, is to create your own speedy entrees. She emphasizes that along with all the fat, sugar and additives, we are probably eating too much protein and not enough carbohydrates. We need grains and vegetables as primary food in our diet and meat as the flavoring. Donkersloot suggests eating more like the Orientals. They create dishes that are full of vegetables, combined with grains that satisfy the appetite, then merely season with meat.

We might consider reversing the order of our day. How about a bagel in the briefcase? Bagels have little fat. Try a salad for lunch, or a pita sandwich, filled with sprouts. You could make this at home and easily bring it to the office. Eat well during the day and dinner will not have to be another crisis of hunger with too many fats, oils and proteins and too little in the way of carbohydrates and fiber. Donkersloot suggests brown bag lunches that give the body fuel instead of endangering it with foods made of ingredients linked to obesity, heart attack, stroke, hypertension and other diseases.

When you realize the typical female in the work force needs only about 2,000 calories a day, containing no more than 13 teaspoons of fat, and that a regular hamburger has about 11.3, the problem in the way we often eat becomes evident.

But what we don't eat is as important as what we eat. If our calories are hollow, lacking in necessary nutrients and fiber, such diseases as cancer, osteoporosis, diabetes, high blood pressure and hypertension will remain endemic in our society.



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3. Remove vegetables from grill and mix with vinaigrette; marinate while meat cooks.



HEALTH WATCH

A MESSAGE FROM

THE HEART CENTER

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The Benefits of Walking the Golf Course: Effects on Lipoprotein Levels and Risk Ratios* New Hampshire Heart Institute, Manchester, New Hampshire

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Bethpage Newsgram, Sunbelt Advance, Jersey News Journal, Garden City
The Great Neck News

Starting a fitness regimen for the rest of your life

By Gail Lissauer

Exercise can increase your stamina, strengthen your cardiovascular system, make your body leaner and possibly lengthen your life, but getting started is often the hardest part.

If you know all the benefits of exercise but still have trouble with any exertion greater than getting up to switch television channels, Connie LaBuhn, a physical education instructor at California State University, Dominguez Hills in Carson, has some advice on how to get going on a lifelong fitness program.

Perhaps the first exercise you should do is overcome years of sedentary thinking and behavior.

"I think we're in an age of convenience. If it's not convenient, that's when we holler. People are in a hurry. To go up an elevator probably takes as long as it would to climb the stairs," LaBuhn says, "but we tend to always take the elevator."

Instead of driving to the store, walk or bicycle. Climb the stairs rather than take the elevator, she says.

"Walking is the best way to get started. It's the easiest. Even people who are out of shape can do it. It's how we move from one place to another. It also can be done with someone else," LaBuhn says.

Walking for exercise, however, is not the same as a languid stroll

where you stop and pet your neighbor's cat and admire the rose garden in the park.

"Don't always stop and smell the flowers. Keep up the pace. Keep a good posture," she says.

When you begin a walking program, walk fast for a minute, then slow down, then speed up again, LaBuhn says.

Some people become involved in exercise for the health benefits, she says, but often a stronger appeal is that exercise can improve your appearance.

Select an activity that you will enjoy doing, LaBuhn says.

If you like to bike, run, swim or walk, try to incorporate that into a program.

To gain the cardiovascular benefits of exercise, the activity must be aerobic; that is, it must increase your heart rate and keep it increased, LaBuhn says.

It's vital to start off moderately. "Sometimes someone will go out and they'll feel like exercising and then they'll go out and overdo it. Then they'll hurt the next two or three days and they wonder why they ever did it in the first place," LaBuhn says. "People think it has to hurt to exercise. That isn't true. If you're hurting, you're doing something wrong."

As you exercise, you should notice an increase in your heart beat as well as an increase in your respiration. But if you're dizzy and

you can't breathe, you're working too hard. In order to have the best physiological change in your body, you should have your heart rate up at least 20 minutes at a time for at least three to six times a week, LaBuhn says.

How fast should your heart beat during an aerobic workout? That depends on your age, according to

LaBuhn. If you're 20 to 30 years old, your rate should be about 150 to 170 beats per minute. From 30 to 40 try to keep the rate between 135 and 150, and if you're over 40, your heart rate should be 120 to 140.

And, this is only after an initial warm-up of five to 10 minutes, depending on the activity. She suggested those over 60 and those who haven't exercised for a while get a physical before beginning any fitness regimen.

As your heart and lungs become stronger from exercise, your resting heart rate should slow down, making you more resistant to stress and disease.

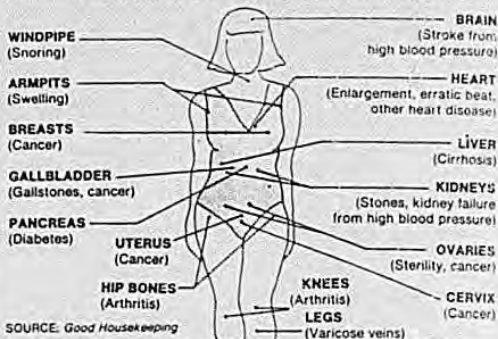
Eventually, you'll be able to exercise for longer periods as your endurance improves. Exercise also will give you added energy for the other activities in your life.

Beyond the physical gains, there are mental benefits to exercise. While you exercise, hormonal changes take place and adrenaline is secreted. This provides a "natu-

HEALTH WATCH

Problems linked to obesity

Additional reasons to stick to that New Year's diet resolution.



SOURCE: Good Housekeeping

ral high" and helps alleviate tension. The aerobic exercises, such as jogging, fast walking, swimming, cycling and dancing, will help trim and tone your body, but only to a point. To increase your muscle mass you need to do weight lifting.

"You need an instructor or sometimes a book. But you need someone who knows what they're doing. Join a class, join a spa or work out with a friend who's already been doing it," she says.

Once you get started, make exercise part of your weekly routine, right along with eating, shopping and working. After all, you wouldn't dream of facing a new day without a good night's sleep.

Rowing Machine Best?

If you can afford to buy only one piece of exercise equipment, some experts say a rowing machine is your best investment. Among its long list of physical benefits, it encourages strenuous aerobic activity to exercise your cardiovascular and respiratory organs, arms, legs and stomach and is a great calorie burner.

Many Vitamins Wasted

Sales of vitamins in the United States top \$1.3 billion annually. But a study published in *The American Journal of Public Health* says that many people who regularly take vitamins already have such well-balanced diets that they don't need them.

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NO DIET WEIGHT-LOSS

By Monica Perez

Rivaling baseball and barbecues, the great American pastime just might be dieting, oftentimes the wrong way.

Too many times, a week or two of starvation and self-denial culminates in a celebratory "pig-out," with the guilty pledging to start anew "tomorrow." Another endearing habit is to exercise frantically for several consecutive days, only to end up with an injury and enough energy to barely make it to the nearest ice cream store.

All this can make fitness seem like an elusive dream, and starvation a way of life. But according to fitness expert Denise Austin, the binge/bulge/fasting syndrome is doing your body more harm than good. In fact, this cycle can lead to bulimia and anorexia, both serious eating disorders that usually require professional treatment to overcome.

"I don't believe in fasting," says Austin, who is the fitness correspondent for the "Today" show and food and fitness consultant for PAM cooking spray. "I eat three meals a day and exercise in moderation. But I don't have a weight problem, and with proper eating and exercise, you don't have to have one, either."

Austin's first rule of eating right is to eat a balanced diet, choosing foods from the four basic food groups. Her second rule: "Eat only when you're hungry, and never eat when you're not. Listen to your body."

up desserts and other foods you love. Instead, you can substitute ingredients to make foods lower in calories, fats and cholesterol. For instance:

- Eat fruit-based desserts instead of heavy confections. The natural sugars in fruits will satisfy your sweet tooth without filling out your waistline.

- Yogurt can be used in most recipes in place of sour cream, saving three-fourths the calories.

- If you love fried eggplant or chicken learn to saute them in vegetable cooking spray or bouillon instead of oil; you'll save calories and fats.

The second component to the fitness equation is exercise.

"Don't go overboard," Austin says. "Start slowly and build up to 20 minutes of aerobic exercise at a time." She recommends you find an activity you enjoy, like bicycling, brisk walking, swimming or aerobic dancing. You'll be more motivated to continue that way.

There's an exercise for everyone, according to Austin. Whatever your present level of activity, you can get yourself into better shape by moderately increasing the duration and intensity of your workouts.

"Exercise and eating go hand in hand," Austin says. "The trick is to enjoy both, but let neither control your life. Remember, it's you that makes the choices, not the other way around."

Here's Austin's recipe for a fruity, high protein granola snack. Two ounces contain only 87 calories.

Good food can benefit hip measurements, too!

DENISE'S GRANOLA-TO-GO

one-third cup light brown sugar
¼ cup vegetable oil
¼ cup water
¼ teaspoon salt
¾ cups regular oats
½ cup sunflower seeds or chopped nuts
1 package (6 ounces) dried fruit bits
No-stick cooking spray

Combine brown sugar, oil, water and salt in a small saucepan. Heat, stirring until sugar has melted. Drizzle mixture over oats, tossing well.

Spray cooking spray on a large shallow baking pan and spread oats. Bake at 250 degrees for 30 minutes, stirring occasionally and add the seeds or nuts the last 10 minutes. Cool. Stir in fruit bits. Store in a tightly covered container.

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Seafood Gazpacho

■ Calories per serving: 195
■ Fat per serving: 15 grams
■ Cholesterol per serving: 16 milligrams
■ Sodium per serving: 100 milligrams

Model tips for achieving a glowing, healthy face

By Karen Caldwell

Say goodbye to pounds of make-up that hide a person's skin and grab a tall glass of water instead. The natural, healthy look is fashionable, and one of the key ingredients for achieving a beautiful complexion is a healthy dose of H₂O.

This advice comes from 10 Ford models who were interviewed about skin care for a survey conducted by Winthrop Consumer Products, makers of Phisoderm Skin Cleansers and Conditioners. The results are applicable to both men's and women's skin regimens:

AU NATUREL

Eight of the models surveyed said they felt the natural look with minimal makeup is more appealing to the opposite sex.

H₂O

Water from the tap and in the bottle was cited as a vital resource in the quest for healthy-looking skin.

Allison Atwood, a television and print model, says plenty of water is an important part of keeping her skin soft and supple. Some of the other models use atomizers to refresh thirsty skin on the outside with a spray of water.

APPLES AND AEROBICS

A balanced diet and plenty of regular, sensible exercise were lauded by most of the models as contributing factors for clean and healthy skin. When asked about specific exercises, they cited aerobics, swimming and light jogging as the top choices.

SUN SHY

How does a model prepare for a photo shoot in a bikini or shorts? With a deep, dark tan? Nine out of 10 models said exposure to the sun must be limited and controlled. Model P.J. Shaffer, for example, is militant in her stand on excess sunning.

"I stay out of the sun completely since exposure to those rays is the surest way for skin to develop wrinkles. And wrinkles are most unflattering through the lens of a camera," she says. Like most of the models, she uses sunscreens regularly, on and off the beach.

FRESH AIR

Environmental conditions can wreak havoc with even the best of complexions, and six of the models said they avoid dry heat as much as possible. Three said cigarette smoke is an environmental hindrance to their health.

SCRUBBING UP

Cleansing, of course, is a vital part of skin care, and seven of the models cited moisturizers and non-soap cleaners among their secrets for radiant skin.

"I want to know that I'm not depleting my skin of necessary oils whenever I wash," says model Kristen Hocking.

EXFOLIATING

After washing, exfoliating can help get rid of dead skin cells, according to Susan Molofsky, director of marketing for Winthrop Consumer Products.



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A BREWING CONTROVERSY

Arguments percolating on pros, cons of caffeine

By Rosella Stern

We wake, brush our teeth, shower and get ready for the day. That first cup of coffee gets many of us on our way and is a natural part of the routine. But we sometimes wonder, "Is it good for us?"

There have been many studies over the last decade about the effects of drinking coffee and caffeine. And, so far, they are not conclusive. Probably the biggest finding is that coffee is not really a food, but a drug.

"It's the only drug in our food supply," says Michael Jacobson, executive director of the Center of Science in the Public Interest, a group petitioning the FDA to require warning labels on foods and drinks that contain caffeine.

Besides coffee, caffeine — an alkaloid — also is found in tea, cocoa and cola drinks. The latter is especially important in the United States, where soft drink consumption surpassed coffee for the first time last year. Caffeine is also found in aspirin and other over-the-counter drugs.

Caffeine is a potent drug that can cause a number of responses. After eating, drinking or swallowing something with a large amount of caffeine, for example, you usually experience a "peak" in 30 to 60 minutes. The peak is a result of the direct action that caffeine — a stimulant — has on the brain and central nervous system. Coffee drinkers experience it as a kind of "lift." For those who are sedentary, it is often the cause of increased attention.

The effects of caffeine are variable, depending upon the individual's developed tolerance. A person who has never had a cup of coffee before may have severe side effects. Caffeine does increase urinary output because it is a diuretic, but it also can ward off drowsiness, speed reaction time and increase the muscles' capacity for work, according to studies.

It's a mixed bag. Since caffeine is a stimulant, it stimulates the heart muscle, increasing the rate and force with which the heart muscle contracts and the cardiac output. It also increases metabolic heat production.

Caffeine may cause adverse emotional and physiological responses, even in small doses: flushing of the face; heart palpitations; arrhythmias of the heart; trembling and upset stomach. Many people experience a need to move about to offset a kind of physical anxiety. Reactions depend largely on the amount and the consumer.

Caffeine does seem to have an effect upon aerobic endurance. According to research, it appears caffeine may improve prolonged aerobic endurance — such as marathon running — by modifying the available energy for the exercising muscle. In studies in which the exhaustion time was less than an hour, however, there seemed to be little effect from caffeine. Also, since caffeine is a

diuretic and may also raise body heat, it actually may adversely affect aerobic performance, especially in heat by not allowing the body to adequately cool down.

Pregnant mothers should check with their doctors about coffee drinking. The evidence remains inconclusive on the relationship

between coffee drinking and birth defects. It has been suggested, however, that pregnant mothers add caffeine to the list of substances to be avoided during pregnancy since it does cross the placenta to the unborn infant.

Caffeine is mildly addictive, and tolerance can turn into dependence. People seem to become dependent at the level of about 3½ cups of brewed coffee per day. Those who are dependent and suddenly stop drinking can suffer withdrawal symptoms, feeling tired, irritable, nervous and getting severe headaches. Researchers believe it is better to taper off rather than just quit cold turkey.

What are some ways to pep up while cutting down on caffeine? Morning habits are the most important to change. Try drinking hot water with lemon to wake up the system rather than having that first cup of coffee. Stimulate the body with a loofah or a dry brush rub prior to showering. Use a facial mask or scrub. Take a brisk, 20-minute walk around the neighborhood to get the blood pumping.

Then, later in the day, replace coffee at breaks with herb teas that do not contain caffeine. Replace your mug with a smaller china cup that will hold less. Have a fruit "smoothie" or a glass of tomato juice with a dab of hot sauce at lunch.

Since breakfast remains the most popular time of the day for coffee consumption in the United States, changing early morning habits will make the biggest difference. Changing to "decaf" or tea later in the day also may help. Or, you might try one of the grain-based drinks, like Postum. It's true they don't taste like coffee, but they are hot and served in mugs. They might just be the ticket to get you going without caffeine.

Nutrition Research Ordered in 1894

The U.S. Agriculture Department's human nutrition research dates back to 1894, when Congress appropriated \$10,000 "to enable the secretary of agriculture to investigate and report upon the nutritive value of the various articles and commodities used for human food, with special suggestion of full, wholesome and edible rations less wasteful and more economical than those in common use."

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Tips for reducing physical, mental fatigue

By Karen Caldwell

It's almost 6 p.m. and the project that's due tomorrow morning still isn't complete. Meanwhile, your husband and children are waiting at home for dinner, which isn't even started. And you'll likely be up until the wee hours finishing your project.

You feel the tension creeping from your neck and shoulders throughout your body. The day's stress finally has gotten to you physically and mentally. You're exhausted and wonder out loud how you're going to make it through the evening.

Stress is many things to many people. The label can mean anything from waiting in rush hour traffic to waiting in the unemployment line after losing a job. It hits young, old, rich, poor at some point. Most stress-linked ailments, from anxiety and depression to headaches and hives, afflict more women than men.

But relax. Experts have come up with techniques for preventing everyday troubles and pressures from growing into mental and physical mountains.

The key is to learn what pushes you over the limit and the methods that reduce the subsequent stress best for you.

Start with an appraisal of the muscle aches that have come and gone during the past year. This will give you a personal overview of your stress style. Do you feel

the tension physically or mentally? Or both?

Once you find the problems, decide whether they tax your mental or physical well-being. Once you find the problem, you can treat it in several different ways. Here are some methods taken from "The Relaxed Body Book" (Doubleday) and "The Relaxation Response" (Avon). Experiment with the method that's best for you; using the wrong technique could add even more stress to your life.

Progressive relaxation: This relaxation method progresses through the body as you tense, then relax, each major muscle area. You mentally inspect your muscles, then explore the contrasts. This is a good method if you feel stress physically.

Meditation: Meditation is an all-around relaxer than can soothe mental and physical worries, and 15-minute sessions once or twice a day can work wonders.

Simply find a quiet place, close your eyes and become aware of loosening the muscles of the feet, legs, trunk, arms, neck and face. Breathe slowly and evenly, repeating a neutral word to yourself. Breathe easily and naturally. If distracting thoughts come into your head, ignore them and they'll drift out. Pay attention to your breathing and your word. Don't worry whether it's working.



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SIGNATURE SPORT Finding the activity that's right for you

By Monica Perez

You had such good intentions when you bought those new running shoes five months ago. And they still look new because they've only been on the track once.

You feel guilty, lazy and slothful, right? Don't be too hard on yourself, the experts say. You may have picked a sport that wasn't right for you.

The desire to exercise isn't always enough when it comes to choosing a sport — a person also has to enjoy it. The way one feels about his sport makes all the difference. Some need their sport to be stimulating, always presenting new challenges. Others would rather take up a sport that lets them relax after hectic days, one that puts them far away from the stress and tensions of everyday life.

If a person selects a program he or she loves, chances are it won't get boring, says Jacki Sorensen in *McCall's*. Sorensen is the founder of Aerobic Dance, Inc., in Northridge, Calif., and the originator of aerobic dance.

If the thought of jogging around the track leaves a person cold, he shouldn't set a goal of running five miles per day because he thinks it's the healthy thing to do.

"Many beginning exercisers report a feeling of well-being and relaxation before any physical changes can be measured, but the key is that they're doing something they like, not what they

think they 'should do,'" says William Stone, Ed.D., in a *Glamour* magazine article. Stone is a professor at the Exercise and Sport Research Institute, Arizona State University.

Robert Burns Arnot, M.D., co-author of the book "Sportselection," encourages weekend athletes to choose a sport based on physical reality, and not on long-held peer pressures, often carried from childhood.

He even recommends a cardiovascular and muscular-skeletal examination to determine if a prospective sport will match the participant's physical makeup. Such a test will also give an indication of a person's limitations.

While every sport has its benefits, only aerobic activities really burn up calories, tone muscles and give heart and lungs a healthy workout.

Here is a list of sports that suit a variety of personality types and provide a good workout.

Running: It's one of the more efficient and inexpensive ways to exercise; it builds endurance and increases lower-body strength. It can, however, be hard on muscles and joints.

Walking: Walking works arms, legs and buttocks, along with the cardiovascular system if a person is dedicated.

Team Sports: Sottball, volleyball, tennis, soccer, football and basketball all have potential for improving strength and cardiovascular fitness.



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Showcase Donated By Class of '62

Hicksville High School recently installed two new showcases in the front lobby. The cases were donated to the school by members of the Hicksville High School Class of 1962 who attended the 25th Reunion. The cases were

dedicated to the memory of their deceased classmates.

Representing the Reunion Committee was Janice Breeden Manaskie shown with Hicksville High School Principal Richard Hogan.



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Bethpage Water Best Tasting

The Bethpage Water District was the Nassau County winner in the Long Island Water Conference's annual Best Tasting Water Contest announced Conference Chairman Italo Vacchio.

Held in observance of National Drinking Water Week, the contest attracted entries from water utilities throughout Long Island.

"The event was an unqualified success," said Vacchio. "We demonstrated to a lot of people that Long Island's water, which is held to the highest standards in the nation, is great-tasting, too."

The judging of Nassau County's water took place at a Long Island Water Conference booth set up in the Roosevelt Field Shopping Center in Garden City. The winner was determined by random people who stopped to rate the samples.

The Bethpage Water District will represent Nassau County in

the New York State Health Department's statewide contest, to be held this summer.

"It was a great honor to win the contest," said Ronald Krumholz, Superintendent of Bethpage Water District. "Like all public water suppliers on Long Island, we do our best to provide the best water, in terms of taste and overall quality."

The Bethpage Water District is a member of the Long Island Water Conference. Established in 1951, the Conference consists of water supply professionals dedicated to providing and maintaining an adequate and safe water supply system. Conference members include major water suppliers, both public and private, on Long Island; consulting engineers; attorneys; manufacturers and contractors associated with water supply; as well as officials of various governmental agencies.



Long Island Water Conference official Dennis Kelleher, left, presents the Best-Tasting Water Award to Bethpage Water District Commissioners, left to right: Sal J. Greco, Jr., William Ellinger and Gerard F. Donlon, Sr.

Eighth Grade Student Honored

Brian Thomson, an 8th grader in Ms. Galati's English Class was honored by the National Council of Teachers of English as being a promising young writer.

Brian was one of 440 pupils selected from 8th graders in the USA and Canada.

In order to be selected he submitted a sample of his best creative writing and in addition took a one hour writing test. The two samples were judged by NCTE officials. It was the second time Bethpage won this prestigious award. The last time was in 1986, the first year of the contest.

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Hicksville Physician Marks 50 Years



Joseph J. LoPresti, M.D., an ophthalmologist who is in his thirty-third year of practice in Hicksville, was honored this week by the Nassau County Medical Society for fifty years of medicine. Dr. LoPresti earned his medical degree from New York University College of Medicine in 1940. He took his internship at Montefiore Hospital and his residency at Long Island College Hospital. From 1943 to 45 he served in the U.S. Public Health Service. He is a Diplomate of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology. He is affiliated with Nassau County Medical Center and Syosset Community Hospital. Dr. LoPresti has resided in Manhasset for ten years.

In photo Hicksville physician Dr. Joseph J. LoPresti, right, is presented with a certificate for fifty years of medicine by Nassau County Medical Society President Dr. Robert Bruce Bergmann.



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HAPPY ANNIVERSARY



June 1
Alex and Joan Harris
June 2
Sandy and Shellie Gersten
June 3
Don and Jeanne Rapuzzi
June 4
Richard and Evamarie Willson
Debra and William Grundel
June 5
Rosina and Bob Lichtman
Terry and Cliff Locke
June 6
Andrew and Mary Attivissimo
June 7
Valerie and Mark Goldstein
Peter and Annie Collins
June 9
Kathy and Kevin Moscatiello

June 13
Emily and George Seif
Don and Trudy Morck
June 15
Bob and Roberta Obermeyer
June 16
Keith and Cheryl Pastuch
June 20
Bob and Beth Manson
June 21
Michael and Heidi O'Connell

June 22
Frank and Lauren Kurtzke
Barbara and Arthur DiGiovanni
June 23
Al and Rosemary Dzienius
June 24
Chris and Nancy Reilly
Alice and Edward Warren
June 26
John and Irmgard Tuechler
June 28
Mr. and Mrs. R. Conover
Mr. and Mrs. Frank Bubenik

Children's Workshop At Gregory Museum

A workshop entitled "Seeds and Seed Dispersal" will be held on June 9, at the Gregory Museum. Many seeds survive seasonal changes to make our world alive with trees and grasses and flowers. Take a close look at seeds from the smallest to the largest; examine their neat packages and find out how they travel from place to place. The workshop will be held at 1:30 to 2:30 p.m., for children ages 4 to 6, and from 3 to 4 p.m. for children ages 7 to 9. There is a fee of \$6 for members and \$8 for non-members. Please call The Gregory Museum at 822-7505 to reserve a space. This workshop will be presented by Rose Davis, Early Childhood Specialist and Certified Early Childhood Specialist.

According to a most recent survey, fewer than one in ten Americans know enough about science to be considered literate in the subject.

Responsibility for education is shared by family, school and other community organizations. The goal of the workshops is to promote a scientific literacy through the development of positive science attitudes about the natural world. This program has been prepared for children from pre-school through elementary school to stimulate interest and love for nature and science.

LEGAL NOTICE NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Oyster Bay, Nassau County, New York, will meet at the Town Hall, Audrey Avenue, in Oyster Bay, New York, at 10:00 o'clock a.m., Prevailing time, on June 19, 1990, for the purpose of conducting a public hearing in relation to the increase and improvement of facilities for and on behalf of the Town of Oyster Bay Solid Waste Disposal District, consisting of improvements to the facilities at the Solid Waste Disposal Area, including the construction of a remedial treatment facility for the primary purpose of removing contaminants from an underground water plume, at a maximum estimated cost of \$8,200,000, at which time and place said Town Board will hear all persons interested in the subject matter thereof. It is proposed to finance such improvements by the issuance of \$7,500,000 serial bonds of said Town, payable in the first instance through assessments levied and collected upon the taxable properties within said Solid Waste Disposal District and by the expenditure of \$700,000 monies of said Solid Waste Disposal District.

**BY ORDER OF THE
TOWN BOARD OF THE
TOWN OF OYSTER BAY
Nassau County, New York
By Carl L. Marcellino
Town Clerk**

Dated: Oyster Bay, New York,
May 22, 1990
BN3073
1x6/8

LEGAL NOTICE PUBLIC NOTICE

PLEASE TAKE NOTICE.

That pursuant to law, a public hearing will be held in the Hearing Room of the Town Hall, East Building, Audrey Avenue, Oyster Bay, the 19th day of June, 1990, at 10 o'clock a.m., prevailing time, or as soon thereafter as practicable, to consider a proposed amendment to replace Article III Noise Control Ordinance of Chapter 18 Offenses - Misc. of the Code of Ordinance of the Town of Oyster Bay with a revised Noise Control Ordinance. Said revisions are designed to address the concerns of Town Board and Town Residents regarding the regulations for sound emis-

LEGAL NOTICE

sions within the Town. ALL persons interested shall have an opportunity to be heard upon said proposed amendments at the time and place aforesaid. The said ordinance and proposed amendments are on file and may be viewed and examined during regular business hours by any or all interested persons at the Office of the Town Clerk at Oyster Bay and Massapequa.

TOWN BOARD OF TOWN OF OYSTER BAY

Angelo A. Delligatti
Supervisor
Carl L. Marcellino
Town Clerk

Dated: April 24, 1990
Oyster Bay, New York
BN3071
1x6/1

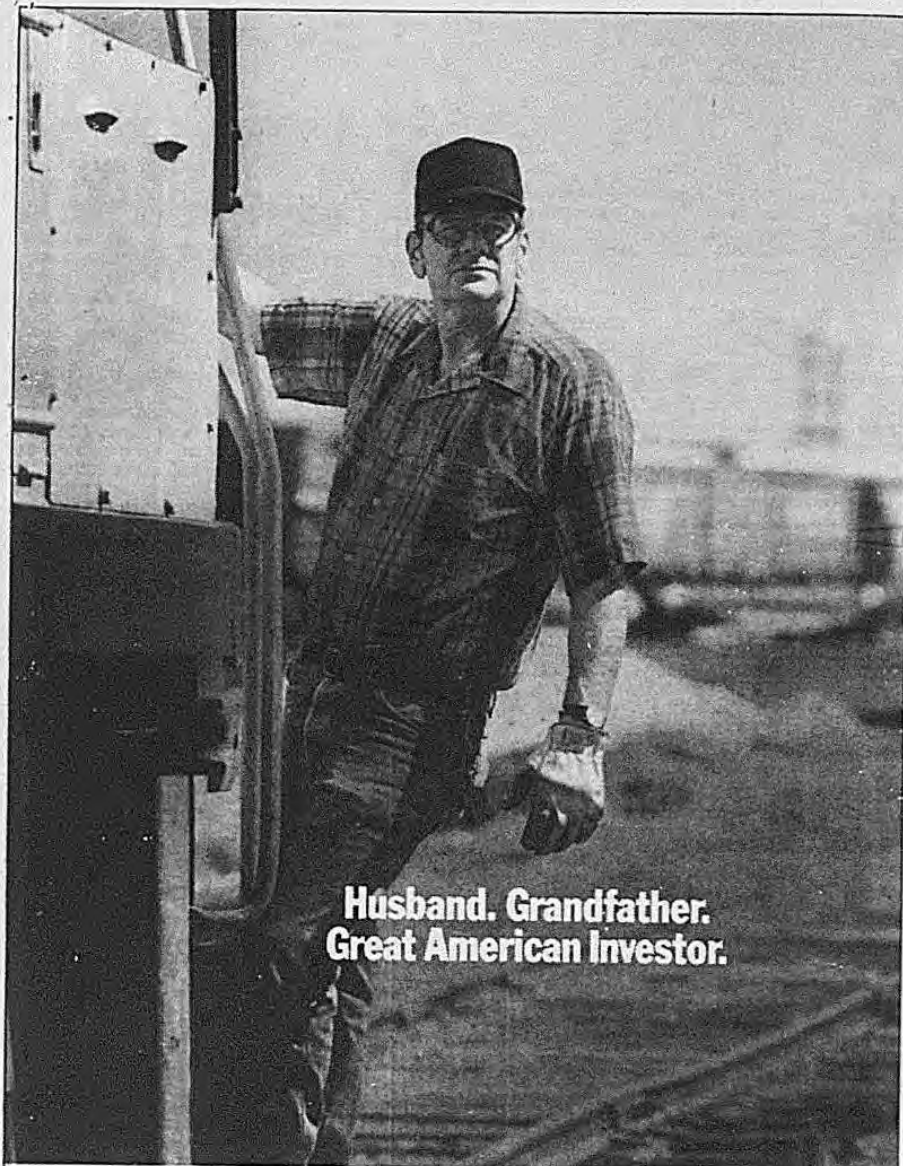
12th Annual Math Symposium

Eight Hicksville Middle School students participated in the Twelfth Annual Student Symposium in Mathematics co-sponsored by the Nassau County Mathematics Teachers' Association and the Nassau County Association of Mathematics Supervisors. Approximately 1,000 students in grades five through eight from schools throughout Nassau County attended the Symposium held at Hofstra University, Hempstead, New York, on May 21, 1990.

Students Andrew Corley, Joaquin Ezcurra, Bill Harvey, Glenn Hinckley, Sean Holland, Irene Lee, Joseph Nieh and Brian Wong, along with Secondary Mathematics Chairperson Les Mann, had a rare opportunity to investigate and enjoy a wide variety of new and exciting mathematics topics. The metropolitan area's leading educators and mathematicians presented hourly workshops designed specifically to enrich and enhance the students' appreciation of mathematics.

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Right Around Home

By Maureen Traxler

Much is said about today's teenagers by the older generation (30+). They often wonder why teenagers wear their hair long or shaved, like horror movies, and spend hours playing video games.

But as each generation builds upon the experiences of the prior one, each becomes sharper, more aware of an expanding world. We on Long Island lay before our young people vistas to explore, opportunities to challenge and a confidence to advance. There are many students in our high schools who are becoming involved in their communities and contributing to a better society for all. Here are just a few of the activities taking place in our high schools today:

Just three years ago, a small group of students approached Syosset High staff and asked if they could form a new club. Out of this was born the Human Awareness Club. The students dedicated themselves to relief of hunger and homelessness, the environment, peace and justice. In this vane, the club is very interested in letter writing campaigns, education and activities involving recycling, pollution, and the problem of the dolphins being caught in the tuna trolls. The group has championed the defense of human rights, having spoken out on the Tiananmen Square uprising, South African apartheid, and massacres in El Salvador. And, they have been vocal on the nuclear arms race.

The students sponsored two very successful clothing and food drives this year, the proceeds of which went to the non-sectarian Christian Victory Center and the Hempstead INN (Interfaith Nutrition Network). The club encouraged the district's two middle schools and four of the seven elementary buildings to participate in the April clothing and food drive.

In November the Human Awareness Club holds what it calls, "Otherhood Day" (a takeoff on brotherhood). They invite many organizations fostering similar endeavors to send speakers or set up demonstration tables in the high school lobby. This "carnival of social causes" encourages students to browse through the exhibits on their free periods, picking up buttons, brochures and "food for thought."

Faculty advisor Edward Ciacio adds that the students are also involved in the September Walkathon for the Long Island Association for AIDS Care; they have been influential in the effort to stop the use of styrofoam products in the district schools; and they are putting forth an effort to get the district interested in recycling cans and paper.

The Syosset High School Student Council hosts an annual fundraiser for a senior day care center. This event usually takes form as a brunch at the Chelsea House where the students model clothes from a local store.

The Hicksville High School Volunteer Club meets on Mondays throughout the year and plans and organizes activities which benefit the community at large. In addition to its semi-annual food and clothing drives, the club donates to Greenpeace, planted a tree at the high school on Earth Day and supports a youngster in South America.

One popular activity at the high school is "Secret Admirer Day." On this day in the springtime, club members sell some 500 daffodils in the school lobby. When you purchase a daffodil, you fill out the card to your Secret Admirer. It's a lot of fun, and there are many surprises. Sometimes the secret admirer becomes known, and sometimes not. Part of the proceeds are donated to the American Cancer Society.

The purpose of the Volunteer Club, notes Mrs. Barbara Walling, staff advisor and high school nurse-teacher, is "to keep them involved in community activities," thereby diverting interests from negative pursuits. Another activity both students and staff are proud of is the student blood drive, sponsored in connection with the Long Island Blood Service in Melville. Club members schedule appointments, handle preparations, and talk with donors. The drive has done very well with the students donating 80-90 pints of blood.

Jericho High School students also work on a blood drive with the L.I. Blood Service, and this year, brought in 42 pints of blood.

The Jericho High School Student Council and Blue Key Club sponsor a Weekend of Caring in May each year. This major event involves every club in the school, about two-thirds of the students. Proceeds are donated to the Schneiders Childrens Hospital.

Highlights of the weekend are the benefit concert with student performers on Friday night and the Saturday 5K run open to all residents of Nassau County. The students also entertain children from a local orphanage.

Every year the students also offer their talents as hosts and hostesses at a Special Olympics on a Sunday in April or May. They buddy with many of the over 100 special children, and help fill the day with kindness and accomplishment.

The efforts of our young people should be acknowledged, and even more, students should be encouraged to join these worthwhile organizations.

Recalling the words of the English poet Alexander Pope:
For forms of government let fools contest;
Whate'er is best administer'd is best:
For modes of faith, let graceless zealots fight;
His can't be wrong whose life is in the right:
In faith and hope the world will disagree,
But all mankind's concern is charity.

Send items of community interest to Right Around Home, c/o Litmor Publications, 81 E. Barclay Street, Hicksville, N.Y. 11801

Hicksville Students Intern

Hicksville High School students Cynthia Baldwin, Nancy Formica, Patricia Freyksen, Jennifer James, Jennifer Kremer, Dana Munson, Christine Zandides and Alison Zuzzolo, accompanied by Guidance Counselors Sheldon Lieber, Martin Cohn and Chris Volpe, attended the Celebration of Teaching Conference held at the State University of New York, College of Old Westbury.

Students and teachers from Baldwin, Copiague, Half Hollow Hills, Malverne, Roslyn, Sachem and Westbury attended the event. The Keynote address was presented by Fred Gillam, a science teacher at Sachem High School who was nominated "1990 Teacher of the Year." Following the Keynote address, students were grouped into small workshops for discussion purposes.

Hicksville was the only district at the conference where the students are actively in their senior year of high school in an "internship program."

One of our teacher interns, Christine Zandides, presently assigned to Willet Avenue School is expanding the concept of community service to our forgotten people: Veterans of WWII, the Korean War and the War in Viet Nam who are patients at the Northport Veterans Hospital. With the students assigned to her, Christine has started a pen pal club with these veterans in an attempt to demonstrate that they are still remembered.

Christine is conducting this project with the cooperation of her sponsor teacher, Barbara Bunting, Willet Principal Michael Dunn, and Guidance Counselor Sheldon Lieber.

More Meters For Hicksville

The Oyster Bay Town Board has amended parking regulations in Hicksville Parking Field H-9 located between East Marie Street and Nicholas Street according to Councilman Thomas L. Clark.

"The modifications in parking regulations calls for the changing of 61 of the 141 stalls to 12-hour

meters requiring Town parking permits and charging \$5.25 (twenty-five cents) for each six-hour period," explained Clark.

This amendment was established pursuant to the Oyster Bay Town Board public hearing held on May 22.

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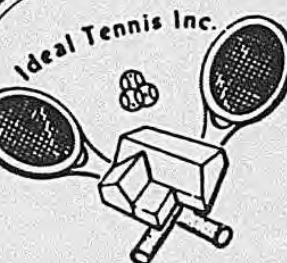


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Memorial Ceremony



Nassau County Executive Thomas S. Gulotta, sixth from left, attended the Memorial Day Ceremony of the United Veteran Organizations, held at Eisenhower Park.

Joining the County Executive were: Hal Gerry, of Hicksville, Veteran; Assemblyman Frederick Parola; Eugene Clark, of Hicksville, Commander, Veterans of Vietnam War, Inc.; Gerry Noon, of Baldwin, Veterans of Vietnam War; Nassau County Recreation and Parks Commissioner John B. Kiernan; Connie Steers, of Hicksville, President, Veterans of Vietnam War of America; Mary Wanser, of Levittown, Vice President, American Legion, Ladies Auxiliary; Frank Schlichtig, Past President, United Veterans Organizations; Dennis Dunne, Executive Director, N.C. Veterans Service Agency; George Platia, of New Hyde Park, Veteran.

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LEGAL NOTICE

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6x6/1, 8, 15, 22, 29; 7/6

Behrik Candidate For School Board

Eleanor Behrik has announced her candidacy for the seat on the Bethpage Board of Education currently occupied by Mrs. Marie R. Hurley who has advised the Board that she will not seek reelection.

Mrs. Behrik has resided in Bethpage for 33 years and served as District Clerk for the Board of Education for 22 years. As such, she has a vast knowledge of the duties and responsibilities of a School Board member. She stands for maintenance of quality education while keeping the budget within the district residents' ability to pay. She believes that all students must have the best education possible in accordance with their abilities or disabilities.

Mrs. Behrik was a candidate for Town Clerk of Oyster Bay in 1971. She was a charter member of BADA (Bethpage Against Drug Addiction), and a member of the Committee on Education & Development for the Town of Oyster Bay.

She will participate in the "Meet the Candidates Night" in the Little Theatre of the Senior High School on Monday, June 11, at 8 p.m.

Voting will be at the Senior High School on Wednesday, June 13, from 12 noon until 10 p.m. In order to vote, all residents must be registered.

College Notes

Kim D'Amella, daughter of Ronald and Marlene D'Amelia of Hicksville, has just received a 4.0 GPA for the spring semester at St. John's University, College of Pharmacy. Kim is a 1987 Honor's Graduate of Holy Trinity High School in Hicksville.

N. Shore Senior Men



Oyster Bay Town Clerk Carl L. Marcellino, center, presents a special certificate to Lou Morone of Hicksville, who was sworn in as president of the North Shore Senior Mens Club. The presentation was made at the club's annual installation luncheon, held this year at the Woodbury Country Club. Also heading up the Club for the coming year will be, left to right, treasurer Bob Safar of Hicksville, secretary John Walters and Sgt. at Arms Michael Romano of Plainview.



Oyster Bay Town Councilman Leonard B. Symons presents a citation to Shirley Hoffman, who is retiring after 27 years as a teacher in the Plainview-Old Bethpage School District, the last 15 of which she spent as a special education teacher. A resident of Plainview, Hoffman was feted at a retirement party by friends and colleagues, including Patricia Bergerin, second from right, and Ronelle Hershtowitz, principal and assistant principal, respectively, of Mattlin Middle School.

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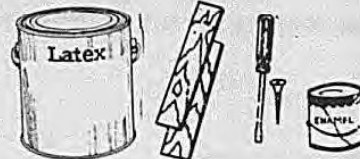
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HBA News Briefs

As the rains stopped in Hicksville, the children were out in force to play baseball.

In the Girl's Minor Division, Georgie's Girls were playing the Reds. "Hey there, Georgie's Girls..." Tuesday, May 22, found us on the Green, Green Grass of Beach. Georgie's Girls won a well played game with the score of 11-7.

Suzanne Klein and Gina Farella did a fine job of pitching, while good targets were provided by catchers Jennifer Elefante and Nicole Grogio. Liz Weber hit a single, Jill Elefante had two singles, Suzette Rivera did her self proud by hitting a single and a double, plus, some very "smart" plays at first. Three cheers for Dawn Millwater for hitting 2 singles and Suzanne Klein for hitting three singles. Gina Farella had a double with Dana Patrowicz coming through with 2 singles. The Girls of Summer are having a ball..

On Thursday, May 24, Georgie's Girls were at it again playing a super game, winning 18-7.

The team has been getting excellent pitching from Suzanne Klein and Gina Farella. Nicole Grazios had two singles and Suzanne Klein had a great day by hitting a home run, a double and a single. Another home run rang out from the bat of Gina Farella, along with a triple, double and a single.

At first base, Suzette Rivera does a great job. She also hit a single. Jennifer Elefante had a double, Dawn Millwater hit two doubles and Elizabeth Weber had a "great eye" getting three walks. The bats continued to show power with Jillian Elefante getting a single and a double and Dana Patrowicz did a nice job, also hitting a single and a double. "Nice game girls," said manager George Elefante and ditto for John Millwater, coach.

As we start the month of June, we have a new travel team. It is made up of Hicksville's young men between the ages of 15 and 17.

The team is sponsored by Pudgie's Famous Chicken. Managing the HBA team is Mr. Pete Cantalupo, assisted by coach Mr. Harv Reardon. Hicksville

starts off the season with a win against Floral Park with a score of 8-5.

At the start, we would like to thank "Pudgies Famous Chicken" for sponsoring the travel team. Mr. Pete Cantalupo and I, Harry Reardon, would like to congratulate all the boys for a well played game. And, we would like to thank all of you fans who came out to see the boys play. It was one of the biggest turnout of fans I have seen since being involved in HBA. Thank you very much!!

