The Only Newspaper Printed and Published in Francille

# Mid-1513110 Times & Levitton Times 35¢

Vol. 47 No. 92

USPS 346-760

Friday, September 28, 1990

# 'Union Label' Week



Nassau County Executive Thomas S. Gulotta, fourth from right, proclaimed the week of Sept. 3 through Sept. 8 as "Union Label Week" in the County of Nassau.

Accepting the Proclamation were members of the Union Label Service Trades Council; Edward Neubauer, of Old Tappan, N.J., Business Representative, Local #174, UFCW; Charles J. Castelli, of West Rempstead, Vice President, Union Label and Service Trades Dept., State of N.Y.; Raymond Rodriguez, of Peekskill, N.Y., Vice President, Local #1500, UFCW; Frank Mechan, of Hicksville, President, Union Label and President, Local #1500, UFCW; Harry Merguerian, of Whitestone, Secretary and Treasurer; Peorg J. Ortiz, of New York, Local 1-J; Marty Cullinan, of Massapequa, Deputy Commissioner, Nassau County Dept. of Labor.

# Republican Comm. Hears Parola



Assemblyman Fred Parola, center, meets with Bethpage Republican Committeewoman Barbara Rusch, right, and Buddy Mazzara, Theodore Roosevelt Republican Club Viced President, left, after he addressed the members of the Bethpage Republican Committee.

Assemblyman Fred Parola met with the Bethpage Republican Committee last week. Parola told the Committee that there are 3 main issues he will stress during his campaign for re-election as Assemblyman from the 14th District: Crime, Environment and, Overspending and Taxes.

"For 8 years Governor Cuomo has coddled and pandered criminals," said Parola. "The Democratic Party is soft on crime. They have proposed Cablevision and free postage for jailbirds which will cost \$1.8 million. Tough criminal laws have been killed by Democrats in the Assembly, while every Republican is for the death penalty."

Assemblyman Parola went on

Assemblyman Parola went on to say that he was militant when it came to our environment but was upset with mandates from the State which push up costs but provide no money. "The number 1 item is solid waste disposal but

the State is not a partner," added Parola. "Cuomo cannot dictate programs without money."

Regarding taxes, Fred Parola told the Bethpage Committee what they already know: "We're being taxed to death." Parola believes that the problem is spending on the State level and that Governor Cuomo believes the middle class in the suburbs are rich and can afford new taxation. Buddy Mazzara, Vice Pres. of the Theodore Roosevelt Republican Club added, "It's apparent that Governor Cuomo has no conception of the Long Island family. He certainly does not represent the middle class. It is amazing that under all of Cuomo's programs, Long Island citizens are never eligible."

Parola ended his address by urging everyone to work hard to elect Republicans to the Assembly so that Long Island can get its fair share of revenue from

# This Issue

This Issue is complete in three sections. The First section contains all of the news and photos of the local area. The Second section is a "Senior Scene Edition" with specially prepared features for Senior Citizens. The Third section is the regular Discovery Magazine section which includes features for every member of the family and the largest local classified section in the area.

# Library Friends Program Oct. 11

The Friends of the Bethpage Public Library is sponsoring a program on Thursday, October 11, at 8 p.m., that will tell you all you ever wanted to know about UFO's and were afraid to ask...Have aliens from outer space visited Earth?...Where have UFO's been sighted?...Come to hear Tom Affatigato of the Vanderbilt Planetarium present the most compelling arguments for and against the possibility of extra-terrestrial visitation.

The Bethpage Library, at 47 Powell Avenue, (phone: 931-3907), is two blocks west of Exit 8 (Powell Ave.) on the Seaford-Oyster Bay Expressway (Rte. 135). All welcome.

# Town Taxes Due On October 1

Town of Oyster Bay residents are reminded 1990-1991 School Taxes are due October 1, 1990, and payable without penalty, through November 13, 1990.

"By law, a taxpayer has a 40-day grace period from the date the tax is due, during which payment may be made without penalty," explained Town of Oyster Bay Receiver of Taxes Gary F. Musiello. "After that 40 days, a one percent penalty is added for each month the tax remains unpaid, retroactive to the due date of October 1, 1990."

# Town Supervisor At Library

On Wednesday, October 19, at 7:30 p.m., the Park Avenue Neighborhood Crime Watch Group will be sponsoring a meeting at The Hicksville Public Library Community Room. The special guest speaker will be Town of Oyster Bay Supervisor Delligatti. The meeting will revolve around a discussion about the neighborhood.

# Town, Bank Sponsor Bike Safety Clinics

A free bicycle safety clinic geared for cyclists of all ages and abilities will be conducted on Saturday, October 6, in Oyster Bay and Massapequa sponsored by the Town of Oyster Bay and the Sixth Annual Marine Midland Oyster Festival Cycling Classic.

The clinics, themed "Learn from the Pros" will feature leading professional and amateur cyclists that are entered in the Marine Midland Oyster Festival Cycling Classic to be held in Oyster Bay on Saturday, October 15.

Sites for the free clinics are Marjorie Post Community Park in Massapequa from 9 to 11 a.m., and Theodore Roosevelt Memorial Park in Oyster Bay from 1 to 3 p.m. In the event of rain, the clinics will be held on Sunday, October 7.

The clinic is designed to provide leisure cyclists with tips to help them enjoy the wonderful scenic roadways offered by the Town of Oyster Bay and how to prepare for racing for those who aspire for more competitive activities.

Among the topics to be covered are how to buy a bicycle; proper maintenance of equipment and

how to improve your riding skills. First hand advice will be offered by top professional and amateur cyclists who have competed on the international level.

All participants will receive a prize and will be eligible for a free raffle drawing. One winner at each park will receive a Bell cycling safety helmet.

The clinics were made possible by the Town of Oyster Bay Dept. of Parks responding to the concerns of bicycle safety expressed by Town Supervisor Angelo A. Delligatti. The F&M Cycling Co. of Huntington is a participat-

ing sponsor.

"Bieyeling has become a very popular leisure activity for the fitness minded and is also one of the best ways to enjoy the beauty of Oyster Bay," Supv. Delligatti said. "Anyone who enjoys riding along our magnificent beaches or our North Shore scenic roadways by bicycle will benefit from these clinics."