On the major field, on June 1, the Redsox played the Royals. The Redsox opened up a tight game in the 6th inning with 5 runs to defeat the Royals and really tighten up the Boy's Major Division. The Reds were led by Joe Iocco, with 2 hits and 4 RBIs. Sean Sullivan and Scott Levy hit 2 each, to help out. Chris DeStefano and Robbie Rogers were outstanding in the field, putting an end to the two Royal's rallies. Chris Kearney won his third game of the year. The Royals were led by Brian Tower's home run and good defensive plays by B.J. Sommer and Billy Stahl.

On June 2, the Redsox were on the field again to play against the Yankees. This time the Yankees dominated the game. The Yankees overpowered the Redsox by a score of 10 - 1. Bobby Campbell of the Yankees, pitched a great game and kept the Reds to one run, which was driven in by Sean Sullivan.

The Girl's Senior Softball team #1 enters June with a record of 5 and 2 behind the effective pitching of Abbie Mandell, Kim Glover and Danielle Racnidenck. Lynne Marie Fuente has provided solid defense behind the plate. Infielders Hilary Cunningham, Diana Hoffman and Kara Schwartz have provided both solid defense as well as good offense and speed on the bases. Erin Carney, Vanessa Grecco, Gina DeStefano and Stacy Zeiders are key to the teams overall defense and run generating capability. First base coach Katie Campbell is an important asset in moving runners into scoring position.

Strawberry Fest At St. Paul's

The Dorcas Aid Society of St. Paul Lutheran Church in Bethpage is pleased to present "Strawberries!"

On Friday, June 15, at 7:30 p.m., we will once again celebrate the fruit of the vine at our annual Strawberry Festival. The women of the Dorcas Aid will be serving strawberries, strawberries and more strawberries! Accompanied by cake, whipped cream and ice cream. As an added treat, entertainment will be provided by "The South Shore Double Four," a barbershop quartet. A \$4 donation is requested.

As we partake of the strawberry vine on the 15th, may we take part now and eternally in the True Vine - Jesus Christ our Lord!

St. Paul Lutheran Church is located at 449 Stewart Avenue in Bethpage (just south of the railroad station). Please use the Kearney Ave. entrance. For further information, please call the church office at 931-8262.

Safe Boating Award



Oyster Bay Town Supervisor Angelo A. Delligatti, third from left, presents proclamations for "Safe Boating Week," June 3-9, to Ilene Morris of Syosset, Commander-Elect of the Oyster Bay Power Squadron; Robert Hildenbrand, left, Commander of U.S. Coast Guard Auxiliary Flotilla 13-2; and Harvey Notov of Hicksville, right, Commander of U.S. Coast Guard Auxiliary Flotilla 12-3, in recognition of their groups' work in the area of boating safety. Town Councilman Thomas L. Clark and Clinton Smith, the Town's Harbor Master, were also on hand for the ceremony. Flotilla 31-2 patrols the Town's south shore while Flotilla 12-3 covers the Town's north shore.

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- 3- Registration fees include accidental medical insurance. This is in excess of family coverage.

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News From Central Park Historical Society

On Wednesday, June 20, at 7:30 p.m., Fire Inspector Andy Steinmuller of the Nassau County Fire Marshal's Office and former chief of the Bethpage Fire Department, will explore "Fire Safety in the Home - The Importance of Timing" with the members of the Central Park Historical Society of Bethpage. Among the areas he will discuss are the importance of time in reporting fires and procedures to follow in the event of a fire. Previous presentations by Inspector Steinmuller on this topic have been well received and may prove to be a matter of life or death to those who attend this lecture. The critical nature and calibre of this program has been recognized by fire insurance companies who have utilized him to address their staff.

The May meeting which focused on the Vanderbilt Motor Parkway was received enthusiastically by the members of the society. It led to follow up conversations which recalled the days when the Motor Parkway was more than pictures and memories. Ed Sokolski, a lifelong resident of Bethpage, added information about the Parkway which he recalled. More recent residents such as the Preziosis, who live in the vicinity of the route followed by the Parkway, were interested in learning about the past history of the locale in which they lived. Gene Sengstacken revealed that his grandfather had taken pictures of the building of that early super highway.

Plans continue to be formulated for Bethpage Day. A magnificent logo developed by Ernest Finamore was unveiled. In addition the Grumman Corporation has been generously cooperating to make Bethpage Day a successful

annual tradition. They are donating the Grand Prize to the raffle which will be held on BDay - a 27" color television set. Lois Lovisolo, archivist and historian of the Grumman Corporation, has been most helpful in facilitating the cooperation of Grumman and the Central Park Historical Society. Added to this will be the host of prizes donated by Bethpage Merchants which will be part of an all day long raffle. **Historical Society Float Unveiled on Memorial Day:**

The Memorial Day Parade also provided the Central Park Historical Society with the opportunity to introduce the float which will be symbolic of the society - a scaled replica of the Powell Avenue School circa 1912. It was developed from plans drawn by George Hoban and Lenny Mulqueen based on pictures of the school. The reverse side of the model represented an old classroom with Anne Merin enacting the role of a teacher of bygone years and with Matthew and Elizabeth Palillo as students. Genuine antique desks, globe, and chalkholder were donated for use as props by society members. As usual Mary Kuhlke coordinated the decoration of the miniature school room. This float will be on view again at the Bethpage Day Parade in October. Perhaps those who were not able to do so on its first viewing, will be able to take pictures with it as a background on October 6.

Family Picnic:

Following the tradition established by the society last summer, there will be a summer picnic which will be announced shortly. That and Music Under the Stars, the musical presentation by the Town of Oyster Bay will make for a most enjoyable summer evening. Plan to be there.

Fifth Place In English Contest

A team of seniors, Kim Mondelli, Antonio Minichella, and Yvette McCarthy took 5th Place in a national English contest sponsored by the Foundation for Scholastic Advancement.

Six Bethpage High School teams of three competed for the right to have their team's score sent to official headquarters for final judging. Over 70 teams took part in the contest. Each team

competed in 9 rounds that included figures of speech, usage, poetry, vocabulary, and other English areas. Final scores were ranked on a national basis.

The Bethpage threesome scored 83 points only four less than the nation's second place team. It was the first year Bethpage competed in this national contest.



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LEGAL NOTICE PUBLIC NOTICE

PLEASE TAKE NOTICE

that the Town Board of the Town of Oyster Bay, New York, shall hold a regular meeting to conduct the public business of the government of the Town of Oyster Bay, on Tuesday, the 19th day of June, 1990, at 10 o'clock a.m., prevailing time at the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York. All interested members of the public are invited to attend. Pursuant to law, a public hearing will be held at the aforesaid time and place or as soon thereafter as practicable, to consider the following amendment to Chapter 17 "Motor Vehicles and Traffic" of the Code of Ordinances of the Town of Oyster Bay, New York: **Stop Signs shall be added or deleted from Section 17-25 in the hamlets of Hicksville, Jericho, Massapequa and Plainview. One-Way shall be Added to Section 17-35 in the hamlets of Glen Head and Hicksville. Left or Right Turns shall or shall not be made, or Must Turn as the case may be, shall be Added to Section 17-44 in the hamlet of Plainview. No Stopping Zones shall be Added or deleted from Section 17-152 in the hamlets of Bethpage, Glen Head, Hicksville, Locust Valley, Oyster Bay and Syosset. No Stopping Bus Stop shall be Added to Section 17-154 in the hamlet of Woodbury. No Parking Zones shall be Added to Section 17-165 in the hamlets of Hicksville, Massapequa and Oyster Bay. Limited Parking Zones on Certain Days or Hours shall be Added or Deleted from Section 17-168 in the hamlets of Bethpage, Glen Head and Hicksville. No Standing Anytime shall be Deleted from Section 17-175 in the hamlet of Glen Head. One Hour Metered Parking 8 a.m. to 5 p.m. except Sunday and Holidays at 10 cents per Half Hour shall be Added or Deleted from Section 17-119 in the hamlet of Hicksville. Two Hour Metered Parking - 8 a.m. to 5 p.m. Except Saturday, Sunday and Holidays at 10 cents per hour "Two Hour Maximum" shall be Added or Deleted from Section 17-147 in the hamlet of Oyster Bay.**

The above mentioned amendment to Chapter 17 "Motor Vehicles and Traffic" is on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time at the Office of Town Clerk. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

**BY ORDER OF THE
TOWN BOARD OF THE
TOWN OF OYSTER BAY**

Angelo A. Delligatti
Supervisor
Carl L. Marcellino
Town Clerk

Dated: April 24, 1990
Oyster Bay, New York
MIT 2357
1X6/8

Awards Assembly



Nassau County Executive Thomas S. Gulotta, second from right, attended the Awards Assembly of the Bethpage High School which was recently held.

County Executive Gulotta congratulated Community Service and Excellence Award recipient Brett Fox, center, in recognition of his outstanding service to his school and community.

Looking on were: Tony Macleod, Principal, Bethpage High School; Joyce Fox, Brett's mom; John McCarthy, Asst. Principal.

Tandy Award



Hicksville High School science teacher Paul B. Schwyer has been recognized as the Tandy Technology Scholar Outstanding Teacher of the Year. The Tandy Technology Scholars recognize and reward academic excellence in mathematics, science and computer science. Mr. Schwyer was presented with a certificate signed by Dr. William E. Tucker, Chancellor of Texas Christian University, and John V. Roach, Chairman of the Board and Chief Executive Officer of Tandy Corporation.

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Annual Memorial Day Parade

Hicksville and its surrounding residents have not forgotten the deceased and surviving Veterans. As always they were out in large numbers to watch the parade, and then attend the Memorial services at the Jr. High School on Jerusalem Avenue. The combined Veterans groups are proud to be a part of this community, just as the community is proud of them.

This year's parade was one of the largest in the last few years. The weather was ideal, which enabled the Model A Car Club of Long Island to bring out many of their Antique cars. Many thanks to its President Walter Hawkins. Also Mitchell Blittman, Hudson Antique Car Club, and Ralph Santos, Antique Cadillac. This year's Grand Marshal was William Fielstein, Past Commander Jewish War Veterans, Gier-Levitt Post #655. There were four Divisions this year, the 1st Division was led by The William M. Gouse Jr. VFW Post 3211, Commander Anthony Ferrara; The 2nd Division The American Legion Charles Wagner Post 421, Commander Arlene Howard; The 3rd Division The Masonic War Veterans, The Henry Biel Post #46, Commander Karl H. Zoehfeld, and the 4th Division was the Jewish War Veterans, Gier-Levitt Post #655, Leo Gray Commander.

The ceremonies at the Jr. High School were most impressive this year. From the singing of The National Anthem by VFW Auxiliary member Ann Cerbone, The Stirring Address by Captain Lawrence Rivera, of Headquarters 1st BN 71st Inf. New York Army N.G. to the singing of God Bless America. This is what Memorial Day is all about. In keeping with the spirit of the day another excellent occasion took place. A new plaque was unveiled and the area around all the monuments was dedicated to be known as "The Hicksville Veterans Memorial Park." The honor of unveiling the plaque went to Mrs. Shiela Noeth and Dick Evers of Hicksville. Last but not least the Hicksville VFW Post 3211 again donated 2000 flags that were distributed to all the residents along the parade route. Congratulations to the Memorial Day Committee, and a special pat on the back for Chairman Connie Steers for a tremendous job well done.

The Memorial Day Committee as follows:

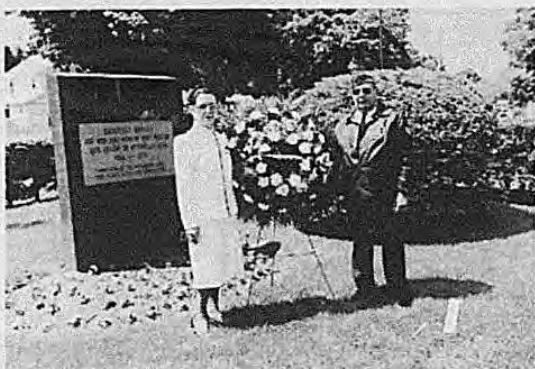
Connie Steers, Chairman, Veterans of Foreign Wars; Leo Gray, Commander, Jewish War Veterans; Herbert Gresser, Jewish War Veterans; Arlene Howard, Commander, American Legion; John Rizos, American Legion; Greg Bennett, American Legion; Karl H. Zoehfeld, Commander, Masonic War Veterans; Charles Rousselet, Masonic War Veterans; Jack Scheel, Masonic War Veterans; Esther Palladino, Veterans of Foreign Wars Auxiliary; Carmela Vitiello, Veterans of Foreign Wars Auxiliary; Frieda Ferrara, Veterans of Foreign Wars Auxiliary; Karl Schneider, Hicksville Fire Department; William Schilt, Commander, DAV Chapter #143; Mitchell Blittman, DAV Chapter #143; Frank Ventura, DAV Chapter #143.



Reviewing stand, left to right: Joan Chwalisz, State President VFW Ladies Auxiliary; Esther Palladino, President, Hicksville VFW Ladies Auxiliary; Joe Normandy PPC, Hicksville VFW, Master of Ceremonies; Tom Clark; TOB Councilman Commander Hicksville VFW Anthony Ferrara.



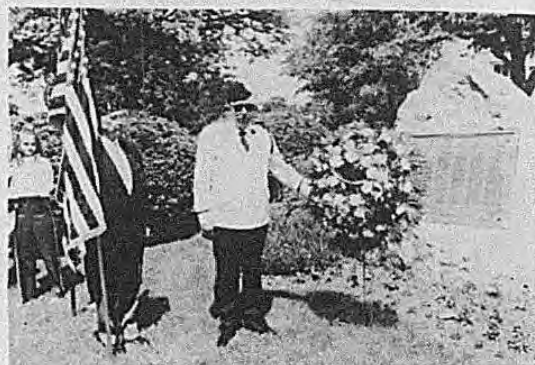
Guest speaker Captain Lawrence Rivera, New York Army National Guard.



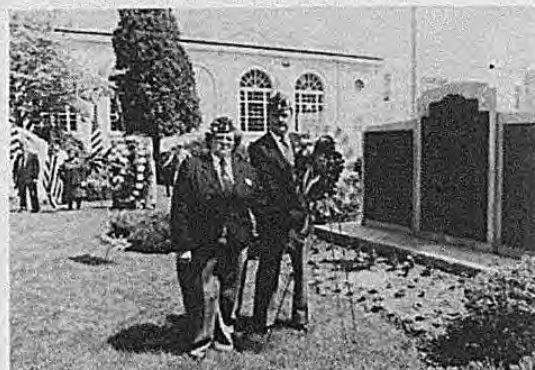
Left to right: Gold Star Mother Mrs. Kozma Libertad and VFW Commander Anthony Ferrara Place wreath Vietnam Monument.



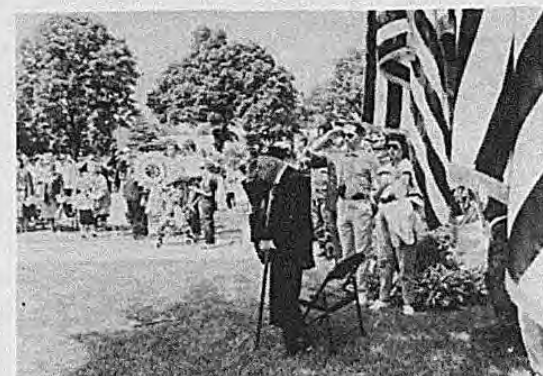
Jewish War Veteran Commander Leo Gray, places wreath at Korean Monument.



Masonic War Veterans Commander Karl H. Zoehfeld places wreath at World War I Monument.



American Legion Commander Arlene Howard is assisted in placing wreath at World War II Monument.



World War I Veteran, Leroy Whitelaw, member, Jewish War Veterans of the USS Gier-Levitt Post #655 stands at attention and salutes during playing of National Anthem.



Memorial Day Chairman Conrad Steers opening ceremonies.

Kiwanis Hear LIRR Speaker



At the May 30 meeting of the Hicksville Kiwanis Club, Mr. Michael G. Charles, the Manager of Government and Community Affairs for the Long Island Railroad was the guest speaker. Mr. Charles has served the LIRR for 10 years in this capacity. He previously spent 3 years as the Public Information Director for the N.Y. State Assembly Ways and Means Committee, and also has been a Radio and TV Newscaster as well as a DJ at various stations in the Metropolitan area. Mr. Charles told the Kiwanis members about the recently announced LIRR plan to spend 9 weeks this summer, from June 30 until Sept. 3, to rebuild the "Harold Interlocking" switching complex near the East River tunnels in Queens. He said that service will be delayed or cut back for virtually every LIRR customer while this 80 year old track, switch, and signal system is replaced with modern, more reliable, more dependable, higher-speed equipment for the 250,000 passengers who go through this complex on a daily basis. Mr. Charles suggested that LIRR users watch for the brochures and other printed material which will be available to them to help them plan how best to schedule their travel during this approximately 9 week period. In the photo, Mr. Charles is shown with Kiwanis Program Chairman Effie Krogmann, on the left, and Kiwanis Director Donna Jean Schroeder, on the right. (Photo by Sieg Widder)

Dutch Lane Class Trip



On May 18, the 5th graders from Dutch Lane went on their class trip to Philadelphia. The students from Mrs. Lynn's, Miss Cecere's and Miss Rosenberg's class visited at Independence Hall, the Mint, Franklin Court and even got to see the Liberty Bell! It was an exciting day.

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It's A Long Way Back To Syosset

On June 22, Stephen O'Connor will leave Seattle, Washington, on a bike ride to Syosset, a distance of approximately five thousand miles.

Steve has been "working with the kids" at St. Mary's Children and Family Services in Syosset and is presently involved in the farm program, helping them to plant a summer garden. He is an electrical engineer, a graduate of Harvey Mudd College in Claremont, California, and worked most recently for the Westinghouse Electric Corp., providing technical advice and supervision in power plants around the metropolitan area.

Why would this highly intelligent and professionally successful young man embark on such an ambitious journey? Because, in his own words, "In an effort to help shape America's youth, I'm trying to raise funds for a special school for children on Long Island, St. Mary's....I'm hoping to collect as many sponsors as possible.... The spirit of the school, LOVE, is best summed up in the Biblical saying, 'Teach a child to choose the right path, and when he is older, he will remain upon it.'"

Steve O'Connor did not come upon St. Mary's by chance, however. He is the nephew of Sister Margaret O'Connor who lived and worked at St. Mary's for many years.

Sister Margaret died last year but we are sure that her spirit will be with Stephen every mile of his long journey across America, urging him on, giving him strength.

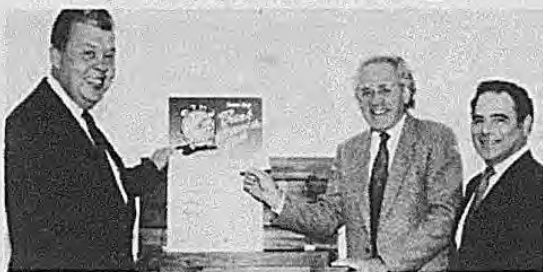
Won't you help, too? No gift is too small. And you will have become a partner with us on a life journey for some very special children at St. Mary's. Please send your gift to:

St. Mary's Children and Family Services, Convent Road, Syosset, N.Y. 11791, Attn: Sister Mary Sean or, if you would just like more information, call 921-0808 and thank you!

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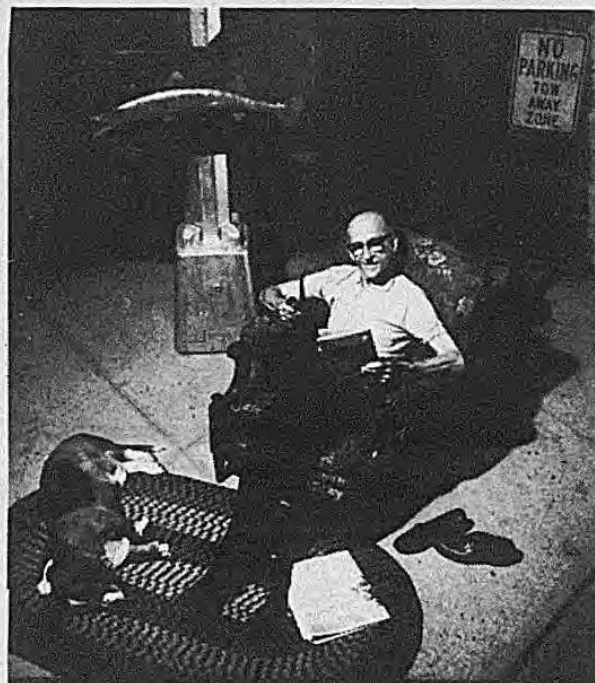
DJJ DETROIT PARTNERS, 49 Hunt Dr., Jericho, N.Y., Substance of Certificate of Limited Partnership filed in Nassau County Clerk's Office May 14, 1990. Business: Acquire, own & operate certain real property. General partner: Jeffrey A. Goldberger, 49 Hunt Dr., Jericho, N.Y. Limited partners: Contributions & Share of Profits: Jordan B. Seaman, 12 The Poplars, Roslyn, NY; Dana G. Manning, 167 East 61st St., N.Y., N.Y., \$16,835.02 each, 25% each. Term: to Dec. 1, 2035 unless sooner terminated. Additional contributions may be required. A limited partner may assign his interest provided that all partners unanimously consent to the assignment in writing. Upon the death or insanity of the general partner, the partnership shall terminate. No priority among limited partners. JNJ 7928 6X5/25; 6/1, 8, 15, 22, 29

Loechel Wins Drawing



Gerald Levi M.D., center, draws the winning ticket in a National Westminster Bank USA customer appreciation sweepstakes to celebrate the renovation of the Bank's Plainview office. The winner, Mr. Walter Loechel of Hicksville, recently received a Panasonic video cassette recorder. Assisting Dr. Levi with the drawing are NatWest Region Manager Werner Melin, left, and Plainview branch manager Bob Dana.

National Westminster Bank USA is a subsidiary of National Westminster Bancorp Inc., which, along with its New Jersey subsidiary, National Westminster Bank N.J., has combined assets of \$22 billion and more than 265 branch offices in New York and New Jersey.



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TAKE A BITE OUT OF
CRIME

Bethpage Chamber Of Commerce



Oyster Bay Town Supervisor Angelo A. Delligatti, left, was on hand to install officers of the newly formed Bethpage Chamber of Commerce, including president Dennis Brady, second from left, and vice president Gary Bretton. Here, he and Hempstead Town Clerk Daniel Flaher present special certificates to the two men signifying that they are charter members of the organization.

Three Win Essay Contest

Two freshman and a sophomore won the three prizes in the essay contest run by PEOPLE. Freshman Subha Dhanaraj took first place, last year's winner Alexandra Grinshpun, a sophomore, was second while freshman Dyana Santulli took third prize. The freshman are in Ms. DeFranco's tenth grade writing program, while Alexandra is in Ms. Yansick's 11th grade honors course.

Students in grades 9 through 11 wrote essays on the topic "What do you feel are the positive and negative aspects of being a teenager in Bethpage?" A select group from PEOPLE judged each submitted essay. Prizes of bonds worth \$100, \$50 and \$25 were given for the first three awards respectively.

Hicksville Youth Council Meets

The Hicksville Youth Council will hold its monthly Board Meeting on Tuesday, June 12, at 7:30 p.m. at the Youth Council, 175 West Old Country Road, Hicksville. Everyone welcome!

Third Place In Writing Contest

Lauren Moran, a student in the 10th grade writing program, took third place in the recent Long Island Writing Conference. Two hundred pupils in Massau and Suffolk competed in the essay contest which asked them to describe where and what they would do if they had a time machine.

Lauren's essay was printed as part of an anthology of winning essays. She became the first Bethpage winner of this contest.

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will be received by The Board of Commissioners of the Hicksville Water District, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7 p.m., prevailing time, on Thursday, June 28, 1990, at which time and place they will be publicly opened and read.

Instructions for Bidders, Proposal, Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Thursday, June 14, 1990. A deposit of Fifty dollars (\$50) is required for each set of documents furnished, which will be refunded to bidders who return specifications with ten (10) days of bid opening in good condition; other deposits will either be partially or not refunded.

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

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

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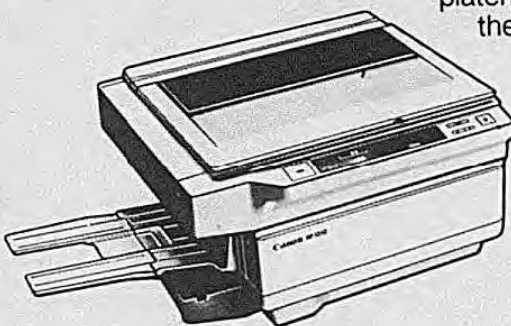
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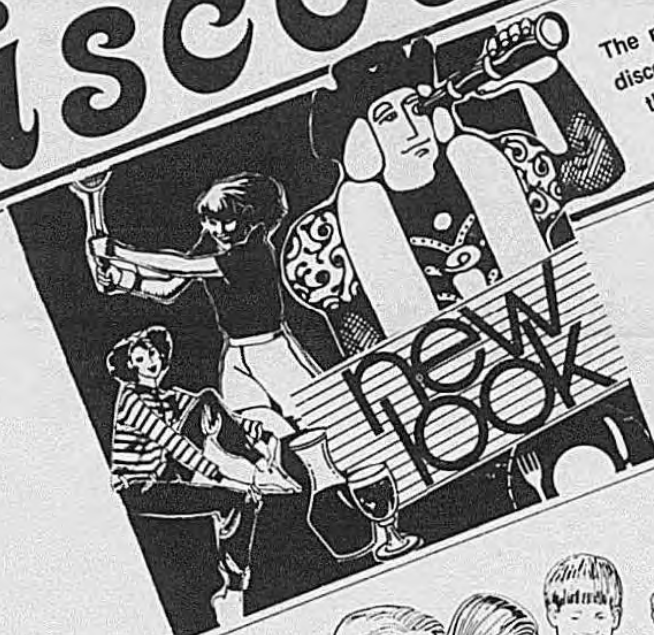
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Friday, June 8, 1990



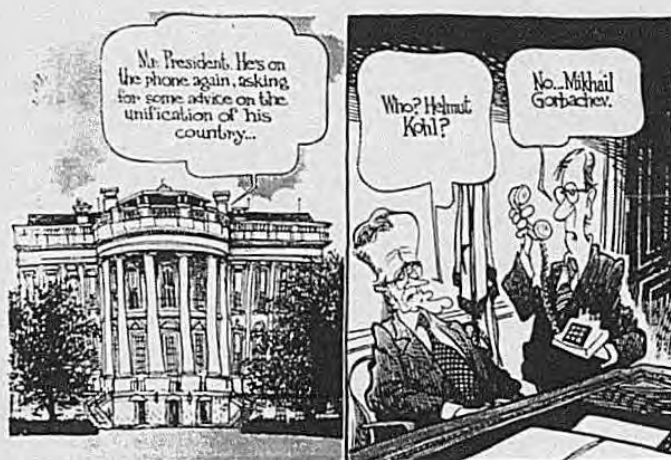
**Senior Citizens,
Step Forward**

SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think Gorbachev's visit was a success?



Callers Think Pres. Bush Will Allow New Taxes

Most callers to Input believe that Pres. Bush will refute his "no tax" campaign promise in answer to this question: "In the face of falling tax revenue do you think Pres. Bush is ready to refute his promise of no new taxes?" Here are some of the answers:

CAMPAIGN PROMISES

Certainly, Pres. Bush was simply campaigning when he made his promise of no new tax increases. It is not possible to predict four years or even one year in advance what revenue will be in from existing taxes. So if there is less revenue coming in, even without adding anything new to the budget, taxes have to go up. Pres. Bush will okay more taxes. K.T.

STOP SPENDING

I think that Pres. Bush will not allow much of an increase in taxes because he knows that the American public wants government to slim down and stop spending. The problem is that Congress can pass legislation that requires more money and it will be necessary to increase some taxes. However, even though he is not delivering completely, I think we are better off with Bush as President since he knows that the public is fed up with taxes and he will therefore keep things down as far as possible. The Democrats have been pounding the drum for new taxes and I wish they did not control Congress. J.H.

VERGE OF NEW TAXES

There is no doubt about it that we are on the verge of new taxes. However, I do not think that it has to be this year because we can count on spending less for war products and using some of the money to offset the low collection of taxes. Pres. Bush can only go as far as the law allows and if Congress passes some spending bills he is not in the drivers seat. B.J.

MORE TAXES

This is a game. We have more taxes now in the form of Social Security than we had before Bush. There is no President or anyone else in the government who will say let's cut military spending and cut the taxes. The minute some money becomes available a new so-called service is instituted and we have more taxes. Let the government do less for us because most of the things that are being done now are worthless. Less government would mean less taxes and more people available for private employment. H.F.

SENSELESS IDEA

It does not make sense to believe that Pres. Bush will stick to his no new tax statement. He should never have made that statement and maybe he would not have been elected. However, since his jopponent Dukakis cannot even balance the Massachusetts budget I think we are better off with Bush in spite of the phoney promise about no new taxes. D.G.

PLENTY TO COME

Anybody who thinks that we are not going to have more taxes is not in this world. Pres. Bush already is thinking about new taxes and he will probably be in favor of plenty more. They may call them something else but it will still mean paying out more money to government no matter what they say. F.K.

NO ALTERNATIVES

Frankly, I don't believe that Pres. Bush has any alternative but to refute his promise of no new taxes. Congress certainly is not coming up with solutions to our deficit problem - their constituents have them scared to death. And then, whether we like it or not, the economy at best, is stagnant so that even under present circumstances Federal income is going to suffer. Back in April, your weekly "Question" posed a query as to whether a national sales tax would be better than present income tax and I concluded my comments by saying that "I would recommend a simplification of the entire (income tax) process to include all income producers who are legally obliged to report". I am sure that the tax income from undeclared earnings particularly from illegal aliens not to mention corporate short-circuits would result in a substantial gain in federal returns. As it is, those of us who are faithful as well as captive to the system are held to the letter of the law. Many think that the deficit is going to go away and it just ain't so. We are suffering from an economic malaise which can only get worse as long as we ignore it. In addition to simplification I strongly recommend a tightening up of the entire process to make sure that high income people pay a reasonable share of the tax burden on the basis that they have a greater responsibility in support of our national well-being. Unfortunately, I believe that President Bush is trying too hard not to go back on an election promise but I believe that he could be complimented by a change in that attitude by facing up to the problem and making strong recommendations to Congress with specific targets and courses of action. P.G.S.

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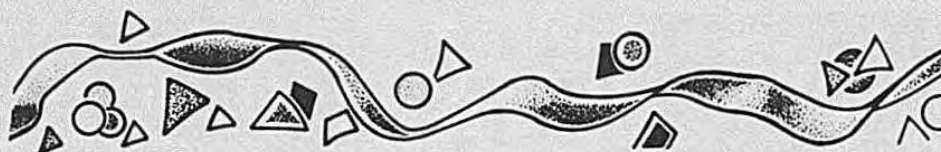
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Discovery!



Senior Citizens, Step Forward

By Joseph T. Loscalzo

It saddens me when I read or hear that children and adolescents are "The hope of the future," when they are looked upon with the expectation that they can and will bring the world from chaos and devastation to peace and harmony. Such a concept saddens and disturbs me for 3 very profound reasons. First of all, it just isn't fair to place such a burden, such an expectation on children and teenagers, especially at a time in their development when they are struggling with the most critical challenges in life e.g. career. Secondly, children and teenagers should be permitted and encouraged to live their lives as children to the fullest, free of the heavy burdens which will come soon enough in adulthood. And finally, we already have another valuable resource, quite available and quite long on knowledge and experience, and, therefore, a group quite capable of contributing heavily to the necessary changes for this world to modify destruction and to promote the construction of a better world. I am referring, of course, to the "senior citizens." Aren't we neglecting a gold mine of talent and ideas?

May I try to clarify and amplify? I have often been amused by teenagers in general, and my own six in particular, whenever I overhear them advising a friend "Well, Tom or Mary Jane should have listened to me, I have much more experience driving (like 1 or 2 years?), Dieting (like several months with Weight Watchers?). What a testimonial, albeit only implicit, to the recognition and value of experience! Given the opportunity, children and teenagers, I truly believe, would honestly and happily bequeath to senior citizens, the responsibility of spinning the world into a healthier orbit.

In their blunt but honest and unfancied expression, children and adolescents would acknowledge their self absorption with presenting themselves as physically conditioned and attractive, with fulfilling the necessary academic challenges, with trying to understand the meaning of life, with learning social poise, and with managing the complicated social and sexual milestones, with surviving the emotional roller

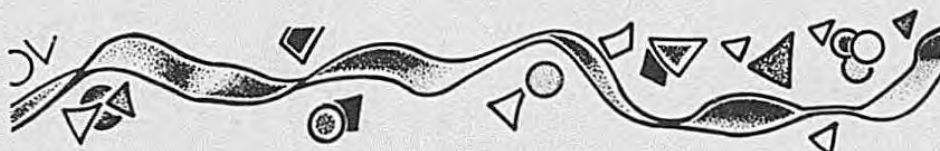
coaster ride of youth - in summary, with "growing up" - yes, I think, they would be relieved to discover that another group, the senior citizens would accept the formidable task of the future.

While, on the other hand, the senior citizens, I'm certain, would graciously accept more of the responsibility to find "hope for the future." They would appreciate the value of their knowledge and experience and would, with humility but with confidence, share this great treasure with the world around them. Further, they would derive much satisfaction from the opportunity to extend their altruism; to give to future generations better ideas, better experiences - in short - a better world. Senior Citizens, especially those in retirement, would have the time, the energy, the enthusiasm. Senior Citizens, sensing a respect for a treasure compiled after long years of hard work and sacrifice, would be thrilled to offer this treasure to the young. Senior Citizens, even if they "only" told their individual life stories, would often teach, enlighten and best of all, inspire those listening.

In summary, children and teenagers deserve the opportunity to live their lives as children - fully. They should be guided to spend this phase of their development as problem-free as possible. In so doing they could and would mature through their developmental phases satisfactorily and would readily contribute to the mainstream of societal success. Further, they would become first class adults. Meantime, the senior citizens of our community would be encouraged to share, to give, to analyze their treasure of knowledge and experience for the greater benefit of mankind. They would be recognized as a valuable resource with a gold mine of ideas, and proven experiences that will inspire all human beings but especially the young - to pursue, with courage and conviction the fundamental values and rights governing human life.

ABOUT THE AUTHOR

Joseph T. Loscalzo is a long time resident of Woodbury. He has written a number of special stories for *Discovery*.



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READER RATINGS



Lantern Restaurant Dining Is An Illuminating Experience

Both my wife and I give a very good rating to restaurateur John Diassinios' West Hempstead, Lantern Restaurant after dining on two of their specialties. Her \$14.25 special started off with eggs a la Russe garni with anchovies, followed by veal pizzaola with mushrooms, peppers and sausage in light tomato sauce, accompanied by a delicious Greek salad, and finished with an orange sherbet dessert.

I enjoyed my \$14.50 complete dinner special of Manhattan Clam Chowder, Veal Casablanca with bay shrimp in green onion tomato sauce, accompanied by fresh broccoli and peas a la Francaise, and finished by a generous portion of honeydew melon.

We discovered that Lantern Restaurant Executive Chef Tom Valdes, a graduate of Hyde Park, New York's famous Culinary Institute of America, was born and raised on the Greek Island of Rhodes in the Aegean Sea, and came to the United States when he was 14 years old.

"My father Donald stressed three points to me which he considered essential to success in the restaurant business," commented Proprietor Diassinios, a longtime Garden City resident. "They are that the establishment must be clean, the food must be of high quality and the service must be professional."

Since Proprietor Diassinios is currently celebrating his 25th anniversary of owning and operating the Lantern Restaurant, it is safe to assume that he and his crew are doing a great many things right! J.DeG.C.

HIGH PRAISE

A number of years ago we had been to the Colonial Inn in Mineola and we were not so impressed with the restaurant, although it always was good. Last week we noticed that it was under new ownership and stopped in again. We like the Colonial Inn and we liked its great stuffed porkchops with the apple and raisin stuffing. This restaurant is one that we would recommend to all our friends. The new management is to be commended for improving the menu and not overpricing the food. Tell everyone about it. N.R.

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

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Where Our Readers
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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."

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)



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READER RATINGS



One In A Million
Casa Mia is a place that is one in a million. There is nothing commercial about this restaurant at all.

The ambience is lovely. The food is so good it is indescribable. All of Carmine's sauces are made from scratch and are nothing like anything you have ever tasted. The sauteed vegetables are also one of my favorite. Baby carrots almondine, broccoli fried in garlic and oil, and asparagus ala Romano. I know because he gave me the recipe. This is something no one has ever done.

Every time we have been there, the food was fresh, especially the seafood. The service is very good and the entertainment is always top notch.

Please print this, so more people can find this homey, beautiful restaurant in Bethpage. Thank you. P.C.

DINING GUIDE

CASA mia

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- Gourmet Italian Home Cooking (Neapolitan style)
- Fresh Seafood daily

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8 to 11 p.m.**

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gallery restaurant**

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LUNCHEON PARTIES

For prompt service - all luncheon orders must be called in
Select your choice of any one of the following items
BAKED ZITI - Meat Sauce, Cheese - **SOLE DIJON** -
Lemon, Wine, Mustard - **CHICKEN PARMIGIANA** - Sauce, Cheese -
CHICKEN SORRENTINO - Ham, Eggplant **VEAL PARMIGIANA** -
Sauce, Cheese - **VEAL MARSALA** - Mushroom Wine Sauce
Dessert - Italian Rum Cake or Parfait and Coffee
Monday thru Friday \$10.50 per person Plus Tax & Tip

DINNER PARTIES

Canapes are served when most guests have arrived
Each table is set with our cold vegetables and cold dip
The following menu is at each place setting
Your guests have a choice of any one item
SOLE DIJON - Lemon, wine, mustard - **SCALOPPINI**
LEONARDO Ham, Eggplant - **CHICKEN & VEAL COMBINATION**
CHICKEN MARSALA - Wine, Mushrooms - **VEAL**
PARMIGIANA - Cheese, Sauce - **FILET MIGNON BORDELAISE**
All Main Courses served with spaghetti or salad and vegetable
Dessert - Italian rum cake or Parfait & Coffee
Monday thru Thursday \$17.00 per person, Plus Tax & Tip
Friday (Max. 30) and Sunday (Minimum 50) \$20.00 Plus Tax & Tip
Saturday (Max. 30) \$23.00 per person Plus Tax & Tip

Served Monday thru Thursday
FOUR COURSE GOURMET DINNERS
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New Hyde Park, N.Y. 11040**

(516) 488-5100
(West of Marcus Ave.)

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For Private Parties**

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

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

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

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DINING GUIDE

READER RATINGS



Crabtree's Cuisine Captivates Us!

While re-visiting Floral Park restaurateur Yianni Hatgidimitriou's Crabtree's Restaurant on Saturday evening, my wife and I agreed that Yianni has done an excellent job of maintaining the superior quality of his competitively priced cuisine.

I started off my most memorable meal with a \$2.50 bowl of succulent shrimp bisque which was also available at \$1.75 a cup. I thoroughly enjoyed my enticing entree of an \$11.95 sumptuous seafood scampi, consisting of sauteed fresh shrimp, scallops, oysters, swordfish and tuna fish with garlic sauce over a bed of linguini. The scampi had been marinated in a garlic butter and parsley sauce which gave it a magnificent flavor. My wife savored her charcoal grilled swordfish with lemon, dill and butter sauce, and garden fresh carrots and broccoli. Our waitress seasoned our entrees with freshly ground black pepper which further enhanced their fragrant flavors.

Our delightful dining was complemented by a 1/2 liter of Crabtree's house White Wine, a superb imported French Renezunot.

We can hardly wait until we will relish our next "Crabtree's culinary caper!"

Incidentally, Crabtree's kitchen is open from 5 to 11 p.m. on both Friday and Saturday evenings, which is especially convenient for night owl dining outers, weekend-wise. J.DeG.C.

Q. I seem to remember that years ago salads always came to the table with the entree. But now they are served in advance of the main course. Why did this change occur?

A. Salads are now customarily served before the entree in order to provide the hungry diner with something to eat while his mail course is being prepared.

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1 1/2 lb.....\$20.95

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The Last Word In Restaurant Guides



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Have The Last Word

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

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(Guide to Good Dining)

DINING GUIDE

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and
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experience!

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American Traditional Cuisine Since 1789

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Bloody Marys, Mimosas, Screwdrivers, coffee and rolls

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EGGS BENEDICT
2 Poached Eggs served on English Muffins with
Canadian Bacon, Hollandaise sauce and potatoes

FRENCH TOAST
Made with Challah Bread, served with Bacon

MONTE CRISTO
Ham, Turkey and Swiss cheese grilled on French Toast
and served with potatoes

QUICHE AND SALAD

SMOKED HAM, CHEDDAR CHEESE & SCRAMBLED EGGS
served on a croissant with potatoes

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8 oz. N.Y. SIRLOIN STEAK & EGGS
your choice of eggs and served with potatoes

8 oz. N.Y. SIRLOIN STEAK & EGGS BENEDICT
served with potatoes

\$11.95
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DINING GUIDE

482-1798
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Ristorante Giulia

Northern Italian Cuisine with a touch of France

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

570 Middle Neck Rd., Great Neck

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Lobster tail and an 8 oz. shell steak

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Corned beef, cabbage, turnips, kale, and boiled potatoes.
Don't forget sherry trifle for dessert \$11.95

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American Express, Visa, and Master Card Accepted

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*Kids under 12

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Bring in this ad and receive a
FREE DESSERT
When you order 1 of our Entrees

READER RATINGS



SPECIALTIES

The LaMarmite in Williston Park is one of the top restaurants on Long Island according to the ad you have. We will go along with that. We have been going to this restaurant on and off for some time. It is something special and spoils you for the many other "run of the mill" places.

One thing nice about the LaMarmite is that it has several specialties of the house each day and they are genuine specialties. We have been disappointed elsewhere with the specials because they often turn out to be items that were made of leftovers. At LaMarmite, we have to say that the specials are really "special."

Another fine point about LaMarmite is that you are given attentive service from the beginning with the valet car parking to the end of the meal. This is really a first rate restaurant. G.E.

Q. I have noticed that tips are said to range from 15 to 20 percent of a bill in a restaurant. When you calculate this, do you figure in the sales tax? R.K.

A. No you do not generally figure the sales tax in the tip but a great many people now are doubling the sales tax to quickly arrive at the amount of the tip. With the new increased fraction the tip will then closely approximate a 15 percent gratuity.

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.

FINE SEAFOOD

Our party of four had dinner at Estoril Granada, on Mineola Boulevard in Mineola. Seafood seems to be their specialty. We asked the waiter for suggestions and he thought we would enjoy Carne Porco Alentejana. This consists of pork and clams in a delicate brown sauce. It was a happy choice. The other couple ordered the Caldeirada, which is the Portuguese version of Bouillabaisse. Our friends heartily endorsed their choice. If you are hankering for something unique and delicious, I think you will enjoy Estoril Granada. We enjoyed the ambience of the restaurant and found the service excellent. G.W.

DINING GUIDE

746-1450 71 Hillside Ave.
Williston Park

BoMont's cafe

Sunday Dinner Special

Complete 5 - Course
Prime Rib Dinner **\$9.95**

Beginning 3:00 p.m. 'till 10:00 p.m.

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(Guide to Good Dining)

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Cesar's Cafe
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LUNCH
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PARTIES
HAPPY HOUR

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Reservations (516) 466-1121

READER RATINGS



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.



DINING GUIDE

THURSDAY
at
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All You Can Eat
**POT ROAST,
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or HAM STEAK**
\$9.95
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Special for Senior Citizens!! \$7.95
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- Filet Mignon & Shrimp Scampi Combo* \$14.95
- Cajun Style or Broiled Monkfish* \$11.95
- Sole Filets, Broiled or Francese Style* \$11.95
- Shrimp & Scallop Scampi over Linguini
(served with salad & vegetable) \$12.95
- Chicken & Mushroom Alfredo over Fettucini
(served with salad & vegetable) \$10.95

*Dinners served with mixed Bread & Muffin
Basket, Potato or Rice & Vegetable

746-3713

100 Herricks Road, Mineola

RESTAURANT GUIDE

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.

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

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

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

We topped off this fine dinner with cafe espresso.

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

WONDERFUL CUISINE

Koenig's restaurant is one that defies time. It has been around for a long time but every time we go there we are well satisfied with the wonderful continental cuisine.

Koenig's is a place of good decor and it is a very comfortable restaurant. The establishment caters to large parties but if you come there with just two people, as we did, you are made welcome. The menu includes beef, chicken and veal and there is a large assortment of fish dishes. The prime ribs we chose were great and we think Koenig's in Floral Park is No. 1. Y.T.

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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Up to 40 Guests

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N.Y. Times rating...
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READER RATINGS

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ANNIVERSARY

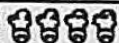
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The Last Word In Restaurant Guides



Where Our Readers
Have The Last Word



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(Guide to Good Dining)

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MONDAY - BIG MONDAYS
Big Savings - 20% off all Entrees

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2 for 1 on All Entrees

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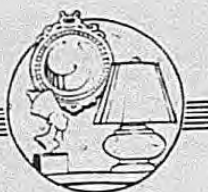
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Private Parties 4-7 p.m.



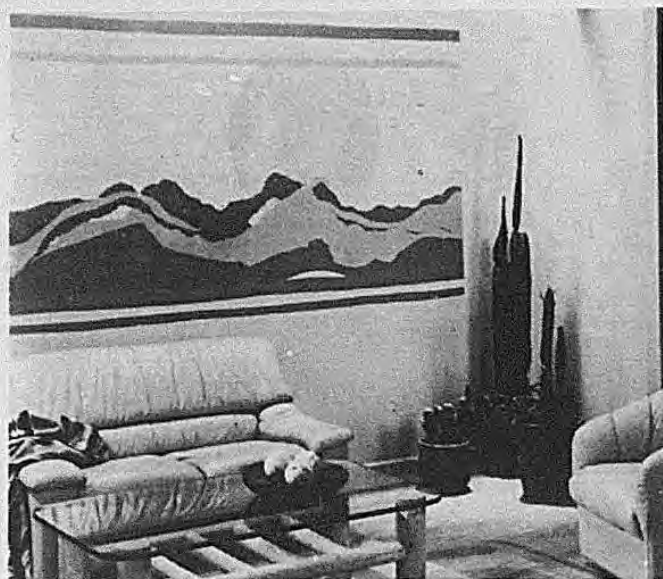
100 East Jericho Tpke., Mineola
516-741-4141

Decor Score

By Rose Bennett Gilbert



Below-grade ambience



FAMILY ROOM — Scenic as all outdoors, this wallcovering mural by James Seeman Studios turns a windowless area into a room with a view.

Q. We're planning to make a family room of sorts in a corner of the basement. It's the only place we can grow into — our house is a Colonial, built in the 1930s. The basement is large and dry, but it is also dark since there are only small well-type windows. What can we do to make it less claustrophobic? — L.G.

A. I haven't heard of anyone adding a basement family room for a long time, given today's quest for open, airy "great rooms" and outdoorsy living. Assuming there's a reason you're looking down — not out — for family room space, here are several ways to upgrade your below-grade ambience:

■ Rely on light, bright colors — your best ally in opening space and brightening things up to the eyes as well as psyche.

■ Supplement your small windows with make-believe ones — use mirror squares instead of glass to glaze old wooden window frames. You often can find them inexpensively at salvage yards. Hang the "windows" on the wall, dress them with curtains as if they were the real things, and you'll be delighted with your bright new outlook.

■ Literally add a new view with a wall-covering mural such as the dramatic landscape we show here. It's called "Horizon" — no surprise — from James Seeman Studios' Master Collection of hand-screened murals and comes with matching background paper so it can be made to fit almost any wall.

■ Install indirect lighting behind a valance board to wash the walls and make them appear taller. It's important that you can't see the light source, so in the mind's eye, it looks as if natural light were flooding in from outdoors.

Q. I want to put woven wood Roman shades on the porch windows, but I don't know whether they should fit inside the window frame or outside it. Which is right? — A.M.

A. Both. The outside mount blocks more light and draughts since it should overlap the frame at least 1½ inches on each side. The advantage of an inside (or recessed) mount is its neat appearance, framed by the window moldings.

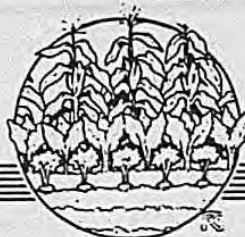
Q. My in-laws-to-be are giving us our bedroom furniture as a wedding present, actually, the money to buy it. So we have been looking at suites of furniture. I don't like anything we've seen, at least, not the whole set. My mother — and his — say bedroom furniture should match, like luggage. Are they right? Please answer fast — we're getting married in two months. — B.S.

A. Dear Bridal Suite: Not only don't you have to match all your bedroom furniture — you shouldn't! Matched "suites" are both boring and passe, even if furniture stores insist on showing things en masse.

Buy a good-quality mattress and box spring now and ask your in-laws to bank the rest of their gift in your name so you and your husband can take your time shopping.

Backyard Gardener

By Patrick Denton



Run a regular check on your plants

Providing optimum conditions for the plants we choose to grow is, in my opinion, the first basic defense against all manner of problems in the home garden.

The cultural methods I routinely use for maintaining a generally healthy garden include:

- Providing good drainage for all but bog plants;
- Meeting each planting's needs for sun or shade, soil pH and moisture;
- Regular replenishment of the soil with organic matter;
- Meticulous sanitation;
- Rotation of vegetables;
- Timing plantings to avoid the heaviest broods of insect pests.

One additional, very important aspect of nurturing a sound and vigorous garden is simply to run regular checks on your plants.

Casual evening strolls through the garden will bring to your attention patches of weeds and the presence of diseases and insects at their initial stages. This vigilance will make any necessary controls minimal — mere skirmishes compared with an all-out war to deal with a pest that has taken a firm hold on a planting.

Optimally congenial growing conditions produce strong plants that are able to resist and outgrow many pest problems. However, I would not claim that perfect growing conditions and plants in a state of glowing health will avert

or even minimize all pest injuries.

The narcissus bulb fly maggot will reduce to mush the insides of a fat and healthy daffodil bulb as well as a less vigorous one. Carrot rust flies are no respecter of well-grown carrot plantings.

Here is when another facet of home garden pest control enters the picture: mechanical controls, mostly simple manual techniques for foiling pests.

Mechanical methods of pest control include the hand removal of weeds before they flower and set seed, and frequent rough spading of empty plots to expose soil surfaces and insect eggs, larvae and pupae to the cleanup action of birds and the weather.

A horticulturist once said that 80 percent of insect infestations in the home garden can be controlled with hose and hands. Caterpillars and other large insect pests can be hand-picked and destroyed. And I've yet to find a more effective aphid control than my squish-and-swish routine of gently pressing

the soft bodies of aphid colonies into oblivion, then directing a strong stream of water from the hose to wash away any survivors. Similar strong jets of water will also help to cleanse plants of mites and mealybugs.

Erecting a barrier between a pest and its target is a neat and effective way to grow some plants to unmarred perfection. Nets arranged on a framework over fruiting plants will prevent birds from eating the fruit. Broad house eaves or a plastic roof over peach trees will keep rain-borne leaf-curl fungus organisms from infecting the foliage in spring.

Common vegetable pests are onion flies and carrot rust flies, whose maggots tunnel and ruin these vegetables; cabbage root fly, whose maggots feed on roots and cause the plants to wilt and die; spinach leaf miner fly, whose larvae tunnel into the leaves, making them unusable.

All these flies can be effectively barred from their targets by cov-

ering the plantings with a lightweight garden blanket, such as Reemay or Agromet. More long-lasting barriers can be made by attaching window screening to wood frames for setting over a planting. These barriers will also protect cabbage family vegetables from gray aphids, caterpillars and loopers.

The narcissus bulb fly operates in much the same manner as these other flies, laying eggs at the bases of daffodil plants. Pieces of garden cloth tucked in around daffodil plantings during the spring egg-laying period will protect them. A fairly thick ground cover, such as ivy, arabis or periwinkle over daffodil bulbs presents some deterrent to the flies.

Tar paper collars set snugly around cabbage, broccoli and cauliflower stems will deter cabbage root flies from laying eggs. Thick paper collars set partly into the soil around stems protect plants from cutworms.

Steep-sided containers of beer, or yeast and water, sunk into the ground where flea beetles and slugs are a problem will trap these pests. Overturned, hollowed-out citrus halves will invite slugs to congregate. And short pieces of board will offer similar dark, moist hiding places for slugs, earwigs and black vine weevils. Gather them in the morning for disposal.



Watt's up with your microwave?

Watt's the wattage of your microwave? And why should you want to know?

Knowing your oven's wattage is more important than you might think. Wattage affects cooking time for recipes — the higher the wattage, the shorter the cooking time.

Most microwave recipes are created for ovens of standard power — 600 to 700 watts. So are most commercially packaged microwaveable foods. Cooking times will be different for both recipes and microwaveable products if your oven does not operate in this power range.

If you don't know "watt's watt" with your microwave, check your oven's manual; most specify wattage. If you're still not sure, here's an easy wattage test:

Fill a microwave-safe glass measuring cup with exactly 1 cup of water from the tap. Microwave, uncovered, on HIGH (100 percent power) setting until water begins to boil.

If water boils in less than three minutes, your wattage is 600 to 700 watts; in three to four minutes, your wattage is 500 to 600; in more than four minutes, wattage is less than 500.

Ovens over 600 watts are classified as full size, those between 500 and 600 are medium size, and those under 500 watts are compact models.

Manufacturers use different names for power levels. Some call 100 percent power "HIGH" setting, while others use numbers: "10" for 100 percent power, "9" for 90 percent power, and so on.

Because your oven has variety of settings does not mean that it produces stronger or weaker microwave energy. Instead, 100 percent power simply means that the power is on 100 percent of the time, that there's no interruption of microwave output. A 50 percent setting means that the power is on only half of the time (with some ovens, you can hear the power going on and off).

Some ovens have up to 10 power settings, while others have only one: HIGH (meaning that when the oven is on, it generates microwave power continuously).

But what is "HIGH" in a 500-watt oven will not be the same as the "HIGH" in a 700-watt oven. If your oven is less than 600 watts, you'll need to add a little extra time to each step of directions when preparing a recipe. If your oven is less than 500 watts, use HIGH setting even when recipe directions specify MEDIUM, or 50 percent power.

When you're running major appliances (such as your air conditioner), you may find that your microwave cooks food a little less quickly than usual. In such circumstances, simply increase cook-

ing time by small increments (one-half minute at a time) to compensate.

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

MICRO-TIP OF THE WEEK

Microwave ovens range in power from as low as 300 watts to as high as 1,000. If your oven is a smaller model with lower wattage, you'll need to cook foods longer, or at a higher setting, than you would with a full-size model.

CITRUS

GARDEN VEGETABLES

- 2 medium zucchini, trimmed and thinly sliced
- 3 medium carrots, trimmed and thinly sliced
- 1/2 cup orange juice
- 1 tablespoon minced onion
- 1 teaspoon butter or margarine
- Salt and pepper to taste

Yields 4 servings.

Preparation time: 10 minutes.

Cooking time: 9 to 11 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Combine all ingredients except salt and pepper in 1 1/2-quart microwave-safe casserole. Cover and microwave 9 to 11 minutes, stirring gently halfway through cooking time, until carrots are crisp-tender and zucchini is tender. Let stand, covered, 3 minutes. Season to taste with salt and pepper and serve hot.

LIGHTNING

NUT BROWNIE WEDGES

- 1/2 cup butter or margarine
- 2 eggs
- 1 cup granulated sugar
- 1 1/2 teaspoons vanilla
- 1/4 teaspoon salt
- 1/2 cup whole-wheat flour
- 1/2 cup cocoa
- 1 cup chopped walnuts
- 1/2 cup chocolate chips

Yields 8 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 5 1/4 to 7 1/4 minutes (plus cooling time).

Oven setting: HIGH (100 percent power).

Place butter or margarine in 1-cup microwave-safe glass measure. Microwave about 45 seconds, to melt. Set aside.

In medium mixing bowl combine eggs, sugar, vanilla and salt. Beat well with wire whisk. Blend in melted butter, then fold in flour, cocoa and nuts, in that order.

Spread batter evenly into 9-inch round glass pie plate. Microwave 5 to 7 minutes, rotating dish 1/4 turn every 2 minutes. When done, top will look dry around edges and slightly damp in the center (do not overcook). Sprinkle chocolate chips evenly over top and let stand to melt. Serve warm or cool with vanilla ice cream.

After Work Gourmet

By Melanie Barnard and Brooke Dojny



Dear Dad ...

Dear Dad:

Do you sometimes feel as though your day doesn't receive quite the same attention as the annual festivities commemorating the moms of the world?

Do you occasionally wish for a little more ... gratitude? Recognition? Acclaim? Pampering? Hoopla?

Perhaps it's simply a little case of cultural lag. The old stereotype of the uninvolved, absentminded, absentee father is, of course (and happily so, we think), a relic of the past.

These days when Dad is on the scene he's apt to be sharing just about equally in all child-rearing tasks, from baby-tending to homework help and from grocery shopping to car-pooling.

So this year we plan to spoil you completely for a day.

First, you're going to be allowed to sleep late (past 7, at least)! Then you must prop yourself up on pillows while we provide you with a cup of real coffee, the Sunday papers and a gold paper crown that you must wear all morning.

While you relax, we'll be in the kitchen. We're making you a breakfast/brunch fit for a king.

For Father's Ham and Potato Frittata, we will be slicing potatoes and chopping onions and smoky ham to layer in a baking dish with herb-flavored eggs topped with a shower of grated Swiss-style cheese.

While the frittata bakes in the oven to golden, puffed perfection, we'll be squeezing the oranges for fresh juice and toasting English muffins.

And for "dessert," it's Sultan's Milkshakes. Made with coffee ice cream blended with bittersweet chocolate syrup, milk and a sprinkling of ground coffee to finish, these concoctions are the crowning indulgence for you, our pampered guest.

The rest of the day is free! Enjoy!

FATHER'S HAM AND POTATO FRITTATA

- 12 ounces (2 or 3) red-skinned potatoes, cooked and cooled
- 3 tablespoons olive oil
- 1/2 cup thinly sliced onion
- 4 ounces smoked ham, cut in strips
- 10 eggs
- 1/4 cup minced parsley
- 2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- 1 1/2 cups grated Swiss-style cheese such as Gruyere
- Freshly ground black pepper

Yields 4 to 6 servings.

Preparation and cooking time: 35 minutes (excluding potatoes).

Preheat oven to 400 F. Pour olive oil into shallow 2-quart bak-

ing dish, such as a 9x9-inch square.

Spread onion slices evenly on bottom of dish and place in oven for 10 minutes until onion is wilted and beginning to turn golden. Reduce oven temperature to 350 F.

Scatter ham strips over onions. Slice unpeeled potatoes and layer over ham.

Whisk eggs with parsley and thyme and pour over potatoes. Sprinkle with cheese and pepper.

Bake about 25 minutes until frittata is puffy and light golden brown and cut in squares. Serve hot or at room temperature, cut in squares.

SULTAN'S MILKSHAKE

For each shake:

- 1/2 cup milk
- 2 tablespoons chocolate syrup, homemade or purchased
- 3 scoops coffee ice cream
- 1/4 teaspoon coarsely ground dark roast coffee

Yields 1 large milkshake.

Preparation time: 5 minutes (excluding making chocolate syrup).

In blender, combine milk and chocolate syrup. Blend for about 20 seconds until well-mixed. Add ice cream and blend for a few seconds — just long enough to soften ice cream, but not so long that it melts. Pour over ice cubes in large goblet.

Sprinkle each shake with coarsely ground coffee beans and serve immediately.

BITTERSWEET CHOCOLATE SYRUP

- 3/4 cup unsweetened cocoa powder
- 1 1/4 cups sugar
- Pinch of salt
- 1 cup water
- 1 teaspoon vanilla

Yields 1 1/2 cups.

In saucepan, whisk together cocoa powder, sugar and salt. Add about 1/4 cup of water and whisk to make smooth paste. Whisk in remaining water. Bring to simmer over medium high heat, whisking constantly. Lower heat and simmer for 3 minutes, stirring constantly with wooden spoon. Stir in vanilla.

Store in covered container in refrigerator for up to 2 weeks.

Melanie Barnard and Brooke Dojny are contributors to many national publications. Their first book, "Sunday Suppers," is now joined by "Let's Eat In," a collection of quick and delicious recipes for everyday meals. Both books are published by Prentice Hall Press.

After Work Gourmet

Cooking Corner



By Linda Susan Dudley

Frozen fun

Despite the current dieting craze, Americans still turn to frozen desserts — especially ice cream — as a favorite summer treat.

A survey by the International Ice Cream Association indicates that sales of ice cream, ice milk, sorbets and frozen novelties have not dipped because of consumers' concern over fat and cholesterol in their diets.

As a result, sales totaled \$9.3 billion in 1987, with \$4.8 billion in supermarket sales of frozen novelties, ice cream and ice cream products and another \$4.5 billion in sales totaled in ice cream stores and institutional sales.

And those figures don't include frozen yogurt, which has only recently been marketed in retail packages. Supermarket sales of the frozen treat are up 300 percent in the last two years and industry sources say that frozen yogurt is the hottest item in the freezer case right now.

We could all guess that ice cream's biggest fans are children and teen-agers age 2 through 17. But adults and senior citizens 45 and older also scoop up large quantities of ice cream and other frozen products. Although a year-round dessert, most ice cream is eaten in June and July, studies show.

Ice cream eaters are loyal to the cone — or cone — when it comes to picking their favorite flavor. Each year, ice cream makers develop exotic flavors to add to the more than 400 choices, yet vanilla continues to top the list as the first choice for 30 percent of consumers, followed by chocolate, butter pecan, strawberry and chocolate chip.

And the favorite sauce toppings are, from the top, hot fudge, chocolate fudge, butterscotch, caramel and strawberry.

The following confections include recipes for both homemade ice cream or sherbet and desserts that take a shortcut by starting with ready-made ice cream.

...

Here's a way to have your ice cream and eat your cake, too. It's perfect for a summer birthday party.

CASSATA

- 1 quart vanilla ice cream
- ½ cup mixed candied fruit, coarsely chopped
- ½ cup semisweet chocolate, coarsely chopped
- ½ cup almonds, slivered
- 1 pound cake, about 9½ inches long and 3 to 4 inches wide
- ¼ cup orange-flavored liqueur

CHOCOLATE FROSTING

- 18 ounces semisweet chocolate, cut in small pieces
- 1½ cups strong black coffee
- ¾ pound unsalted butter (3 sticks), cut into ½-inch

pats and thoroughly chilled

To prepare ice cream mixture: Combine ice cream, candied fruit, chocolate and almonds in large mixing bowl. Beat over medium speed until blended, being careful not to let ice cream melt. Set in freezer. With a sharp, serrated knife, slice end crusts off pound cake. Cut cake horizontally into approximately 3 slabs ½-inch-thick. Sprinkle each slab with liqueur. Line 10-inch loaf pan with large piece of plastic wrap, pressing it well into corners. Place 1 slab of cake on bottom of pan and spread with approximately half of ice cream mixture. Carefully place another slab of cake on top, keeping sides and ends even and spread with remaining ice cream mixture. Place remaining slab of cake on top. Cover with plastic wrap and freeze for at least 4 hours or overnight, until dessert is firm.

To prepare frosting: In small saucepan over low heat, melt together chocolate and coffee. Remove from heat; beat in butter, 1 pat at a time, until mixture is smooth. Chill frosting until it thickens to spreading consistency.

To assemble: Invert loaf pan onto dessert platter. Lift pan from cake and peel plastic wrap. Spread frosting over top and sides of cake, swirling with small metal spatula. Spoon remaining frosting into piping bag fitted with medium-size star tip and pipe rosettes on top of cake. Freeze frosted cake at least 2 hours or until frosting has frozen.

...

Here is a novel combination: the refreshing sherbet with the creamy chocolate, a flavor usually reserved for the more creamy ice cream. It's easily made at home.

CHOCOLATE SHERBET

- ¾ cup unsweetened cocoa powder
- ½ cup sugar
- Pinch of salt
- 1½ cups whole or low-fat milk
- 1½ teaspoons vanilla extract

Yields about 1½ pints.

In medium saucepan combine cocoa, sugar and salt; mix well. Gradually stir in milk. Bring just to a boil over moderate heat, stirring constantly. Reduce heat and simmer 5 minutes, still stirring.

Remove from heat and let cool. Add vanilla. Transfer to an ice cream machine and freeze according to manufacturer's instructions.

...

The word *strata* means layers. This tasty dessert is festive yet simple.

APRICOT STRATA

- 1 loaf pound cake
- ½ cup apricot brandy or

- other liqueur
- 1 quart French vanilla ice cream, softened
- 1 pint coarsely chopped apricots
- ½ cup whipping cream, whipped, garnish
- ½ cup sliced almonds, toasted, garnish

Slice pound cake into ½-inch-thick pieces. Cut each piece diagonally to make 2 triangles. Brush both sides of each triangle with apricot brandy.

In 3-quart or larger freezer-proof clear glass dish, lay down layer of moistened cake slices. Top with enough ice cream to cover cake completely; be sure ice cream reaches edge of dish. Scatter some apricots over ice cream, especially at edges. Continue layering with cake, ice cream and apricots, ending with a layer of ice cream topped with apricots.

There should be 9 layers. Cover well and freeze until firm.

Garnish with dollops of whipped cream or whipped cream rosettes and toasted almonds.

ICE CREAM PIZZA

- 2 (20-ounce each) packages refrigerator cookie dough, such as sugar cookie, chocolate chip cookie or chocolate brownie
- 1 cup strawberry preserves
- 1 to 2 pints ice cream (flavor compatible with cookie dough)
- Toppings, such as jimmies and sprinkles

Yields 8 to 10 servings.
Preheat oven to 350 F. Line 16-inch pan with cooking parchment.

Using spatula or lightly moistened fingertips, press chilled dough into even layer in prepared pan. Bake until lightly browned (25 to 30 minutes.) Let cool, then remove from pan and peel off paper.

When crust is completely cooled, use spatula to spread layer of preserves over it.

When ice cream is softened, spread layer over "pizza crust" and add toppings.

Note: Small scoops of hard ice cream can also be placed on top of "pizza" for texture.

...

The following recipe is for granita, an icelike sorbet that is frozen without constant churning. Therefore, no ice cream-making equipment is necessary.

WHITE ZINFANDEL GRANITA

- 1½ cups water
- ¾ cup sugar
- 1½ cups white Zinfandel or any dry white wine

Yields about 1 quart.

In medium saucepan bring water, sugar and ¾ cup of wine to a boil, stirring constantly until sugar dissolves. Reduce heat and simmer for 3 minutes without stirring.

Allow syrup to cool to room temperature or cool in refrigerator. Add remaining wine to cooled syrup. Pour into shallow metal pan and place in freezer compartment of refrigerator.

Freeze until firm (1½ to 2 hours), stirring well every 30 minutes. Allow to warm slightly and stir one final time before serving.

KITCHEN HINTS

Dried wild mushrooms have extra flavor

Often they are sandy.

Here's how to prepare them properly:

1. Put mushrooms in a strainer suspended over a larger bowl. Cover with hot, not boiling, water.
2. Soak 15 to 20 minutes, lift strainer and place under cold running water to rinse away any sand that remains.
3. Strain soaking liquid carefully and save for soups, stocks, or sauces.

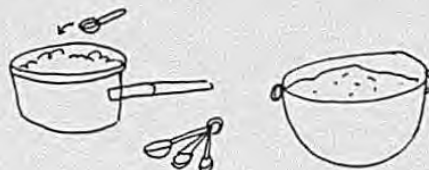


You are making a hot fish mousse

The seasonings may need correction.

Here's how to check:

1. Poach a teaspoon of the mousse in a small pot of simmering water. Turn after a half-minute to cook the other side.
2. Lift out, drain, and cool a few minutes. Taste.
3. Correct seasonings, if necessary, and mix again gently. Spoon mousse into mold and bake.





Vegetarian picnics

Picnics are probably the oldest form of meals eaten by mankind. And I think it is safe to say that the notion of eating outdoors has not lost one iota of its appeal over the millennia.

If anything, now that most of us spend so much time indoors, picnics have even more appeal in 1990 than they did a few thousand years ago. So, with warmer weather approaching, it seems like a good time to consider planning a picnic.

Eating outdoors invites a sense of freedom and spontaneity that, ideally, is reflected in the menu. Vegetarian picnics — especially those that are free of dairy products — are perfectly suited to warm weather because they rely on ingredients that don't spoil easily and are light and easy to digest.

I was amused to discover by perusing the "American Heritage Dictionary," that our English word "picnic" is thought to derive from the old French *piqueur*, meaning "to pick" or "to peck."

This etymology seems perfect to me, as I think the ideal picnic should always include finger foods for nibbling at will. I don't know about you, but I always get hungry as soon as I arrive at the picnic site, no matter what time of day. For this reason, it is ideal to bring along some cut-up raw vegetables such as carrots, cauliflower or celery to munch on. For a special treat I like to chop up stalks of fennel, which has a texture similar to celery with the refreshing bonus of an anise aroma and taste.

Organic corn chips, perhaps with a good salsa dip (either bottled or homemade), also make ideal "pick and peck" food that keeps well in warm weather and requires no advance preparation.

For the main dish at a vegetarian picnic, I always prefer a substantial salad based on beans, grains or pasta. For a festive look, I add lots of colorful ingredients such as sun-dried tomatoes or roasted red peppers. A zesty vinaigrette based on olive oil can be tossed in at mealtime or beforehand. Unlike mayonnaise, which can turn rancid in the heat, olive oil can withstand a few hours of summer weather without causing concern. Still, it's a wise precaution to pack all perishable food in an insulated cooler.

When planning your summer picnic menu, keep in mind that appetites flag in warm weather and it's a good idea to choose ingredients with assertive flavors. It's also nice to use some form of citrus (such as lemon or lime) juice in salad dressing for it offers a refreshing contrast to the other ingredients. Finished dishes should, ideally, have a light and airy texture much akin to a tossed salad.

When it comes to drinks, I like to prepare a large quantity of herb tea the night before. Once it has cooled, pour the tea into an empty

quart-size, spring-water bottle and set in the freezer. The tea defrosts on the way to the picnic and remains nicely chilled for mealtime.

Here are a few carefree salad recipes that you might like to try on your next picnic. All of these recipes benefit from a short chilling time in the refrigerator, which gives the various flavors a chance to mingle.

TIMBER CREST PASTA SALAD

- 1 (8-ounce) jar (1 cup) sun-dried tomatoes packed in oil
- 1½ teaspoons salt or to taste
- ½ cup white wine vinegar
- ¼ cup water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 1 clove garlic, very finely minced
- ¼ teaspoon freshly ground pepper
- 3 cups (about 12 ounces) small, uncooked pasta shells
- 2 cups diced zucchini

Yields 8 servings.

Drain oil from tomatoes into large bowl. Add 1 teaspoon salt, vinegar, water, Worcestershire sauce, mustard, garlic and pepper. Whisk to blend thoroughly. Coarsely chop sun-dried tomatoes.

Cook pasta as directed on package, using ¼ teaspoon remaining salt in cooking water. Rinse pasta under cold water. Drain well and toss in prepared dressing, together with sun-dried tomatoes and zucchini. Adjust seasonings.

CRACKED WHEAT SALAD

- ½ cup fine cracked (bulgur) wheat
- 1½ cups water
- 2 cups finely minced parsley
- ½ cup finely minced fresh mint
- ¼ cup thinly sliced scallions, including green part
- 2 cups peeled, diced tomato
- ¼ cup olive oil
- ¼ cup freshly squeezed lemon juice
- ½ teaspoon salt or to taste
- ¼ teaspoon Tabasco

Yields 6 servings.

Soak wheat in water until tender, about 30 minutes, adding extra water, if needed. In large bowl, toss together parsley, mint, scallion and tomato. Drain wheat well and add to ingredients in bowl. Beat together oil, lemon juice, salt and Tabasco. Pour dressing over wheat and vegetables and mix well. Adjust seasonings, to taste.



Quick mini chocolate souffles

The word soufflé can conjure up all kinds of fears and trepidation — just thinking about making one yourself, let alone putting your kids to the task.

As with many intimidating recipes, however, once a soufflé is explained slowly or when you're shown a simpler way to make it, the mystery recipe no longer will hold any scary mystique.

This recipe for quick individual soufflés is an alternate way to make a light and very elegant dessert with ease. It's a recipe that can withstand some abuse during the preparation, thus making it a good recipe to let your kids try.

If an adult will be working alongside your child, then any age children can try their hands at making this dessert. When preparing this recipe on their own, your children ought to be around the age of 9.

Discuss the recipe first before sending your kids into the kitchen on their own. Make sure they understand the whole recipe and are comfortable with all the steps.

There are basically only two steps required for making this soufflé.

The first step is to melt the chocolate over a water bath of boiling water. The kids melt the chocolate directly in the mixing bowl to save steps and dirty dishes.

The second step will require some explanation. In order to help make the soufflé rise, the kids are going to make a meringue.

The meringue itself is easy to make; the hardest part will be separating the eggs. It is important to make sure that none of the yolk sneaks into the whites. So as a security measure, have your kids separate the eggs in separate bowls before combining all the whites.

Once this is accomplished, the egg whites are beaten with the sugar so there is no fear of overbeating the whites. Then the two steps are mixed together and baked.

By following these simple directions, your kids can make the same deliciously light soufflés that are served in many posh restaurants today.

CHOCOLATE CUPS

- 1 tablespoon butter, room temperature (for the tin)
- 3 tablespoons sugar (for the tin)
- 8 ounces semisweet chocolate
- ¼ cup unsalted butter
- ½ cup plus 3 tablespoons sugar
- 1 egg yolk
- 3 tablespoons flour
- ½ teaspoon vanilla
- 1 teaspoon baking powder
- 6 egg whites
- ½ pint fresh raspberries
- ½ cup whipped cream

Utensils: 6-cup muffin tin, paper towel, cutting board, large sharp knife, measuring cups and spoons, whisk, rubber scraper, large mixing bowls, oven mitts, tablespoon.

Yields 6 soufflés.

Preparation time: 30 minutes.

Baking time: 5 to 6 minutes.

Preheat oven to 350 F.

Prepare muffin tin by dabbing paper towel with 1 tablespoon butter and generously buttering bottom and sides of tin. Sprinkle each cup with some sugar. Set aside.

Place chocolate on cutting board, and with sharp knife, chop chocolate into small pieces. Ask for adult help if chocolate seems too tough to chop. Place chocolate in mixing bowl. Place saucepan that has been half filled with water on stove and turn heat to medium high.

Fit bowl holding chocolate over saucepan and let chocolate melt. If water begins to boil too much, turn heat down to medium low.

Stir chocolate occasionally. Once melted, add butter and let it melt. Then turn heat off and with your oven mitts on, carefully remove bowl from saucepan and set it on counter and whisk butter and chocolate together.

Add ½ cup sugar, egg yolk, flour, vanilla and baking powder. Whisk together until well-blended. Set mixture aside and cool.

Prepare egg whites by beating them in mixing bowl with electric mixer until they become frothy and white. Add remaining 3 tablespoons sugar and beat until thick and firm.

Add ½ of chocolate mixture to egg whites and fold together with your whisk. Then add remaining chocolate mixture to egg whites, scraping bowl clean with rubber scraper. Fold mixtures together until blended. Using a tablespoon, drop mixture into prepared muffin tins until they are ¾ full.

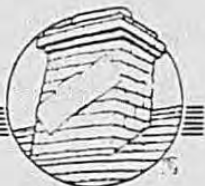
With oven mitts on, carefully place tin in oven and bake 6 minutes or until puffed.

When ready, scoop cupcake soufflé out of tins and place on serving plates and serve with a sprinkling of fresh raspberries and whipped cream.

Rena Coyle is a mother and professional chef. Her cookbooks include: "My First Cookbook," "Baby, Let's Eat," and "My First Baking Book," published by Workman.



Here's How



By Gene Gary

Getting under squeaky floor problem

Q. We have wall-to-wall carpeting throughout our home. However, in some areas the floor makes a noise when we walk on it.

A. Is there some way to eliminate these squeaky noises without removing the carpeting? — F.J.S.

A. Squeaky wooden floors can be relatively easy to fix. Whether or not you will be able to fix the problem without removing the carpeting will depend on your access to the flooring construction from below.

If the floor is open underneath (as with an unfinished basement ceiling), then it is easier and more effective to work from below. Typical suspended wood floors are supported by beams called joists. These are usually spaced 16 inches apart.

Running across the joists is the subflooring, which can be made of lumber or plywood sheets. On top of this is the finished wood floor, and these boards are nailed or

screwed into the subfloor.

Squeaks result when two loose floorboards are stepped on and rub together. A common cause of squeaks is loose subflooring that has dried out or warped and has pulled away from the joist.

This may be your problem if you have carpet installed over subflooring rather than over a finished wood floor (a common practice in today's construction). Have a helper walk on the floor above, while you stay below and try to find the squeak. Look for any movement in the subflooring.

The loose subflooring will most likely be near or directly over a joist. To fill the gap between the subfloor and the joist, drive a thin wedge of wood (cut from a wooden shingle) into the space. The wedge will eliminate movement in the subflooring which causes the squeak.

If a board for the finished floor has come loose, this can also be

fixed from below. To tighten the board back into the subflooring, drive 1½-inch wood screws up through the subfloor and into the board.

Have someone stand on the loose board so it is held down tightly while the screw is going in. Don't use a screw that will go all the way through the finished floor.

If the ceiling below the floor is finished, you will have to remove the carpeting and do repairs from above. A loose floorboard can be nailed back into subflooring with finishing nails.

Have a helper assist you by walking around on the floor while you watch for the loose board and listen for the squeak. Hammer two nails in at an angle crossing each other, so that they form a V. This technique is called toenailing, and it gives the nails a much better grip than if they were driven in straight.

The nails should be spaced an inch or two apart. Hammer the nails most of the way in; then use a nail to countersink the nail-heads.

When a floorboard is badly buckled, it is better to secure it with long wood screws, as this pulls the flooring and subflooring together more effectively.

Drill pilot holes; then drive in the screws so they are toenailed, and countersink the heads. The pilot holes prevent splits. Once the screws are countersunk, fill the holes with plastic wood.

A loose subfloor can be tightened using the same technique, but in this case the nails or screws must be driven into the joist. A simple way to locate a joist is to use a block of wood and a hammer, and tap along the surface of the floor. The sound will be dull and hollow; when it sounds more solid, you are over a joist.

After locating the joist nearest to the loose subfloor, drive in nails or screws as described above. When finished with floor repair, simply restretch and retack the carpeting to the wood carpet strips.

Q. When we repainted our kitchen, the painters were careless and dripped latex paint on the Formica counter top and splash boards. It has dried, and I have been unable to remove it.

A. Do you know of any product that will remove these unsightly dried paint spots? — S.F.

A. There are two products on the market recommended for the removal of dried paint.

Goof Off from Atlanta Sundries, 6480 Chupp Road, Lithonia, GA 30058, is available in a 4- and 6-ounce can and a 7-ounce spray can.

Klean-Clean also is effective in removing dried paint splatters. It comes in pint, quart and gallon sizes, a 7-ounce aerosol can and a 4-ounce flip-top can and is available at hardware stores or from Klean-Strip, Box 1879, Memphis, TN 38101.

NEW AND PRE-OWNED CAR MART

KORT THE DISCOUNT KING



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

MSRP \$9642 \$7868 • Includes all factory rebates
Lease \$162. per 48 mo.

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383 Jericho Tpke., Floral Park
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GENERAL MOTORS CORPORATION

Josef's Foreign Car Repair Inc.

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

STATE INSPECTION

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

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

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

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

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Most Major Credit Cards Accepted

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CLASSIFIED ADS sure to get results

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DEADLINE
TUESDAY
12 NOON

PAGE 15A
Friday, June 8, 1990

CLASSIFIED

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

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

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

Help Wanted

CHILD CARE/HOUSEKEEPING
Garden City couple seeking mature, responsible person to care for 5 yr. old & newborn. Light housekeeping/live in. Mon. - Fri., weekends off. Private rm & bath. Will sponsor. Must speak English, ability to drive. Call 294-4263 after 7 p.m. on weekdays & all day weekends. Leave message. gcjn4

TEACHERS WANTED:
SAT Math, SAT Verbal, Mathematics, all levels, Earth Science, Physics, Chemistry. Also needed: writers for Science Materials. Call 741-3550. wjn2

RESPONSIBLE MAN TO HELP
with moving furniture & general handyman work. Call Ronnie, days 829-6444; nights 248-6227. wjn3

RESPONSIBLE, RELIABLE,
loving person needed to care for two precious girls, 3 yrs. & 7 months, to babysit in my Bethpage home. Light housekeeping, Tues., Wed. & Thurs., 9 to 5. 933-7290. Please leave message. wjn3

GREAT NECK OPPORTUNITY
for person to learn advertising representation, 20 hrs. per week. Should be able to work on telephone after training. Good chance to learn and earn. Returnees, college students, others interested in good permanent position. Salary +. Call 931-0012 for interview if serious about employment. htfjn5

TEENAGER WANTED TO
babysit for two on Sat. evenings. References. 877-1220. wjn4

CHILD CARE SUMMER JOB:
All day on Tues., Wed. & Thurs. for four year old girl. Must be non-smoker and have driver's license & car. Ideal for college student. Excellent pay. References required. Please call 747-6454. gcjn3

Help Wanted

COMPANION TO LIVE IN &
take care of elderly woman, F/T. Italian speaking person preferred. 741-6144 or 742-5393. wjn3

SUMMER MOTHER'S HELPER
position - Seeking responsible, energetic & outgoing female for 2 children in Amagansett June 8 - July 31. References required. Good pay 212-595-6318 or leave message. gcjn2

RESPONSIBLE TEENAGER
Mother's helper needed for E. Williston family. Afternoons & weekends. Please call 746-7890 after 8 p.m. wjn2

TUES/WED TYPIST, SOME
shorthand exp. to do all around busy publication office work. Should be able to work extra hours if needed. Immediate opening. Call Mr. Morgan 931-0012.

HANDYMAN F/T OR P/T
Knowledge of painting, carpentry minor repairs. Retired person preferred. Telephone after 6 p.m. 626-1540. wjn2

HOUSECLEANER WANTED:
One day a week. Call after 5 p.m. 481-3293. gcjn3

BABYSITTER WANTED
9 to 1. Mon. thru Fri. in my home. References. 625-2512. wjn3

LEGAL SECRETARY - F/T
experienced. Small general practice in Mineola. Take charge, good skills Wordperfect. Salary open. Non-smoker (\$16) 741-7623. gcjn2

BABYSITTER WANTED:
Experienced, non-smoking woman needed on a part time basis (Wed. through Fri.) for my two daughters, ages 3 and 5. References requested. Starting July or August. Garden City location. Call 326-2737, evenings. gcjn4

Help Wanted

WEEKEND RECEPTIONIST
wanted: Light clerical work. No typing. Albertson area. Call 741-3550. wjn2

RESPONSIBLE GARDEN CITY
girl to help mother with 3 children. 1/2 day summer weekdays. Pool pass necessary. Call 746-3984. gcjn2

SECURITY GUARD P/T.
Pleasant surroundings. Ideal for senior citizen. 3 p.m. to 11 p.m. Day: 582-4745, evenings & weekends: 549-9094. wjn4

HICKSVILLE PART TIME
no experience necessary. Wednesday and Thursday evenings in newspaper mailing department. Contact Ed at 931-0012 htfn

STOCK & SALE, HARDWARE
clerk, P/T. Will train retiree. Munder's Hardware, 316 Hillside Ave. 746-1075. wtfn

CHILD CARE - GARDEN CITY
Mother's helper needed for seven year old boy. If you love kids & can babysit on Sat. nights. 248-8398. gcjn4

CHILD CARE/SUMMER
My home. Tues., Wed., Thurs, non-smoker, licensed driver, pool pass preferred, references. Please call 294-5030 or 292-1818. gcjn4

COUNTER PERSON WITH
experience for Deli. Mon.-Fri., no week-ends. 741-0224. gcjn2

GEN. HOUSEKEEPER/COOK
required. Live in, 2 months min. exper. Perform general housekeeping, cooking, cleaning, ironing and help with care of 3 children, 13, 10, 7. \$240.68 for 44 hour week plus room and board. 922-1851. hJy1

PRIVATE SCHOOL IN GARDEN
City seeks supplies manager in Business Office. Salary \$16,500, negotiable. Reply to Box W, Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530. gcjn2

REAL ESTATE SALES AGENT
Full time or part time, serving this area for 75 years. Call Mr. Valentine for details and confidential interview. The Valentine Agency. 746-7200. wJy2

LOOKING FOR BABY SITTER
in late teens for 8 yr. old girl 3-4 hours a week starting the beginning of July to mid August. 248-4747. gcjn2

WOMAN COMPANION FOR
elderly lady in Garden City Ranch house in exchange for free room, light cooking & housekeeping. References. Call 746-5363. gcjn2

Help Wanted

TELEPHONE SOLICITOR
to work at home. Leads furnished, good compensation, permanent immediate opening. Mr. Morgan 931-0012.