For further information and registration forms, call the Town of Oyster Bay Dept, of Parks at 795-100 or Herb Machol, race promoter of the Oyster Festival Cycling Classic and clinic coordinator at 922-2100.

# Trees Acceptable For Streets

A new list of acceptable street tree species has been approved by the Oyster Bay Town Board, according to Town Councilman H.T. Hogan, Jr.

"Through its own experience with planting trees, more than 1,000 during the last two planting seasons, and based on recommendations from the Nassau County Cooperative Extension and other horticultural agencies, the Highway Division compiled a list of tree species that would be best suited to the Town's needs," Hogan explained. "All of the

species require minimal maintenance, are easily obtainable on Long Island and have root systems that will not buckle sidewalks and roadways."

The tree species on the list include Green Ash, Thornless Honey Locust, Little Leaf Linden, Tilia Tomentosa, Japanese Zelkova, Bradford, Pear, Hedge Maple, American Hornbeam, Turkish Filbert, Sawtooth Oak and Northern Red Oak.

Hogan noted that a public hearing on the new list was held on September 11.

# Town Hearing On Code Change

Town of Oyster Bay is considering amendments to two definitions in Town Code of Ordinances relating to recycling. This will be the subject of a Tuesday, October 9 public hearing by the Oyster Bay Town Board.

The Town Board will be considering changes in the wording of two definitions, 'Recycling Participants' and 'Recyclable Materials,' designed to clarify the ordinance. The current definition of 'Recycling Participants' would be modified to identify the owners or occupants of the premises rather than the premises themselves while the definition of 'Recyclable Materials' has been changed to make it easier for residents to determine exactly what is and what is not a recyclable."

# O.C. R. Contest To Name School



Kirk Golden is presented with a basket full of school supplies from OCR PTA President Nancy Callari and OCR Principal Mrs. Silver, as PTA Officers Mary Beth Becker and Jan Mullee look on.

The PTA sponsored Old Country Road school supplies store opened the 1990-91 school year with a contest for students to name the store. Sixth-grader Kirk Golden was the award recipient with his catchy name "Pencils and Pens And OCR Friends." The prize? A basketfull of school supplies! Mrs. Silver, OCR Principal, joined OCR PTA President Nancy Callari with officers Mary Beth Becker and Jan Mullee in presenting the award to Kirk. award to Kirk.

# H.S. Student Earns Science Credits



Presenting the award to Christina Moy are, left to right, High School Principal Richard Hogan, Science Chairperson Gerald Hirschstein, and on the far right, Science Teacher Dr. Paul Schweyer.

Hicksville High School student Christina Moy has earned six college credits in anatony and physiology as part of the NYS Regents College Program. Science Chairperson Gerald

Hirschstein recently presented Christina with an outstanding achievement award. Christina plans on majoring in anatomy and physiology at Cornell.



# This Week's Feature from Horan-Duffy Realty Residential/Commercial

Fax (516) 921-4385 1-800-564-8913

OUR EXCLUSIVES ARE REALISTICALLY PRICED, BASED ON QUALITY AND VALUE.
OUR GOAL IS TO SERVE YOU AND OUR SUCCESS HAS BEEN OUR CLIENTS NASSAU BUSINESS: "Start Rolling in the Dough" Restaurant located on the North Shore, all new equipment and furniture, good terms. Owner analous. MUST BE SEEN! Ask for Frank. Offered at \$175,000

OYSTER BAY: "A Picture is Worth a Thousand Words" This was our cover he last week. 4 bdrms, 2.5 baths, basst, new kit, new roof & burner, flooring and m more. Don't pass up this opportunity - asking \$329,000. Ask for Frank.

more, non t pass up into opportunity - making \$3179,000. Ask for Frank.
FARMINGDALE SOUTH: "Stop & Compare" We feel there's none better for the
price, & rooms, 4 bdrms, 15 bath, gas best, bsmt, alarm, 1GP, new kit, and baths,
master bdrm is 17' x 18'. Look and compare. Asking \$199,000. Ask for Frank.
SYOSSET NORTH: "Price Reduced" All brick split, 4 bdrms, 3.0 baths, jacuzzi,
Kohler flatures, gunite pool, CAC, alarm, Calvert Manors' best buy, offered at
\$450,000. Ask for Frank.

WOODBURY: "2 Acres of Privacy" Ranch style home w/3 bdrms, 3.0 baths, facuri & steam shower, fin bamt, 2 feptes, 1GF, minutes to train, shopping and worship. Owners reduced price and want action. Offered at \$549,000. Ask for Panla

MUTTONTOWN: "Come See!" This 3 bdrm ranch on 2.47 acres with 1.5 baths is ideal for todays young investor or recent retiree. This house is the best buy in town. Offered at \$585,000. Ask for Raz.

# Mid Island Times & Levittown Times

Published every Friday at Litmor Publishing Corp. Second Class Postage Paid at Hicksville, NY 11801
Telephone 931-0012 - USPS 346-760
81 E. Barclay St., Hicksville, NY 11801
Postmaster: Send Address Change to Mid Island & Levittown Times, 81 E. Barclay St., Hicksville, NY 11801 Robert Morgan Publisher • Yearly Subscription \$7.50



To the Editor:

On Monday, September 24, "Newsday" published an article, "The Rap Attack." It was a real "eye-opener". There was a time in our country when risque language was censored. We are living at a time when the first article of the Constitution is being taken to the extreme. One wonders if our forefathers were alive today would they have permitted our Constitution to be interpreted to allow outrageous assaults on our moral fiber and degradation of our national symbols.

The pertinent question before us now is not what our future Supreme Court Judges will do with our Constitution, but do you as parents really know what your children are being exposed to on cable T.V., rap music, etc. Listen to their music, become aware of what they read and what they watch on T.V. You decide what is best for your children. Don't let the media decide for youl Our future may depend on it.

Mr. Steven Tomaini Hicksville Teacher

# College Notes

Sophomore James Fitzmaurice has made the 1990 football team at Western Connecticut State University, announced new Head Coach Ken Brasington

Fitzmaurice, a 6-3, 236 pound offensive lineman, is a Bethpage native. He is a graduate of St. Dominic's High School, where he played scholastically for Coach Pat Brendine.

The Colonials finished with a 2-8 record in 1989.

> LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY

Corporate Financing, Inc., Pitf., vs. Gall Judith Lee, et ano, Defts. Index #11815/89.

Pursuant to judgment of foreclosure and sale dated April 5, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y., on October 17, 1990, at 9 a.m., prem. k/a 350 S. Oyster, Bay Rd., Syosset, N.Y. Said property located on the westerly side of South Oyster Bay Rd., being the southerly end of an arc which connects the westerly side of South Oyster Bay Rd. with the southerly side of Manor Gate (Plaza Gate) being a plot 99.15 ft. x 80.40 ft. x 100 ft. x 75 ft. x 4.12 ft. Sold subject to terms and conditions of filed judgment and terms of sale.

H. William Hodges

Referee Solomon & Siris Attys. for Pitf. 600 Old Country Rd. Garden City, N.Y.

SA 7697 4X9/14, 21, 28; 10/5

# Right Around Home

The Hicksville Youth Council, a private organization working on behalf of Hicksville's youth since 1972, is now under the leadership of a new director, Tom Bruno. Mr. Bruno is not new to the Youth Council. He worked as Leisure Time Coordinator here some years ago and returned this August to become the Council's Chief.

For most of the time Tom was away from the Council, he was director

of the Deer Park Community Youth Organization sponsored by the Town of Babylon and Suffolk County. In the ten years since Tom last worked at the Council, he says he sees a change in focus and in the age group of the youngsters involved in its activities. Tom remembers the days when the Council's office was on Cherry Street, and then above the Montana Agency on Broadway. He remembers youngsters coming to the headquarters to relax, to enjoy the camaraderie of adults and

Tom's self-imposed goal as he assumes the directorship is "giving kids things to do." To this end, he has developed plans for activity expansion. Realizing that the Council's practice of "open gym" night

at the Middle School may be in jeopardy due to the district's austerity budget, Tom envisions opening up the basement of the Council Office on Old Country Road as a recreation facility for teens. Possibly a pool table or other equipment could be installed. It is important to Tom to see teens involved in positive activity and to that end he would like to see the Council provide youngsters with "alternatives...things to do rather than hanging out."

Tom plans to restructure the exisiting program and bring his campaign for involvement in Youth Council activities to the high school. He would also like to see the start of a Youth Advisory Committee where youngsters can have a hand in planning events.

The Council operates a three pronged program: Recreational - setting up supervised activities of interest to youngsters from 12 years of age. These activities are chaperoned by Council staff, board members or interested parents. Vocational - helping the youngsters find full time or part time employment and supporting the Rent-A-Kid program for the younger teens where they acquire odd jobs around the neighborhood; and Counseling - providing services for youth, families and married couples.

The staff consists of Mr. Bruno, Patricia Schussler, a certified social worker in charge of the counseling services; Cheryl Pastuch, head of the vocational/employment service; and John Rosolia, Leisure Time coordinator. John, who will come on board on October 1, is a Hicksville resident and recent college graduate. John will be in charge of scheduling events and publicizing the dates within the community. The Council also employs two part time staffers, a secretary and a

receptionist. If budget allows, Mr. Bruno would like to see the Council add a crime prevention coordinator to form a liaison with crime watch

The Council is funded by grants from the Town of Oyster Bay Intergovernmental Affairs, the Nassau County Youth Board and the New York State Division of Criminal Justice. All the recreational events are self-sustaining; monies collected pay the expenses for any given trip. The Council also runs its own fundraisers.

This year, the Council is stepping out into a new fundraising event for them - the Flea Market, Mark your calendars for December 9, at Levittown Hall. Booth space will be available for individuals and vendors. Old and new, bric-a-brac and such will be sold to benefit the Youth Council. The yearly bowl-a-thon is in the works, along with other events yet to be revealed.

Tom encourages interested adults and youngsters to get involved by joining the Youth Council Board. They meet every second Tuesday evening at their offices, 175 W. Old Country Road. Just come or give Tom a call at the Council Office, 822-KIDS.

The Youth Council offers teens a place to go, things to do and people to do it with, and a welcomed ear when a youngster wants or needs to talk. All conversations with Council staff are confidential within the realm of the health and safety of the youngster.

Upcoming events on the Youth Council calendar include:

\*Nassau Collesium College Fair, Sunday, Sept. 30, leaving the Youth Council office at 11 a.m. Here's a chance for youngsters to talk to college representatives and pick up valuable information on attending an institution of higher learning. For further information call

the Youth Council at 822-KIDS.

October 5 - Horseback Riding, \$15 fee

October 11 - Bowling

October 20 - 11 a.m. - Acting/Modeling workshop in conjunction with the Hicksville Public Library.
October 25, November 1 and 8 - Babysitting Workshop in

conjunction with the Public Library

November 5, 19, 26 and Dec. 5 - Calligraphy, in conjunction with the Public Library.

November 24 - trip to an Islanders/Rangers Game.



Authorized Chevrolet Dealer Nassau Fl. 2-7200 N.Y.C, (212) 343-2747 ·Service ·Sales ·Parts Daily Rentals & Leasing O.W Puttlck, Pres.

383 Jericho Tpke., Floral Park

Service By People Who Care!

1. The name of the partnership is Simon Cohen Realty Co. 2. The purpose of the Limited Partnership is to own and have all rights to hold, sell, assign, transfer or negotiate the third repeat mortgage on the property known as Mid-Island Hospital, located at Hempstead Turnpike, Bethpage, New York, and to acquire other assets of Simon Cohen Realty Company.