BABYSITTER/HOUSEKEEPER
Garden City woman with car wanted to care for 2 children. Mon-Fri. non-smoking, recent references required. Call after 7:30 p.m. 747-7468. gcjn4

CARPENTER WANTED TO
work in Garden City area for general contractor. Three to five years experience. Own tools & transportation. Full time year round work. 481-5071. gcjn4

LIVE-IN HOUSEKEEPER/
child care - Garden City, loving & responsible person needed to care for seven year old and keep house. Sun. and Mon. off. Stay at least six months. Call 741-6889. gcjn4

SECRETARY - GARDEN CITY
Law office, steno, dictaphone, Real Estate & Wang experience desirable. Congenial atmosphere with company paid benefits. Salary commensurate. Call L. Hoyer (516) 248-2500. gcJn2

U.S. MERCHANT MARINE
Academy - Work near home in pleasant college atmosphere. Persons needed with secretarial/clerical experience. Please call or write to Academy personnel Office, U.S. Merchant Marine Academy, Kings Point, N.Y. 11024. 516-773-5443/5587. Equal Opportunity Employer. M/F. wJn2

CLEANING PEOPLE
to clean stores, large windows, floors and bathrooms, during day time. Must have car. Call (516) 248-8690. Leave message with name and telephone number. gcJn3

CHILD CARE WANTED
Warm, responsible, energetic person, 3 flexible days per week (approximately 20 hours) in my East Williston home. Adorable 6 year old and 2 year old girls. Long term. Excellent salary. Ideal for evening or PT student. 294-0637 leave message. gcJn5

MACHINE OPERATORS, LI
food processing plant has immediate openings for machine operators. The individuals we seek must have minimal machine operating experience. We offer good starting wages and bonus pay. If interested apply Monday to Wednesday, Kraft General Foods, 50 Ludy Street, Hicksville, N.Y. (No phone calls please.) EOE M/F/EV hJn2

Help Wanted

P/T OR SUB CLEANERS FOR
day and evening shifts at Mineola Union Free School District. Prior experiences as a cleaner requested. Call between 8 a.m. and 4 p.m. 741-4575. wJn8

Situations Wanted

EXPERIENCED & QUALIFIED
nursing assistant with references (CPR) seeking weekend job. Please call 564-4276, leave message. gcjn4

16 YR. OLD GIRL: ENGLISH
French & German speaking, would like to spend six weeks in July & Aug. with family in N.Y. area. Babysitting, housework & language tutoring in exchange for spending money. P.O. Box 338, Garden City, NY 11530. gcjn2

HOUSECLEANER AVAILABLE
Experienced. Call 538-3955, ask for Blanca. gcJn4

ATTENTION VACATIONERS
would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113 gcjn5

NURSE'S AIDE LIVE IN OR
live out. 5 days a week, experienced with references. 718-363-0964. gcjn3

IRISH LADY WOULD LIKE
companionship & aide to elderly. Eleven years experience, own transportation, recent references. Live out only. Would prefer New Hyde Park, Garden City, Williston Park or surrounding areas. 488-7368. gcjn3

HOUSECLEANING JOB
wanted: Available Monday-Friday, references, experience. 623-4951. gcjn2

HOUSECLEANER AVAILABLE
European woman. 6 days a week. Anytime, references and own transportation. Call after 4 p.m. 783-4143. gcJn3

COMPANION/AIDE FOR THE
elderly - Specializing in all phases of your every day needs. Top notch Garden City references. Available weekends & emergency overnight stay. Please call & leave message. 489-5941. gcj11

CHAUFFEUR POSITION
wanted. 25 yrs. experience. Had my own car services. Hours flexible. 352-1687, call and leave message please. gcjn2

QUALITY HOUSECLEANING
available: Own transportation, excellent references, reliable. Please call 741-6671. gcjn3

Situations Wanted

MATURE, RELIABLE WOMAN with experience seeks position for child care or housekeeper. Live in or out. Call after 7 p.m. 212-518-8311. gcjn2

LIVE IN OR OUT HOUSEKEEPER looking for job. References & experience. Good cook, good housecleaning, irons, drives but has no car. 767-2796 after 7 p.m. gcjn2

NICE YOUNG LADY FROM Europe available for housecleaning. Speaks English, own transportation. Call 292-6029. Ask for Elizabeth. gcjn4

NURSE'S AIDE/COMPANION with experience. Loving person seeks position to take care of elderly. Call Pat 546-9217 leave message. gcjn4

HOUSEKEEPER AVAILABLE Good references, experience, speak English, own transportation. 538-4578. gcjn4

COLLEGE STUDENT DESIRES PT Mother's helper position, afternoons or evenings (no weekends) 248-7963. gcjn5

RELIABLE NURSE'S AIDE WILL take care of sick, elderly people. Excellent references. 326-2917. gcjn5

LIVE IN BABYSITTER/ housekeeper available. Experience, references. 718-953-6964. gcjn5

HOUSEKEEPER AVAILABLE Mon. morning & Fri. afternoons. Excellent references, own transportation, English speaking, non-smoker. \$50 742-1615 gcjn2

HOUSECLEANER AVAILABLE I do housecleaning. 5 years experience, own transportation. Speak English. Very good references. Call after 6 p.m. 292-1307. gcjn2

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

HONEST, CAPABLE, RELIABLE lady seeks position as weekend homemaker or companion. Will sleep in, non-smoker. Call 9-5, 593-4615; after 5 p.m. 489-2962. gcjn4

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

EXPERIENCED HOME Health Aide seeks job to take care of sick or elderly. Live in or out. Call 718-252-7625. gcjn3

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

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. gcjn7

Situations Wanted

CHILD CARE AVAILABLE: Reliable mother will watch your child, fulltime or part time, \$5/hr. References. 775-7440. gcjn3

HOME HEALTH CARE: I am reliable, experienced (12 yrs.), kind & caring. Hospital experienced, excellent references available. Areas - North Shore to South Shore. Call 681-2283. Will work day or night shift. wjn3

DOCTOR, RECENT GRAD to start a residency on July 1 seeks FT position between June 11 to June 29. Job need not be medical. Any position acceptable. 879-8729. gcjn5

MATURE, EXP'D, CERTIFIED Nurse's Aide, non-smoker, seeks 5 day live in or out job as companion to elderly, home health aide, or childcare. Call Sundays and after 5 p.m. weekdays. 623-3241. wjn5

HOUSECLEANING, INCLUDING windows. Experienced, references available. Monday to Friday, anytime. 489-4694 wjn5

MATURE EXP'D WOMAN WILL babysit in your home FT. Teacher's schedule preferred. Please call after 7 p.m., 741-3384. wjn5

HOME HEALTH CARE I am reliable, experienced (12 years), kind and caring. Hospital experience. Excellent references available. Area: North Shore to south Shore. Call 681-2283. hJy1

NURSE'S AIDE References and experience. Day or night. 486-6836. Call after 6 p.m. gcjn5

HOUSECLEANING - MANY YRS of experience, excellent personal references and as a worker, own transportation and driver's license. Angie any time 538-3205 gcjn5

Real Estate For Sale

G.C. ESTATES. MUST SELL! Greatly reduced, spacious custom built Ranch, 3 BRs, 2 1/2 baths, 2 dens, 2 car garage, property 180 x 90. Priced \$389,500 neg. 481-2037. gcjn5

SOUTHOLD CALIFORNIA Ranch in wooded surroundings, heated 20 x 40 in-ground pool or walk to beach. 3 BRs, 2 1/2 baths, outdoor shower, Country kit., fam. rm., double fpl, LR, DR, fin basement, beautifully landscaped, 4 zone sprinkler system, 2 car garage. Reduced to \$298,000, by owner. 765-9247. gcjn4

3 YR. NEW CONTEMP. 1/4 acre, village of South Hampton, 3BR, 3 baths, Central air, huge great room and kitchen, full basement, private 16x32 in-ground decked-in pool, 5 min. from beach and village. Must see. \$215,000. hJn4

GARDEN CITY ESTATES SALE Open House Sun. June 10, 2-5 p.m. 108 Lee Rd. Immaculate Tudor, high ceilings, 4 BRs, 2 1/2 baths. LR/fpl, FDR, screened porch, separate 2 car garage. Walk to RR \$495,000. Principals only. Call days 914-632-4700; evenings 516-741-6479. gcjn3

Real Estate For Sale

GARDEN CITY: FOR THE FIRST time homebuyer, beautiful 4 BR, 2 bath Cape. Quiet street on 60 x 125 plot. Asking \$315,000. Owner, 742-8337. Garden City: True Ranch, 3 BRs, 3 baths, 2 car garage. Professionally decorated, beautifully landscaped. New throughout. Must see at \$539,000. Owner, 742-8337. Garden City: Country Club setting. All brick 3 BR Cape. New designer kit., 2 car detached garage. Move in condition. Asking \$395,000. Owner. 326-8024. gcjn3

EAST MARION (SOUTHOLD Township). This custom designed & built 4 BR, 2 full bath cedar & brick Contemporary overlooks L.I. Sound & commands a sweeping view of the Connecticut shoreline. The expansive master suite which includes a luxurious skylight bath and large jacuzzi opens up to ceramic tile screened porch. The interior displays an open floor plan highlighted by a spacious Great Room & European kitchen including a Jainaire Center Island & top of the line appliances. The formal LR & DR adjoin an impressive entrance foyer. Amenities include tile floors, ceiling to floor fpl., skylights, vaulted ceilings, c/a/c, abundant Anderson windows to capture the view & a private beach. This professionally landscaped home is located in a private soundfront community. Tennis courts within the community & adjoining golf course are further amenities. Outdoor relaxation is provided by gazebo which invites you to view magnificent sunsets. Price \$650,000. N.C. Lagudis Broker/owner, 477-2974. gcjn2

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

GARDEN CITY CONTEMPORARY 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, 2 1/2 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 EXPANDED 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

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. gcjn3

Real Estate For Sale

GARDEN CITY TUDOR Style Estates - LR/fpl, FDR, lg. EIK, den, screened porch, 4 BRs, 2 1/2 baths, low taxes, Walk RR/schools. \$445K. Principals 742-2804. gcjn2

SEAFORD WATERFRONT Great starter/retirement. Low taxes, high \$100's. Grasso 775-6035. gcjn3

STEWART MANOR CHARMING Colonial, 3 BRs, new EIK, large FDR, LR/fpl, fam. rm., 1 1/2 baths, professionally landscaped 60 x 100 plot. \$279,000. Owner 354-2485. gcjn3

POCONOS/HEMLOCK FARMS New, maintenance free chalet for sale, 3 BRs, 3 1/2 baths, LR/fpl, DR, kit, full unfin. bsmt., 8 x 32 open deck leads to 12 x 18 screened porch, garage, 2/3 acre. Next to State Game Land, superior construction & quality throughout. Located in first class community with complete recreational facilities. \$155,000. 546-6132. gcjn5

EAST WILLISTON - SECLUDED attractive four bedroom, 2 1/2 bath, den & library. Wheatley schools. Walk to RR & shopping. Reduced to \$360,000. Private. 248-2685. wjn2

WILLISTON PARK 3/4 BR Colonial. EIK, LR, Full DR, fin. basement. Fenced yard/brick patio. Low taxes. Owner - \$215,000. 741-1867. wjn5

SKY VALLEY, DILLARO, GA. Large 4 BR, 3 bath, furnished, Jacuzzi, den, Four Season Area, Country Club, excellent security. For sale or lease. Call 938-0945. hJn4

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. gcjn3

LOVELY COLONIAL - SMALL family in mind. 3 BRs, 1 1/2 baths, LR, DR, updated EIK, fenced English gardens, porch, low taxes, semi detached. Walk RR & church. Principals \$205,000. 741-2780. gcjn2

GARDEN CITY WESTERN section. Totally renovated 4BR, 2 1/2 baths, fpl, expanded kitchen, patio, fin. bsmt, low taxes. Principals only. \$350,000 775-3028. gcJn4

GARDEN CITY PRINCIPALS only. 3 BR Colonial, 1 1/2 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. gcjn5

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 \$295,000. Call 775-5974. gcjn 5

Real Estate For Sale

GARDEN CITY/ W. HEMP-stead Border. Aluminum sided Cape Cod. LR, EIK with dining area, 3/4 BRs, bath, recreation rm., garage, fenced yard. All appliances. Ask \$199,000. Owner. 483-2106. gcjn4

GARDEN CITY SPACIOUS Brick Colonial just reduced to \$549,000. Elegant foyer, LR/fpl, large DR, library, screened porch. 5 BRs, 3 1/2 baths, large property (75x150). Newly landscaped. New gas heat. Garden City Homes Exchange 746-1350 & 248-0079. gcjn3

STEWART MANOR: SPACIOUS 3 BR, 2 1/2 bath Colonial (Master BR with full bath & dressing room), LR/fpl, FDR, new EIK & new fam. rm. with atriun to deck, partially fin. bsmt., new windows & l.eat. Walk to RR, stores & schools, country club. Mint. 775-2246, \$200's. gcjn4

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. gcjn5

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, 3 1/2 baths, back staircase, den, alarm, sprinkler, brick patio, fin. basement. Asking \$600's. Principals only. 294-5868 days, 248-7662 evenings. gcjn3

SOUTHOLD ON BLOUFF 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

WATERFRONT SOUTHOLD - One of the nicest building sites on the North Fork consisting of 168 feet of deep, protected waterfront property with southerly views across Peconic Bay. Beautifully wooded, very private, all permits for house and dock. Terms (516)724-6220. gcJn3

WILLISTON PARK/MINEOLA Blvd. Mint Colonial on 52 x 150. \$100,000 renovation. 3 BRs, 2 1/2 baths, master suite, huge den, 2 fpls. Low taxes. Owner \$395K. 741-3571. wjn2

GARDEN CITY: 4BR expanded Ranch. C/A/C, 3 baths, fpl, EIK, 2 car garage, fin. playroom, screened porch, 100 x 150. Principals only. \$529,000. 742-1548. gcJn3

Real Estate For Sale

GARDEN CITY 5 BR, 2 1/2 BATH
CH Dutch Colonial on deep property. New oversized French Country cherry kit with ceramic tile floor & counter tops. Mud room with skylight, LR/fpl, DR & heated sun porch, fin. bsmt with bar. Master BR with bath, 2 car detached garage with electric eye, newly landscaped. Near schools & park. 145 Chestnut St. Drive by! Serious buyers only. Low \$400's. Call owner 741-4512 after 5 p.m. Leave message. gcjn5

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 1/2 BRs, 2 1/2 baths, LR/fpl., new, very large EIK & new large DR, very large fin. bsmt. with 15 ft. vet 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

CUTCHOGUE - 1 1/2 STORY
Colonial. 5 BRs, 2 baths, water rights, boat tie-up, near beaches, village, stores & churches. Peaceful area. Asking \$225,000. Pat Gorman Realty, Depot Lane, Cutchogue, L.I. 734-6106. gcjn2

GARDEN CITY - RETIRING
Dentist offers home with office on 1/2 acre. 9 rm. Farm Ranch, with 2 car garage, includes waiting rm., exam. rm., office & full bath. Must sell! Asking \$385,000. The Valentine Agency 746-7200. wjn4

WILLISTON PARK - CHARM-
ing 3/4 BR Chatlas Colonial. Two full baths, LR, FDR, kit. Reasonably priced \$186,000. Call The Valentine Agency for exclusive showings. 746-7200. wjn2

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 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 gcjn3

GARDEN CITY WESTERN
Section: 4 BR, 2 bath Cape, 100x100, EIK, fam. DR, LR/fpl, screened porch, a/c, security system, sprinklers, fin. bsmt. Serious inquiries, 352-5781, leave message. Mid \$300's. gcjn4

WILLISTON PARK - HERRICKS
School Dist. Renovated Colonial. 3 BRs, 2 1/2 baths, FDR. Fin. bsmt./wet bar, laundry rm. New 12' by 24' kitchen extension/skylights. New gas heat. Two car garage. On 40' x 150' plot. Many extras. \$249,000. 294-5607. wjn5

Real Estate For Sale

OXFORD BLVD. - FIRST SHOW-
ing. Spacious Dutch Colonial, 5 BR, 4 1/2 baths, entrance foyer, LR/fpl., fam. rm., office/nursery, FDR, huge mud. 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 PRIME
Estates Section - 4 BRs, 2 baths, LR/fpl, FDR, study, fin. basement. 80 x 100 lot. Walk to schools & train. Owner relocating 746-5445. gcjn3

N.Y. STATE VICINITY OF
Bennington, Vt. 2 houses, one lake side \$139,000; second home \$98,000. Seasonal community on Babcock Lake. 488-6168. gcjn3

STEWART MANOR NORTH
Prime location. Custom built Ranch 60 x 100 landscaped plot, attached garage. Spacious rooms throughout. 3 BRs (King Master), 2 baths, formal LR/fpl, fam. DR, EIK, plaster walls, hardwood floors, underground sprinklers. Walk to RR \$325,000. Exclusive broker 775-2327. gcjn3

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

GARDEN CITY NEW LISTING:
Mint, Western, 3 BR Colonial. Large LR, FDR, den, 2 baths, new EIK, fin. bsmt., 60 x 125. Low taxes. Must sell. Mid \$300's. Principals, 352-1754. gcjn3

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. \$295,000. 741-5935. gcjn2

GARDEN CITY & VICINITY:
Estate Sale, Stewart Ave., 3 BR Ranch, 2 baths, CAC, 2 car, sprinklers, 150x300 \$550,000. Owner Financing. 5 BR Brick Ranch, 3 baths, EIK, CAC, fin. bsmt, sprinklers, 155x100 \$495,000. Charming Cathedral Gardens-Hemp. owner financing. 1/2 acre landscaped plot, 5 BR, C.H. brick Colonial, slate roof, 3 plus, 2 1/2 baths, den, Florida Rm. overlooking heated pool 16 x 24, plus prof. suite or mother/daughter. 3 car garage \$500,000. 5 BR 10 yr. young C/H Colonial, 2 1/2 baths, landscaped plot. \$475,000. Country Club Estate - 3 BR Brick Dutch C/H Colonial, 2 baths, EIK, fpl, 2 car attached, 80 x 120. Needs TLC. \$199,000. Elaine J. Nolan 485-7054 or 292-9749. wjn2

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 gcjn3

GARDEN CITY WESTERN
Section: 4 BR, 2 bath Cape, 100x100, EIK, fam. DR, LR/fpl, screened porch, a/c, security system, sprinklers, fin. bsmt. Serious inquiries, 352-5781, leave message. Mid \$300's. gcjn4

WILLISTON PARK - HERRICKS
School Dist. Renovated Colonial. 3 BRs, 2 1/2 baths, FDR. Fin. bsmt./wet bar, laundry rm. New 12' by 24' kitchen extension/skylights. New gas heat. Two car garage. On 40' x 150' plot. Many extras. \$249,000. 294-5607. wjn5

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 gcjn3

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 or (413) 269-7181. gcjn3

GARDEN CITY ESTATES:
Custom Split on large plot. 3/4 BR, EIK, large FDR, LR/fpl, CAC, 2 1/2 baths, 2 car garage. Many extras. Mint condition. Asking \$479,000. Principals only. 747-0858 evenings & weekends. gcjn3

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. gcjn5

GARDEN CITY OWNER
relocated. In heart of Pell Gardens. Large verdant yard, bright, sunny rooms. Mod. EIK, 3 BRs, 2 1/2 baths, large LR, DR, large wood paneled den, jalousied Fla. rm., 2 car garage, new windows & more. Move in condition, close to all. Principals only. Owner 746-2713 after 6 p.m. \$289,000. gcjn5

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

MUST SELL BRICK SPLIT:
3/4 BR, hardwood floors, fin. basement, 2 car garage. 292-9272. gcjn3

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 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

Real Estate For Sale

GARDEN CITY - 222 SEVENTH
St. Magnificent 2 BR Condo. Walk to all. New marble bath, new EIK, maintenance & taxes under \$450. Must see at \$219,000. Owner 742-8337. gcjn3

GARDEN CITY BRICK ENGLISH
Tudor with slate roof. 4 1/2 BRs, circular staircase, 3 1/2 new baths, new gas & water heater, new A/C, alarm, sprinkler system, formal LR/fpl, large DR, library, new gourmet kitchen & breakfast area, sunporch, 2 oversized garages, basement, rec. rm. with bar, pool room, large laundry room & storage. Whole house completely renovated. \$750,000. Principals only. 248-3775. gcjn3

CATHEDRAL GARDENS
English Tudor \$269,900. Foyer, large LR/fpl, FDR, den or sun porch, large screened porch & private garden. 3 large BRs, walk-in cedar closet, 1 1/2 baths, electric kit., breakfast nook, 2 car garage, slate roof. 486-6964. gcjn5

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. gcjn5

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. Reduce to \$175,000 by owner. 722-4158. gcjn5

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

SOUTHOLD - NEW 3,000 SQ.
ft. all brick custom C/H Ranch. Seven (7) rms, 3 BRs, LR, FDR, fam. rm with brick & stone fpl., 23' x 16' kit, cathedral ceilings, 3 baths, Jacuzzi, sliding doors leading to deck, skylights, 2 zone central A/C, Central Vac system, 34' x 14' Cedar deck, 2 car garage, full basement. One (1) acre plot. Near all beaches. Many extras. By owner. \$380,000. 765-2203, 747-1895. wjy1

LEVITT HOME FOR SALE
Westbury/East Meadow area. In-ground pool. \$180,000. 248-2309 after 5:30 p.m. gcjn5

EAST WILLISTON - WHEATLEY
School District. Charming Colonial. 3 BRs, 2 1/2 baths, fam. rm., professionally landscaped 1/2 acre. Principals only. Estate must be settled. \$440,000. 747-6494. wjn3

Real Estate For Sale

GARDEN CITY 2 MORE EXCLUSIVES
LOVELY EXPANDED RANCH-like new. Many extras, deep prop. \$315,000. Estates Col. Maint. free, top location, 3 BRs, low-low taxes. \$299,000.

TAYLOR-WARNER
101 7th St. Est. 1919 741-4422 hjn2

SUFFOLK INVESTMENT
opportunity. Property with old farmhouse, bungalow and two cottages. Work needed but good year-round or seasonal income potential \$200,000. Southold - retiring soon or starting out here is a charming and airy 2 BR home in a private community with rights. This home features LR/DR combo, kit, 2 BRs, & 2 car garage. \$160,000. Mattituck ideal for the executive whose demands are high. Stone & cedar contemporary with skylights, 2 fpls & excellent entertainment areas. 5 BRs, 3 + baths & space for expansion. A beautiful home set on 1.5 landscaped acres a short walk from the sound \$509,000. Jim Gray Realty 1-800-287-GRAY hjn2

MATTITUCK BAYFRONT
5 BRs, 2 baths home on spacious sugar sand beach! \$595,000 Styte Bros. Real Estate 298-8760. gcjn2

GARDEN CITY/HEMPSTEAD
Border: Atrium 3 BR Condo, garage, patio, reduced \$229,000 or rental with option, \$1800/month. Bamberg Realty Service, Inc. 742-0933. gcjn2

LOOKING FOR A MINI-
Estate? We have three beautiful ones to offer: Southold: Gracious 12 room Victorian home, circa 1889 on 2.7 acres in prestigious area near village. 6 BR, 3 1/2 baths, library, 5 fpls, guest suite, large wraparound porch, 7 space L-shaped garage, beautifully landscaped. Priced at \$795,000. Southold: Stately Colonial home on 3.6 private acres with 50 ft. ROW to sandy bay beach. 5 BRs, 4 1/2 baths, 3 fpls, LR, FDR, large EIK, library, enclosed porch, 3 car garage/carriage house with deck. 20 x 40 in-ground pool, 9 zone in-ground sprinkler system, beautifully landscaped. Make offer, asking \$825,000. New Suffolk: Handsome 4 BR, 2 1/2 bath brick Colonial with slate roof surrounded by stately trees & formal gardens on 2.9 acres. Very private in desirable area. LR/fpl, sun room, DR, library/fpl, EIK, fin. bsmt., expandable attic with staircase, 2 car garage, garden-er's quarters, near bay beach & park. Drastically reduced to \$590,000. Southold: Protected waterfront with gracious 3 level Contemporary on 1.43 acres - privacy, 3 BRs, 2 1/2 baths, LR/DR with fpl, mod. kit., fam. rm. with wood stove, decks, storm shutters, in-ground pool, association ramp and mooring area, landscaped with beautiful trees & shrubs. Private community. Reduced. Good value at \$349,000. Madelyn Baker Realty 765-2310. gcjn2

GARDEN CITY EASTERN
Section - Immaculate Cape. 3 BRs, den, 2 baths, new kit., a/c, 7 ft. fpl., 125 x 60 plot fully landscaped. Master BR 16 x 24 feet. Serious inquiries only. By owner \$310,000. 747-3457. gcjn5

Real Estate For Sale

CUTCHOUGE WATERFRONT lots 2 one acre wooded parcels. Great views, terms \$250,000 each. Aquebogue Waterfront. First offering. New Country Contemp. in private community. 3 BRs, 2 1/2 baths, large LR/fpl, dining area, custom kit., open, airy, dock with electric & deeded bay beach. \$495,000. Marilyn Lang Realty 734-6472, 734-6690. gcJn2

NASSAU POINT: EXQUISITE home in exclusive area. 2 1/2 BR, 2 baths Cape, ready for expansion on wooded shy acre. Great room, LR/fpl, deck & 2 car garage. Move right in. \$295,000. Matt-tack: Neat & attractive 3 BR, 2 1/2 bath Ranch. Country kit, DR, LR, fam. rm/fpl, attached 2 car garage, OHW. Lovely 1/2 acre. \$189,500. Southold: Quality built new neo-Victorian on shy acre. 3 BRs, 2 1/2 baths, LR/fpl, EIK, DR, full bsmt., attached 2 car garage, outstanding buy. \$240,000. Orient: Bayfront - 100 yr. old village home, expertly & elegantly restored 3 BR, 2 baths, sandy beach & glorious views. A very special home. \$565,000. Marion King Real Estate 734-5657. gcJn2

STEWART MANOR NORTH Prime area. Custom sprawling Ranch 60x100 landscaped plot, attached garage, 3 BRs (King Master), 2 baths, spacious LR/fpl, FDR, EIK, sprinklers. \$325,000. Exclusive broker. 775-2327. gcJn2

PORT ST. LUCIE, FLORIDA (Home of the Mets). Lot for sale by owner. 80 x 125, backed by waterway canal, sewers & city water. Asking \$13,000. Call evenings. 5-9 p.m. (516) 747-0774. gcJn5

FREEPORT SOUTH COLONIAL refurbished, Anderson wind-ows, 3 BRs, DR, LR/fpl, newly equipped kit, den, cedar shingles on large parcel. Low taxes. Reduced to \$169,000 741-4799 or 546-3169. gcJn5

BUY BEAUTIFULLY FURNISHED home & charter membership at prestigious PGA National in Palm Beach Gardens for \$120,000. 2 BRs, 2 baths, walk-in closets, large screened porch, 55 ft. pool. Negotiable price. Call collect 407-627-5381. gcJn5

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 acre plus. Reduced \$30,000 to \$329,000. 477-0928. gcJn5

PRIME REYDON COURT CUL de sac Southold, NY. 2 one acre lots in prestigious area, deeded & association approved private beach & boat slips, right in beautiful community marina. Road & power completed, all approvals, ready to build \$145,000 & \$150,000. Call 437-8520. gcJn5

SAG HARBOR/BAY POINT A steal! Reduced from \$205,000 to \$165,000. Waterfront community with mooring & beach rights. Owner relocating to California. Give us a call. You'll be pleasantly surprised. Robertson Realty 725-0200/1200. gcJn2

Real Estate For Sale

GARDEN CITY ESTATES CH Tudor. Desirable Meadbrook Rd. location, lovely 4 BR, 3 1/2 baths, lg. EIK, FDR, LR/fpl, den, screened porch, full bsmt., 2 car, walk to all. Move in condition. Owner 742-8447. \$505,000. gcJn4

ATTENTION CONDO OWNERS I'll buy your condo if you buy my house - 3 BRs, 2 baths brick & stone Cape, 2 car garage. Mint condition. Western Section \$395,000. Principals only. 328-8024. gcJn4

HEMPSTEAD - JUST OVER Garden City line. Spacious 4 BR expanded Ranch, den, EIK, fpl, C/A, 2 car garage, beautiful condition, generous basement, ready to be finished for family or professional use. Only \$260,000. Edwina M. Keusey 747-1300. gcJn4



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

MODERN WATERFRONT EFF. Co-op on Peconic Bay. Fully furnished, private beach & deck, near all amenities. Low \$70's. 717-722-2683 after 7 p.m. gcJn4

MINEOLA: 2 BR, 2 BATH CO-OP All new throughout, lots of closets, w-w, a/c & storage. Parking, security. Great location. Walk to LIRR, courts, hospital. Low maintenance. Principals only. \$145,000. 354-4163. gcJn4

2 BR FIRST FLOOR CHERRY Valley Co-op reduced to \$125,000. Walk to all, w/w over oak flrs., ceiling fans, verticals, new kit. Maintenance 77% tax deductible. 248-8916. gcJn4

GARDEN CITY HAMILTON House - Beautiful 1 BR Co-op. Large rms & closets, sunny with lots of extras. Priced to sell. \$130K. Days 718-641-4945; eves. 516-741-8894. gcJn4

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. gcJn3

INVESTMENT - OWNER will sell and lease back this 1 BR Co-op on the Garden City/Hempstead border. Unit recently remodeled, like new. Enjoy the tax benefits of Real Estate ownership with a guaranteed rental income. Low maintenance. \$80,000 negotiable. 489-9666. gcJn3

GARDEN CITY CO-OP 2 BR, spacious, airy first floor, end unit, loaded with extras; 80% tax break, available now. Call owner, 742-0359. gcJn3

Real Estate For Sale

MINEOLA, HORTON HOUSE. large 2 BR Co-op. One bath, corner apartment on residential street. Walk-in closets, oak floors. Walk RR & all. Anxious owner. \$135,000. 294-5964. wtfm

ROSLYN STUDIO CO-OP Beautifully located across from duck pond, 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

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

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. gcJn5

GARDEN CITY/HEMPSTEAD The Mulford - Spacious 1 BR in charming building. Newly remodeled, high ceilings, closets galore. Low maintenance, like new. \$79,900. 489-9666, owner. gcJn3

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

GARDEN CITY 2 BR CO-OP in heart of village. Fine detailing & architectural charm convenient to train, shops & 's. Low maintenance \$169,000 negotiable by owner. 294-9318. gcJn4

EAST 22nd ST. MANHATTAN Good size studio with dressing area in luxury doorman building. (Sunroof opens soon) Parquet floors, A/C, mod. kit. Co-op with large reserve fund. Maintenance just \$374. Priced to sell at \$84,000. 212-472-4618, leave message. wtfm

NEW HYDE PARK SPACIOUS 1 BR apartment with town house like charm. LR, DR, EIK, wall to wall, a/c. Fully renovated. All new GE appliances, low maintenance & many extras. Asking \$103K. 718-347-2387 after 5 p.m. gcJn1

GARDEN CITY CO-OP 2 BR lovely second floor unit. Center of Village. One block to LIRR, refinished floors, new windows. Owner, \$149,000. 873-9469, leave message. gcJn3

GARDEN CITY/HEMPSTEAD Spacious 1 BR with patio. Euro Kitchen, separate dining area, wall to wall. Maintenance 79% deductible. Many extras. High \$70's negotiable. Owner 485-8079. gcJn3

Real Estate For Sale

GARDEN CITY VILLAGE: 2 BR Co-op. Sparkling clean, park-like grounds, washer/dryer, wall-to-wall carpet, Venetian blinds, new kit. Must sell, best offer, 741-4088. gcJn3

GARDEN CITY: CHERRY Valley Co-op. 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. gcJn5

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. gcJn5

GARDEN CITY 2 BR CO-OP IN heart of village. Fine detailing & architectural charm, convenient to train, shops, & Leo's. Low maintenance. Just reduced to \$169,000 by owner. 294-9318. gcJn5

GARDEN CITY CHERRY Valley 2 BR 1st floor, garage, mint condition, 3 exposures, quiet scenic corner, walk to RR, washer/dryer, A/C, dishwasher. \$135,000 owner. 746-1758. hyl1

GARDEN CITY - STEWART/ Franklin building. Top floor, sunny 2 BR large LR/fpl, EIK, A/C, new windows, low maintenance. Building undergoing extensive refurbishing. \$174,000. neg. Owner 294-5696. gcJn5

BAYSIDE MEWS CONDO 1 BR, elegance, spacious & modern. Terrace, 2 car garage, low maint., health club. Priced to sell. Must see. Call 718-425-2255. gjy1

WEST HEMPSTEAD GARDEN Apartments - 2 BR, 2 full baths from \$108,000. 1 BR from \$79,900. Large Studios from \$59,900. Secured parking, outdoor pool. Hempstead Cathedral Gardens Large renovated apartment. \$87,500. Bamberg Realty Services Inc. 742-0933. gcJn2



115 JEFFERSON ST., GARDEN City. Sat., June 9, 9-12. Western Cape, 4 BRs, 2 baths, LR, DR, EIK, vinyl siding, plaster walls, hardwood floors throughout, full bsmt. Walk RR. Sale to settle estate. \$299,000. 422-3344. gcJn2

OPEN HOUSE JUNE 10, 1 TO 3 p.m. Westbury/Carle Place SD, 5 North Drive. \$259,000. Mint condition, expanded Cape, 4 BRs, 3 baths, Florida rm., beautiful yard. H.A. Smith & DeGroat, Inc. 248-1468. wjn2

46 MAXWELL RD., GARDEN City (off Old Country Rd.) Sunday June 10, 1-5 p.m. Spectacular home - 3 or 4 BRs, 2 1/2 baths, den/office, rec. rm. Priced to sell today \$349,000. Prudential L.I. Realty 354-6500, residence 488-6230. Hosted by Pricilla Labbe. gcJn2

Real Estate For Sale

OPEN HOUSE: 81 ETON ROAD Garden City. Sun., June 10, 2-4 p.m. Our new Estates exclusive. Home of distinction. Six BRs, 3 1/2 baths. Spacious rooms throughout. Central AC, top location. An impressive home for a special buyer. \$895,000.

STUDWELL REALTY 746-7077. Marian Bursch & Claire Andrew. wjn2

OPEN HOUSE SAT. JUNE 9, 1 to 3 p.m. 141 Evelyn Rd., Mineola. Bring your paint brush & save a bundle. \$189,990. 3 BR, 2 1/2 baths. First showing. 248-1468. H.A. Smith & DeGroat, Inc. wjn2

Real Estate For Rent

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. wjn3

MT. SNOW/HAYSTACK 4 BR, 2 1/2 baths, color tv., VCR, microwave. Available by month, week, weekend or season. Near golf courses, lakes, tennis. 3 acres, beautiful views with privacy. 466-6120. gcJn3

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

GARAGE FOR RENT: Perfect for storage. Mineola Park section. Available immediately. \$75.00 per month. Call 746-3141. wjn2

FLORAL PARK - BRICK attached 2 BR, 1 1/2 baths, LR, DR, mod. kit., washer/dryer, garage, yard. No pets \$950. Principals only 326-2359. 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

GLEN OAKS GARDEN APT. Second floor, large LR, new EIK, large BR, full bath. July 1 occupancy. \$675. Please call owner, 437-8825. gcJn3

GARDEN CITY HOUSE TO share. Large Garden City house, steps to LIRR, great location. Full use of house, washer/dryer, ample parking. Mature, young business person preferred. \$375 includes all 775-4256. gcJn3

EAST WILLISTON - STUNNING 5 BR Split level. Brand new kit., 2 full baths, fin. bsmt. Well located. Available July 1. \$2200. 746-7200. The Valentine Agency. wjn2

GARDEN CITY - LOVELY, quiet, furnished room. Private entrance, bath. Mature non-smoker preferred. References. 746-0018. gcJn4

CHERRY VALLEY: 2 BR Garden Apartment, ground floor, cac, EIK, garage available \$975/month. 294-0229. gcJn3

Real Estate For Rent

FRANKLIN SQUARE
apartment available in June.
Private entrance, 2nd floor.
non-smoker. 488-5723. gcn2

GARDEN CITY - ROOMS TO
share. Kit., laundry rm., LR &
DR areas. Near RR, non-smoker.
Professional/business, female
preferred. 747-6420. gcn2

CORNER STORE FOR RENT
1500 sq. ft. 310 Hillside Ave.,
Williston Park. Owner 746-1075.
wfn

WEST HEMPSTEAD, LOVELY
lower level 3 room apartment, full
bath, EIK, carpeting, non-
smoker, single preferred. \$550
plus utilities. 486-1126. hjn3

NORTH FRANKLIN SQUARE
3 rms., mod. kit & bath, a/c,
wall-to-wall, private entrance.
Walk shops, LIRR. Mature
business person, quiet non-
smoker. References. Eves. 6-9
p.m. 437-3185. gcn4

TWO BR LEVITT HOUSE
in Westbury. Sept. 1990 to June,
1991 (flexible). \$1200/month.
Call 248-2309, after 5:30 p.m.
gcn4

ISLAND PARK APT. FOR RENT
3 BRs, LR, DR, EIK, walk RR/all.
First floor of legal two family.
\$1100 includes heat. Available
June 1889-7349. wjn4

WILLISTON PARK - 2 BR APT.
new kit., new bath, with fpl.
Mature adult - \$925 without
utilities. Close to RR. 742-0384.
Leave message. wjn4

NO. LYNNBROOK - SPACIOUS
2 BR Apt., fully furnished, A/C,
closets galore. Legal two family.
Walk all. \$950. Cathedral
Gardens, Hemp. Studio - elevated
building, W/W, \$560 month.
Elaine J. Nolan 485-7054 or
292-9749. wjn2

NEW FINISHED BRIGHT,
basement Apt. in Floral Park. BR,
kit/LR combo with private en-
trance, alarm system. Prefer
female, non-smoker, no pets.
Toni eves 718-343-6166; days
201-414-2731. gcn4

WEST HEMPSTEAD - NORTH
of Turnpike - Studio, private
building, on site parking. Walk to
RR & all. Immediate \$525 plus
utilities. No fee. Owner/broker.
Edwin Keusey 747-1300. Ask
about discount program. gcn3

GARDEN CITY FOR RENT OR
sale - 5 BR, 2 baths, expanded
Ranch, maintenance free ex-
terior, fin. rec. room \$2,200 a
month with option to buy. Owner
326-8024. gcn4

EAST MEADOW - 1 1/2 BR
Apartment, full bath, large
closets, carpeted, separate en-
trance, c/a, non-smoker pre-
ferred, no pets. Available June 15
\$775 pays all \$65-0551. gcn5

STUDIO - 2ND FLOOR,
private entrance. Mature. Call
evenings, 328-8944. \$550. wjn5

LARGE STUDIO APT FOR RENT
Kitchen, full bath, private en-
trance, utilities included. By
owner \$550. 765-2203, 747-1895.
wjy1

Real Estate For Rent

NO. LYNNBROOK - SPACIOUS
2 BR Apt., fully furnished, A/C,
closets galore. Legal two family.
Walk all. \$950. Cathedral
Gardens, Hemp. Updated Studio,
elevated building, W/W \$560
month. Elaine J. Nolan, 485-7054
or 292-9749. wjn2

FLORAL PARK VILLAGE
2 family, second floor, 1 BR plus
fin. 3rd floor, LR, kit, full bath,
balcony, garage. Walk to RR &
stores. Available Aug. 1 \$900,
741-0337. gcn5

MINEOLA & AREA - 3 RM APT
for rent. Large rooms. \$715 a
month. 2 BR Co-Op building, LR,
DR, Combo/Modern EIK, 1 1/2
baths, W/W, AC, dishwasher.
Close to hospital \$1150. Royal
R.E., 742-3355 weekdays; 759-
7707 evenings & weekends. wjn2

FURNISHED OPTIONAL 2
huge studio type rooms. FPL,
bath, kitchenette, private en-
trance, private park, utilities
included. \$1000/month. 747-
7328. gcn4

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. gcn2

FAMILY RELOCATING BACK
to Garden City. Seeks 1 to 2 year
rental 4 BR house. 722-8764. gcn2

FLORAL PARK FAMILY
desires home in Estates or
Western sections, Garden City. 4
BRs, 2 1/2 baths, LR w/fpl, FDR,
large EIK, den, 2 car garage. No
brokers please. 437-0471. gcn3

FORMER GARDEN CITY
couple now residing in Florida,
who have lived in Garden City for
over 40 years and are presently
members of the Wheatley Hills
Golf Club, wish to rent a
furnished home this summer in
Garden City. Call 516-742-0466 or
call collect, 407-286-4981. gcn4

COUPLE WITH ONE CHILD
looking to rent a home with option
to purchase. Minimum 4 BRs.
Garden City Estate section only.
326-7864. gcn5

SINGLE BUSINESS MAN SEEKS
furnished room with private
entrance. Call evenings & week-
ends. 352-0198. gcn4

FAMILY OF THREE ADULTS
professionals seek 2 BR apart-
ment in Great Neck/North Shore
area. 731-4835. gcn4

Vacation Rental

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 (ask-
ing 150K) or rent. Call Mr. Ossi,
p.m. 516-742-0415; days 516-
437-5252. wjn5

Vacation Rental

SOUTH JAMESPORT: RANCH
3 BRs, 1 1/2 baths, furnished.
Washer/dryer, deck. Available
July 27 through Aug. 18. Owner,
775-0814. gcn2

OCEAN CITY, MD. NEW 2 BR,
2 bath, a/c, pool, tennis, jacuzzi,
1 block from beach. Close to
restaurants. Call 432-2621. \$725/
week, July & Aug. gcn4