3. The name and address of each partner of the partnership, as stated in the Certifi-cate filed with the Clerk of the County of Nassau as aforesaid, is as follows:

General partners Robert J. Reed, 22 Elaine Drive, Oceanside, New York 11572

Melvin Schneider, 1304 Auerbach Avenue, Hewlett Harbor, New York 11557

Limited Partners

Etta Kokol, Harold Kokol and Melvin Schneider, As Trustees under the Last Will and Testament of Sol Kokol c/o Melvin Schneider, 1304

Auerbach Avenue, Hewlett Harbor, New York 11557 Renee Cohen, 2340 N.E. 211th Street, Miami, Florida Muriel Davis, 1388 Nursery

Road, Clearwater, Florida Robert Cohen, 145 Mamosa Drive, Roslyn, New York

Paul Gold, 71-05 Harrow Street, Forest Hills, New York Earry Silverman, 353 A Sound Beach Avenue, Old Greenwich, Connecticut 06870 Regina Samuel, 6 Herrick Frive, Lawrence, New York

Belmont llowit and Eleanor Stern, as Trustees of the Nathan J. Levy Trust c/o Reed, 22 Elaine Drive, Oceanside, New York 11572 4. The Limited Partners have each contributed his respective interest in the dissolved prior Limited Partnership, except the Estate of Simon Cohen and the Kokol Trust which have each contributed ninety-nine (99%) percent of their respective interest in the prior partnership. Robert J. Reed, as a General Partner, is representative of one (19 percent of the interest of the Estate of Simon Cohen in the prior partnership. Melvin Schneider, as General Partner, is representative of one (1%) percent of the interest of the Kokol Trust in the prior

partnership.
5. The Partnership commenced with the filing of the Certificate of Partnership in the Office of the County Clerk of Nassau County on the 4th day of September, 1990, and shall end upon the sale of the

### LEGAL NOTICE

Partnership assets, and the distribution of such assets to those entitled thereto.

6. The principal office of the Partnership shall be maintain-ed at 4295 Hempstead Turnpike, Bethpage, New York, or at such other places as the General partners may determine.

7. The General Partners are authorized and vested with the power to sell, convey or mortgage all of the property of the partnership, real or personal; to execute or modify leases of Partnership realty; except, however, that the General partners shall not, without consent of at least fifty (50%) percent of the interest of the Limited Partners, dispose of all or substantially all of the partnership property. 8. Each of the Limited Partners constitutes and appoints the General partners as his true and lawful attorney to make, execute, sign, acknowledge and file a Certificate of Limited Partnership under the laws of the State of New York, including the execution, acknowledgment and filing of any amendments thereto. September 5, 1990

Simon Cohen Realty Company Robert J. Reed A General partner

MIT 2379 BN 3082 6X9/14, 21, 28; 10/5, 12, 19

> LEGAL NOTICE SUPREME COURT NASSAU COUNTY

Case funding Corp. as Mortgage Servicing Agent, Pitf. vs. Jeffrey Berkowitz, et al, Defts. Index #2548/90.

Pursuant to Judgment of Foreclosure and Sale dated July 31, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y., on October 10, 1990, at 10 a.m., premises known as 8 Sussex Lane, Bethpage, N.Y., being on the southwest side of

Sussex Lane, 115.70 ft., south of Berkshire Road, being a plot 63.29 ft. x 100 ft. x 125 ft. x 132.44 ft. Amount due per judgment \$63,980.13, costs and allowances \$1,337.75, all with interest and expenses.

Sold subject to terms and conditions of filed judgment and terms of sale.

Referee Roach & Bergman Attys for Pitf. 600 Old Country Road Garden City, New York

BN 3081 4X9/6, 13, 20, 27

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

# Arthritis Update At Hicksville Library

Prem C. Chatpar, MD, board certified rheumatologist, will speak on "All About Arthritis" on Monday, October 15, at 8 p.m., at the Hicksville Public Library, 169 Jerusalem Avenue in Hicksville.

The program sponsored by the Long Island Chapter of the Arthritis Foundation, will cover advances in treatment, role of diet and exercise, research in the 1990's as well as discussion of specific rheumatic diseases such as Lupus, Lyme disease, Rheumatoid Arthritis and Osteoarthritis. Ample time will be given for questions from the audience.

# College Fair At Youth Council

On Sunday afternoon, Sept. 30, the Hicksville Youth Council will be planning a trip to the Nassau Coliseum to visit the College Fair. Any High School student who needs transportation, please call us at 822-KIDS.

LITTLE VILLAGE SCHOOL VARIETY-THE CHILDREN'S CHARITY in Honor of Kathie Lee & Frank Gifford

**Back To School** 

Steven Caglione of Hicksville is pictured above getting ready to begin a new year at Little Village School. Little Village, located in Garden City, has been caring for developmentally delayed infants and young children for over 20 years. Additionally, the Little Village House, located in Manhasset, is the first alternative residence on Long Island for children who can no longer be cared for at home.

# Library Wants To Help You

The Hicksville Public Library has a special information and referral service called Senior Connections which has been helping senior citizens and their families by providing the link between their needs and agencies

that can help.

Senior Connections is staffed by trained volunteers who are at the Library on Mondays from 1:30 to 3:30 p.m. When you don't know where to turn, turn to us!

# CALL 433-1845

# 7th year anniversary specials MIKES PIZZA

We Cater For All Occasions 5 EAST MARIE ST. HICKSVILLE, N.Y. (Not Valid on Wednesdays)

BUY 10 PIZZAS GET ONE FREE 00000 60890

FREE" DELIVERY 7 DAYS A WEEK w/min \$6.00 PURCHASE

# \$3.00off|\$2.00off

Any order of \$15 or more

(Not Valid Wednesdays) coupen - cannot be comi Expires 10/15/90

Any order of \$10 or more

(Not Valid Wednesdays)

# 12 FREE ZEPPOLIS OR **GARLIC KNOTS**

with any purchase of \$7.75 or more.

\$175 OFF  $\mathbf{ANY}$ 

With this coupon - cannot be rembined With this coupon - cannot be rembined Expires 14/15/90 Expires 10/15/90 CHEESE PIE ONLY - \$6.00 PIZZA ALL Slices..... 1.20 Add'I item on slice..... .50 8.75 Cheese. 7.75 9.25 MIKE'S SPECIAL 9.25 9.25 9.25 9.25 1.50 1.50 1.50 1.50 1.50 1.50 1.50 1.50 10 25 Sausage • Mushroom • Anchoves Peppers • Pepperon • Onions • Garlic Meat Ball • Extra Cheese • Olives 10.25 Pepper..... Meat Ball. 9.25 10.25 Fresh Garlic Onions ..... 9.25 10.25 10 25 (Made To Order) Stuffed Pizza - \$15.00 White Pizza - \$10.00 Broccoli or Spinach Pizza - \$10.00 10.25 Mushrooms Olives Extra Cheese 9.25 Vegelable Pizza - \$12.00