SOUTH JERSEY SHORE
4 BR Beach front. July 14-21,
Sept. weeks available. Close to
Atlantic City casinos, Cape May
& boardwalk rides. 746-5652.
gcn4

JAMESPORT BAYFRONT
Private beach, 3BR, EIK, porch,
large yard. \$3000/month; \$1800/
week. 352-7333. gcn4

SHELTER ISLAND: LARGE 3BR
3 bath Ranch with in-ground 16 x
132 pool. \$4500/month. Call
owner, 746-7780. gcn4

SUMMER RENTAL, SOUTH
Shore L.I., fully furnished home.
Call 785-7218 eves. hjn4

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, racket ball, antiquing,
beautiful lake, fine dining, music
& art functions. Call 741-1824.
gcj1

NORTHFORK - AQUEBOQUE
New large 3 BR house on the
water with dock & private beach,
furnished. Months of July & Aug.
\$10,000. Call 757-7733 weekdays.
gcn3

MARCO ISLAND, FLORIDA
2 BR, 2 bath, Condo. All
amenities, pool, tennis, terrace
with Gulf view. Walk across
street to Gulf Beach. Ideal for
family or two couples. Day
516-365-3300, ext. 246; evenings,
718-352-5798. wjn4

SAG HARBOR - NEWLY
renovated village charmer. 3/4
BRs, 2 baths, all appliances.
French doors to decks. Great
location. \$11,000 season or month-
ly. Owner. 294-5964. wjn4

SOUTHOLD SOUNDFRONT:
Spectacular sunsets. Your own
cottage, private beach & deck.
Contemporary 3 BR, fully furnis-
hed. Available weekly/monthly.
Call 481-7995 days ask for
Palmer. gcn4

PAWLET, VERMONT:
Summer rental by week or month.
Fully equipped house on private
14 acres. Sleeps 8. Near Dorset
Theatre, Manchester outlets &
Lake St. Catherine. Call 294-8782
after 3 p.m. gcn4

HILTON HEAD: GOLFER'S
Paradise - Marriott Spice Bush at
Sea Pines. Three golf courses on
site, with pool, tennis & lake. 2BR
sleeps six. Beach within walking
distance. July 20-27, \$900. Call
742-4859. gcn3

DRIVE TO SEMI TROPICAL
Hilton Head Island. Fully equip-
ped ocean villa with balcony,
large pool, tennis, much more.
Ideal for small family or couple.
742-4485. gcn5

Vacation Rental

POCONOS - LUXURIOUS TOWN
House in resort community. Pool,
lake, tennis & golf. 2 BR's, loft,
2 1/2 baths, sleeps 8. 90 minutes
from George Washington Bridge.
\$750 per week. (201) 444-9395.
gcn5

HAMPTON BAYS - 4 BR
2 bath Colonial - 2 BR & Bath up;
2 BR & bath down, decks,
waterview, walk to beach. July &
August \$10,000 Also for sale.
\$239,000 248-7347. gcn5

POCONO - MASTHOPE
4 BR house, 2 baths. Free horses,
canoes, pool, tennis, lake, river.
Weekly or monthly. 741-8503.
W-Jn5

MONTAUK POINT - 3 BR
house, fully furnished, wrap-
around deck, walk to town beach.
Available 7/15-7/29 \$2,000. Days
354-0111, eves. 352-8524. gcn5

SOUTHOLD: 4 BR CREEKSIDE
house. Nicely furnished. Large
EIK. Deck, fenced yard, four
wooded acres, vegetable garden.
\$3500 monthly. 765-3356. gcn3

EAST HAMPTON - THREE
Mile Harbor: Contemporary, 3
BR, large LR, all appliances,
A/C, wraparound deck, 18 x 36
pool. Available June, \$800
weekly, July, \$1100 weekly. No
pets. 742-1063 or 324-3463. gcn3

BIARRITZ, FRANCE
Lovely 3 BR apt. with old world
charm. Kit. DR, LR, 1 bath with
bidet. One block from ocean.
Charming coastal village. \$500 a
week. 747-6945 weekdays, 653-
5497 weekends. gcn3

NASSAU POINT - GRACIOUS
waterfront home with private
beach on 2 plus secluded acres. 5
BRs, 3 1/2 baths, washer/dryer,
dishwasher. Many extras, avail-
able Aug. Call 747-0688. gcn2

JAMESPORT: 3 BR, 2
baths, fam. rm., completely
furnished, washer/dryer, dish-
washer. Walk to deeded private
beach. Available July & Aug. Call
owner 741-3676 - weekends or
evenings, or 722-8251, weekends.
wjn2

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.
gcn2

SANIBEL ISLAND, FLORIDA
Lush tropical setting, virtually
unspoiled, southern Florida Gulf
coast. **Sundial Beach & Tennis**
Resort Selected by Better Homes
& Gardens as one of the top
resorts in the USA. 2000 ft.
beach, 5 pools, jacuzzi, 13
soft/hard court tennis, golf,
boat/bike rentals, supervised
children's activities available,
award winning chef and gourmet
restaurants, superb shopping,
world famous shelling, only 35
min. to Ft. Myers airport
Complete resort right on the Gulf.
Recent multimillion dollar beauti-
fication program. One or two BR
Condos with full kitchens. Rent
daily, weekly, etc. Reasonable
746-2211 or 326-7711. gcal

Vacation Rentals

ENJOY A WEEK OR TWO IN
East Hampton Springs in a
charming and cozy home, 3 BR's,
1 1/2 baths, outdoor shower, large
deck, 1/2 acre, private beach
rights. \$750 a week, \$1,400 2
weeks. 483-7419 or 324-2730
gcn5

SOUTHOLD - PRIVATE BEACH
on L.I. Sound. 3 BR, 1 1/2 bath,
wraparound deck. Available June
- Sept. \$800 per week. No pets
please. References required. Call
evenings (201) 635-5616. gcn5

POCONOS - 3 BR RANCH
in lake community. Swimming,
tennis and vacation activities.
House spotless, washer/dryer,
micro, 2 decks, fpl. Walk to lake,
horseback riding, quality restau-
rants and shops nearby. \$350 a
week. 379-8447. gcn5

For Sale

COMMODORE 64 COMPUTER
13" Color Monitor, printer, disc
drive, software including Bank St.
writer, educational programs,
games. Lightly used. \$300. Call
after 3 p.m. 741-2624. wjn4

GE SELF CLEANING ELECTRIC
Range. 28 inch oven with 12 inch
side oven, 4 surface burners
(Model JCP67) 742-4821. gcn3

CONTENTS OF APARTMENT
Wall unit, BR sets, carpets, etc.
873-9735, leave message. gcn2

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. gcn2

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.
gcn2

HOSPITAL BED - FULLY
automated with mattress. \$1200.
485-7054. wjn2

SEALY SOFA CONVERTIBLE
65" long, beige plaid, excellent
condition. Entrance mirror 46" x
31", gold trim. 741-4844. wjn2

1989 MOTOR SCOOTER
Yamaha "Jog" model. Brand
new ridden only 160 miles.
Perfect condition. Must see \$550
(516) 596-9328. gcn4

DR - BREAKFRONT, BUFFET,
oval table, 6 chairs. BR-dresser,
gilt mirror, armoire, night tables,
king headboard optional. Hexa-
gonal cocktail table. All fruitwood
& glass. Excellent. Call 747-3121.
gcn2

SURF BOARDS. REASONABLE
742-4158. gcn2

FULL SIZE KENMORE
Microwave. Excellent condition,
\$125. Large, square oak coffee
table, \$75. Rectangle coffee table
with inlays, \$40. Baby swing &
bassinet & other baby items. Call
873-0925. gcn4

BEAUTIFUL KING "WAVE"
less" waterbed set, \$250. Maple
dinetette set, formica top with 4
captain's chairs, \$150. 747-2169.
gcn4

For Sale

MOVING - ELECTRIC VITA
Master Exercise belt & platform. Sony combination compact cassette turntable, radio & 4 amplifiers. French provincial dining table with 2 addl. leaves & table pad, 6 chairs & marble top console. New Revere 8mm camera, projector & screen. New green leatherette recliner, graceful, antique walnut folding top desk. Community silver plate 8 place setting in silver chest, miscellaneous lamps & bric-a-brac, miniature tapestry foot stool. By appointment only. 248-6909. gcjn4

LOWREY GENIE ELECTRONIC
two keyboard organ. Perfect condition. Originally \$3500; \$800. Upright freezer, \$400. Photographic equipment: print processor, \$50, enlarger, \$25, print dryer, \$50. Six foot work table with electric, \$75. Stained glass grinder, \$75. Call 742-4859. gcjn4

GOLF CLUBS, LYNX MASTERS
registered, #3-PW, \$150. Woods 1, 3, 4, 5, \$125. Travel bag, putters, ram bag. 938-0326 or 352-5030. hjn4

1965 BALDWIN ORGASONIC
organ: Walnut finish, excellent condition. Best offer over \$300. 334-6773. gcjn4

BOY'S BEDROOM - CAPTAIN'S
Bed, 4 drawer dresser, desk with hutch - dark pine. \$350. 294-5836. gcjn3

THREE PIECE WALL UNIT
Black laquer, perfect condition. \$2500 new. Make an offer 935-6543. gcjn3

CONVERTIBLE SOFA BED
Brand new, mint condition. Never been used. Brown velour covering, 2 seater love seat. Sealy Posturpedic mattress with back adjustment \$450 negotiable. 352-5477. gcjn3

SELLING SMALL COLLECTION
of vintage TV's & radios. Also "Acorn" stove, C.1920. Call 747-4068 after 6 p.m. wjn3

MOVING - MUST SELL:
Lawson type sofa, gold Schumacher Frieze, plus Schumacher fabric slip cover. 2 pr. 72" Custom made lined draperies with sway valances, 2 pr. 72" curtains. 742-5102. wjn4

21" TORO COMMERCIAL
lawn mower, rear bagger, five power, B & S engine, superb condition. Brand new medium size, insulated dog house for small to medium dog. 466-6120. gcjn4

EMERSON QUIET COOL A/C
1800 BTUs, 220 v \$125. DR table with 5 chairs \$125. Super Mario Brothers III cartridges \$75. 328-3123. gcjn5

56 PIECES FRANCISCAN
ware Desert Rose pattern. 5 pc. place settings for 8, additional extra pieces. Castro ottoman 27 x 32 closed, opens to 70 x 32. 922-4053. hji1

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.

Services

TROJAN PAINTING INT/EXT
Painted 27 houses last summer. Recommendations, high quality work at very competitive prices. Fully insured. Please call 358-5383 and leave message. Mickey Cavuoti. gcjn3

HANDYMAN - QUALITY HOME
repairs: plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences. Doors shaved, carpentry, sheetrock patching, ceiling fans & window A/C installed. Call Joe 746-7517. wjn4

CARMINE'S PAINTING
INTERIOR/EXTERIOR
paper hanging, plastering, also sheet rock taping. Free estimates. Commercial or residential. Reliable, references. Licensed & insured. Please call 481-5210. gcjn4

BUILD WITH BRICK
Stoops • Fireplaces • Patios • Driveways • And all types of Brick & Stone Work
Quality Workmanship at Reasonable Prices
Satisfaction Guaranteed
No Job Too Small • Waterproofing
Slate Roofs Repaired
Estimates 538-3813
LIC#H1735940000 gca4

HAVE YOUR HOME CLEANED
the easy way. Insured bonded people available. Affordable rates. Call Moppets Cleaning Service 488-6279 or 294-9120 (leave message). gcjy4

CARPENTER
Any type work such as bookshelves, cabinets, radiator covers, doors, windows, decks, basements. Excellent finished work. 40 years experience. Reference. 248-8163. gcjn4

THE CUISINE SCENE
Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Professionally trained staff. Call Susan 742-1956. gcjn3

BRIAN CLINTON MOVERS
Licensed and insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place gcjy4

LANDSCAPE & GARDEN
Service: Maintenance, planting, sprinkler systems, lawn & tree spraying. Call for free estimate. Reasonable. 483-2492. gcjn3

WINDOW CLEANING: ATT.
housewives - windows washed in your home. Quality work. Residential and commercial. Call Frank, Sunshine Building Maintenance, 798-2380. gcjn4

JAMES F. MENTZ
CARPENTER-ROOFER
Skylights Installed
Carpentry-Alterations
Slate Roof Repairs
Roofing-Gutters-Leaders
Kitchens-Attics-Basements
LIC #401750000 593-2933
gcjy2

PAINTER - EUROPEAN
Craftsmanship. Over 25 years experience. Reasonable rates. Free estimate. Call George any time. 718-626-7557. gca3

Services

CRITTER SITTERS: YOU CAN
trust your pet(s) to us while you are on vacation. We will feed, water and exercise your pet in the comfort of your home, provide individual love and attention, make your home look lived in. 873-8910. gcjn3

HOUSECALLS FOR HAIR:
Haircuts, perms, color. Women/men/children. All services. Miss Tarnol 385-7394. Answering machine. wjn3

TREE WORK: REMOVALS,
pruning, topping, stump grinding. All work done by owners. Licensed/insured, references. Free estimates. E.T. Lawn & Landscaping 561-9399. gcjn5

LADIES, RELAX AND ENJOY
Your next party! Catering and experienced professional services for assisting with preparation, serving and cleanup, before, during and after your party. Bartenders available. Call Kate at 248-1545 or 746-8264. wtfy4

SCOTT MILLER LANDSCAPING
maintenance. Weekly maintenance, spring-fall clean ups, lawn chemicals, tree & shrub trimming, tree & shrub spraying, shrub planting, thatching, lime seed-fertilizer, sod lawns. 333-7260. gcjn2

EAST OAKS PAINTING
Benjamin Moore Paints, Int/Ext., Residential/Commercial. Eight years experience. Free estimates. Satisfaction guaranteed. Call Pat Coulter, evenings at 294-8025. gcjy1

GUTTERS CLEANED REPAIR-
ed, replaced. Painting, trim, windows. Other handyman jobs. Call & ask for Joe. 735-6349. hjn4

LAWN SPRINKLER SYSTEMS
Turn ons, installations, maintenance and winterizing. Prompt, efficient, courteous service. Call for free estimates. Garden City Irrigation, 483-4720. gcjn5

LAWN MAINTENANCE
Weekly mowing, trimming, hedging, fertilize, cleanup. Reasonable rates. 741-3157. wjn2

Car For Sale

1983 CAPRICE CLASSIC,
4 door, 8 cyl., original owner, full power, cruise control, 63,000 miles, \$3400. 735-2448. hjn3

RED '87 BERTONNI J/X9
9000 miles, like new, only \$6300. Call after 7:30 p.m. 767-2796. hjn4

73 VW-SUPER BEETLE
Yellow, good condition, second owner. \$650. 488-7925. wjn3

MERCURY - 80 CAPRI
Four cylinder, four speed. FM cassette. Great condition. \$1400. 294-4624. wjn3

1988 PONTIAC LE MANS
4 DR automatic, A/C, AM-FM-Stereo. Asking \$6100. 741-4786. wjn3

ANTIQUE - 1965 FORD
Falcon Convertible. 90% perfect. Mechanically excellent. Must sell! \$5,000 neg. 889-7349. wjn4

Car For Sale

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 after 8 p.m. 579-1272. gcjn2

1985 GMC SIERRA PICKUP
with cap. Full power, cruise, tilt. \$2000. 747-7482. gcjn4

'79 CHEVROLET NOVA
4 DR sedan, 79,000 miles, very good mechanical condition. Excellent station car. \$850 negotiable. 747-2015. gcjn2

'81 OLDS CUTLASS SUPREME
Blue, 6 cylinder, 2 door, power windows, a/c. Must see \$2,600 negotiable. 538-3205. gcjn3

1983 RED FORD MUSTANG
convertible. Mint condition. Loaded, A/C, \$4000. Call 773-3337 evenings & weekends. hjn2

1985 BMW 735i BURGANDY
Loaded, mint, \$8K \$13,500. Ask for Carl or John. 747-1500. gcjn4

1986 CADILLAC COUPE
De Ville. Immaculate, low mileage, excellent condition. \$8600. 294-7826. gcjn2

1985 CAMARO Z28: GRAY
metallic, t-tops, stereo. \$7500, 248-5459. gcjn3

1983 PLYMOUTH TOURISMO
Hatchback. 2.2 liter engine, 5 speed, a/c, am-fm stereo, rear defrost, 57,400 miles, original owner. \$1700. 212-674-7729. gcjn3

1976 CHEVROLET NOVA
2 door, 17,000 original miles, white with red top & interior, 6 cyl., auto, stereo tape, garaged, mint. Collector's item. Asking \$3,500 includes spare parts. 747-5672. gcjn4

1983 GMC JIMMY 4X4 V6
- auto, ps, pb, am/fm, 66,000 miles, no rust, no dents, blue in & out. Runs excellent. \$4500, negotiable. 352-0198. gcjn4

1983 DODGE VAN RAM
Wagon B150, 6 cyl., automatic, blue & white, 5 passenger & removable passenger seat. Excellent condition. \$4,495. 485-6053. gcjn5

1972 CADILLAC COUPE
Beautiful condition. Low miles. Original owner. \$1,100. 741-5272. gcjn5

Wanted

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hjn3

OLD GUNS, SWORDS,
Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hjn3

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 hji2

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

Boat For Sale

CATALINA 25, 1984 STD. RIG
Honda OB, DS, KM, VHF, furling, HS, Dodger, like new \$14,500 747-2560 gcm1

BAYLINER CABIN CRUISER
25 1/2 ft. I/O, 225 HP Volvo, low hrs., prof. maintained. VHF, D/F, compass, trim tabs, stove, ice box, kitchen sink, head w/sink, fish well, sleeps 4/6, Coast Guard equipped, window curtains, swim platform. Sacrifice. Phone 775-7428. wjn3

1985 CHRIS CRAFT CATALINA
291. Fly bridge, 2 stations, twin 230 hp mer cruiser engines, sleeps 6. Hot water, refrigerator, full head with shower, electric anchor, Loran, 2 radios, 2 depth finders, full canvas, winter frame, swim platform, in water Glen Cove. \$40,000. 741-3078. gcjn3

BOSTON WHALER TYPE
plus more: 1987, 16.2 wahoo with Yamaha 90 hp. Cox trailer & many extras. Like new. Great ski or fish boat. Asking \$7500. 248-4695. gcjn3

Instructions

AT LAST TUTORING YOU CAN
afford: Certified teacher, 15 yrs. experience, excellent references. Elementary subjects, math, English & reading. No charge for the first diagnostic session. 364-9382. hjn2

EXPERIENCED - LEARNING
disabilities specialist. Available to tutor your child at your house or my Garden City summer home. Reading, math, writing, Elementary school grades. Call 212-222-4355 after 5 p.m. gcjn2



Lost & Found Pets

LOST MAY 31 - GREY & WHITE
female cat. Has small grey mustache, very friendly. Answers to "Ashley." Lost in vicinity Merillon Ave. LIRR station near Wellington Road. 746-4854 gcjn5

Pets For Sale

MOVING OUT OF STATE
Need to find loving home for Golden Retriever, female, 1 yr. old, AKC, papers, all shots, spayed. 248-0639. gcjn4

Pets For Adoption

9 MONTHS YELLOW LAB/
Collie, spayed, all shots, good with children, well trained. 718-641-9168. wjn4

SELLING YOUR HOUSE?
We can offer you top exposure in the Display Classified Section of Discovery. One low, low price will put your house on the market in over 22 communities! Deadline is Monday of every week for Friday publication. Call immediately. 931-0012

Novenas

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me, I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. A.F. gcjn2

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me, I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. A.F. gcjn2

MAY THE SACRED HEART of Jesus be adored, glorified, honored, loved and preserved through the world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Say this prayer nine times a day for nine days. It has never been known to fail. Publication must be promised. I have had my request granted. N.L.T. gcjn2

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. J.J.B. wjn2

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me, I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. K.K. gcjn2



GARAGE SALE

15TH ANNUAL SUPER PLANT and Bake Sale Benefit for cancer stricken children; Saturday and Sunday, June 16 and 17; 10 a.m. to 5 p.m.; St. Aloysius Church Club House (Next to St. Aloysius Church); Coffee Bar; Plant Raffle; Large Selection of Father's Day Weekend Specials - Too Good To Miss! Hurry In and Save! Everyone welcome; Sponsored by Cancer Volunteers of America. hJn3

MOVING WEST - 10 YRS accumulation. Beds, desks, chairs, lamps, couch, crystal, paintings, refrigerator, bikes, new items, toys, books, adult and children's clothes, linens, curtains, tools, snow sleds, much more. June 9, 9-2, 146 Meadbrook Road, Garden City. gcJn5

SATURDAY, JUNE 9 - RAIN- date June 10, 9-4, 3 Stevens Ave. Hempstead between Westminster & Cathedral (off St. Paul's Rd.). Housewares & homefurnishing samples, automotive merchandise, moped, bicycles, antiques, 1984 Oldsmobile wagon, apt. size stove, furniture. gcjn2

CONTENTS OF HOUSE Furniture, bedroom set, occasional tables, knick-knacks, exercise bike. June 9 - June 16, 10-5-16 Clinch Ave., Garden City. gcjn3

GARDEN CITY 2 FAMILY garage sale. 17 Kensington Rd. (Bet. Cambridge & Chester Aves.) June 9 - 9 a.m. - 4 p.m. Rain or shine. Games, household items, furniture, books. gcjn2

SUPER SALE - ALL OUR treasures, antiques too! Fri., June 8 only. 10 to 3 p.m. 85 Center St., Williston Park. wjn3

OVER 50 yrs accumulation Mahogany & Tiger Maple furniture, yarns, laces, fabric, needlework, toys, glass, china, post card collection, jewelry. Thursday, Friday & Saturday, June 7, 8 and 9, 70 Jayson Ave. Great Neck, off Northern Blvd. W-Jn

SATURDAY, JUNE 16, 9-3 65 Chester Ave. Garden City (off New Hyde Park Rd.) Children's toys and clothes, household items. Something for everyone. gcjn3

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Fairs

VENDORS WANTED FOR Craft's Fair to be held at St. Joseph's School, Garden City on Saturday, Oct. 20. For information and application call 746-6760, 741-5976 or 248-2764 eves. gcJn5



16TH ANNUAL SUPER TAG & Bake Sale Benefit, sponsored by the Ladies of Charity For Sisters of Mercy and other religious orders; Saturday and Sunday, June 2, 3, 9, 10 (Rain dates: June 23 and 24); 10 a.m. to 4 p.m.; Inside Garage Only, 25 Franklin Place (corner Maple Grove Street), Great Neck; Bargains Galore! Assorted Merchandise, including clothing (All sizes); Children's Wear; Plants; Collectibles; Linens/Towels/Bedspreads/Place Mats/Napkins/Pillows/Covers and Skins; Yard Goods; Yarn; Toys; Slips; Aprons; Assorted Holiday and Gift Items; Jewelry; Paintings; Coffee and Snack Bars, Shop Now For Christmas! hJn2

TAG SALE - RECORDS, TOOLS paintings, lamps, furniture, clocks, collectibles and much more. 327 Roxbury Road South, Garden City South. gcJn2

TAG SALE - GARDEN CITY Almost 100 years accumulation of antique furniture, furnishings and bric-a-brac fill our basement to overflowing. Victorian pieces, depression glass, square oak table, collectible old radios, crocks, violin, mandolin, many antique chairs, tables, chests, draperies, spreads, old tools and loads of old misc. 15 Heath Place (off 11th St. at Washington), Saturday, June 9, 9 a.m. - 2 p.m. gcJn2

ESTATE TAG SALE: By appointment only. Contents of 18 room house, large antiques, rugs, brass & crystal chandeliers, Chippendale: breakfast, desk, mirrors, chest of drawers, Victorian cottage BR sets, four poster pineapple bed, silver and crystal; full size carousel horse, wing chairs & upholstery pieces. 671-0099. gcjn3

Mainly for Seniors

By Leonard J. Hansen

Drugs that may harm more than help seniors

The pollen season is here, now through late fall.

Unseasonably warm winters throughout the North American continent have accelerated the growth of plants, foliage and weeds, resulting in release of pollen into the atmosphere and causing allergic reactions and discomfort for many mature adults.

The TV actor dressed like a doctor or pharmacist tells us to reach for some over-the-counter drugs to stop the allergies cold. That simple solution may be a step to worse problems in your personal health. Other common remedies may also produce more harm than benefit.

Aspirin, for one, is challenged by Dr. Daniel Hollander, professor and chief of gastroenterology of the University of California at Irvine.

"Taking aspirin is not without risk. It's a powerful drug with positive and negative effects. It may cause severe irritation to the lining of the stomach, causing inflammation and bleeding."

National studies conducted at several research institutions have confirmed an increase in aspirin-related gastrointestinal bleeding, as more people are reaching for aspirin for self-medication to reduce the possibility of heart attacks.

Of all patients age 60 to 74 with stomach bleeding, more than 30 percent had been exposed to aspirin or related drugs. Buffered and coated aspirin are a bit less irritating, according to the experts at UCI, but with continuous use can also cause internal bleeding.

Hollander is engaged in research studies, funded in part by grants from the National Institutes of Health, to find medical treatment or correction to the stomach damage from such over-the-counter drugs.

Another warning is issued by James F. O'Hanlon, Ph.D., a leading allergy medication/driving-impairment specialist and director of the Institute for Drugs, Safety and Behavior of the State University of Limburg in the Netherlands. His research shows that over-the-counter allergy drugs may impair driving ability, personal motor coordination and acuity.

Other research identifies dangers in the use of the generally available allergy medications by mature adults with medical problems.

A nationwide survey of people with allergies, conducted by the Gallup organization, found that many people perceive allergies as a relatively insignificant condition, but they also expressed concern about their ability to function at their best.

The non-prescription medications to treat allergies often make allergy sufferers feel worse than the condition itself, the survey found. Forty-three percent of the allergy sufferers in the survey expressed concern about the side effects caused by allergy medications. Drowsiness was an effect reported by 74 percent, and other side effects included jitteriness/nervousness, dry mouth, insomnia and blood-pressure effects.

Over-the-counter antihistamines to reduce nasal conditions may produce sedative effects in the body similar to a 0.1 blood alcohol level — a level presumed as intoxicating in drunk-driver testing.

Mature adults 55-plus comprise 21.4 percent of all people with allergies, a rate increasing with age. But the non-prescription remedies may be a mine field of potential side effects and drug interactions for older people, particularly if they suffer from heart disease, hypertension, chronic pulmonary disease, diabetes or if taking high blood pressure medication.

Over-the-counter and prescription drugs are chemicals that should be taken only with the advice or direction of a physician. And the counsel of a neighborhood pharmacist may be sought to learn about how the drugs work, the interactions, side effects and complications with other medication and foods.

There is a booklet available that details questions and answers about allergies, medications and side effects and more. Send a self-addressed, stamped business size (No. 10) return envelope to: Consumer Guide to Treating Allergies, P.O. Box 731, Radio City Station, New York, NY 10101-0731.

GLAUCOMA INFORMATION

When ophthalmic physicians diagnosed President Bush as having "an early glaucoma of his left eye" the world focused on this as a possible condition for people of mature years.

According to the American Academy of Ophthalmology, two out of every 100 adults over the age of 35 have vision threatened by glaucoma, a condition involving an increase of pressure inside the eye. Glaucoma occurs when too much fluid is produced in the eye or when normal drainage of the fluid malfunctions. As pressure builds, it gradually damages the optic nerve, which carries vision information to the brain.

The condition is more likely to occur after age 60, according to Jimmy D. Bartlett, O.D., of the University of Alabama at Birmingham School of Optometry, and editor of the *Journal of the American Optometric Association*.

At one time glaucoma was assumed to produce blindness, but today's medical science is able to deal with the affliction and prevent its advance if the disease is diagnosed and treated in its early stages.

To learn more about the problem and how to avoid and correct it, write for a free copy of "Glaucoma: It Can Take Your Sight Away," by sending a self-addressed, stamped business-sized (No. 10) envelope to: Order Clerk/GL, American Academy of Ophthalmology, P.O. Box 7424, San Francisco, CA 94120.

The American Optometric Association also offers a free and informative brochure, "Answers to Your Questions About Glaucoma." Send a self-addressed, stamped, business-size (No. 10) envelope with your request to: Communications Center, American Optometric Association, 243 N. Lindbergh Blvd., St. Louis, MO 63141.

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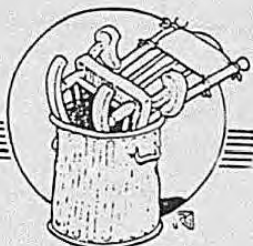
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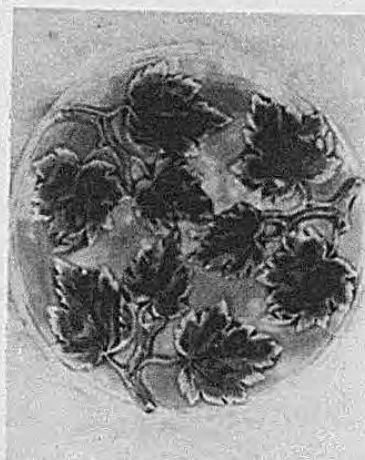
Pottery plate was made in Pennsylvania

Q: I am enclosing a photo of a pottery plate. It is 9 1/4 inches in diameter and is decorated with grape leaves on a rose-colored background. On the back is a monogram, "GSH."

Can you identify the maker and estimate the value?

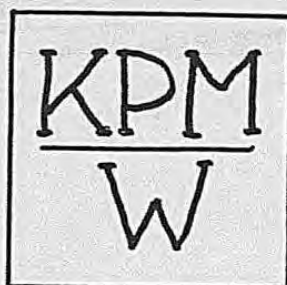
A: This is a Majolica plate made by Griffin, Smith & Hill in the late 1800s. The company was located in Phoenixville, Pa.

Your plate probably would sell for about \$75 to \$85.



Q: The enclosed mark is on the back of a set of eight dessert plates. They are 6 inches in diameter and are decorated with green holly leaves and red berries. The edges are scalloped and have gold trim.

I understand that KPM porcelain is very valuable.



A: There are several companies that used the KPM mark. The Royal Porcelain Manufactory in Berlin (Koenigliche Porzellan Manufaktur) is the one that fetches such high prices.

Your dessert dishes were made by the Krister Porzellan Manufaktur in Waldenberg, Germany.

This set of dessert plates was made about 1900 and probably would sell for about \$75 to \$85.

Q: Does a coronation plate of Edward VIII King of England, dated 1936, have any value?

It is marked "J. & C. Meakin."

A: All British royalty commemoratives are collectible.

Edward VIII became king on Jan. 20, 1936; he abdicated on Dec. 11, 1936, so the coronation never took place.

Commemorative items like this were made prior to the abdication, but are still collectible.

Your plate probably would sell for about \$35 to \$45.

MAJOLICA PLATE

...Made by Griffin, Smith & Hill in late 1800s

Q: I have a Roseville jardiniere on a pedestal. It is over 2 feet high and decorated with pink flowers and green leaves on a light green background. It is marked "Roseville, U.S.A."

Can you tell when it was made and its value?

A: Pottery marked "Roseville, U.S.A." was made between 1939 and 1954. Your jardiniere on a pedestal probably would sell for at least \$500 in good condition.

Q: When was china marked "Made in Occupied Japan" made?

I have a 45-piece service for eight. It is decorated with flowers and a gold line around the rim.

Does it have any value?

A: Anything marked "Occupied Japan" was made between 1945 and 1952. All things bearing this mark are now being collected and the prices are quite reasonable.

A set of china such as you describe probably would sell in a shop for about \$165 to \$185.

Q: Please evaluate my 10-inch plate with a picture of a pair of pheasants in the bushes. It is edged with gold and imprinted on the bottom is "Schumann, Bavaria."

I would also like to know when it was made.

A: Your game bird plate was made by the Carl Schumann Co. in Arzberg, Bavaria (a state in Germany), during the early 1900s.

It probably would be priced at \$75 to \$85 in an antique shop.

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Points on Pets

By R.G. Elmore, D.V.M.

Is amputation advisable?

Q: Our 9-year-old male Great Dane has a bone cancer of the foreleg. Our veterinarian has advised us to have the leg amputated.

Will our dog be able to walk and play with only three legs? We want to do what is best for our dog.

A: It is likely that your dog has an osteogenic sarcoma or osteosarcoma.

This type of tumor is highly malignant; the tumor cells are very likely to spread to other parts of the body and cause cancer of additional organs.

This is one of the reasons that your veterinarian has advised amputation of the affected limb.

In osteosarcoma, abnormal cells form bony material, normal bone destruction occurs, and abnormal bone production is typical. Long bones, e.g., the leg bones, are most commonly affected.

Clinical signs of osteosarcoma include lameness, pain and swelling of the affected leg. Most veterinarians diagnose osteosarcoma

by evaluating X-rays of the affected leg.

Boxers, Saint Bernards, Great Danes, German shepherds and Irish setters are the breeds most often affected. It appears that larger dogs, older dogs and male dogs are most likely to develop osteosarcoma.

Most veterinarians recommend amputation of the entire affected limb and chemotherapy. If amputation is not performed, spread of the tumor to other parts of the body is almost certain. Most dogs recover from amputation of one limb quite well and learn to adapt very quickly.

Your veterinarian can give you advice regarding the probable outcome for your particular dog.

Points on Pets

JUNIOR EDITION

PENCIL



CARTOONIST'S TIP: IF YOU WANT A CHARACTER TO SING OR YELL LOUDLY DRAW THEIR MOUTH'S REALLY LARGE. THEN DRAW EYES AND EYEBROWS TO SHOW HOW THEY FEEL. TRY IT OVER HERE!

Aunt Tilly's Corner

Pretty soon school will end for the year. Do you plan on doing anything special this summer? Some kids like to get involved in activities of their town. Others go away to summer camp or on vacations with their families. Write and tell me what your plans are.

I remember when I was a kid I used to like it when school was over in some ways, but I always started to miss my friends over the summer. Do you think you will miss yours, too? Or will you see them during vacation anyway?

Your friend,
Aunt Tilly

P.S. This week's coloring contest winner is Natalie Corriis.

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, June 15, 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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The World's Most Beautiful Grandchildren



These are our beautiful Grandchildren: Lisa Menzies, Jessica Menzies, and David Menzies.

The Grandparents are Marie Seeger (Hicksville), Doris and Frank Menzies (Syosset).

YOUR SOCIAL SECURITY

By William M. Acosta

How long do disability benefits continue?

Q: I recently became entitled to Social Security disability benefits.

How long will my benefits continue? — J.M.

A: Once you are entitled, benefits continue as long as you remain medically disabled and are not engaging in substantial gainful activity.

Your case is periodically reviewed to see if you are still disabled. But benefits will stop only if you have medically improved and are able to perform substantial gainful activity.

Q: My aunt has a \$1,000 life insurance policy. Would this prevent her from applying for Supplemental Security Income (SSI)? — T.M.

A: No. A person can have resources up to \$2,000. Not all resources are counted in determining if a claimant meets the resource limit.

Life insurance policies with a total face value of \$1,500 or less per person are not counted.

Q: My mother's vision and hearing are not as sharp as they used to be. Does Medicare pay for eye and ear examinations? — N.P.

A: Medicare medical insurance does not pay for examinations for prescribing or fitting eyeglasses or hearing aids.

Contact your Medicare carrier

regarding other services and supplies not usually paid for by Medicare. (Medicare carriers are listed in the "Medicare Handbook.")

Q: I have worked for the government and will be eligible for a government pension.

Will I receive any Social Security on my spouse's record? — B.H.

A: Some or all of your Social Security spouse's payment may be offset if you have a government pension from work not covered by Social Security.

Two-thirds of your pension will be offset against your Social Security benefit as a spouse. This offset applies only to Social Security benefits as a spouse. However, your own Social Security benefit may be reduced due to another provision of the law.

Call Social Security for additional information.

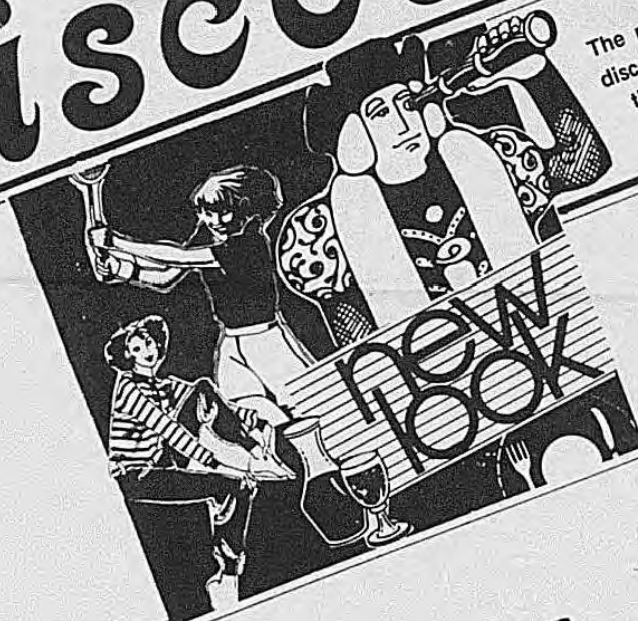
YOUR SOCIAL SECURITY

Part Two of the Mid Island Times
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 New Hyde Park Herald Courier,
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 The Garden City News
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Friday, May 24, 1991

**Ellis Island:
 Acceptance Or Rejection**

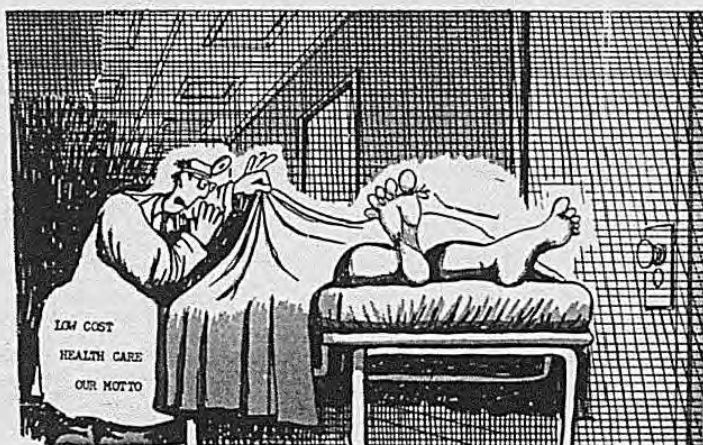


SEE PAGE 3



THE QUESTION OF THE WEEK

Should the government sponsor health care for those not now covered by private plans?



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Slow Action Needed On Chemical War Ban

Most callers to Input are apprehensive over destroying chemical weapons in answer to this question: "President Bush said the U.S. will scrap all chemical weapons and not use any even in retaliation if a treaty ban is signed with 39 countries. Do you agree?"

INSPECTIONS

It is hard to agree with the idea that if a country uses chemical weapons on us or our troops that we will not retaliate. But I suppose we cannot enter into a treaty without having all sides destroy their weapons. If this is done there has to be fail safe inspection plans that will let us know that everyone is living up to the agreement. Then I guess it is a good idea. **J.G.**

NEED BACK UP

We are very foolish to believe that we can control all nations by having a piece of paper signed saying that everyone is going to do the right thing. I would be happier if we had an agreement but with a supply somewhere that the principal nations of the world could unleash if some country decided to act in bad faith and had been producing a covert supply of chemical weapons. **F.B.**

A LESSON

To turn the other cheek probably will work but it might be after many millions of people are killed. Ghandi had the idea of not using violence against violence but it took nearly a century to get some form of autonomy for India. I think we should go slowly and work on having world inspection teams to see that every one of the nations signing the pact is living up to the bargain. In World War Iwo and in Iraq, gas was not used because all sides were afraid of the consequences of being first to use this weapon. There is a lesson there and it should take precedence over any treaty. **D.V.**

ON RIGHT TRACK

I think that President Bush is on the right track. We stopped Saddam Hussein from using gas as Iraq had used against the Kurds because there was fear that it would lead to a great retaliation. President Bush can get rid of chemical weapons and other destructive forces. But it should be made known that we will make anyone violating the agreement sorry by massing the world against them. **N.S.**

AFRAID OF GAS

Most people I think are afraid of a gas attack. Before the Iraq-Kuwait war, TV was filled with dire predictions that gas would be used by Iraq and that we did not have a strong arsenal to fight them with. As it turned out, Hussein found that it might be a bad idea to use gas because it would only get a limited victory and he would have to pay a big price when the war ended. We must keep the technology and the means to produce all types of weapons or we may find that we cannot control even small nations who usurp power and material from others. **G.F.**

RETALIATE

I do not understand the idea that Bush has that we will not retaliate if chemical weapons are used against us or our troops. I believe that Congress would overrule this idea if the chips were down. We should move to get an agreement against chemical warfare but it should not be without a backup supply just in case. **D.C.**

MOVE SLOWLY

I think we should make an agreement with as many countries as possible not to use chemical warfare. And I think all of the countries should stick together in not selling materials that could produce the gases or warheads needed to deliver these weapons. How ironclad our policy of not using chemicals if attacked would be a matter of what happens at the time. The goal is a good one but we must move slowly. **V.G.**

DON'T TRUST HUSSEIN

I guess the only thing which worries me about scrapping all our chemical weapons and not using any in retaliation even with a multinational treaty ban in effect is that Saddam Hussein is still in power, and I just can't trust him or any other power seekers like him. However, it would seem to me that any such treaty should include a provision that any reliable indication of abuse of the treaty by such an individual would immediately bring into play carefully spelled out courses of action against that individual in his governmental position with legal restrictions immediately enforceable subject to a trial to determine the degree of his, her or their violations of specific areas of the agreement. I think that the proposal of President Bush should have every encouragement from the 39 countries mentioned and the full backing of both our houses of Congress. **P.G.S.**



Discovery!

Ellis Island: Acceptance Or Rejection

By Sunday Calabrese Wood

In the old country the world was mine. There were hills to roam, shallow rivers to wade in. I saw the sheep in the meadow, cows grazing, and the farms working the lands, donkeys carrying harvest and wares, heavily loaded. I gathered flowers on the hillsides. Often the teacher took us in the wheat fields and on hillsides, where we did our schoolwork. We took lunch baskets and ate lunch there. We had a schoolroom, but often we were out in the fields.

In the evenings, I had a Great grandmother who told me lots of stories. We weren't bad off. Papa sent money from America and we had a little property. Papa had come to America the first time when I was only fifteen months old. He made one trip back when I was about seven. Now mama, my brother, and I, were coming to America to be with papa.