# WICHES

| HOT                        | THERO SAND                               | > |
|----------------------------|--|---|
| Sausage & Peppera.         | 4.00                                     |   |
| Sausage                    | 350 28535777505                          |   |
| Meat Ball                  | 3.50                                     |   |
| Peppers & Eggs             | 3.50 50¢ EXTRA WITH                      |   |
| Pepperoni & Eggs           | 3.50 CHEESE OR EXTRAITEM                 |   |
| Sausage & Eggs             | 350 NEW - NEW                            |   |
| Mushroom & Eggs            | 3.00                                     |   |
| Potato & Eggs              | 3.50 BEEF PATTIES - 2 for \$4.00         |   |
| Meat Ball & Sausage        | 4.00 -3 for \$5.00                       |   |
| CALZONE - (Regular) - \$3. | 50: (Family Size) - \$6.00: Extra Item50 |   |

|   | Active of Labour a   |                 | 20.00  |
|---|----------------------|-----------------|--------|
|   | Ham or Bacon & Eg    | gs_             | 3.50   |
|   | Philadelphia Steak w | /onions         | 3.50   |
|   | Philadelphia Steak D | ouble Meat      | 4.75   |
|   | Veal Cutlet          |                 | 4.75   |
|   | Eggplant             |                 | 3.50   |
|   | Shrimp.              |                 | 5.25   |
|   | Chicken Cutlet       |                 | 4.25   |
|   | Pizza Hero           |                 | 2.25   |
|   |                      | SAUSAGE ROLL -: | \$3.75 |
| L | arge) - \$2.00       | RICE BALLS -:   | \$2.25 |
|   |                      |                 |        |

# FRENCH FRIES - (Regular) - \$1.50; (Large) - \$2.00 ITALIAN DISHES . PASTA

| H H 2-4 II- II 2-4 II-    |                              |   |  |  |
|---------------------------|------------------------------|---|--|--|
| aghetti with Tomato Sauce | 3.75<br>5.00<br>5.00         | — NEW —<br>Individual Pizza             |  |  |
| aghetti with Meat Sauce   | 5.00<br>7.25<br>6.00         | PLAIN - \$3.00<br>each extra item - 50¢ |  |  |
| with Tomato Sauce         | 3.75<br>5.50<br>6.75<br>6.00 |   |  |  |
| memade Rice Balls         | 2.25                         |   |  |  |

| Individual Pizza      |  |
|-----------------------|--|
| PLAIN - \$3.00        |  |
| each extra item - 50¢ |  |
| <b>6</b>              |  |
| 499                   |  |
| 1.00                  |  |

|   | Homemade Lasagna           | 5.00 |
|---|----------------------------|------|
|   | Homemade Manicotti         | 5.00 |
| J | Homemade Ravioli           | 5.00 |
|   | Baked Ziti                 | 5.00 |
|   | Veal Cutlet Parmigiana     | 6.25 |
|   | Eggplant Parmigiana -      | 5.00 |
|   | Shrimp Parmigiana          | 6.75 |
|   | Shrimp Parmigiana whospen  | 7.75 |
|   | Spaghetti with Mushrooms   | 5.00 |
|   | Chicken Cutlet Parmigiana. | 5.75 |
|   | Stuffed Shells             | 5.00 |
|   | Tuna Salad                 | 5.00 |
|   | OL . B. D. d. d            | 600  |

# **Cold Heros**

Spa Spa Spa Spa Veal Egg Ziti Spa Chic

Hor

### Appetizers .. Small - 4.00 Greek Salad. Large - 6.00 Antipasto Salad .... Tossed Salad ..... Small - 4.00 Large - 6.00 Small - 3.00 Large - 4.00 Garlic or Buttered Bread... Buttalo Wings ...

|  |                             |   |  | the state of the s | 1                            |
|--|-----------------------------|---|--|--|------------------------------|
| American, Salami,  | Your Chance<br>of Iwo terms | Greek Salad Small - 4.00 Antipasto Salad Small - 4.00 Tossed Salad Small - 3.00 Mozzarela Sticks 6 for 3.50 | Large - 6.00<br>Large - 6.00<br>Large - 4.00   | Gyro w/Pita  | 3.75<br>6.50<br>3.75<br>6.50 |
| Provolone, Tuna & Onion, Turkey. (All heros served with Initial All Prices include | \$3.75                      | Garlic or Buttered Bread. Buffalo Wings. Garlic Knots Baked Clams. 3 for 2 50                               | 1.50<br>6 for 2.50<br>6 for 1.00<br>6 for 4.50 | Spinach Pie<br>Greek Pizza<br>Greek Pizza w/Gyro<br>Gyro Roll  | 1.00<br>2.50<br>3.25<br>3.75 |
| OPEN: Mon. Thur  | 3.11 am-11                  | Zeppoli   | 6 for 1 00<br>Sat. 12 Noon<br>000000000        | Chicken Roll   | 3.75                         |

Greek Specialties

TIMES

PAGE THREE

Friday, September 28, 1990

M



# What Your Local NEWSpaper Has For You!

No Inflation Here -And Here's What You Get That No Other Newspaper Has...

The LOCAL NEWS about you and your friends

LOCAL GOVERNMENT NEWS - and how local taxes can affect you

SCHOOL NEWS - Not just the "Me Too" good news, but the entire spectrum including local pictures.

A full MAGAZINE SECTION locally edited and featuring local writers, input opinion (You can talk back), Your local grandchildren, grandparents and pets.

A complete RESTAURANT READER RATING Section in which you can present your own views.

The OFFICE CAT. The only column in the world written by a smart cat that doesn't pussy foot around.

Ten SPECIAL SUPPLEMENTS a year on Brides, Car Care, Home Improvement, Health and many other subjects. All locally edited.

LOCAL CLASSIFIED pages. The largest section in the area to help you buy, sell and locate things where you live.

It's all here every week and many more important items for you.

We're the Biggest .... and We're the Best ....

The Best Buy Ever
52 Issues For \$7.50
Receive This Paper For \$7.50
Two Years,
For Only \$13.00
Three Years... \$19.00

If you are not already a subscriber to this newspaper you are missing all of the local news of the area. You can get the paper delivered to you each week, by mail, for one year for only \$7.50.

Just send in your name and address, with a check or cash to: Litmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801. Subscribe for two years for only \$13.00! 3 yrs...\$19! Use the Handy Coupon SEND ME THE PAPER



# Plainview Library Events Schedule

On Tuesdays, October 2 and 16, at 10:30 a.m., the Plainview-Old Bethpage Library will be offering an "Alzheimer's Support Group" in cooperation with The Long Island Alzheimer's Association.

The leader is Catherine Dennis, C.S.W., who has extensive experience working with Alzheimer's patients and their families.

For information, please call maria Baluta, Information & Referral, at 938-0084.

On Thursday, October 4, at 3 and 8 p.m., the Plainview-Old Bethpage Library will be showing the feature film entitled "Pelle The Conqueror."

Max von Sydow stars in this Cannes award winning film that combines the powerful drama of love between a father and son with movie-making on the truly grand scale.

This film is in Dutch with English subtitles and runs 150 minutes. It is not rated.

On Monday, October 8, at 1 p.m., the Plainview-Old Bethpage Library will be presenting Barbara Krupit leading a book discussion/review. The book to be discussed is entitled "At Risk" by Alice Hoffman.

On Tuesday, October 9, at 8 p.m., the Plainview-Old Bethpage Library will be presenting Barbara Krupit leading a book discussion/review. The book to be discussed is entitled "Paris Trout" by Pete Dexter.

On Thursday, October 11, at 3 and 8 p.m., the Plainview-Old Bethpage Library will be showing the feature film entitled "Le Grand Chemin." This film is rated R and is French with English subtitles. It tells the story of a sensitive young French boy who is left in the care of strangers by his pregnant mother.

Darel Stark, prize-winning violinist, will perform at the library
on Sunday, October 14, at 3 p.m.
He will be accompanied on the
piano by Ruth Price, a former
soloist with the Lafayette Symphony and a current doctoral
candidate at the State University
of New York at Stony Brook. Mr.
Stark, who has performed internationally and throughout the
United States, was featured on
the McGraw-Hill Young Artists
Showcase on WQXR. He is
presently a graduate student at
the Peabody Conservatory of
Music. The program will include
works by Bach, Beethoven,
Brahms, Carter and Ernst. The
recital is free and open to all
Plalnview-Old Bethpage residents.

On Wednesday, October 17, at 8 p.m., The Plainview-Old Bethpage Library will be presenting Prem C. Chatpar, M.D., speaking on behalf of the Arthritis Foundation, L.l. Chapter. The lecture is entitled "All About Arthritis."

Prem C. Chatpar, M.D., is a board certified rheumatologist and will take questions from the audience after the lecture.

This program is free and open to all.

On Thursday, October 18, at 7:30 p.m., the Plainview-Old Bethpage Library will be holding a Board of Trustees Meeting. The public is invited.

On Saturday, October 20, at 2 p.m., the Plainview-Old Bethpage Library will be holding a Writers Group Club meeting.

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

October is National Breast Cancer Month and on Wednesday, October 24, at 8 p.m., the Plainview-Old Bethpage Library will be offering a lecture on "Breast Self Examination" presented by the American Cancer Society, Long Island Division.

The program will include a video and speaker presentation, followed by a question and answer period. This lecture is free and open to all.

The library is located at 999 Old Country Road in Plainview, opposite the Morton Village Plaza (938-0077).

# Teenage Council Fall Schedule

The Hicksville Teenage Council is jumping into fall with a list of trips and activities that should be entertaining and interesting for all.

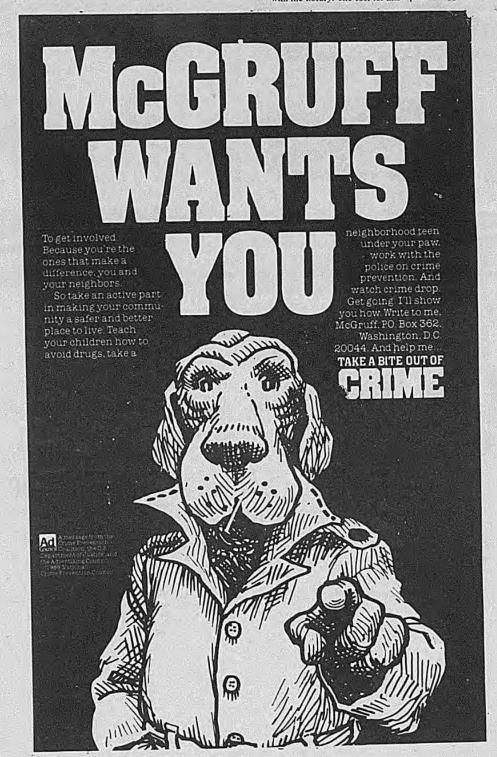
The first trip will be Horseback Riding on Friday, October 5. We will be leaving around 3 p.m. and the cost is \$15 per person. On Thursday, October 11, we will be going bowling at Woodbury Lanes. We will be leaving around 3 p.m. and the cost is \$3.30 for two games. This includes shoes. On Saturday, October 20, at 11 a.m. at the Hicksville Public Library we will be cosponsoring a Modeling and Acting seminar with the library. The cost for this

is free but registration is limited, And on Saturday, November 24, we will be taking a group to see an Islander Ranger Game at the Nassau Coliseum. We wil be leaving at 1 p.m. and the cost is \$15 per ticket. This includes transportation.

If you are interested in any of these trips or activities, please call us at 822-KIDS or come in and sign up. You must fill out a permission slip and pay for the trip or activity in advance.

ttip or activity in advance.

We are located at 175 West Old
Country Road and are open
Monday - Thursday 10 a.m. - 9
p.m. and on Friday, 10 a.m. - 6
p.m.



# 1990 September 28, AID ISLAND TIMES

# Neurology Dept. At N.S. Glen Cove

A full Dept. of Neurology has been established now at North Shore University Hospital at Glen Cove, one result of the joining of the community hospital with North Shore University Hospital-Cornell University Medical College in Manhasset earlier this year. Formerly, neurology existed as a division of the Dept. of Medicine at the Glen Cove institution. Gerald Schroeter, M.D., has been named Deputy Chief of the new department.