The last evening we were there, the whole town was in, out, and all around our house. There, everybody knew everybody else! And they all came to say goodbye. The next day most of them accompanied us for quite a ways. We had to walk to get to the city, for the train. We then said our goodbyes. The relatives stayed with us through our walk a further distance. My grandfather came all the way to the city, at the railroad station. I still remember him holding a white handkerchief and wiping his tears. He was saying goodbye to his oldest daughter and grandchildren. We never saw them again.

We had left our little town in Calabria, Italy and after what seemed a day and night on the train, we arrived in Naples. The train went over and under mountains, and I remember someone in the train saying that at one point the train was being pulled by ropes up the mountains. (Certainly they weren't cord ropes, I thought). They meant cables.

In Naples we stayed at a hotel, but for the three days we were there, we were always on the bus, going from one office to another for paper verifications and for physical examinations. Some places we just waited for whatever had to be processed. For the physical examination we were made to go into individual little rooms and told to take our clothes off. A nurse came in and examined me all over my body, from head to toe. Then she went into the next little room and examined my mother the same way. My brother was little, he was examined in the regular office in the same building. Then we had to go to another building and there were working women dressed in the nun's habits. They made us sit down and they combed our hair with fine toothcombs. We passed all the examinations, physical and otherwise. Then we were vaccinated.

I remember there was something missing in our documents, and mama had to telegraph to the bureau of registry, which was in the city close to our little town. When the ship was ready to leave port, the missing document had not arrived, and we almost didn't get on board. We were in a building a ways from the docked ship. Mama was very disturbed, we missed the ship so it seemed. The third sound of the foghorn went off, the stairway to the ship was pulled away. We were sitting in the office. Then the rat ta ta ta, rat ta ta ta, of the telegraph. The document that was to ensure our passage came in! We were led to a runway off to the far right, where there was a narrow staircase still leading to the ship. It was the ship's employees' entrance, so we were told. It was that last instant, then it was pulled away, suddenly we were on board and the ship started to turn. We were off to America! It was like a miracle, a split second timing and then everything was all right. The ship was a great experience.

When we arrived at the Strait of Gibraltar, the ship stopped in the middle of the water, for about two hours. Suddenly there were many little boats surrounding the ship. They were boats with merchants, frantically displaying their wares. The buyers on the ship lowered their money with ropes and hoisted up whatever they bought. I remember that a couple of buyers started screaming that the merchants took their money and made a dash sailing away with their money. Years later whenever I saw movies about pirates, that scene of Gibraltar would always come before me.

On the ship there was a large room, where they ran movies of Charlie Chaplin. All this was new to us, for we never saw a movie. Charlie Chaplin was very funny. To me he was just a funny man. I didn't find out who he was until later, when I already was in America. This same room served as a chapel for mass and prayers. The reception room had comfortable seating and on one corner there was a piano. Someone was almost always playing that piano much to my enjoyment. In the center of the room there was sort of a little round garden with real and artificial plants and flowers. In the evening some of the adults used that room for dancing.

The sleeping cabins were three flights below deck. There were four bunk beds, two up and two down, and a sink. There was a big lavatory on an upper deck with the toilets and vestibules, with sprinklers for showers.

At meal time a bell would ring and we all went on a lower deck. The dining room was very beautiful. There were more men than women. They were immigrants who traveled back and forth. We were assigned to table #44. That was for the duration of the trip. It was the best spot in



the dining room. Whereas most of the tables close around us were smaller, square or round, seating four to six persons, ours was a big long table seating about ten people on one side and ten on the other side. My mother, my brother, and I, were seated, facing a row of round portholes. The daylight made it look very bright. On the other side of the table there was a woman who was making the trip back to America after she and her children visited relatives. One of the children was the same age as I was. Our seats were opposite each other on the end, against the wall.

We two, had lots of fun joking and playing together. Sometimes I went under the table and crossed on her side. There was ample space for us two to play, with lots of daylight coming in from the porthole windows.

In the mid afternoon, there was tea served in the dining room. We had never heard of tea, so we didn't go. Then someone brought crackers and cookies up from tea time. So we started to go down into the dining room just for the cookies. I never knew if coffee was served too, but I remember just eating the crackers and cookies. One day it was so foggy it seemed that we were sailing into nothingness. We couldn't even see the ocean! Another day it rained and was very dark. It seemed very scary.

Three days before we were to arrive in port, I became very ill with a very high fever. I remember being very seasick and delirious. I couldn't and didn't eat! The first day I was ill, my mother and brother had to go and eat in the dining room, but I stayed in the cabin. A waiter brought me food. Then he came back to pick up, and I was throwing up without having eaten any food. He went to get my mother, and the next thing, I was in the infirmary (the ship's hospital). The doctor and the nurse seemed very caring. I could hear the nurse tell my mother, if they couldn't bring the fever down, I wouldn't be allowed to leave the ship. The ship will stay docked in port for three days, and after that, if I wasn't well I would have to go back. The prospect of me going back and mama going to America, made mama very concerned.

Those three days were spent in anxiety. Mama, the doctor and the nurse not knowing how it would all turn out, but just hoping for the better. I was violently ill, my arm was swollen from the vaccination which the doctor said was what caused everything. Both the doctor and nurse were constantly taking care of me very fervently. They were good people and very dedicated to their profession.

After nine days at sea aboard the Italian liner, Roma, we arrived at Ellis Island on May 9, 1932. I was released from the infirmary after a thorough examination. "I think she will make it," the doctor told my mother. The morning of landing I dressed in a pretty dress and a light maroon topcoat that mama had sewn for me. Then we went on the top deck, everyone was shouting, "La Liberta," "La Liberta." "Viva La Liberta," "Viva La Liberta," as we were passing the Statue of Liberty.

I didn't think of it as a statue. I thought of it as a saint placed there to protect the port. I remember waving to my father from the ship. He was standing among just a few people, close to the ship, almost under a big canopy. When we went down, we were led to walk up into the building and led to the right by a man in uniform. Suddenly a very lean nun thrust a small prayer book in my hand, saying, "gratis, gratis." I knew that meant free, in Latin. I hardly whispered a thank you in Italian. She was gone, she moved too fast!

We went to a wooden staircase, then I suddenly became isolated. I was climbing the wooden steps alone, first to the right, then to the left and to the right. There was a wooden counter with three men standing there. As I was climbing the wooden steps, I could see a big American flag pinned flat on the head wall and a golden eagle that seemed to center a clock. Walking on the narrow platform, I felt a military essence and I thought I better obey. When I got in front of the counter, I understood that the man in the middle was a doctor, for he quickly started to examine me. Looking down from the platform, I saw a crowd of people below, and I thought they must be waiting for a train because it looked to me like railroad tracks with some kind of fence. Across the other side there were a few people on the narrow platform. The doctor gave me a quick exam, the eyes and throat. They made me read three letters of the alphabet. And I pronounced them in Italian. Then I read about two lines from an Italian book. One of them asked me simple arithmetic problems. Then they motioned to me to move along.

While being examined I saw a big room behind them. In the room on the left side, there seemed to be some long objects supported by chains. The color of the room was tan. On the right side there were some chairs, and some windows high up. There were three or four women in the room and they seemed very disturbed. One seemed to be

Continued On Page 8

DINING GUIDE

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READER RATINGS



There is a truly great restaurant in Great Neck called Ristorante Giulia at 570 Middle Neck Road. We dined there Friday night and it was absolutely superb.

We started off with their antipasta which is on display as you enter the dining room. Sliced salamis, milky mozzarella, roasted peppers, marinated and grilled eggplant and zucchini, asparagus vinaigrette and olive. The menu was so exciting we asked for assistance and had two pastas, orichietto with fennel and penne with a vodka sauce. Then a charcoal-broiled red snapper for two with a freshly made herb, lemon and garlic sauce that we agreed was the best we had ever tasted.

We topped off this great dinner with cappuccino and not one but an assortment of several mouth watering desserts. If you are in the mood to be pampered, or wish to celebrate a special occasion, I doubt you can do better than to indulge yourself at Giulia's Ristorante. Incidentally, the place is owned and operated by two charming brothers, Ivan and Pietro. I am confident you will want to make a return visit.

E.H.



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

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The Last Word In Restaurant Guides

Where Our Readers Have The Last Word

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

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

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

(Guide to Good Dining)

DINING GUIDE

READER RATINGS

DINING GUIDE

PAGE 5A

Friday, May 24, 1991 READER RATINGS

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Q. As newlyweds, we're giving our first dinner party in a couple of weeks. I'm doing a roast leg of lamb and am frankly terrified that disasters will occur. With my lack and inexperience, the lamb will fly off the platter onto the floor when I bring it in to be carved; the vegetables will be understeamed and hard and the desert custard will be runny and never harden. I mean, I am catastrophe!

A. Courage! "Disasters" happen all the time to first-time, experienced or even professional cooks. You can cope, first of all, by maintaining a sense of humor, and sometimes by adding artfully, of course, a bit of bluff.

Pick up the lamb off the floor (with your hands encased in oven mitts, naturally) and say something to your guests like this: "That's how I always bring out the flavor in the meat. It's the final touch I always add."

If you've undercooked the vegetables, talk about how you purposely did it to give your guests "all the vitamins and iron they will need for the next month."

As for the runny dessert, spoon it into wineglasses. Put on top of the glass in each glass a strawberry, a sprig of mint or a shaving of chocolate, and give it a new, glamorous name — like "Meryl Streep's Dream Custard." Your dinner will be a great success, I promise you.

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

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

Q. We are not wine drinkers. If we're giving a party, what kind of wines should we stock in order to take care of our wine-drinking friends' pleasure from cocktail hour through dinner?

T.R. A. For the cocktail hour you might have on hand dry or sweet sherry, or dry or sweet vermouth, or any of the popular "apertiffs." Many choose a glass of dry white wine at the cocktail hour (either chilled or "one the rocks").

For the first course, or to drink with any fish, salad, chicken, veal or fruit, a chilled white wine is nice (such as a Chablis, Soave, Riesling, Chenin Blanc, Pinot Chardonnay).

For the meat or game course (or the salad with cheese), serve a Burgundy, Bordeaux, Chianti, Cabernet Sauvignon, or Zinfandel at a cool room temperature (from 60 to 70 degrees).

Rose wines should be chilled, like white wines. A rose is best served with a light dish and is more popular in hot weather than in cold.

For dessert you may serve the same wine you had from the previous course. Or if it's something festive like an anniversary, dessert time is the moment to bring on the champagne (the drier the better!).

Some people enjoy a sweet wine with dessert, such as port or a sweet sauterne or sherry, but one seldom sees this custom followed anymore in this country.

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RESTAURANT GUIDE

PAGE 7A Friday, May 24, 1991 READER RATINGS

READER RATINGS



WELL RECOMMENDED

We happened to be going by Ben's Kosher Restaurant on Northern Boulevard and Glen Cove Road in Greenvale last week and remembered that it was one of the restaurants recommended in your Discovery.

At first we thought that it was not going to be what we wanted but then after we were inside it became clear that Ben's is the whole thing, just as it used to be in those famous restaurant delicatessans that are now out of business in New York City. You can get anything from a sandwich to a full meal and the members of our group did all of that. To recite what we all had would be impossible but let it suffice to say that we were well pleased and recommend Ben's. E.McB.

YOU CAN BE A RESTAURANT CRITIC

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

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Ellis Island: Acceptance Or Rejection

Continued From Page 3

crying! Later I heard my father and my mother talk, that those ladies didn't pass the exam, and were detained. We were moved out quickly. Papa made us get in a little boat and then we got into a taxi and went home to Freeport, Long Island. The ship arrived at Ellis Island, mid-morning. When we arrived in Freeport, the afternoon sun was still shining.

Here in America, I went to school for four years, skipping some classes. When we first arrived we lived a few months in a four room apartment on top of a store, no windows in the middle rooms. There was a spooky staircase and when I went downstairs all I saw was buildings and cars. There were no trees, no hills, and no fields! I felt like I was put in a prison. A few months later we moved to a house. At age sixteen I went to work in the garment industry, earning five dollars per week. As I moved along in the industry and life, I worked under the "International Garment Union." I worked close to home, but for nine years I worked in Manhattan, belonging to local 89, the "Italian Dressmakers Union." The garment industry was always the sweat shop! We worked piece-work and every time the bosses saw we earned more, they would cut the prices. In the fifties there were more opportunities for other work.

My brother who has since passed on, was a Navy man in the Second World War. He served as a radio technician on a Naval ship. Later he joined the reserves and was called in active duty during the Korean War, although, he was stationed close to home.

In the early fifties, my father and mother sponsored one of my cousins to come to America. He later brought his wife here, and they had a big family. Today two of his children are working as registered nurses in New York City hospitals!

It wasn't easy, we came in the time of the Great Depression. We became Americans and we love America, but I still have beautiful memories of my childhood in the old world.

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HISTORICAL AND GOOD

Last week we went to the Milleridge Inn in Jericho. This large restaurant is like a trip into another world. It has the historical approach to hospitality with the hostesses garbed in American continental dresses. The buildings are wonderfully restored Revolutionary era buildings. The floors are wonderfully shined and add to the special feeling of going to the Milleridge Inn.

The food is exceptionally well prepared and the menu is a large one. Our party of four found it to be a wonderful time and we recommend it to everyone. H.F.

Q. When inviting someone to a business luncheon, how far in advance should the invitation be extended?

A. Few people like last minute surprises. It is best to extend the invitation at least a week in advance.

Q. 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. You 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. It seems every time I go to a certain restaurant with my wife, we're given very poor seats. Either we're put in a draft near the door or else we're seated next to the noisy kitchen. It is too bad because we like the restaurant otherwise. It has a nice cozy atmosphere and the food and service are good. What should we do?

A. One simple solution to your problem would be to request a better situated table when you are making reservations. You might also speak to the owner or headwaiter. If he sees you are frequent customers he will wish to please you.

CHARMING DECOR

It takes many ingredients to make for delightful dining. Our party of six felt that we found them all at the newly decorated George Washington Manor in Roslyn. We enjoyed a most delightful Sunday Brunch and were unanimous in saying that it was a happy choice.

The decor is both charming and elegant, the food selection was diversified and exceedingly good. The service was superb. We all agreed it was a delightful way to spend a few hours on a Sunday. We have also been there for dinner and were well pleased. In particular we enjoyed the cozy fireplaces. We heartily endorse this very fine restaurant. D.J.



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| | |
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By Desiree Vivea

Easy favorites with onion soup mix

Dry onion soup mix is one ingredient most microwavers take care not to run out of. It's easy to keep on hand and comes in serving-size packets just right for one recipe, adding a rich onion flavor to a variety of recipes.

"Soup" mix seems a bit of a misnomer — I don't know many people who actually make soup with it. The classic use, at least where I grew up in Southern California, is onion dip: one (1¼-ounce) envelope onion soup mix blended with 2 cups sour cream and served with a big bowl of potato chips. Every college party I ever went to had onion dip on the coffee table.

But for microwavers, dry onion soup mix is perhaps most useful as a browning agent. Sprinkle over roasts or roll uncooked chicken in the mix before microwaving. Not only does it add a delicious oniony flavor, but it gives otherwise pale foods a glaze of appealing brown color, too.

For onion-lovers, try this special corn on the cob. Combine 2 tablespoons butter, 2 tablespoons dry onion soup mix and 1 tablespoon water. Microwave about 30 seconds, or until butter melts; stir. Arrange four ears of fresh corn in an 8-by-8-inch microwave-safe baking dish. Drizzle with butter mixture. Cover with waxed paper and microwave five to eight minutes, or until corn is tender.

To make a tasty onion butter, combine one 1¼-ounce envelope dry onion soup mix with one 8-ounce tub soft margarine or whipped unsalted butter. Blend thoroughly. Refrigerate until ready to use. Adds flavor to hot microwaved vegetables; toss with hot cooked noodles or dab onto microwave-baked potatoes.

Following are some microwave recipes made extra-appetizing with onion soup mix.

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

MICRO-TIP OF THE WEEK

Dip both sides of an uncooked hamburger patty in dry onion soup mix before microwaving for added flavor and color.

ONION

PARMESAN CHICKEN

- ½ cup butter or margarine
- 1 (1¼-ounce) envelope dry onion soup mix
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon paprika
- 2½ to 3½ pounds chicken pieces, skinned

Yields 4 to 6 servings.

Preparation time: 5 to 10 minutes.

Cooking time: 16 to 21 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

Place butter in small microwave-safe dish and microwave about 1 minute, or until melted.

In separate dish combine onion soup mix, Parmesan cheese and paprika. Toss with fork. Dip chicken pieces in melted butter, then roll in onion soup mixture.

Arrange chicken pieces in 12x8-inch microwave baking dish, meatier portions toward outside of dish. Microwave 15 to 20 minutes, or until chicken is tender and meat near bone is no longer pink. Let stand, covered, 5 minutes before serving.

EASY FREEZER-TO-TABLE POT ROAST

- 1 (3- to 3½-pound) beef chuck pot roast
- 1 (1¼-ounce) envelope dry onion soup mix
- 1 (10¼-ounce) can condensed cream of mushroom soup
- 1 (4-ounce) can mushroom stems and pieces, drained
- ½ cup red wine

Yields 6 to 8 servings.

Preparation time: 10 minutes.

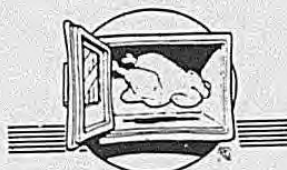
Cooking time: (See instructions).

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

Place unwrapped roast in a 12x8x2-inch microwave-safe baking dish. (If wrapping is difficult to remove, wait until meat is partially thawed.) Cover with plastic wrap (turn up one corner to vent) and microwave at HIGH setting 3 minutes. Reduce power to MEDIUM and microwave 9 to 14 minutes per pound. Rotate dish after 20 minutes.

Drain liquid from dish. Sprinkle half of onion soup mix over top of roast; turn over and sprinkle with remaining soup mix. Top with condensed mushroom soup, mushroom stems and pieces, and wine.

Cover with vented plastic wrap and microwave at MEDIUM setting 9 to 14 minutes per pound, or until tender. Stir sauce and spoon over roast halfway through cooking time. Let stand, covered, 10 minutes before serving.



FOR TEENS

By Willard Abraham, Ph.D.

My girlfriend, who was more independent than I due to her feminist-activist older sisters, talked me into taking freshman industrial arts with her in high school. It changed my life. I had been afraid of boys because I didn't know any, but I learned they were "real people," too, and I learned to relate to them as such.

I also like to think I changed the boys a little, as their resistance to me diminished over the year. I

had a blast making the projects and continued on my own after moving across the country my sophomore year. It gave me confidence, both socially and skill-wise, that has been invaluable ever since.

That person didn't specify his dad's "nasty comments," but if they were like some I got, perhaps his family doctor can assure his dad that four hours a week spent in the class kitchen will not turn him into a sissy.

Every girl I've ever known would much prefer a guy who can already cook and sew and also knows sensible nutrition and household safety. Such skills make a man (or woman) more desirable as a life partner.

It should be required in all high schools for everyone to take something like "life survival skills" that could include first aid, basic child care, safety and nutrition, food poisoning, budgeting money and some specific home skills such as painting a room, operating a caulking gun, changing faucet washers and safely

thawing a water pipe and insulating the attic. Such skills used to be learned at home, but now often aren't, sometimes with tragic results.

I hope his dad can learn to see that home economics is not only for fun, but that it is contributing to his son's becoming a well-rounded and practical adult. — Also Happy

Also Happy: Thanks for supporting my point of view and also for providing some basic, commonsense suggestions.

I had mentioned to that boy that he try to get his dad together with his two student friends in the home economics class who are also "real boys" (sports participants, enjoy being with girls and signed up for the course to meet some of them). I brought up the point to him that an interest in cooking and other home economics areas are often pursued successfully and enjoyably by "real men."

Dr. Abraham: Maybe you've heard something like this before, but my parents really don't understand where I'm coming from these days. All of a sudden they are horrible to me.

I'm 14 years old, and I think it's about time that I notice the boys. In fact, I've especially noticed one who is fun to be with. We have been in the same class all this year, so I've seen him a lot, and I like what I see.

One day last week he came over to my house after school, and you should have heard my parents after he left. They criticized all kinds of things, like he's too short, wears scruffy clothes, has hair too long, and (can you imagine this?) doesn't live in our neighborhood.

I'm not marrying the guy, for goodness' sake! We like to be together, have a lot to talk about and that's all. So what's wrong with that? — Upset Girl

Upset Girl: Both you and your parents have so much company in facing the need for independence of the type that you're going through.

As you probably know, it isn't easy to be calm in situations like this. But it could be worthwhile to make an effort in that direction.

Rather than "taking on" both of your parents, consider first talking the matter over with the one you believe may be most understanding. Tell him or her what you've shared with me. Bring up the reasons why you've selected this boy to spend time with. Perhaps mention (if really true) that topics like height, clothes, length of hair and where a person lives aren't important among the kids you know. Ask for patience toward you during this growing-up time.

With that start you might then move into sharing your feelings and need for their understanding with both of your parents.

Please let me hear from you again. I hope that you will then be less upset.

FOR TEENS

Cooking Corner



Chill out — make frozen yogurt at home

By Linda Susan Dudley

Writers who end up with mega-best-selling books are often household words who are staples of the talk-show circuit. Media stars.

But there's a pair of authors in Solana Beach, Calif., who produce best-selling cookbooks with sales of up to 5 million copies (per book) and win literary awards — all without much fuss and fanfare.

They are Mable and Gar Hoffman, a set of grandparents who look and act like those nice but unpretentious neighbors down the street.

But in the last 16 years the Hoffmans (first Mable wrote alone, now they're a team) have quietly become a force in the cookbook industry, bringing out 10 cookbooks on solid, everyday subjects and winning five Tastemaker Awards, an honor akin to the movies' Oscar award in the American cookbook category.

A major part of the Hoffmans' knack seems to be their thoroughness in research, ease of translating the material for the reader and their ability to sense a trend in the making and get a book on the market at the height of public

interest. (Sometimes this happens quite by accident.)

It was in 1974 that Mable Hoffman's first book was published. She was a home economist and University of Maryland graduate with several commercial accounts for whom she was a food stylist and had prepared appliance recipe pamphlets and the like. She was also a mother of two and a wife.

"The publishers asked me to do a book on slow cookers and I had never written a cookbook before," Mabel Hoffman recalls.

It was that first book, "Crockery Cookery," that has racked up a whopping 5 million copies in sales, making it one of the best-selling cookbooks of all time.

Hoffman books, including their recently published "Frozen Yogurt," are filled with good food made from simple, generally easy-to-follow recipes that are written in a clear, concise fashion.

Reviewers have called them "books meant for the kitchen not the cocktail table."

"This past decade there's been an unimaginable growth in frozen

yogurt shops and we did the book because so many people told us they didn't know frozen yogurt could be made at home," said Mable Hoffman.

The Hoffmans say it isn't necessary to have an expensive electric ice cream making machine to have homemade frozen yogurt.

You can use the ice-and-salt-packed traditional ice cream maker, either electric or cranked by hand, or the newer Donvier brand ice cream maker that requires the metal cylinder to be frozen in advance and costs as little as \$10 in the pint size.

And — if none of the above ice cream makers is available — you can make frozen yogurt by alternately freezing and beating in a food processor or with an electric mixer. (Complete instructions follow.)

Refrigerator-Freezer Instructions

Because this method does not provide for continuous agitation of the yogurt mixture during the freezing process, the quantity and texture will vary slightly from that produced in an ice cream maker. To produce a smoother and creamier frozen yogurt by this method, beat the prepared yogurt ingredients two or three times during the freezing process.

Here are Hoffman's two techniques:

Food processor technique — Pour prepared yogurt ingredients into an 8-inch square baking pan; cover with foil or plastic wrap; and place in freezer compartment of refrigerator. Freeze until solid (1 to 2 hours). Break frozen mixture into pieces; spoon pieces into food processor fitted with a metal

blade. Process until soft but not melted significantly. Repeat freezing and processing one or two more times, if desired.

After the final processing, stir or fold in any whole or chopped nuts, pieces of candy or cookies, large pieces of fruit, non-dairy whipped topping or prepared ingredients used to produce a swirled or marbled effect. Serve after final processing or return to freezer and serve later.

Mixer method — Pour prepared yogurt ingredients into a metal mixer bowl, cover with foil or plastic wrap and place in freezer compartment of refrigerator. Freeze about 2 hours or until firm at the edges and semisoft in the center. Beat with electric mixer on medium-high speed until soft but not melted significantly. Repeat freezing and beating one or two more times, if desired.

After the final beating, stir or

fold in any whole or chopped nuts, pieces of candy or cookies, large pieces of fruit, non-dairy whipped topping or prepared ingredients used to produce a swirled or marbled effect. Serve after final processing or return to freezer and serve later.

Another tip from Hoffman: Press a piece of plastic film against the exposed surface of the frozen yogurt before the lid is placed on the storage container. Without this extra seal, the surface of the yogurt will dry out. And the plastic minimizes the formation of ice crystals in the yogurt. (By the way, do not store in glass; use plastic containers.)

After Work Gourmet

By Melanie Barnard and Brooke Dojny



For years, pork was a favorite cold-weather meal. Roasted with apples, it makes a super September Sunday supper. Baked stuffed pork chops have been an autumn family favorite for generations. Even an elegant crown roast of pork is relegated to winter celebrations.

Well, say hello to today's pork. Lighter and leaner, it is really a whole new meat, and one for all seasons and all reasons, too.

Because the fat content in today's pork is dramatically lower, it is, of course, far better for your health, but requires different cooking treatments in order to keep the lean meat from drying out and losing its delicate flavor and texture.

We have found that two very different cooking methods work well to this end. The following recipes demonstrate both methods using one of our favorite "quick-cooking" cuts of pork, the tenderloin.

High-heat skillet cooking of thin cuts of pork, such as boneless

chops or medallions of tenderloin as in the following for Pork Medallions With Fruit Vinegar Sauce, seals in the natural meat juices while providing a rich flavor and color base for an easy pan sauce. Serve with a rice pilaf and steamed green beans for a sophisticated springtime midweek treat.

Browning, then oven or stovetop braising of almost any boneless pork roast (even the small tenderloin in our recipe) is the perfect juxtaposition of cooking methods for a richly flavored, moist meat and "gravy" in one pan. Add mashed potatoes and a green salad to complete this quick-and-light "pot roast" supper.

No matter how you used to cook pork, take a new look at your recipes because today's pork is very different — light and lovely!

TIPS

• Fruit vinegar is a nice ingredient to keep on hand. It makes a light and fresh vinaigrette as well as the finishing touch for a pan sauce.

• Unless using the new, unsalted chicken broths on the market, go easy on the initial salt in a recipe. You can adjust the seasonings later when you can better taste the saltiness of the broth.

PORK MEDALLIONS WITH FRUIT VINEGAR SAUCE

2 pork tenderloins (1 to 1½ pounds total weight)
Salt and pepper
1 tablespoon butter
1 tablespoon vegetable oil
¼ cup minced shallots
1 cup chicken broth
2 tablespoons raspberry or other fruit-flavored vinegar
2 teaspoons honey
¼ cup fresh raspberries (optional garnish)

Yields 4 to 5 servings.

Preparation and cooking time: 20 minutes.

Cut tenderloins on diagonal into ½-inch-thick slices. Use palm of your hand to flatten slices to slightly more than ¼-inch thick. Sprinkle both sides of meat lightly with salt and generously with pepper.

Heat butter and oil in large skillet. Sauté meat over medium-high heat until browned on both sides and just cooked through, about 10 minutes total. (Depending upon skillet size, this may need to be done in batches. Or, use 2 skillets.)

Remove meat to platter.

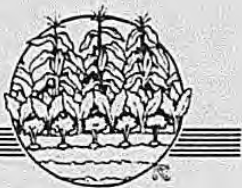
In skillet drippings, sauté shallots over medium-low heat for 1 minute. Add broth and simmer about 3 minutes until reduced by about ½. Stir in vinegar and honey and simmer about 2 minutes more. Season to taste with salt and pepper. Return meat and any accumulated juices to skillet to warm.

Arrange meat in overlapping slices on plates or platter and spoon sauce over. Garnish with sprinkling of fresh raspberries, if desired.



Backyard Gardener

By Patrick Denton



Planter arrangements lift the spirits

It's amazing what a lift to the spirits can come with putting together a special planter of flowers. Earlier this spring, as I was starting to feel slightly overwhelmed by an overcrowded work schedule, I set aside a pleasant few minutes to settle four new primrose plants into 8-inch nursery pots, which I set into the box attached to my front fence next to the driveway.

Those primroses — a blue, deep apricot, lemon yellow and dark pink one — each formed a solid large-flowered dome of vivid color, speaking a beautiful, perfumed welcome to visitors and passers-by.

Now transferred to the garden, the primrose plants are presently replaced by schizanthus. When these flowers decline there will be Pink Daddy or Double Glorious petunias to follow, with a cool-season display of flowering kale or cabbage after that.

A delightful way to celebrate the season of fullsome flowering now upon us is to create a little oasis of color at some strategic point around our homes. Two such locations at my house are beside the front door and on the patio table.

The front door is shaded, and there is beside it a small antique stove painted black. This year I quite fancy a wicker basket full of living flowers and colorful foliage set atop the stove to brighten the front entrance to my home. So that I can lift and replace any segment of the display that begins to flag, I'll probably set individually potted plants into the basket to form the arrangement.

But baskets can also be planted directly if they're lined first with plastic perforated at the bottom for drainage, or better still with a piece of porous landscape fabric. This fabric is commonly laid as a weed-suppressing material around permanent plants, then covered with a decorative layer of bark mulch or stones.

There are several plants currently around the house that could be collected into such a basket or planter arrangement in light shade. I have a small palm, and some little-leaved ivy plants to trail over the sides. A potted fern would be nice.

This would be a good place, too, for the streptocarpus (Cape primrose) plant. I know from experience that it blooms steadily all summer outside in the shade at the front of the house, its sky-blue, funnel-shaped flowers always a source of admiration.

The multihued foliage of a coleus plant would add a certain vibrancy to the basketful of plants. A rieger begonia, perhaps

in peach or dark apricot, would be another bright addition to the collection. Wax or fibrous begonia is another possibility. A monkey plant (mimulus) with bright yellow flowers would add a touch of sunshine to the planting. Blue and white trailing lobelia at the basket edges would frame this floral portrait with flair.

The patio table planter will call for very different choices, for it is located in full sun for most of the day. Last year a single red-flowered geranium with variegated foliage in a clay pot graced the table with elegance. This year, a collection of sun-loving flowers in a round basket or patio tub will give a different effect and be a nice change.

As I have several kinds of seed-grown geranium ready for transplanting, one of these would be well placed at the center or back of the collection. There will be petunias and sweet alyssum to tumble over the sides, along with a few clumps of trailing lobelia set at intervals around the planter edge. Lobelia flowers with equal ease in sun or shade.

I'll probably add a heliotrope for its lovely scent and attractive clusters of deep blue flowers. Heliotrope is a fine companion for geranium, as is dusty miller, whose silvery foliage will add a fine accent to the planting.

The ferny foliage and sprightly little yellow flowers of Lemon Gem signet marigold will add a lighthearted airiness, and two or three Whirlybird nasturtium seeds poked into spaces in the soil will finish the arrangement.

To keep both the front door and patio table plantings looking good, they'll require periodic grooming to remove spent flowers and dead or discolored foliage.

Watering will be crucial to maintaining these fairly crowded container plantings. In hot weather they'll need water daily, or as soon as the soil surface has dried.

Fertilize weekly using a quarter-strength solution. Container flowers respond well to feedings of fish fertilizer one week, 20-20-20 the next, and liquid seaweed the third week.



Our Children

By Willard Abraham, Ph.D.



How you can fight child abuse

Q. As a parent I have a difficult time understanding how anyone, especially other parents, can abuse children. Even harder to understand is their hurting little ones, even infants.

I really want to get whatever information I can on this horrible subject because maybe there is something I can do, even in some small way, to help eliminate or at least reduce this indecent kind of adult behavior.

Whatever you can share with me will be greatly appreciated.

A. Many communities and governmental and other agencies are chipping away at this severe problem.

For starters, you might (1) telephone your mayor's office regarding efforts in your local area, (2) call or write to the governor's office regarding state activities, especially in communities near you, and (3) contact county child protective and related services.

A specific source that might be of interest to you is Childhelp. Its national hot line is 1-800-4-A-Child, and it can be reached at Box 630, Hollywood, CA 90028. A publication that may be useful is their information guide. This organization is non-profit, so a \$2 contribution is requested.

Two disturbing statements (among many) appear in their literature: "Child abuse is the leading cause of death among children under the age of 5 in the United States," and, "Last year there were more than 2 million cases reported ... experts estimate that there are three or four times that number unreported."

Many people think of child abuse being only a physical matter, including beatings and related bodily harmful injuries and deaths. However, as awful as they are, that kind of abuse is only part of the total picture. Poor nutrition, neglect, and sexual and emotional abuse occur far more frequently than is often recognized.

Some parents and other adults aren't even aware that what they are doing to children is abusive. In fact, the children themselves also might not realize that what they are subjected to is abnormal adult behavior.

I agree with you that it is so hard to understand such mistreatment of little children. As you no doubt recognize, the total picture is far greater in scope, including the mistreatment of any individual, regardless of age and location. Just think for a minute about the terrible level of starvation in some Third World countries, and huge numbers of infants who die due to malnutrition and absence of

the most basic and inexpensive medical supplies and services.

We obviously can't solve all childhood problems, but your comments provide a possible starting point for what one person might be able to do with a commitment of a few hours each week in one's own community.

Q. Our baby isn't born yet, but will be soon. My wife and I happened to start talking about a child's teeth care, and thought we'd ask your advice. We could, of course, go to our dentist for input (and probably will), but first things first, a few ideas from you. Thanks for filling us in even though this letter may seem premature to you.

A. It's always refreshing when present and future parents anticipate their children's health needs. You're not a bit too early in thinking ahead.

One of the sources on dental questions that I've used is the American Academy of Pediatrics. Here are some ideas they offer in their brochure titled "A Guide to Children's Dental Health," developed in cooperation with the American Academy of Pediatric Dentistry:

- Parents should start cleaning their infant's teeth daily as soon as the first teeth appear. That generally happens around 5 or 6 months, but the time may vary. Start by wiping the teeth with a piece of gauze or a damp cloth.

- Switch to a toothbrush that has a small, pea-sized portion of fluoride toothpaste on it. Encourage a young child not to swallow it. (Fluoride is still a controversial subject.)

- Flossing can begin wherever two teeth touch.

- Check for early signs of decay (white, yellow or brown spots).

- Neither thumb sucking before age 5 nor pacifiers are usually harmful.

- Sweets can cause tooth decay, and a well-balanced diet is important.

- The first dental visit can generally wait until age 3, and be scheduled regularly after that. If dental problems occur before then, most pediatricians refer these children to childhood dental specialists.

The academy's prevention summary states that strong and healthy teeth depend on checkups, a sound diet, fluoride, injury prevention and regular brushing.



Fitness Forum

Osteoarthritis of knee

By Robert P. Studer

As one gets older, things get tougher. As people age, they gradually lose their ability to perform activities they often took for granted when they were younger.

But, say researchers at the University of California at San Francisco, when that person is suffering from a chronic joint condition such as osteoarthritis, those difficulties are multiplied manifold.

Studying nearly 3,000 U.S. adults, ages 45 to 74, they found that those with knee osteoarthritis (OA) were twice as likely as people of the same age without the condition to have problems 10 years later with such activities as walking a quarter-mile, going up and down two steps, getting in and out of the bathtub, and lifting and carrying groceries.

They also found that women in the study were more likely than men to experience difficulties performing these tasks.

Osteoarthritis is the most prevalent chronic joint condition, af-

fecting an estimated 15.8 million adults in the nation.

"Osteoarthritis may cause considerable pain and disability and this represents an important health concern," added Maradee A. Davis, Ph.D., associate professor of epidemiology and biostatistics at UC San Francisco.

"The knee is one of the joints most often affected by OA," Davis said, "but there are few data on how many older adults are stricken in the knee and how the condition impairs them."

Published in the April issue of the *Journal of Rheumatology*, the UC San Francisco study provides public health professionals with that missing information. She and her co-researchers based their analysis on data from the first National Health and Nutrition Examination Survey, conducted by the National Center for Health Statistics in 1971-75.

That survey found that 2.3 percent of men 45-54, 4 percent of

those 55-64, and 8.4 percent of those 65-74 had OA of the knee, as confirmed by X-ray examination. For women, the prevalence was higher: 3.7 percent, 7.2 percent, and 17.9 percent respectively.

Then the UC San Francisco research team analyzed a follow-up survey completed 10 years after the first to determine whether older people suffer a pattern of physical problems after being diagnosed with OA. It found that:

- 29.1 percent of men and 43.2 percent of women with OA had difficulty walking a quarter-mile, compared to 14.6 percent of men and 21.2 percent of women without OA.

- 20.8 percent of men and 37.2 percent of women with OA had difficulty going up and down two steps, compared to 8 percent of men and 10.9 percent of women without the condition.

- For women, there was significant positive association of knee OA with 15 of the 26 activities. For men, there was an association of knee OA with 10 activities.

- Women with less severe OA or painless OA had less difficulty performing specific movements involving mobility, transfer and activities of daily life 10 years later than those with more severe or painful OA.

"Because of the higher prevalence, the impact of knee osteoarthritis on physical functions is of considerable importance for older women," Davis said. "In addition,

since more older women live alone than do older men, they may be less likely to have help available with the household when they have difficulties."

Women with OA of the knee also had greater difficulty with some tasks that involved the upper extremities, such as opening a milk carton, cutting meat and lifting a glass. It is likely, though, Davis pointed out, that the group of women with knee OA includes some with generalized OA, which is more common in women and affects the small joints of the hand and other parts of the body.



Consumers spent more than \$16 billion for cosmetic dentistry last year

The search for brighter, whiter smiles can get expensive.

Typical costs for cosmetic dentistry procedures:

| | |
|------------------|-------------------------------------------------------------------------------------|
| Bleaching | From \$100 to \$300 per session (usually three to five treatments are needed) |
| Bonding | From \$175 to \$850 per tooth |
| Braces | From \$2,500 to \$3,500 |
| Computer imaging | \$300 |
| Veneers | \$400 to \$2,500 per tooth |

SOURCE: *Self* magazine



You grill a lot of meat

But you're not handy with a spatula.

Here's the perfect way to turn meat:

1. Do not pierce the meat with a fork. The interior juices will ooze out through the holes.
2. Use handy tongs for turning meat, poultry or sizzling bacon.
3. The tongs reach in a few inches and hold the meat firmly while you turn.



YOUR BODY

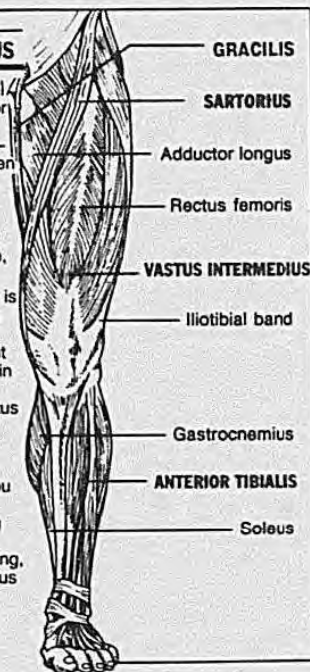
THE VASTUS INTERMEDIUS

WHAT: *Vastus*, the Latin word for large, has helped us form a mental image of vastness — mountain ranges, plains, even a wealth of ideas can be called vast.

The *vastus intermedius* (VASS-tuss in-ter-MEED-ee-uss) muscle, then, is large and powerful.

WHERE: The *vastus intermedius* is situated in the middle (as its name *intermedius* also implies) and toward the front of the thigh. Other muscles in the same region are the *vastus lateralis* and the *vastus medius*.

FUNCTIONS: Working with the other *vastus* muscles, the *vastus intermedius* helps you extend your leg. Think of everything you do, including walking, running, dancing, skiing, stretching and climbing, and you'll think of your *vastus intermedius*.



By Kit Snedaker

French chef improves on *cuisine minceur*

Although France is the land of butter and cream, a French chef, Michel Guerard, is the father of spa or low-calorie cuisine.

A classical training and a lot of imagination won Guerard the Best Chef of France award at the age of 25. To win the hand of his beloved Christine, however, Guerard needed to lose pounds. He began what he later called "the long march through fields of grated carrots."

It paid off. Guerard not only married Christine, but also opened a restaurant at her father's spa, Eugénie-les-Bains.

Here he offers traditional French haute cuisine as well as what he calls *cuisine minceur*, dishes made with little fat, sugar or salt. This new lighter food became so popular, Guerard put it in a cookbook that came out just as nouvelle cuisine became popular.

The two were confused in the mind of the public. Everyone thought both were lighter eating. Actually, nouvelle cuisine wasn't low anything; *cuisine minceur* was low everything.

Spas in this country saw the book, and before long their chefs were using the same techniques Guerard did and calling the result spa food or lite food.

Never mind. Guerard still has the edge. His dishes are as sensational to taste as they are to look at.

Recently he wrote a sequel to "*Cuisine Minceur*" called "*Minceur Exquise*." The dishes are just as elegant as those in the first book. Fat is used sparingly. Herbs substitute for salt. Cholesterol is at a minimum.

Three of Guerard's recipes, which make a menu, follow. All are filling and delicious. None even looks skinny.

PUREE OF VEGETABLE SOUP

- 1 teaspoon olive oil
- 2 leeks, white part only, cleaned and sliced
- 1 medium-size onion, chopped
- 3 tablespoons water
- 5 cups defatted chicken stock
- 1 pound potatoes (about 3 medium-size, peeled and cut into 1-inch chunks)
- 1 clove garlic, coarsely chopped
- Bouquet garni consisting of 1 bay leaf, 3 or 4 sprigs of thyme and parsley tied in cheesecloth bag or a baby's sock
- 1 head Boston lettuce, leaves separated and chopped
- 3 ounces fresh sorrel or spinach, stemmed (about 5 cups)
- 1 bunch of parsley, stemmed
- 6 tablespoons non-fat yogurt
- Chopped parsley for garnish

Yields 4 to 6 servings. Each serving has about 155 calories, 2 grams fat, 1 milligram cholesterol and 81 milligrams sodium.

Heat olive oil over low flame in soup pot. Add leeks and onion. When they sizzle, stir for a minute and add 3 tablespoons water. Stir, cover and cook over low heat for about 8 minutes or until vegetables are soft and brown. Add chicken stock, potatoes, garlic and bouquet garni. Bring to boil. Reduce heat, cover and simmer 30 minutes or until potatoes are soft.

Add lettuce and half the sorrel or spinach and simmer another 5 to 8 minutes, covered, or until greens are wilted and cooked through. Add parsley and remove from heat. Remove bouquet garni and put soup in blender or food processor. Puree until completely smooth.

Return soup to pot and reheat over low flame. Spoon into bowls and top each serving with tablespoon of yogurt. Sprinkle each serving with chopped parsley. In warm weather serve this cold.

GUERARD'S SALMON WITH SAUCE

- ¼ cup low-fat yogurt
- 2 tablespoons warm water
- 1 tablespoon fresh lemon juice
- 2½ teaspoons olive oil
- 1½ teaspoons wine vinegar
- ½ teaspoon Worcestershire sauce
- 1½ teaspoon chopped fresh parsley
- 1½ teaspoons chopped fresh chervil or dill or ½ teaspoon dried
- ½ teaspoon chopped fresh tarragon or pinch dried
- 1 pound fillet of salmon, skinned

Yields 2 to 4 servings. Each serving has about 200 calories, 10 grams fat, 45 milligrams cholesterol and 66 milligrams sodium.

In small bowl, whisk together yogurt, 2 tablespoons warm water, lemon juice, 1½ teaspoons olive oil, vinegar, Worcestershire sauce and herbs. Cover and refrigerate this sauce.

Preheat oven to 500 F. Line baking sheet with foil and brush with remaining 1 teaspoon olive oil. With sharp knife, slice salmon across grain into ¼-inch-thick slices. Lay slices on baking sheet, but don't overlap. Bake for 1½ to 2 minutes or until flesh of fish is opaque. Divide salmon evenly among serving plates and top each serving with some of sauce.

Barry F. Mulligan, D.D.S.

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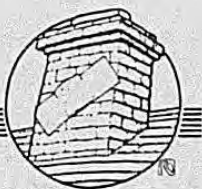
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Here's How

By Gene Gary



Products can revive floor sheen

Q. My Armstrong vinyl sheet flooring is about 2 years old and has lost its sheen.

A. I followed the manufacturer's guidelines for deep cleaning and waxing with their own products. However, the shine is a short-lived, low-luster finish.

Can I put a coat of high-gloss polyurethane on top of the vinyl for shine and protection, or can you recommend something?

A. Do not coat your vinyl flooring with polyurethane. It will not adhere properly and the finish would be much more difficult to maintain than the vinyl finish you have.

Armstrong makes a number of products for both upkeep of vinyl flooring and more restoring the sheen to vinyl (Shine Keeper). Con-

tact your local Armstrong dealer for information, or use one of the other products now available to revive the sheen of older vinyl floors.

There are new sealers on the market developed especially for resilient floors which have become porous or so worn that cannot be re-polished with wax alone.

First, strip off the old wax and then apply two coats of resilient floor sealer, either the solvent or emulsion type. After the sealer has dried, apply two thin coats of wax, buffing each coat when dry.

Or it might pay to try one of the polymer resin finishes instead of wax. Try a janitorial supply dealer as a source for resilient floor sealers.

Q. We have a frustrating problem. The remodeling of our bathroom entailed the removal of glass shower doors from the tub.

Now, we have the seemingly impossible job of removing the old caulking left from the frame for the doors.

A. Is there anything that will loosen or soften this dried caulking to make removal possible?

A. The type of solvent that will be effective in helping remove this dried caulking will depend on what type of caulking was used. The most common types for sink

and tub installations would be silicone caulk, latex caulk or sink and tub caulking, which is similar to latex caulk.

The most common solvent for silicone caulk is isopropyl alcohol. If this doesn't do the job, you can try a stronger solvent such as a paint thinner that contains xylene.

Some other types of solvents include 34X, naphtha, MEK (methyl

ethyl ketone) and solvents with methylene chloride.

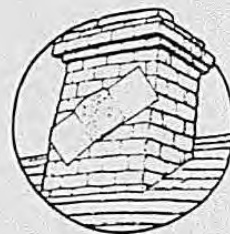
If you can break loose some of the dried caulking, take this with you and consult with a qualified

paint dealer who will help test the sample for the appropriate solvent.

When using a strong solvent be sure to adequately ventilate the area.

You will probably have to soak the dried caulking with solvent and let it remain for a period of time prior to scraping away the substance with a putty knife or paint scraper.

Even with the right solvent, the task will be tedious and difficult.



Decor Score

By Rose Bennett Gilbert



Look up for more space

Q. Our 3-year-old has been sharing our bedroom because the house is simply too small (my husband's widowed sister also lives with us).

The baby's older brother — he's 9 — is happy to have a roommate (at the moment, that is), but his room is so tiny I don't know where to put another bed.

Obviously we would move if we could, but that is not an option at the moment. Can you help us? — S.L.

A. I'll share bit of wisdom gleaned from the professional storage people: "The money is in the ceiling," they say, meaning, "Look up for more usable space."

The designers who created the children's room we show here must know a mover or two themselves. They have taken a small bedroom and made it functional for two boys about the ages of yours, using bunk beds and a little legerdemain to make the limited space look larger.

The top bunk obviously belongs to the older boy, while the little guy beds down below. His shorter bunk frees up the floor space for play, a TV and work table, while

the rest of the under-bed wall is devoted to storage shelves both boys can share.

To stretch the space visually, the furniture is lean and tubular, the flooring is laid on the diagonal, and the window is dressed in simple, flat blinds.

There is nothing "institutional" about the room's appearance, however, thanks in large part to the colorful wall covering — it's a floor-to-ceiling map of the globe, designed to afford these brothers a worldly outlook despite their limited inner space.



DOUBLE DUTY — Worldly wallcovering and diagonally laid flooring stretch limited space in a room shared by a toddler and a preteen.

Q. My husband is a writer who works at home and needs his own space away from the rest of the household.

We are making over the room above the garage, with a desk, of course, for his computer, and shelves for his reference books. I would like to add a sleep sofa so

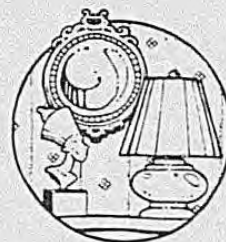
we could also use the room for weekend guests.

Should I go the whole route, with lamp tables and a coffee table, too? The coffee table would have to be moved to open out the sofa bed. — E.L.

A. With your husband's permission, I would advise getting all the use you can from every room you

own. As long as he doesn't mind tidying up his papers for company, they'll never guess the space also works for a living all week if you treat it like a second sitting room ... lamps, tables and coffee table, too.

Look for something lightweight and easy to move, say, a large wicker basket that can also be used to store extra pillows and linens.





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Help Wanted

LIVE-IN HOUSEKEEPER/COMPANION with driver's license for adult asthmatic. Florida in winter. Able to travel, shop & help. No heavy cleaning. Call evenings, weekends 352-0608. wmy4

INSURANCE BROKER'S office, P/T, filing and clerical work. Typing required. Town Agency 741-6688. gcmj4

AT HOME MOM RESIDING in vicinity of 2nd St., Garden City wanted to babysit kindergartener in your home. Starting in Sept. 737-1155, days 873-6445 eves. gcjn2

COMPETENT SELF STARTING clerical part time with good typing (possibly shorthand) skills able to follow systems. Must be reliable, steady no special time off person, able to assume responsibility. Pay commensurate with ability. Send resume to Litmor Publications, Box L, 81 East Barclay St., Hicksville, N.Y. 11801. htfm

TEACHERS WANTED: HIGH School Biology, Chemistry, Earth Science, Mathematics. Call 741-7882. wmy4

GAL FRIDAY, GARDEN CITY Law office P/T, \$8 an hour. Car necessary 746-3340. gcmj4

HOUSEKEEPER WANTED. Live in, cooking, 5 days per week. References required, English speaking. Call 739-1110. gcjn1

ROYAL INTERNATIONAL Realty looking for experienced real estate agents. Excellent income & many leads. Mon. thru Fri. 742-3355. wmy4

EXPERIENCED PHONE solicitor, P/T, flexible hours. Syosset area. Good pay. 496-6173. wmy4

Help Wanted

BABYSITTING, LIGHT HOUSE- keeping. Responsible individual desired to care for delightful 9 mo. old baby girl. Own transportation, references required. Call 781-8713. gcmj5

REAL ESTATE SALES. WELL established real estate office looking for sales agent. Experience preferred but not necessary. Ask for R. Valentine. Valentine Agency, 746-7200. wjy2

P/T LEGAL OFFICE MINEOLA seeks mature person/returnee to job market. Pleasant phone manner, good organizational skills & attention to detail. Flexible hours; non-smoker. Call 746-8800. gcmj5

BOOKKEEPER, FULL CHARGE for small Garden City office. Please mail resume to S. Buntain, 1325 Franklin Ave., Suite 155, Garden City, NY 11530. gcmj5

\$750.00 A WEEK POSSIBLE Work from home. Free details. People call you. 957-9154, ext. B-11. hmy4

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HARDWARE CLERK P/T Munder's Hardware, 316 Hillside Ave., Williston Park, 746-1075. wmy5

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Help Wanted

ASSISTANT PART TIME NEED- ed for Williston Park eye doctor's office. Experience preferred, but we will train. Call 747-8887. wmy4

HARDWARE CLERK. Munder's Hardware, 316 Hillside Ave., Williston Park, 746-1075. wmy5

BABYSITTER - EXPERIENCED woman wanted for F/T live-out position minding 18 month old boy in my Garden City home. Non-smoker. References required. Call 747-0921. gcmj4

COLLEGE STUDENTS. EARN up to \$14.50 to start. National company will fill 100 full time positions. Great for resume. Management opportunities for openings in your area. Call 24 hrs. 582-1233. hjn1

HOUSEKEEPER/BABYSITTER Live in or live out 4 days a week, 4 working days, one child. Driver's license preferred. References required. 485-4979. gcmj5

LEADING GARDEN CITY REAL Estate office seeks professional sales person or broker for full time associate to earn large commissions. Professional please send background & experience to Suite 165, 662 Franklin Ave., Garden City, NY 11530. hm4

PAPER HANGER WANTED. Must be neat & clean. References a must. Experienced only apply. 248-3045. Painter's helper also wanted, part time. wtfm

Situation Wanted

LOOKING FOR HOUSEKEEP- ing, home companion or babysitting job. Please call 292-6130. gcjn1

PROOFREADER AVAILABLE for part time work in my home. 718-962-3023. gcjn1

HOUSECLEANING. WED. & Fri. afternoons. Experienced, excellent references. English speaking & own transportation. Non-smoker. Cleaning &/or ironing. \$50. 742-1615. gcjn1

LIVE IN CERTIFIED HOME health care aide available seven days a week to care for elderly, senior citizens or loved ones. Contact 753-2094. gcj11

HOUSECLEANING MON.-SAT. experience and references. Call 292-3074 anytime. gcjn1

WILL TAKE CARE OF ELDERLY person or companion to elderly person. Sleep out. Mrs. Dokonda Fable. 358-7058. gcjn2

Situations Wanted

HOUSEKEEPER/BABYSITTER Have car, references, experienced. Call Hilda. 294-4341. wjn2

P/T HOUSECLEANER WITH experience. Excellent job, references. 486-5394. wjn2

MARRIED COUPLE LOOKING for occupancy in your home to cater to your needs. Will do anything from cooking to gardening. Call Robert or Michelle 489-8527. wjn2

NEW HYDE PARK MOM WITH sweet, well behaved 2 yr. old child seeking playmates & fun times. If you're a mom with the same call 294-1994. gcjn2

GOOD HOUSEKEEPER mature, with experience. Good references. Sleep out. Call after 6 p.m. 867-5968. gcjn2

NURSE'S AIDE WITH hospital, rehab. and private home experience wants to care for elderly and sick. P/T, very kind personality. Call 248-4029. gcjn2

EXECUTIVE/LEGAL SEC'TY Highly qualified, professional, IBM Word Perfect, S.I. dictaphone, non-smoker. Garden City resident seeks Saturday employment, permanent or temporary. 741-1054. gcjn2

NURSE'S AIDE, COMPANION, light housekeeping from Ireland with green card. Hard working, kind & intelligent. 746-2151. gemy4

HOUSECLEANER AVAILABLE Experience, own transportation, flexible days. 489-7924. gcmj4

MOTHER'S HELPER AVAIL- end of June. Garden City High School graduate. References available. 746-0566. gcjn1

VERY EXPERIENCED NURSE'S attendant with ten yrs. experience on same case with hospital reference willing to care for elderly patient. Call Joyce 718-217-4381. gemy5

RESPONSIBLE MOTHER OF one will care for your child in my Garden City home. FT or PT, Mon-Fri. References available. 742-5433. gemy5

DRIVER LOOKING FOR A JOB driving locally or distances. Call evenings or early mornings please. 481-4169. gcmj5

EUROPEAN WOMAN. DOMES- tic help available. Live in or out. Child care/housekeeping. English speaking. Own transportation, references & experience. 565-5071. gcmj5

Situations Wanted

HOUSECLEANING AVAILABLE every day. Experience & references. 481-7627. gemy5

HOUSECLEANING. SLEEP IN or sleep out. Ask for Sylvia. gemy5

COLLEGE BOUND GIRL available to babysit/mother's helper for summer. Own transportation. Call 741-6972 after 7 p.m. gcmj4

G.C. NINTH GRADER LOOKING for mother's helper position. G.C. only. Call 741-6621 after 4 p.m. hmy4

YOUNG LADY SEEKS JOB AS home attendant or housekeeper. Live in. Call 718-953-9388. gcmj5

BABYSITTING - GARDEN CITY mother with older children wanting to babysit occasionally. Preferably daytime. Thank you. 248-5896. gemy5

EXPERIENCED BABYSITTER available to sit for your child in your home from Mon.-Fri. Reference if needed. Call 292-6130 before 10 p.m. Ask for Dahlia. gcmj4

MOTHER'S HELPER-SUMMER Live-in Europeans, 18-25, available to care for your children and help with light housekeeping, driving, cooking, etc. Carefully screened. Fees average \$140 a week for a minimum of ten week season. Call Sue at 1-800-727-2437, ext. 6146 or write AIFS, IFC Program, 102 Greenwich Ave., Greenwich, CT 06830. gcmj4

HOUSECLEANING: MATURE woman with own transportation. Very reliable with very good references & experience. 292-9328. gcmj5

RESPONSIBLE 20 YR. OLD college student looking for full time mother's helper position. \$7 an hr. Call 746-5449. gcmj5

RELIABLE IRISH GIRL AVAIL- able immediately for child care or taking care of elderly. Driver's license. Experience & references. Call Maureen after 6:30 p.m. 437-4308. gcmj4

CARE FOR SPECIAL CHILD College student, experienced with handicapped children. Own transportation. References. Sue 742-2655. gcjn2

MOTHER'S HELPER. GARDEN City girl, college student with pool card & license. Very flexible, days, evenings & weekends. Reference available upon request. 742-4789 leave message. gcjn2

Situations Wanted

HONEST, RELIABLE CLEANING woman available for daily work. Very thorough. \$50-\$60 per day. Apartments a specialty - \$30-\$40. Call 489-2788. gcnj2

HOUSESITTER RESPONSIBLE college student will take care of your house and your affairs this summer. Available immediately. Call Melanie 486-5436. References available. gcnj1

CHILD CARE AVAILABLE NYS certified early childhood teacher with master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wmy4

HOUSESITTER AVAILABLE for July. Male, Garden City resident, college professor and two adult sons. Inquire at 741-1187. gcmj4

GARDEN CITY RESIDENT to help you with your party, shopping, cooking, babysitting, tutoring and other chores. Please call 437-8825. gcnj1

ATTENTION VACATIONERS would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcnj3

HOUSECLEANING AVAILABLE Please call 231-4212. Ask for Margaret. gcmj4

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References. 546-2521. gcnj1

IRISH CERTIFIED NURSE'S aide available to care for sick or elderly. References available. Please call 326-9726. gcnj1

HOUSEKEEPER/BABYSITTER elderly care. Live in or live out; available shopping, cooking, all your needs. A true professional. Reliable and trustworthy. References. 285-6716. gcnj1

THIS WOMAN FOR HIRE. PRO- fessional home cleaning. Honest & reliable. 842-6829. wmy4

COLLEGE STUDENT SEEKS mother's helper position or companionship to elderly. Excellent references. 746-0913. wmy4

I AM SEEKING A JOB AS A mature, responsible person to care for children or elderly persons. Ask for Carmen 867-0788. gcmj4

FORMER LONG ISLAND couple retired to Daytona Beach (La Costa Village, five minutes from beach, Clubhouse facilities included) seeks house swap/ house sitting arrangement with Garden City or vicinity family. Preferably during July or Aug. but will consider any time of year & any length of stay. Call 248-2309 for details. gcmj4

Situations Wanted

P/T HOUSECLEANER Available, three days a week. Monday, Wednesday and Saturday. Reliable, experienced, references. Own transportation. 481-0702. wjn2

HOUSECLEANING FOR EAST End homes. One or two workers. References. Honest, reliable, efficient. Weekly, bi-weekly openings. Own transportation. Reasonable 727-7261. wmy4

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ADIRONDACK MOUNTAINS: Secluded point on upper Saranac Lake, beautiful mountain views. Four lakefront lots, (2 with houses) & 4 lakeview lots from two to five acres. Private beach, boat ramp & docks, tennis courts, forty plus acres adjoins state preserves. Ideal individually or as a corporate retreat or as a resort. Priced to sell. 741-2700 or 747-0110. wjn2

CUTCHOGUE. 1 ACRE LOT. Prime area. Walk to beach (sound) \$85,000. Owner. 746-8023. wjn4

ESTATES RANCH 6 BRS, 3 baths, 2 car over 1/4 acre. Low \$300's. Mint Estates Colonial. 3 BRS, fam. rm., mod. kit/ breakfast nook. Low \$400's. Mint Central Ranch - 4 BRS, 2 1/2 baths, fam. rm., CAC, 1/2 acre \$600's. Fabulous Colonial. Prime area. 6 BRS, 4 1/2 baths, fam. rm., \$1 million plus. Vera Ataman 354-1994. gcmj4

SOUTHOLD WATERVIEW Furnished cottage. LR, DR, kit, 2 BRS, full bath, porch, garage, private community \$175,000. 437-8825. gcnj2

HELGA CROSBY'S BEST BUY Let's get down & cut the coconut. If you're serious, I have a great bargain to show you. Super location. This is a darling 3 BR "Oscar Madison" Dutch Colonial. \$240,000!!! I will show you Felix's house around the corner. Don't miss this one. It makes no sense to come in second. Helga Frankwisch Crosby, Studwell Ventures 746-7077 after 6 p.m. 746-0563. gcmj4

WADING RIVER WATERFRONT House for sale by owner on 3 rustic wooded acres. Contemp, year round or secluded hide-away. 5 BRS, den, 2 baths. Immediate occupancy. Reduced to \$445,000. 747-6486 or 929-3129 gcnj2

MATTITUCK INCOME property on busy highway. Business corner, 2 buildings. Call after June 11. Owner 298-8556. Mattituck - 3 BR, 2 bath Ranch, private beach rights, extras. \$279,000. Call after June 1. Owner 298-8556. gcmj4

GARDEN CITY. NEW LISTING. Beautiful 3 BR Estates Colonial, 2 1/2 new baths, new large fam. rm./fpl, giant walk-in closet off Master bath with jacuzzi & skylights, new designer EIK, LR/fpl, DR, fin. bsmt. Walk to RR, across from school. Call 741-4931 for appointment. Great value at \$475,000. gcmj4

Real Estate For Sale

TUDOR, EAST WILLISTON large LR/stone fpl, large DR, 3 large BRS, completely renovated from top to bottom. New European kit, park-like grounds. Asking \$375,000. Principals only. 248-0139. gcnj1

FLORAL PARK DELUXE 3 RMS. Large BR, LR, new EIK, patio. Near LIRR. Convenient to all. \$700 per month. Owner. 488-2314. gcnj1

SOUTH JAMESPORT. ALL round custom built 1,800 sq. ft. Ranch on 1/3 plus acre. Deeded rights for a lovely, white, private, sandy 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, 11x25 foot screened patio. Oversized garage, beautiful landscaped grounds & much more. Reduced to \$175,000 by owner. 722-4158. gcmj5

CUTCHOGUE - FLEET'S NECK Great home for an active family. Plenty of room & close to private bay beach & boating. 4 BR, 2 1/2 baths, 2 story in excellent condition on oversized lot, \$280,000. Peconic. Spacious 3 BR, 2 1/2 baths, 5 yr. old Ranch on shy acre, 2,300 sq. ft. living area includes fam. rm/wood stove, LR/fpl, large deck & attached 2 car garage. Owner relocating. Asking \$249,500. Southold. Classic beauty 1875 Colonial features gracious LR/fpl, elegant DR, enclosed porch, Country kit, back staircase. 4 BRS, 2 1/2 baths plus 4 rm. professional suite. A rare gem \$249,500. Mattituck Waterfront. 3 BR Cape with expansive bay views, boat dock, deck & screened porch. Ideal year round country/vacation home. Yours for \$269,900. Southold Waterfront. Magnificent Colonial on manicured acre in most prestigious area. 4 BRS, 3 baths, 3 fpls, delightful screened porch. Party room leading to brick terrace, dock & serene views. \$650,000. Marlon King Realty 734-5657. gcmj4

COTTAGES JUST STEPS TO beach \$135,000 & up: Greenport - 2 BR, year round cottage in excellent condition with deeded boat lot for those who love to sail. Peconic - 2 BR cottage with possible sound views. Southold - 3 BR summer cottage with deeded beach & boating rights.

Cutchogue Farm House - Lovingly restored, inviting screened porch, oak Country kit with wainscoting, laundry rm., large LR/DR w/fpl, 3 BRS, 1 1/2 baths. Built in pool, bike to beach. Just \$195,000.

Choice summer rentals still available. Marilyn Lang Realty 734-6690 - 734-6472. gcmj4

A LAURA ASHLEY COUNTRY cottage in a secluded nook of Garden City, yet a stone's throw from station and shops. 4 plus sunny BRS, 2 1/2 baths, sun porch, cheery EIK, newly landscaped and fenced back yard, play gym and patio area await a new happy family. Principals only. \$329,000. 747-3172. gcnj1

Real Estate For Sale

GARDEN CITY - 3BR RANCH 2 baths, CAC, underground sprinkler system, electric garage door opener. Excellent starter house or retired couple. By owner \$250,000 firm. 741-0441. Call evenings. gcnj1

GARDEN CITY/CATHEDRAL Gardens: Colonial on fenced property, 60x90, 4 BR, 2 baths, LR/fpl, formal DR, large fam. rm., EIK. Walk to RR & church. Priced to sell at \$245,000. Owner. 485-5410. hmy5

GARDEN CITY ESTATES Brick Center Hall Colonial. 3 BR, 3 baths, LR/fpl, FDR, den bsmt rec. rm, screened porch, attached 2 car garage. \$400's. Owner 248-8425. gcmj4

SEAFORD WATERFRONT Starter/retirement/summer home. Totally maintenance free & low taxes. Low \$100's. Mr. Grasso. 775-6035 gcmj4

LAKEFRONT HOUSE IN Putnam Valley. 140 feet private beach. One hour to N.Y.C. Well constructed Cape Cod. 4 BR, 2 Baths, LR/fpl, DR, balcony, basement. Reduced to \$250,000 for quick sale. 483-0042. gcmj4

OUTER BANKS, NORTH Carolina - Free rental & sales brochure. 1-800-468-4066. Gardner Realty Sales/Rentals/Construction. gcnj3

GARDEN CITY ESTATES Mint split/colonial. Three large BRS, 2 baths, EIK, den, beautiful back yard, 65x120. Walk RR & Tullamore Park. Asking \$329,000. Owner 746-6523. Principals only. wjn1

SHELTER ISLAND WATER- view on 2 acres. 5 BRS, 4 baths, fin. bsmt., deck, CAC, private, sandy beach & dock. Owner asking \$595,000. Call 746-5088 or 749-2268. gcnj2

SOUTHOLD EAST SOUND- front Exclusive. Situated in an exclusive estate enclave, this 3 acre waterfront residence spans from Peconic Bay to L.I. Sound & features a large central gallery opening to handsome 30' windowed LR with stone fpl, 3 BRS, each with a private bath, including master BR suite. Custom kit with add'l. dining area opening to southerly deck. Slate patio, sweeping lawn to 150' of low bluff beach. Wood shingle, exterior & roof, large garage. Meticulously maintained, superbly constructed. Property includes 1 acre bayview lot. By appointment. \$635,000. Hahn Realty 477-0551. gcmj4

MONTAUK BUILDING LOT 100 x 183. Waterview, secluded section \$95,000. Negotiable. Owner. 294-9377. hjn2

GARDEN CITY 2 BR CONDO yes; condo. Overlooking heart of the village. Spectacular views of sunset and gardens. Only steps from shopping, RR and all conveniences. Modern renovations with all the original classic charm kept intact. Must sell immediately. Moving soon, Make an offer. Call owner 741-5153. hmy1

Real Estate For Sale

BELLEROSE VICINITY Brick 2 family with store, 4 room and 3 room apartments, low taxes, excellent location. Great buy. Steal under \$200,000. Diligent Realty 718 776-7474. gcm4

ELDERED CATSKILL, 4 RM Ranch, 2 BRS, large EIK, 1/4 acre, low taxes, walk to town & school. Owner. 822-2157. sking \$67,500. hjn2

ESTATES COLONIAL NORTH of Stewart Ave. 4 BRS, 3 baths, LR/fpl, EIK, FDR, den, fin. bsmt., CAC, replacement windows, new vinyl siding, gas heat, 2 car garage. \$415,000. Principals only. 747-2794. gcmj4

SOUTHOLD BY OWNER 2 story 4 1/2 BRS, on quiet private road. Possible mother/daughter. Excellent condition, beautifully landscaped wooded parcel. Walk to sound beach. Many extras. Owner motivated. Must be seen to appreciate. Priced to sell \$249,900. 765-9279. gcmj4

WEST HAMPTON BEACH Patio Villas Condominium - Decorator's Showcase Townhouse. Cathedral ceiling living room with marble fireplace, ultra modern kitchen, formal dining room with skylights, french doors leading to oversized deck, hot tub and garden fenced for total privacy. Also 3 bedrooms, 3 1/2 baths, one car garage, central air and walk to town, railroad, pool, one mile to ocean. Maintenance \$187. Taxes \$3,000. Reduced for quick sale. \$259,000. Days 742-8888 or evenings 741-8586. gcnj1

GARDEN CITY 5 BR RANCH expanded, family style kit. (12'x22'), 2 1/2 baths, FDR, gas heat, \$340,000. Principals only. 747-2473. gcnj2

ESTATE RANCH 4 BRS 3 baths, new kit. & baths, alarm, sprinklers. Walk to train. Priced below cost. 400,000. Days 746-3010, eves & weekends 741-5477. gcnj2

GARDEN CITY COLONIAL mint, 3 BR, 2 bath formal LR, w/gas fpl, family room, new large EIK w/ceramic floor, breakfast area w/skylight, partially finished bsmt, patio. Landscaped, fenced in yard, single attached garage w/entry to kitchen, gas heat, burglar & fire alarm, in ground sprinkler. Quiet street, walk RR & town, taxes \$4,600. Principals only \$390,000. 747-3604. gcnj2

GARDEN CITY EXPANDED Ranch. John St., 5 BRS, 3 baths, den, CAC, new windows, sprinkler, 1/2 acre. \$560,000. Owner 741-0451. gcmj4

MANHATTAN 34th & PARK Ave. Newly renovated contemp. studio. A/C. 24 hr. elevator and concierge. Washer/dryer in bldg. Furnishings optional. Close to transportation. \$117,000 by owner. 728-6104. gcnj2

OFFICE SPACE AVAILABLE New Hyde Park, Jericho Tpke, utilities included \$350 per month. 488-6990. gcmj5

Real Estate For Sale

HICKSVILLE: 4 BR LEVITT Ranch. New Euro kit & bath. 60x100. Taxes \$2600. 2 zone heating & ceiling fans throughout the house. Asking 165K. Principals only. 735-0793. gtfm

GARDEN CITY WESTERN Section. 3 BR Colonial. New kit — bath, FDR, LR/fpl, rec. rm. Mint condition, nice yard, low taxes. \$325,000. Principals only. 775-5049. gcmj5

MONTAUK - 2 RM CO-OP One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$39,500. **Great Rental History.** 724-5572 hm 5

CATSKILLS, DELAWARE CNTY 5.1 wooded open acres. Private road, electric, spring/stream, views, deeded pond & park rights, hunting, skiing. 5 minutes 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 \$17,500. gcmj4

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. Home-stead and Stratford Schools just around the corner. By owner. \$495,000. 742-4271. gcmj4

NEED NON SMOKING FEMALE to share quiet upstairs apt in Garden City. Separate entrance, separate rooms, share bath. Near RR. Clean and beautiful. 354-5064. gcmj2

SOUTHAMPTON BEAUTIFUL young contemp. on 2 wooded acres, 5 min. walk to private Peconic Bay beach. 3 large BRs with separate master suite, modern Euro-kitchen, huge cathedral LR, DR, 2 1/2 baths, patio, alarmed, cable ready, all amenities. July or Aug. \$3900 plus security and utilities. 746-4314. gcmj2

CUTCHOGUE, NASSAU POINT Distress Sale. Spectacular waterfront home. Reduced from \$825K to \$595K. Call owner for details. Days 692-4404. Weekends 298-5660. gcmj4

GARDEN CITY ESTATES 5 BR, expanded Cape, 2 bath, fin. bsmt. Walk to school & RR. \$350K 741-8745. gcmj4

WOODBURY. 4 BR LUXURY Townhouse - end unit. Golf course view, 3 1/2 baths, CAC, street level basement finished. Tennis, pool, 2 car garage. \$355,000 Owner. Days 352-2221, eves 364-9834. gcmj4

Real Estate For Sale

GARDEN CITY. BEAUTIFUL 3 story brick CH Colonial. 4 BRs, 3 1/2 baths, LR/fpl, side sun room, DR, new designer kit., den, fin. bsmt., 2 car detached garage. 200 ft. deep park-like plot. Walk to village. Must see. Principals only. \$695,000. 742-7873. gcmj4

LEGAL TWO FAMILY, PARK Section, Mineola. 5 1/2 & 4 1/4 RM apartments. Gas heat, full attic, fin. bsmt., 50x100 ft. lot. Low taxes. Reduced \$230's. Call 746-3141. wjn1

SOUTHOLD. NEW 3000 SQ. FT., all brick custom center hall Ranch. Seven rms., three BRs, LR, FDR. Fam. rm with brick/stone fpl, 23' x 16' kit., cathedral ceilings. Two-zone central A/C. Central Vac. system. 34' x 14' cedar deck, two car garage, full bsmt. One acre plot. Near all beaches. Many extras. By owner \$335,000. 765-2203, 747-1895. wmy4

VALLEY STREAM MINT condition, ideal mother/daughter 5 BRs, 2 baths, large den with skylights, LR, FDR, EIK, beautifully landscaped, full finished basement. \$235,000. Owner 825-8571. gcmj1

GARDEN CITY VICINITY The Atrium. 1 BR Condo, CAC, washer/dryer, large yard, free indoor parking. Maintenance \$115. Owner anxious \$107,000. 538-8380. gcmj5

GARDEN CITY CAPE Willow Street, new listing, 3/4 BRs, 2 full baths, finished basement, awning patio, principals only. \$245,000. 747-6373. gcmj1

GARDEN CITY SOUTH meticulously kept sunny and bright second floor 2 BR, EIK, LR, full bath, refrigerator, dishwasher, stove, wall to wall, CAC, utilities included. Mature couple or single female professional, no pets, non smokers preferred. July 1 occupancy, references and security deposit required. \$850 per month. 483-3595. gcmj2

GARAGE FOR RENT Floral Park Crest \$75/month 437-4132 eves and weekends. gcmj2

MINEOLA 1 BR APARTMENT on 3rd floor. Walk in closet, dressing area, EIK, A/C, ceiling fan, secured building. Walk RR. Available July 1. Evenings 747-4607 \$700 a month includes parking and utilities. gcmj2

HOUSE BEAUTIFUL near new summer/permanent home. Just steps to beach, boating, marina. Offering 2200 sq. ft. of luxurious living space. 7 spacious rooms, 3 BRs, 2 baths, den, amenities include fpl, skylights, closets galore, double garage. Just reduced \$39,000 to \$189,000. Worth More! Bookmiller Real Estate 722-4423. gcmj4

GARDEN CITY LARGE BRICK cape, LR/fpl, DR, EIK, 4 BRs, 2 baths, deck, sprinklers, oversized property, mint. Principals only. \$350,000. 775-4113, 212 988-8088. gcmj1

Real Estate For Sale

GARDEN CITY WESTERN Fieldstone/Brick Cape. 4 BRs, LR/fpl, renovated EIK, FDR, 2 full baths. Move-in condition, new gas heat, many new extras, low taxes. Must see. \$299,000 or best offer. By owner. 326-9294. gcmj4

GARDEN CITY MINT LARGE Country Cape. LR/fpl, DR, EIK, 4 BRs, 2 baths, deck, oversized property. \$389,000. Owner 488-3890. gcmj4

GARDEN CITY ESTATES Brick & slate CH Colonial. 4 BRs, 2 1/2 baths, den, fpl, 2 car garage, mint. Walk to schools & transportation & shopping. Asking \$479,000. By appointment. 248-2966. gcmj4

GARDEN CITY. SPACIOUS home on large property. 5 BRs, 3 baths, screened porch, fin. rec. rm. Walk to RR. By appointment. Asking \$315,000. 775-5974. gcmj1

GARDEN CITY - NEW TO market. Well maintained brick Colonial. 3 BRs, 1 bath, LR, FDR, kit, garage, patio, extensive landscaped, 75x100. Eastern Section, low taxes \$265K. Owner. 747-6889. gcmj5

GARDEN CITY ESTATES CH Colonial, brick/slate, fully renovated in/out, new appliances. 4 BRs, 2 1/2 baths, EIK, LR/fpl, DR, den, CAC & sprinklers. Owner. Asking \$559,000. 742-0740. gcmj5

CUTCHOGUE. CUSTOM BUILT Cape Cod. Private community. 4 BRs, 3 full baths, jacuzzi. Large LR/fpl, large DR/fpl, oak kit., laundry rm. Beautiful views of golf course from decks. 3 car garage. Owner/broker \$450,000. 734-7785. gcmj5

GARDEN CITY PRIME ESTATE section split, 3 BRs, 2 baths, LR/fpl, FDR, EIK, paneled playroom & lower basement, oversized 1 car garage, patio, 2 zone gas heat, walk to schools & RR, \$300's. Owner 747-3882. gcmj1

GLEN OAKS GARDEN APT., Nassau/Queens border. Largest upper with attic. 2/3 BRs. Walk all. Must see to believe. \$103,000 neg. 718-347-2039. wmy4

WILLISTON PARK, HERRICKS schools. Wideline Cape Cod. LR, DR, 4 BRs., fin. bsmt., oversized garage, oversized plot. Convenient to all shopping & transportation. Priced to sell quickly. \$179,000. Keller Exclusives. 747-0535. wmy4

MINEOLA/GARDEN CITY Border. Beautiful brick Colonial. 3 BRs, LR/fpl, FDR & den, new bath, roof & windows, fin. bsmt., with wet bar. Mint condition. Low \$239,990. Principals, 746-1779. wmy4

CATSKILLS: COUNTRY Estates on White Lake. Two homes & large garage. Possible apartment upstairs. 100 ft. of lakefront. Motor boating. Crystal clear water. \$325,000. For info call 607-569-3402/3483. wmy4

Real Estate For Sale

GARDEN CITY/HEMPSTEAD Mulford Place. Large 1 BR in charming building. Decorator bath, closets galore. Like new. Must be seen. \$79,900 neg. 489-9666. gcmj1

SOUTHOLD CALIFORNIA Ranch in wooded surroundings. 3 BRs, 2 1/2 baths, fam. rm., Country kit, double fpl, CAC, fin. bsmt., 2 car garage in ground 20x40 heated pool. Landscaped for privacy \$289,000 neg. Principals only. 765-9247. gcmj5

GARDEN CITY. A MOTT Colonial. 4 BRs, 2 1/2 baths, LR/fpl, DR, EIK, fam. rm., sun room, CAC, burglar & fire alarms. Newly decorated/landscaped. 1 1/2 detached garage. \$440,000. Principals only. 877-1052. gcmj5

GARDEN CITY WESTERN section corner Split. 3 BRs, 1 1/2 baths, LR/fpl, DR, kit, den, bsmt. patio, CAC. 1 car garage. \$325,000 negotiable. 488-4796. gcmj2

ALBERTSON - WILLIS AVE. Adult Condo, 2 BR, 2 baths, 2 screened terraces, indoor parking, own storage & laundry rm. Upgraded appliances. Walk to everything. Owner moving to Florida. \$199,000. 747-0671. wmy5

CUTCHOGUE: NASSAU POINT vicinity. Prime waterfront summer home, minutes to Peconic Bay waters. New carpeting, some antique furnishings included. Possible owner financing. \$279,000. Also Mattituck acreage available. \$119,000. 584-9126. gcmj4

GARDEN CITY ESTATES SECT. split, 3 BRs, 2 baths, LR, full DR, EIK, paneled playroom, full bsmt, 2 zone heat, 2 car garage, walk to RR & schools. By owner \$310,000. Call for apt. 747-2633. gcmj2

SOUTHOLD BY OWNER Completely remodeled, 3 BR, 2 bath Ranch, vinyl siding, skylights, Florida room, country kitchen, carpet, all appliances, split design, A/C. Oversized detached garage, walk to L.I. Sound. Must see. 765-5496. gcmj2

SOUTHOLD: ALL SET TO GO fishing. A 16 ft. John Dory comes with this young expandable Cape. 119 feet on inlet with dock opens to bay beach. Custom built beauty nestled in private wooded setting. 2+ BRs, DR, kit, garage, bsmt, low maintenance. Excellent retirement/retreat. Owner must relocate. \$299,000. Abatelli Realty, Main Rd., Cutchogue 734-6000 or 1-800-439-FORK. gcmj4

COTTAGE WITH VIEW of the Albemarle Sound. Easy water access for all types of water sports. Priced to sell and ready to move into. \$54,875. Jordan Realty Corp. (919) 338-1600. gcmj4

WHY RENT? BUY CHEAP! East Hampton: two houses, one 8 BRs, 4 baths, one 5 BRs, 3 1/2 baths near town and beaches. Contemp., 3 years old, low taxes, 1/2 acres plus. An honest steal. 718 464-4477 gcmj2

Real Estate For Sale

ELEGANT FOR ENTERTAIN- ing/practical family living. Impressive Normandy Tudor, fine location, 6 BRs, huge master. Rich in detail. Large property. \$835,000. Would consider rental. 741-0675. wmy5

WEST PALM BEACH CENTURY Village, 1 BR, 1 bath, lower apartment. Golf, tennis, pool, shopping, furnished. Sale/or rent yearly. Fabulous facilities. Very reasonable. \$21,500 neg. 718-464-4477. gcmj2

NASSAU POINT NEW LISTINGS Panoramic views of Peconic Bay, dock, beach, 4 BRs 2 1/2 baths, \$950,000. **New Suffolk:** Kimogenor Point, Co-Op 3/4 BRs, 2 1/2 baths, sandy beach, boating, tennis \$500,000. **Cutchogue:** Lovely large home overlooking golf course. Walk to village \$319,000. **Burt Lewis Real Estate** 765-5810, 298-4600, 734-5533. gcmj4



G.C. HAMILTON GARDENS Gorgeous, oversized 1 BR Co-op. Quiet corner apartment totally renovated, new Euro style EIK, separate DR, new bath, refin. hardwood floors, California closets. Extra large rms., heated garage. Close to all. Reduced to \$115,000. 747-3607. gcmj4

FLORAL PARK - 1 BR CO-OP fully renovated. Walk to all. Low maintenance, large closets. Asking \$99,000 owner. 775-1353 evenings. gcmj4

DISTRESS SALE - GARDEN City charming, renovated 1 BR. Owner needs cash. Any offer over \$99,500 takes it. Call Patrick after 7 p.m. 741-2646. gcmj4

GARDEN CITY CHERRY Valley 2 BR, new EIK, updated bath, second floor, CAC, walk to LIRR. \$135,000. 741-6675 or 364-3333. gcmj4

GARDEN CITY HAMILTON Gardens. Best location. Walk to everything. Largest 1 BR apartment, 951 sq. ft., quiet top floor, heated garage. Immediate occupancy. Make offer. 747-2422. gcmj5

MINEOLA. 2 BR, 2 BATHS corner apartment, oak floors throughout. 6 closets, parking. Immediate occupancy. 80% deductible. \$69,000. 328-7068 or 747-7430. gcmj5

GARDEN CITY 3 BR CO-OP ON 7th St. Oversized LR & DR, fpl, Country EIK, 2 full baths, foyer, washer/dryer, a/c, new windows. Walk to RR, shops, schools. Mint condition. Must sell. \$219,000. Call 742-1268. gcmj4

FLORAL PARK. FLOWER VIEW Gardens. Newly renovated. 1 BR Co-op. Mint condition. Walk to RR, bus & stores. Asking \$92,000. Low monthly maintenance. Call after 5 p.m. 775-7820. wmy5

Real Estate For Sale

MINEOLA. SPACIOUS, renovated 1 BR, many closet-sunny view, wall to wall, all appliances. Close to LIRR, shops. Best offer. Owner 294-9498. gcjnl

ROSLYN GARDENS CO-OP large 2 BR, private entrance, quiet cul-de-sac. Renovated, many extras. \$99,000. Owner. 421-0080. wjn'

2 BR GARDEN CITY CO-OP offers a great life style. Sunny rooms, spacious storage & comfortable living. Close to train & shops. Low maintenance. Reduced to \$149,000 by owner. 294-9318. gcmys

2 BR GARDEN CITY CO-OP, 1st floor, inner courtyard site. 3 exposures. Large sunny, airy. Custom kit/appliances. Loaded w/extras. Park like grounds, available. Owner 742-0359. gcmys

GARDEN CITY LOVELY 1 BR Co-Op in excellent location. Priced right for Quick Sale! \$100,000. Days (718) 641-4945, evenings (516) 741-8894. gcMy4

LYNBROOK LUXURY JR. 4, 1 1/2 baths, A/C, pool. Walk to RR, stores. Anxious to sell. Asking \$86,500. Call 292-1551. gcMy4

MINEOLA CO-OP LINCOLN Arms. Top floor, 1000 sq. ft., 1 BR, 1 1/2 baths, security building, \$92,000. Days 663-2579, eves 742-3599. gcjn2

GARDEN CITY/HEMPSTEAD Mulford Place. Large 1 BR in charming building. Decorator bath, closets galore. Like new. Must be seen. \$79,900 neg. 489-9666. gcJn2

MINEOLA EXTRA LARGE 1 BR, 1 1/2 baths, terrace, EIK, a/c's, top floor, ample closets, parking. Walking RR/all. \$105,900. Owner 747-8919. gcMy5

CHERRY VALLEY CO-OP - 1 BR, new kit with dishwasher, oak floors, park-like grounds. Walk to RR. Maintenance 81% deductible. Asking \$85,000. 294-8066. gcap4

MINEOLA-GARDEN PLAZA: 1 BR Co-Op. Immaculate. Mirror-ed closets & wall, 2 A/Cs, new wall to wall, verticals, walk RR, 24 hr. security. \$118,000. Owner. 742-7882. hly2

GARDEN CITY CHERRY Valley Co-op. Second floor, wall to wall carpeting, washer/dryer, new EIK & bath. Many extras. Court yard location. \$95,000. 248-6738. gcmys

ONE OF A KIND DUPLEX Co-op. 2 BRs, 2 baths, completely renovated. \$260,000 (includes underlying mortgage) maintenance 80% deductible. Call for details 747-6614. Would also consider long term rental. wjn2

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. 931-0012.