This new major service will be modeled on the one already in existence at the Manhasset facility. New programs, including a clinical service for outpatients, will be added in the coming months. Full-time staff, including physicians and additional techni-

cians, will also be added to keep pace with the new department anticipated growth. Shared educational experiences, such as teaching conferences and rounds, are already being put into place for the professional staffs of the two institutions.

"The establishment of a Dept. of Neurology at North Shore Univerity Hospital at Glen Cove univerty Hospital at Glen Cove will immediately result in an improved level of neurological care offered to residents of the community," said H. Richard Beresford, M.D., Director of the Dept. of Neurology at North Shore in Manhasset. "Patients at the Glen Cove facility will have

access to the most advanced treatment and diagnostic techniques available to those suffering from neurological disorders."

Another benefit to the new structuring at Glen Cove is the fact that these special patients will be placed near each other in the hospital. "Keeping neurology patients together improves the ability of the medical and nursing staffs to handle patient prob-lems," Dr. Beresford concluded. Some of the ailments and

disorders affecting neurology patients include Parkinson's disease, brain lesions, multiple sclerosis, Alzheimer's disease and epilepsy.

# In Service

Marine Pvt. Joseph F. Bocassi, a resident of 70 S. Windhorst Ave., Bethpage, has completed recruit training at Marine Corps

Recruit Depot, Parris Island, S.C.

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

He is a 1989 graduate of Plainedge High School, Massa-

pequa.

# RESERVE NOW-LIMITED SPACE!

SEPT. 5, 1990-FEB. 28, 1991

Bring your boat South to Walker's Cay... Get the facts on our Winter Dockage Package!\*



CALL TOLL FREE 800-327-3714

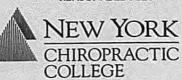
Walker's Cay Hotel and Marina, Abaco, Bahamas

Stateside Office & Air Terminal: 700 SW 34th St., Fort Lauderdale, FL 33315 \*Up to 6 months free dockage when Island facilities are purchased

# PROFESSIONAL CHIROPRACTIC CARE

ALL SERVICES SUPERVISED BY THE LICENSED FACULTY OF THE NEW YORK CHIROPRACTIC COLLEGE

— REASONABLE FEES —



WALK-INS TAKEN IMMEDIATELY

70 DIVISION AVENUE LEVITTOWN, N.Y. 11756

796-4800

CALL FOR AN APPOINTMENT OR WRITE FOR OUR INFORMATIONAL BROCHURE. EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION







TO THE TOP 10 HITS ...



TO SOAP OPERA UPDATES ...



TO SPORTS REPORTS ..."

# When It Comes To Getting 150 FREE Fun-On-The-Phone Entertainment Lines, It's Your Call

Just when you thought your telephone wasn't much fun anymore, along comes your brand new Talking Yellow Book. That's right, the same book you turn to for all the businesses you need in your neighborhood . . . now your Community Yellow Book has over 150 channels of great programming for you to call in and listen to.

Just pick up your touch-tone phone, punch in a few numbers and you'll know everything from national news headlines to the Joke of the Day to Music Trivia. In fact, why not call now -- just for the fun of it.

Here's how to get in on the fun - - -

CALL 678-8800

Then pick one of these 4-digit codes and listen in!

N.Y. Lotter/.....3298 Trivia Chellenge ..... 3248 Sports Report......

"Call For The Fun Of It ... and check your Talking Yellow Book for all 150 lines of fun!"





# Professional

AND Professional SERVICES

931-0012

ATTORNEY |

Richard L. Reers

ATTORNEY AT LAW

Estates . Wills . Real Estate

185 Hillside Avenue Williaton Park, N.Y. 11596

(516)248-5800

ATTORNEY

William Morris

Attorney at Law Negligence • Estate & Wills • Real Estate

265 Post Avenue Westbury, N.Y. 11590

(516) 997-9400

ATTORNEY



Thomas J. Pernice

Attorney at Law

•All Real Estate • Accident Cases ·Estates & Wills · Corporate & Business Law Free Consultation/Reasonable Rates

821 Franklin Avenue, Suite 304 Garden City, N.Y. 11530

(516)873-1122

ATTORNEY E

John J. Sullivan

Attorney at Law Wills - Estates - Closings - Corporations Business Transactions & Criminal

1600 Hillside Ave. New Hyde Park, N.Y. 11040 (516) 775-7109

PODIATRIST

Maryanne Alongi, D.P.M.

Member of the American Podiatric Medical Association

Podlatric Medicine • Foot Surgery Diabetic Foot Care • Sports Medicine Hours by Appointment Evening Hours Available

CHIROPRACTOR



Dr. Karyn M. Phillips

Chiropractor

472 Old Country Rd. Garden City, N.Y. 11530

(516)294-3605

COSMOTOLOGIST SERVICES

XPHY SALON

WOMEN • MEN • CHILDREN

Anthippi Sicoutry Eugenia Sicoutry Family Owned and Operated 8 Years in Business

15 Nassan Blvd..

Garden City, N.Y.

Tel. 516 - 486-1868

### ATTORNEY

Benack & Benack

ATTORNEYS AND COUNSELORS AT LAW

Discreet Legal representation in all matters of concern to you 1205 Franklin Avenu

Garden City, New York 11530

Richard A. Benack William B. Benack

(516)739-3800 FAX (516)248-4208

ACCOUNTANT

Gregg & lacovissi

Certified Public Accountants

Louise E. Gregg Paula A. Iacovissi

294-9383 681-7870

88 Pine St., Garden City, N.Y. 11530

ACCOUNTANT

Thomas D. Musnicki

Certified Public Accountant

54 Maxwell Road Garden City, N.Y. 11530

ACCOUNTANT

Frank W. DePietro

**Certified Public Account** 

Financial Planning • Money Manageme
 Estate Planning • Litigation Support
 Accounting & Tax Services

1205 Franklin Avenue Garden City, N.Y. 11530

(516) 248-5531

ENGINEER

Paul A. Service, P.E. **Homes & Buildings** 

Inspections Service Inc.