Real Estate For Sale



GARDEN CITY - MOTHER/ Daughter. Professional office. Well manicured plus 4 BRs, 4 baths, on 2/3 acre. Country kit., huge fam. rm., 2 fpls, fin. bsmt. Walk to RR. Asking \$595,000. Open house, 2-4 p.m., Sun., May 19 & Sun., May 26, 9 St. Paul's Place. Principals only. Or call for appointment 747-7328. gemy4

Real Estate For Rent

WEST HEMPSTEAD/GARDEN City vicinity. 2 sunny furnished rms., private bath, near transit, cable ready, non-smoker. Immediate occupancy. Security & references. \$500 monthly plus utilities. Call evenings. 489-5941. gemy5

MINEOLA: OFFICE SPACE for rent. 12 x 12 - upper floor. Private rm. Ideal location. Owner 746-8023. wjn4

IMPECCABLE FAMILY SEEKS Garden City rental. 3 or 4 BR house with two plus baths, July 1st occupancy. Up to \$2500 per month. Call after 6 p.m. 921-7675. wjn2

EAST ELMONT. MODERN 3 rm. apartment, wall to wall, separate entrance, \$650 includes utilities, thermostat, near Meacham Ave. No pets, single or working couple 437-2238. gcmys

BETHPAGE APARTMENT FOR rent, immediate, spacious, 1 BR, large EIK, immaculate, carpeted, private house, great area, non-smoking, single preferred. No pets. \$800 all. 681-2074 leave message. hm5

MASSAPEQUA 3 RMS. LR (20x40), EIK (15x25), utilities included. Private entrance. Working couple \$675 or single working woman \$650. Non-smoker, no pets, no children, one month security. Call after 6 p.m. 293-5109. gcjn2

FLORAL PARK APT. TO SHARE in private house. Own room. Non-smoker, single, female only. \$350/mo. + 10% of utilities bill. 718-343-7902. hmy4

GARDEN CITY. LOVELY QUIET 2 BR house. Large LR & DR. Immediate occupancy. Owner. \$1,150 per month. 741-2666, 922-0202. gcjy1

EAST WILLISTON PLEASANT airy, oversized room, many extras. Convenient neighborhood \$400. 378-3739 weekday evenings gcjn1

WEST HEMPSTEAD PRIME President's area, bring the outdoors inside. Newly renovated attractively furnished 3 rooms, kitchen, 1 BR, LR with skylights, deck with sliding glass doors overlooking tall pine trees. A/C, cable, near Southern State, 15 minutes to JFK \$875 includes all. Short term considered. 292-0582. gcjn1

Real Estate For Rent

GARDEN CITY 2 BR, 2 BATH, completely renovated duplex, huge rooms, high ceilings, many architectural details - 2 yr. lease available. \$1,650 mo. 747-6614. gcjn1

THREE ROOM APARTMENT available in Plainview. \$650 includes utilities. Call before 10 a.m. or after 8 p.m. 433-6031. hjn1

APARTMENT WEST HEMP-stead: 1 BR, LR/dining combo, full bath, wall-to-wall carpet, separate thermostat, private entrance, second floor. \$600/mo. Call after 6 p.m. 481-1496 or 248-7508. gemy4

1 BR CO-OP AT CATHEDRAL Gardens for rent or with option. All new appliances, a/c, EIK, wall to wall, new windows, freshly painted & neutral decor. Must see. Call 565-9667 evenings & weekends. gemy4

GARDEN CITY LOVELY QUIET furnished room. Private entrance, bath. Mature, non-smoker preferred. References. 746-0018. gcjn1

NEW HYDE PARK MODERN high ranch, 9 rms, 4 BR, 2 baths, fam. rm., den, laundry, garage, walk to LIRR. References. \$1750/mo. 354-2125 after 6 p.m. or 437-8209 days. wjn2

CARLE PLACE. 2 SPACIOUS sunny rms. in a nice & quiet neighborhood. Private, full bath. Small refrigerator, light cooking, immaculate condition. Separate entrance. \$600/all. 747-1815. gcjn2

GARDEN CITY BORDER Luxury apartment building. 1 BR and 1 BR&den apartments, new kitchen, bright, large rooms \$750 and \$820. No fee. 481-7745 or 489-3010. gcmys

GARDEN CITY SOUTH apartment. 3 1/2 rms, utilities included. Mature single preferred. \$550/mo. 328-7899 days. gcjn2

HEWLETT. 1445 BROADWAY Newly painted, move-in condition, 3 rm. apartment in apt. building. With working fpl., frost free refrigerator, walk to LIRR & shops. Ideal for singles or newly weds. Available immediately. No fee. Call owner, 538-0757. gcjn2

HEWLETT. 1230 BROADWAY. Newly painted, move-in condition, five very large rms., 1 1/2 baths with porch. Ideal singles. Walk to LIRR. Available immediately. No fee. Call owner, 538-0757. gcjn2

MINEOLA APT. FOR RENT 2nd flr, 1 BR, EIK, off street parking at night & weekends. Convenient Jericho Tpke. location. Ideal for professional too. Available June-July. 746-7215. wmy4

GARDEN CITY SOUTH. 2 RM apartment near RR/stores. No pets, references. \$550 per month plus security. 747-3577. gemy5

WILLISTON PARK, THREE RM second floor apt. \$625 a month, including utilities. Single preferred. 746-3480. wmy5

Real Estate For Rent

OFFICES FOR RENT Two Manhasset offices for rent with private, assigned parking spaces, heat & electric included. 2 blocks from LIRR. First floor office \$195; second floor office \$250. Immediate occupancy. Carmel A. Barry - 627-6609. Wtfn

FLORAL PARK 60 PLAINFIELD Ave. Renovated 1 BR apt., new frost free refrigerator, new stove, new kit cabinets, walk to shopping & LIRR. Rent stabilized. Available June. \$635 per month. No fee. Call owner. 538-0757. gcjn2

MINEOLA APT. FOR RENT 3 BRs, LR/fpl, W/W carpeting, fin. bsmt., backyard, walk to RR. \$995 per month. No fee. 746-3141. wmy4

Vacation Rental

POCONOS. LUXURY TOWN-house Condo in recreational community. Pool, lake, tennis, walk to everything. 2 1/2 baths, sleeps 8. Linens provided. 2 1/2 hrs. from Garden City. \$750 per week. 201-444-9395. gemy5

SOUTHAMPTON VILLAGE Walk to town, bike to beach. 2 BRs, plus den (sleeps 2), 1 1/2 baths, deck in yard on 1 acre. Asking \$9,000 for season. 889-5238. gemy5

CATSKILLS-GORGEOUS SUN-set on White Lake. Step off deck to lawn then to sandy beach. 3 BRs, 2 baths, sleeps 8. Large LR, DR & kit. Lakeview. Also Country cabin on water sleeps 6 - fpl. \$650 & \$750 per wk. Call for info. 607-569-3402/3483. wmy4

CAMELBACK, PA. - MT. TOP town house, 3 state views from private deck. Sleeps 8 with 3 baths. Great room with wood stove, loft with skylight, club house with pool, indoor/outdoor tennis, gym, sauna, water/alpine slide, antiquing, horseback riding. Reasonable rent. 747-7019. gemy4

MONTAUK POINT: 6 RM Ranch, sleeps five. Wrap-around deck, walk to town beach. Fully furnished. Available June-Aug 4. Two week sessions only. 354-0111 or 352-8524. hmy5

MARCO ISLAND, FLORIDA Two bedrooms, 2 bath Condo. All amenities, screened terrace, pool, steps to the beach. Weekly, monthly. Owner. 718-352-5798. wjn1

FOR RENT OR SALE: Jamesport. Charming 4 BR, 3 bath, 1 acre Peconic bayfront home. With den, deck, laundry, etc. 482-7790. hjn1

SOUTHAMPTON VILLAGE OR Bay rental. Very reasonable. Gorgeous, clean, decks, fpl, beach rights. 747-6392. gcjn1

BELLPORT, L.I. WATER-front cottage. Walk to village, shops. Ferry to private Fire Island beach. Village golf course/tennis. Available weekly, monthly June, July, Sept. 741-2110 evenings. gcjn1

Vacation Rental

SOUTHAMPTON VILLAGE charmer to share with another professional woman. Walk to shops, museum, library, restaurants. Bike to beach. Excellent vacation get-a-way for single woman. Available weekly \$450/or weekends. Please call to reserve availability now. 283-5102. gcjn1

REMSBURGH/WEST Hampton. Lovely 3 BR, 2 bath home on Shore Rd. with spectacular sunroom with vaulted, skylighted ceiling. Pool. Completely private yard. 1/2 block to yacht club & bay. June 15 - Sept. 3. \$15,000. Owner 325-8287 evenings. gcjn1

MT. SNOW, VERMONT. Beautiful 3 BR, 2 baths, fully equipped Condo. Large deck with privacy & beautiful view. Golf, tennis, lake, horseback riding, mountain biking & boating nearby. Indoor clubhouse on premises with racquetball, gym & swimming pool. Fine dining & cultural events. Daily or weekly rentals. Call 741-1824. gcjn3

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 & 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. (516) 746-2211, (516) 326-7711. gcjn3

WINDHAM, N.Y. MODERN Chalet. 2 BRs, 2 full baths, very private, opposite Maple Crest Lake. Fully equipped, fpl, deck, washer/dryer. May 20-Oct. 10. \$3,200 season. 747-3239. gcmys

MONTAUK - SPRING GET-away Special. 3 days \$172 couple. 2 RM suite, heat, full kit. Sleeps four. Walks, dining, shopping. Hundred feet to beach. Immaculate. Call 724-5572. hm5

SOUTHOLD COUNTRY HOME 3 BR, fully equipped, large screened porch, walk private beach. Washer/dryer, cable, immaculate. \$1,200 monthly. May, June, Sept. or weekly \$500 334-0196. gcmys

ST. MAARTEN, DELUXE oceanfront studio. Privacy for two couples. Fully equipped kitchen. Available week of July 6 to 13. Asking \$800. 873-9051. wmy4

BAYFRONT COTTAGE, Jamesport, private beach, 5 BRs, large LR, EIK, large yard, available July-Labor Day. 352-7333. gcjn1

LAKE GEORGE CONDO 2 BR, 2 baths, dock, tennis, pool. No pets, no smokers. Available July/Aug. \$4000/mo. 587-9247. Chris, evenings. gcjn2

Vacation Rental

APARTMENT IN SHELTER
Island home on 1 1/2 acres. Private bath & cooking facilities. Sleeps 2. Walk to beach. Available May 1 - Labor Day. Call 749-0899.
gcmY4

GREENPORT ON BAY!
Stirling Cove. Sunny, cheerful, 2 BR, 2 baths Condo, sleeps 6. Large deck, all amenities. Pool, beach, courts, boat slip if needed. July & Aug. \$3,500 a month. 477-2642.
gcmY4

SANIBELL ISLAND, FLA.
Large 2 BR, 2 bath Condo in small complex. Tennis/pool. Beach access to Gulf. Reasonable weekly summer rates. 747-7482.
wjn2

ADIRONDACK MOUNTAINS:
Housekeeping fifty acre resort with 1800 feet on upper Saranac Lake. Nightly, weekly, seasonal rentals of house, cabin or lodge. Facilities for two to fourteen persons. Beach, boat docks & ramp, tennis, basketball & lawn games. Restaurant & lodge on premises. Linen & barbecue provided. 518-359-2656 or 516-741-2700.
wjn4

CATSKILLS. NEW 3 BR
house five minutes from Hunter Mountain view. July & Aug. References. \$300 a week plus utilities. 741-1098.
gcn2

DECORATOR'S SHOWCASE
Patio Villa Townhouse. West Hampton Beach. 1 mile to ocean, private pool, walk to RR & stores. Cathedral ceiling in LR with fpl, DR, 3 BRs, 3 1/2 baths, oversized deck with hot tub. Summer rental or yearly 741-4546 or 288-9654.
gcn2

MT. SNOW/HAYSTACK
Large fully equipped 4 BRs w/loft, 2 1/2 baths w/color TV, VCR, microwave. Weekly/monthly. Beautiful views, privacy. Near golf, tennis & lakes. 466-6120.
gcn3

POCONOS - 3 BR RANCH IN
lake community. Swimming, tennis & vacation activities. House spotless, washer/dryer, microwave, 2 decks, fpl. Walk to lake, horseback riding, quality restaurants & shops nearby. \$350 a week. 379-8447.
gcn2

FIRE ISLAND, EAST LIGHT-
house Walk. 1 glorious week, 7/21-7/28 or 7/28-8/4. 3 BRs, 1 bath, large deck, all linens, fully equipped. Owned by Garden City resident. Call after 4:30 746-2885.
gcn2

SOUTHOLD WATERFRONT
Charming, quiet, 3 double BRs, 2 baths, mod. kit., fam. room, huge screened in porch overlooking in ground pool, deep water boat dock. Newly decorated, gorgeous view. Immaculate. 741-2832.
gcn2

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.

Real Estate Wanted

GARAGE WANTED: ADELPHI
University Dean wishes to rent garage space in Central or Estates Section of Garden City. Call 877-4341 weekdays. hap4

3 OR 4 LARGE BR HOME
w/2 plus baths, EIK, yard, rent for 1 year with 1 year option. Up to \$2,700/month. June occupancy. Garden City area. Call Mon.-Fri. (212) 698-3114, weekends (516) 742-1113. gcMy4

I'M YOUR PERFECT TENANT
Non-smoker, no drugs, no pets, no kids. Mature business woman needs 1 BR apt. to \$500. (no basement) Or two unfurnished rms in your large home to share. Call Marie 746-5619. Leave message.
wmy5

YOUNG GARDEN CITY
family would like to share or sublet cabana at Malibu, Nassau or other. Call 747-3527. gcmY5

PROFESSIONAL, IMPECCABLE
Florida couple wants 2-3 month summer rental. Furnished Ranch, split or apartment. We are mature & responsible, excellent references. Urgent. Call 305-486-1764.
gcmY4

WORKING GARDEN CITY
couple (no kids, no pets) will close on their house end of June. Need accommodations for 3-4 months before moving back to Germany. Furnished house or apartment/studio in Garden City preferred. Please leave message, 747-7780.
gcn2

QUALIFIED BUYER SEEKS
Garden City Estates. 4 BR, 2 1/2 baths, Colonial or Tudor. North of Stewart Ave. with 2 car garage. Up to \$700's. Immediate closing available. Call after 6 p.m. 921-7675.
wjn2

TWO BEDROOM APARTMENT
with basement, or small house. Must allow pets. Have references. \$1,000 or under. 741-5426. Call after 6 p.m. wjn2

QUALIFIED BUYER RENTING
now needs 3/4 BR home in Garden City, Western or Estate Section. Please call 292-6455.
gcn2

4 OR 5 BR HOME GARDEN
City. Rent for one year. Principals only. Mon.-Fri. 212-558-3855.
gcn2

Car For Sale

CHRYSLER 88 LE BARON
convertible Silver/Black fully loaded. Computer dash, 37,000 miles. Paid 770 plan under warranty, passive alarm system. 8,500. 437-4834. gcn2

1984 NISSAN SENTRA, 2
door, 122,000 miles. Very good condition, a/c, AM/FM stereo cassette, ps, pb. \$1,250. 294-7496. gcn1

1986 PONTIAC FIREBIRD RED
with black interior, 6 cyl. Excellent condition. Power steering, power brakes, power windows, AM/FM cassette, low mileage. Original owner. Asking \$5,200. 294-6572. gcn1

Car For Sale

FORD CROWN VICTORIA, 1986.
Blue & white, very good condition. \$3500 negotiable. 935-4553. gcmY4

MITSUBISHI '84 STARION LE
Loaded, white/burgundy, sunroof, A/C, ABS brakes. \$4,300. 489-2051. gcmY4

1981 VW RABBIT, DIESEL, A/C
5 speed standard, new brakes, new battery & new exhaust. Pioneer AM-FM cassette stereo in Bensi Box. Runs great, ready to go \$700. Call 248-3045. wfn

1979 CADILLAC SEDAN DE
Ville. Good running condition. 119,000 miles \$500. 248-7314. gcn1

1979 CHEVY MALIBU, 2 DR, V6
power steering, power brakes. 32,000 miles. Mint condition. Runs & looks new. Original window sticker. \$2,250 746-4680. gcn1

1986 RED HONDA PRELUDE S1
Fully loaded with low miles. 741-0284. gcn1

1983 CADILLAC SEVILLE.
Good condition. Not a diesel. Reasonable price. 747-1685. hjn1

TWO CLASSIC CARS: 1964
Lincoln Continental. In storage for 12 years. \$3,000 recently spent mechanically. Excellent condition. \$5,000. Also, 1968 Cadillac Fleetwood, always maintained. \$2,500. Both original owners. Estate Sale. (516)759-4444. gcmY 5

1987 CHRYSLER LE BARON
4 door, fully equipped, \$3,750. 739-2812. gcAp4

1978 PORSCHE 924. 60,000
miles, new tires & clutch. \$3,500 neg. 742-4065 evenings. gcn1

TWO DOOR CHEVY 1984
Cavalier. 42,000 miles. \$2,500. 873-1509. gcmY5

1986 DODGE CARAVAN LE
Seven passenger, excellent condition, power everything, a/c, stereo cassette, roof rack. \$8,000. Call 248-2593. gcmY5

1988 MONTE CARLO. LUXURY
Sport, 23K, automatic floor shift. Excellent condition. Must see! \$8500. 742-1333. wmy5

1988 FORD TAURUS LX. SIX
cylinders, 43K, excellent condition, fully loaded. Total coverage another three yrs. Asking \$7,750. 741-1293. wmy5

1987 WHITE CONVERTIBLE
Corvette, 30K, original owner, \$19,500. 488-1763. hMy4

1987 MONTE CARLO SS
Original owner, 34K, loaded, A-1 condition. \$8,500. 488-1763. hMy4

Car For Sale

1984 PONTIAC SUNBIRD 2000.
Four door, A/C, automatic transmission, AM/FM, bucket seats. White, 80K highway miles. Runs very well. Asking \$1500. 352-9025. wmy4

1965 CORVAIR 110, 3 SPEED,
standard transmission, 2 door. All original condition, paint, interior, radio, etc. Excellent condition. Driven daily. 54,000 miles. \$2,900 tel. 579-2624 p.m. gcMy4

1982 AUDI 4000S, 75,000
miles. Original owner, sunroof, A/C. \$1,500. 746-5389. gcmY5

'88 JEEP CHEROKEE LTD. -
Grey, 51,000 miles, full warranty. \$13,200. Must sell. Call Ron, work - 745-0023, home 742-3297. gcMy4

1977 2 DR. WHITE COUGAR,
blue landau roof. Original owner, 66,000 miles. Good condition, fully equipped, cassette radio, automatic console. New tires, new carburetor, new battery & terminals. \$900. 775-5671. wjn2

1978 CHEVROLET IMPALA
4 DR V8. Dependable, looks & runs well. \$975. 775-6035. gcn2

CONVERTIBLE 1981 TOYOTA
Celica G.T. Mint condition, garaged, brand new top, low mileage, auto transmission, AM/FM cassette. Red/camel. Must be seen. \$4,000. 294-8499. gcn2

1977 CHEVROLET MALIBU
Classic. Good transmission, good motor, good running. \$375. 741-7750. gcn2

1984 NISSAN 200 SX, ATU-
omatic, p/s, p/b, p/w, a/c, am-fm, p/woolier, five race tires, 61K, excellent condition. \$3700 neg. 741-6254, leave message. gcn2

Wanted

DOLLS WANTED

I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hmy4

WANT TO BUY STATION
Wagon 1988-1990. Low mileage, good shape from private owner. 485-1979, 734-6422. gcMy4

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.

OLD GUNS, SWORDS,
Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hmy4

Wanted

ETHAN ALLEN ROYAL
Charter Oak furniture. End tables or small desk. Also wanted mahogany china closet. Call 746-6665. gcmY4

Services

BUILD WITH BRICK
Stoops•Fireplaces•Patios
•Driveways•And all types of Brick & Stone Work
Quality Workmanship at Reasonable Prices
Satisfaction Guaranteed
No Job Too Small•Waterproofing
Slate Roofs Repaired
Estimates 538-3813
LIC#H1735940000 gcmY5

ALL PHASES OF CARPENTRY.
Attics, fin. bsmts, bathrooms, kitchens, doors, windows, etc. All work guaranteed. Licensed & insured. References available. Free estimates. Call Mike any time. 352-5783. gcY4

FENCES INSTALLED. ALL
kinds. Chain link & wood. Free estimates. 248-0381. gcmY4

HOME IMPROVEMENT
Kitchens-baths-expert tiling, marble, granite, corian-Windows, doors, etc. Reliable, responsible. Excellent references. Thom: 997-3083. gju3

LITE MOVING & STORAGE
Very reasonable. Call day or night. Long & short term storage. Local/long distance. Will beat any price. Free estimates. \$10 off with this ad. 599-0996. gcag1

HOME IMPROVEMENT
Kitchens-baths-expert tiling, marble, granite, corian-Windows, doors, etc. Reliable, responsible. Excellent references. Thom: 997-3083. hjn4

HANDYMAN. NO JOB TOO
small. Carpentry, painting, tile repair & more at competitive rates. For reliable on time service call Steve 481-8163. gcn1

WALLPAPER, CARPENTRY,
sheet rock, fin. bsmt. & painting. Neatness our specialty. Call Phil 352-7372. gcmY4

PAY LESS. LEARN MORE!
Experienced college pitcher/1st baseman willing to teach kids who have desire to improve their pitching, fielding & throwing techniques. For more information call Keith 746-7949. wmy4

PARTY TENT RENTALS FOR
your backyard. Halls are getting very expensive. This is the economic way to go. Let us help you plan your next social gathering. Call us anytime for tents, tables, etc. 681-1595. hmy4

VINCENT NASO PAINTER &
paperhanger. Serving Garden City for 25 yrs. Neat, clean & finest work. Free estimates. Call any time. All work guaranteed 100%. 328-0028. gcag3

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gcj2

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Handyman. Carpentry, painting,
plumbing, electrical, appliances,
income apartments. Licensed &
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estimate. Call Tom 326-2599.
gcj2

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Fine catering, glorious food,
complete party planning service,
menu suggestions for all occa-
sions. Weddings, my specialty
including beautiful cakes. Profes-
sionally trained staff. Call Susan
742-1956. gcj2

LADIES, RELAX & ENJOY
your next party! Catering &
experienced professional services
for assisting with preparation
serving & cleaning up before,
during and after your party.
Bartenders available. Call Kate at
248-1545 or 746-8264. wtfm

PRICE RITE PAINTING
Residential & Commercial. Interior,
exterior, restorations. We
move all furniture. All work
satisfaction guaranteed. Free
estimates & fully insured.
887-6076. gcj1

FORMICA CUSTOM CABINETS
Kitchens, baths, bedrooms, living
room furniture. Call Tony 486-
7592. gemy4

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Construction & Floors of
Garden City, E. Northport
& Roslyn
•Interior & Exterior painting
•Carpet (all major brands)
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•All phases of home
improvements.
•Recommended & Used by
architects & interior designers
•17 years experience
•Garden City resident
•All work guaranteed
Call 368-8205
gcj1

BRIAN CLINTON MOVERS
Licensed and insured. One piece
to a house load. Free estimates.
333-5894. Owner supervised.
Carle Place. gc3

TELEPHONE INSTALLATION
& repair: TV cables & modular jacks
installed. Electrical wiring &
fixtures. Prompt, reliable &
reasonable. Fully insured. Free
estimates. Over 30 yrs. telephone
experience. Residential/Business
systems. Call Al Byrnes.
481-4665. gc3

ORDONEZ PAINTING
Painting, interior, exterior, wall
paper removal, hanging. Free
estimates 718-327-4394, 516-239-
1690. gemy4

TREE TOP TREE SERVICE
All aspects of tree cutting and
stump grinding. Fully insured.
For free estimates call Christo-
pher 868-3456. hJy4

Services

GUTTERS CLEANED, REPAIR-
ed, replaced, installed, painting,
trim, windows. Other handyman
jobs. Call Joe 735-6349. hJn2

HANDYMAN - QUALITY HOME
repairs: plumbing, leaky faucets,
toilets, tiles and grouting. Shel-
ves, fences. Doors shaved,
carpentry, sheetrock patching,
Ceiling fans installed. Call Joe
746-7517. wjn3

CORNERPLACE CATERING
Beautiful and delicious food for
luncheons, brunches, dinners,
showers, cocktail parties, Com-
munications, etc. Select from food
"dropoff" to full party service.
Flexibility's our middle name.
997-2504. hJy3

PAINTING & CARPENTRY
No job too small. Free estimates.
Call Bob of Bellerose. 718-343-
4843. wjy4

OIL TANKS & BOILERS
removed. Call 248-0381. gcj3

For Sale

GIRL'S 10 SPEED BIKE.
Like new, \$100. Call 747-0831.
gemy4

ATTENTION MOTHER OF THE
bride or groom. Worn "only
once" designer gowns, dresses &
suits. Original cost up to \$3,000
now from \$150. All sizes. Also
entire sample line of designer
prom dresses & gowns. Currently
selling for \$500 only \$150.
Alterations available. 378-4436.
gemy5

BABY GRAND PIANO
Exquisite antique circa 1923. 5
ft., mahogany case, spiral legs,
matching upholstered bench.
Well maintained. \$1,350. 747-
8613. gemy5

NEW OAK BAR WITH
matching mirror, new microwave
cart, custom beveled glass end
table, 9 piece patio set, large
barbecue, fur coat size 4, etc.
248-7303. gemy5

NAUTILUS STOMACH EXER-
cising machine. Excellent condi-
tion. \$175. 746-4762. wmy4

TWO MINK COATS. PRICE OF
one. Mother's Day Special. Free
storage & initials. One long,
female classic, size 8-10 \$1,800.
One A line, male, size 6-8,
\$1,400. Excellent condition. 746-
8264, 747-7035. gemy4

SETTLING ESTATE. GEORGE
Steck Bby Grand Piano \$1,500.
Assorted living room & bedroom
furniture. Oriental rug, approx.
11x19, beige with wedgewood
blue & rust border. 742-5149.
gemy5

APPLE II PLUS COM-
puter. Good condition. Mono
monitor modem. Lots of software
& games. Give away at \$150. Call
354-5064. gcj1

G.E. A/C'S - TWO -5950 BTU,
5000 BTU Carry Cool, Ethan
Allen table & 4 chairs, Cheval
mirror, Norman Rockwell plates,
8 foot x 11 foot, 4 1/2 feet x 6 1/2 feet
oriental design area rugs, two 5 1/2
feet runners. 248-2098. gcj1

For Sale

A/CS & BIKES. CARRIER
Siesta 5400 BTU & Frederick
Quiet Master 7100 BTU. Both
through the wall, \$50 ea. Girl's
26" Ross/Blue 21" Schwinn/Pink
\$25 ea. Patio umbrella \$10. Also
Mott Section 4 internal front
storm windows free. 248-6746.
gcj2

TRAMPOLINE, ROUND 14 FT.,
excellent condition. \$175. 352-
8644. gcj2

TRADITIONAL DINING ROOM
(Ethan Allen) cherrywood-Queen
Anne table 44 x 66 + 2 - 18"
leaves. Six (6) side chairs, 2
armchairs, buffet. Reasonable
offer. 248-7138. wjn1

SIMMONS CRIB, PEREGO
carriage & stroller, changing
table, car seat, walker/jump seat,
swing, port-a-crib, infant carrier,
child's table & chairs, child's
rocker, doll crib, sled, art easel,
humidifiers, toys, clothes &
more. Very good condition,
reasonable. Call 248-2098. gemy5

GRAND PIANO 5 FOOT 7
inches. Sohmer, mahogany case.
Well maintained. Must sell.
\$2500. 741-2488. gcj1

DINING ROOM - CONTEMP.
Fruitwood, excellent condition.
Table, buffet, breakfast, 6 chairs
with cane backs. Call 746-5184.
gemy4

COUNTRY FRENCH DINING
room set. Large DR table with two
captain chairs, six side chairs,
breakfront, buffet & server.
Excellent condition. \$1,000 neg.
742-4637 or between 11 a.m. to 6
p.m. 328-7800. Also Lamb's wool
front seat covers for Volvo. wmy4

BOATING EQUIPMENT
set of teak fishing rod holders, 24
inches long, holds 4 rods. \$40.
Call 775-6329. gcj2

BALDWIN PIANO STUDIO
upright, Hamilton model, 5 years
old. Walnut \$2300. Showroom
condition, call 593-0036. gcj2

PORCH FURNITURE
2 wicker barrel type chairs, 2
tubular vinyl strap (1 folding, 1
adjustable with separate foot rest)
\$185. 741-0342 any time. gcj2

COMMODORE 128 KEYBOARD
disc drive, 13 inch gold star, color
monitor, joy sticks, instructional
disc plus games included. Nearly
new. Asking \$400. Please call
after 6:30 p.m. 741-1378 or
742-7114. gcj2

ANTIQUE WESER PLAYER
Piano with rinky dink action.
Pump or electric, new & old piano
rolls. \$2,000. 248-7292. gcMy4

CHERRY WOOD QUEEN ANNE
Dining room set including table
with 2 leaves & pads, 6 chairs,
side board & breakfast. Excel-
lent condition. \$1,500. 747-8103.
gemy4

7 FT. POOL TABLE, PINE BAR
& 4 stools. Both in excellent
condition. 485-1979. gcMy4

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

Boat For Sale

1988 18 FOOT FOUR WINDS
180 Horizon all canvas - mooring
cover, fitted winter cover, 120 hp,
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clean. \$7500 neg. 741-4799 or
741-6325. gemy4

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PLEASE ADOPT! 2 BEAUTIFUL
Cats! One male grey tiger, one
female calico. Both 2 years old,
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& gentle. 676-9006. gcMy4

Lost & Found

FOUND: WHITE RABBIT WITH
black marking Wed., May 15,
near Nassau Haven Park. 352-
0468. gcj2

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Vicinity of Lord & Taylor.
Sentimental value. Reward. 825-
0367. gemy5

LOST KEYS CALL
Glen Oaks Club 626-2900. \$50
reward. On Middle Neck Road
between Emporium and Nuclear
Cleaners or Friendly Cab. hJn1

LOST SILVER FOOTBALL TIE
clasp. Lost Sun., May 12 near or
in St. Joseph's Church, 746-3984.
Heartbroken boy. gcj1

Instructions

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gcj1

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hm5

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mony. Every student excels. Four
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2769. gemy4

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to "Discover" one new feature
length article and writer per
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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
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Street, Hicksville, N.Y. 11801.

GARAGE SALE

179 WETHERILL RD. GARDEN
City, May 31 & June 1, 10 a.m. - 3 p.m. Toys, linens, weights, bench, punching bag, furniture and more. gcm5

GARDEN CITY MOVING SALE
June 1, 10-3. Raindate June 8. 147 Wickham Rd. Furniture, a/cs, baby furniture, toys, children's clothing, rugs, dishes, Norman Rockwell plates, folk art items, housewares, planters, luggage, gardening & power tools, etc. gcm5

FRI. & SAT., MAY 31 & JUN. 1,
65 Cherry Valley Ave., Garden City (opp. G.C. Pool next to 2 First St.). Mopeds, bicycle, dressing table, teen brand name & designer clothing, & much more. gcm5

MULTI FAMILY YARD SALE
68 Amherst St., Garden City (off N.H. Pk. Rd.) Items from every room in the house. Art, photography supplies, trunk, children's toys & clothes, linens, kitchen & tools. Sat., May 25, 9-2. Raindate June 1. gcm4

GIGANTIC GARAGE SALE
Multi-family. Sat., June 1, 9 a.m. to 3 p.m. Many items. Something for everyone. 112 Funston Ave., Albertson, (corner of Evans Ave.). wmy5

HOUSE MOVE - WILLISTON
Park. 258 Colonial Ave. 739-3533. Two lovable cats must find a new home by June 1. Furniture for sale, tables, rocking chair, white GE refrigerator, chest of drawers, large wood desk, white formica desk, outdoor redwood furniture. Call anytime. wjn2

MOVING -- SELLING BR SET,
DR set, piano, furniture, much more. June 8 & 9, 10 a.m. to 5 p.m. 5 Wilshire Dr., Syosset. 921-6254. hjn1

GARDEN CITY BORDER
79 North St. Paul's Rd., Hempstead, (parallel with Cathedral Ave.), Sat. May 25 and Sunday, May 26 9-5 rain-shine. Clocks, furniture, household, garden, antique barber shop chair, brass chandelier, Atari, Colecovision, trumpet, ski, golf, toys, dolls, seashells, sanders, books, more. gcm4

GARDEN CITY, JUNE 1, 9-4,
4 Damson St. (opp. Country Life Press statin). Leaving L.I. Assorted household articles & appliances, refrigerator, freezer, a/c, garage & shop equipment, parts cabinets, table saw, chain saw, bicycles, cameras, dark room equipment, toys, bowling balls, camping & trailer articles, 12v fixtures, more. gcm5

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 22A in the Discovery section of this newspaper.



NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. M.D. wm4

MAY THE SCARED HEART OF
Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer 9 times daily; by the 8th day your prayers will be answered. My prayer has been answered. Say it 9 days. It has never failed. Publication must be promised. M.M.C. gcm4



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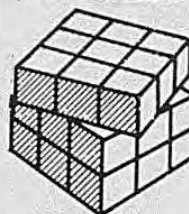
YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call 931-0027 at any hour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space.

Dig Up Buried Treasure With An Ad In The Classifieds!

It pays to advertise in the Classifieds, so clean out your attic and turn your old "collectibles" into instant cash today!

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Enjoy Yourself

What could be better than a great meal (at a great price!) Shared with that special friend?

The DINING GUIDE

In the Discovery Section of this Newspaper

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"All work performed and materials sold will be of the same, or better, quality than agreed upon in advance with the customer, or advertiser will make any and all adjustments without additional charge to the buyer."

For information about advertising on this page,
call 931-0012



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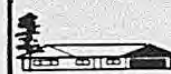


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ANTIQUE OR JUNQUE

By James G. McCollam



Chocolate set worth up to \$285

Q. I am interested in the value of this chocolate set. I know it is very old because it belonged to my grandmother.

It is marked with a crest and "M.Z." and "Habsburg China — Made in Austria." The set consists of the pot and six cups and saucers.

I would appreciate any information you can give me.

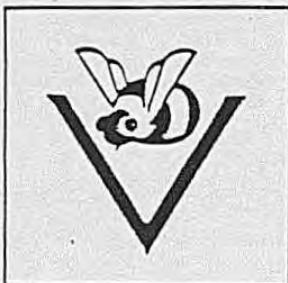


A. This nine-piece chocolate set was made by the Moritz Zdekauer Co. in Althofen, Austria, between 1900 and 1915.

It would probably sell for about \$265 to \$285.

Q. Please settle an argument for me. When was this Hummel mark used?

I would also like to know the value of my Hummel No. 11 "Merry Wanderer" bearing this mark.



A. The Full Bee mark was used from 1950 to 1958.

Your "Merry Wanderer" would probably sell for \$275 to \$300 in good condition.

Q. Please evaluate my sterling silver souvenir spoon. It is in the form of a mermaid with a seashell handle and bowl. It is inscribed "1904 World's Fair — St. Louis."

A. This is a choice souvenir spoon with all that figural design.

It would probably sell for \$65 to \$75.

Q. I have inherited a collection of over a dozen cookie jars all made by McCoy. I have no idea how old they are nor if they have any value. Can you help me?

A. Most cookie jars made by the Nelson McCoy Pottery in Roseville, Ohio, were made in the last 50 years and sell for between \$25 and \$35. A few of them run up to \$300.

The "Antique Trader" price guide lists about 30 models with their prices.

Q. Among my father's things, we found an old novelty watch. It is a Big Bad Wolf & Three Little Pigs pocket watch. It is inscribed "May the Big Bad Wolf Never Come to Your Door — Walt Disney."

Can you provide any information as to its age and value?

A. This was made in the mid-1930s and would be considered quite rare. Recent sales have been for around \$300 in good condition.

Q. What can you tell me about a clown figurine marked with a crown and "R - C"? He is 9 inches tall and wears a black-and-white costume.

A. This figurine was made by Rosenthal China in Selb, Germany, between 1920 and 1940. It would probably sell for \$265 to \$285 in an antique shop.

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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High Prices for
• Cut & Art Glass • Costume Jewelry • Precious Jewelry
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Points on Pets

By R.G. Elmore, D.V.M.

Q. I recently learned that cats are susceptible to the leukemia virus. Is the leukemia virus in cats like the virus that causes leukemia or AIDS in humans?

A. Is there any possibility that humans can get leukemia or AIDS from cats?

Leukemia in cats is caused by a virus named Feline Leukemia Virus (FeLV). FeLV is very widespread in the cat population and is one of the leading causes of death in cats in the United States.

FeLV is a contagious virus and belongs to the family of viruses called retroviruses. The discovery of retroviruses in humans and their association with some forms of cancer and with acquired immunodeficiency syndrome (AIDS) has caused some concern among cat owners.

Recently another retrovirus known as feline T-lymphotropic lentivirus has been discovered in domestic cats. This virus causes disease in cats similar to AIDS in humans.

There is currently no scientific

evidence that either of these viruses found in cats poses a health threat to humans.

It has been reported that approximately 50 percent of all free-roaming cats in urban and suburban populations are ultimately infected with FeLV. In rural cat populations and in closely confined single-cat households, the infection rate is reported to be less than 5 percent to 6 percent.

Your veterinarian can run laboratory tests on blood or saliva from your cats to determine if they are infected with FeLV.



JUNIOR EDITION



Aunt Tilly's Corner

Monday is Memorial Day, a day on which everyone in the country honors the soldiers who have fought in wars. This year will be a special Memorial Day because the soldiers who fought in Iraq are coming home and, miraculously, only a few of them were hurt or killed.

Most towns will be holding parades and services to honor all the soldiers from all the wars our country has fought. Ask your parents if they are going to take you to see the parades.

Your friend,

Aunt Tilly

P. S. This week's coloring contest winner is Melissa Marcic. Congratulations.

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 31, 1991
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
105 Hillside Avenue
Williston Park, N.Y. 11596

The World's Most Beautiful Grandchildren



My name is Carlo Salvatore Minasi, a large name for a 5 month old, but I'll grow into it.

I am a lucky little boy to have three sets of grandparents and one pair of great-grandparents. They are Nonna Barbara and Gramps Marty Holland, Nono Jerry Serman and Nonna Anne-Ruth, and General and Mrs. Fortunato Minasi of Rome, Italy. My great-grandparents are Mr. and Mrs. Sol Udell of Tamarac, Florida.

Barbara and Marty Holland
Great Neck



This is Elizabeth Ann, 8 months old. The parents are Gary and Lynn Merkel of Woodhaven. The grandparents, James and Ruth Cruickshanks, of Garden City who are very proud of their first granddaughter. Elizabeth's eyes sparkle when she smiles and with every new discovery she comes upon. Her male admirers include her four older cousins Anthony and Robert Catapano, of Oyster Bay, and James III and Jonathan Cruickshanks, of Bay Ridge, Brooklyn.

Ruth Cruickshanks
Garden City

YOUR SOCIAL SECURITY

Is there an advantage to joining an HMO?

By William M. Acosta

Q. How do Health Maintenance Organizations fit into health-care plans?

A. Is there an advantage to joining an HMO? — G.P.

HMOs provide comprehensive medical care for a prepaid fee (the premium) to patients who agree to use participating physicians and hospitals.

Among the advantages of an HMO and other prepayment plans is that they generally provide a single network of preventive care and permit the beneficiary to budget for health care.

If you want to know whether there are prepayment plans having contracts with Medicare in your area, contact a Social Security office.

Q. I recently received a letter saying that my disability would be reviewed.

A. Is this something that Social Security normally does? — E.L.V.

Yes. Social Security reviews the cases of people who receive Social Security disability to make sure that the moneys are going to those who truly qualify for benefits and to make sure they receive the payments they are entitled to.

The review can be scheduled anywhere from one to five years, depending on your disability.

Q. My mother, who receives Supplemental Security Income, was asked to come in for a review of her eligibility.

When I accompanied my mother to the Social Security office, she was asked about who lived in the household. Why was that information needed? — D.S.T.

A change in living arrangements could affect the amount of your check.

A person getting SSI must notify the Social Security Administration of any change in the household.

For example, notify Social Security if: someone moves into or out of the home — someone who lives with you dies or someone has a baby. Also, let us know if you begin living in someone else's home or you move out of someone else's home.

YOUR SOCIAL SECURITY