Professional Engineer
Prepurchase Engineering Inspections
Oral & Written Reports
Residential & Commercial

23 Princeton Street Garden City, N.Y. 11530

(516)352-6069

OPTOMETRIST

Dr. Sanford M. Miller



OVER 30 YEARS EXPERIENCE

Optometrist Eyes Examined . Contact Lenses

Prescriptions Filled 18 Hillside Avenue Williston Park, N.Y. 11596

(516)746-1272

FINANCIAL SERVICES

Merrill Lynch Merrill Lynch Consumer Markets

Leo A. Monahan

Financial Consultant

Financial Planning • Asset Management
 Retirement/College Planning

1001 Franklin Ave. Garden City, N.Y. 11530

(516) 228-3803

COSMOTOLOGIST SERVICES

**Electrolysis and Facials** by Miriam

Board Certified Free Consultation & Trial Treatment Your Own Pro Permanent Hair Removal Using the Revolutionary I.B. Probe

A CONTROL OF THE PROPERTY OF T

First 1/2 hour free
Tues., Wed., Frl. 10 a.m. - 5 p.m.
Thurs. 10 a.m. - 7 p.m. Sat. 9 a.m. 12:30 p.m.
"Body Waxing Available" 746-8403

PODIATRIST

FOOT SPECIALIST

Thomas Barbaro, D.P.M.

Podiatric Medicine • Corns • Calluses Diabetic Foot Problems • Bunions Hammer Toes • Biomechanical Deformities • Sports Medicline Most Insurance Plans Accepted as full or partial payment House Calls & Evening Hours Available

706 Jericho Tpke. New Hyde Park, N.Y. 11040

By Appt. (516)326-7979

PODIATRIST I

FOOT CARE SERVICES

Dr. Robert J. Cohen

PODIATRIC MEDICINE & FOOT SURGERY

Major Medicals • GHI-CBP • Blue Shield Wrap Plus • Premier • Medicare

72 Covert Avenue Stewart Manor, N.Y.

(516) 354-7222

PODIATRIST

Associate, American College of Foot Surgeons

Bruce A. Rudin, D.P.M. A.A.C.F.S.

Podiatric Medicine and Surgery Medicare & Most Insurance Plans Accepted as Full or Partial Payment.

House Calls

**Evening Hours** 

101 Hillside Avenue, Suite C Williston Park, N.Y. 11596

By Appt. (516)746-7245

DENTIST

Jeffrey S. Rein, D.D.S. Neal Seltzer, D.M.D.

GENERAL DENTISTRY

Free Consultations

99 Hillside Ave., Suite C By Appt. Williston Park, N.Y. 11596 (516) 741-6202

PHARMACIST



Medical Center Pharmacy and Surgical Supply

Diabetic Care Center • Ostomy • Colostomy First Aid Supplies-Registered Nurses On Staff JAMES MARCHETTA, R.Ph.

530 Franklin Avenue Garden City, N.Y. 11530

(516) 742-0222

PSYCHOTHERAPY

# Option Center for Psychotherapy



Rita Corwin, M.S.W., A.C.S.W. Emanuel Plesent, Ed. D., A.C.S.W. Sylvia Rapp, M.S.W., A.C.S.W.
Individual • Couple • Family Counseling for

Stress - Crisis - Divorce Mediation Psychonutrition Fees based on a sliding scale Insurance where applicable

340-A Willis Ave.

(516) 747-1344

ARCHITECTURAL SERVICES

Raymond E. Schenke President

York and Schenke, Architects, P.C.

585 Stewart Avenue,

Garden City, N.Y. 11530

Phone 516-222-1967 INSURANCE SERVICES

Allstate®





Steven A. Melchione

Account Agent - Allatate Insurance Compan,
Bus. (518) 783-3484 • 1414 Wantagh, N.Y. 11793
FAX (518) 783-3487 • Claims (518) 882-7000
St. Mineola, N.Y. 11501

Res. (516) 248-6366 •45 Brown St. Mineola, N.Y. 11501 Auto, Life, Homeowner & Business Insurance

# Safe Boating Course Offered

In its continuing effort to encourage safe boating, Oyster Bay Power Squadron will offer Safe Boating courses this fall at three different locations. The Basic Boating courses are open to the general public and offered free except for a small book and material fee. The Basic Boating courses offer informative aid and encourage safe boating for both power boaters and sailers.

The locations of the Basic Boating courses offered by the

Oyster Bay Power Squadron are: 1) C.W. Post College of Long Island University beginning Wed. evening, Sept. 26, at 8:30 p.m. 2) Syosset High School, begin-

ning Wed, evening, Oct. 3, at 8

3) Oyster Bay High School, starting Wed. evening, Oct. 10, at

For further information on the courses call Len Kantor, Oyster Bay Power Squadron's Education Officer at 364-0240 or llene Morris, Commander of the Oyster

Bay Power Squadron at 921-7572. President George Bush, who spent considerable time this summer on his powerboat in Maine, has complimented the United States Power Squadrons of which Oyster Bay Power Squadron is a member, for their role in promoting safe boating by teaching more than 3 million boaters

the fundamentals of safe boating.

The State of Florida already requires boaters to be licensed. Connecticut will require licensing starting next year. New York will probably soon adopt the same policy. Insurance companies already recognize the importance of safe boating classes by lowering rates for those who take the Power Squadron courses. So, why not foster your own physical and economic well-being by taking a Basic Boating course?

### LEGAL NOTICE SUPREME COURT **COUNTY OF NASSAU** Citibank, N.A. Plaintiff against John C. Connors, et al, Defendant.

Pursuant to a judgment of foreclosure and sale entered herein and dated September 7. 1990. I, the undersigned Referee will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y., on the 30th day of October, 1990, at 9 a.m., premises beginning at a point on the southeasterly side of Syosset Coldspring Road, 305.64 feet westerly from the intersection of the westerly side of Townsend Drive, being a plot 15.12 feet by 212.55 feet by 115.98 feet by 200 feet by 138.76 feet, said premises known as 192 Coldspring Road, Town of Oyster Bay, Syosset, New York. Approxi-mate amount of lien \$293,468.93 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number

Dated September 28, 1990 Gerald J. Barre, Referee Deutsch & Schneider Attys for Plaintiff 3450 Fulton Street Brooklyn, New York 11208 SA 7698 4X9/28; 10/5, 12, 19

# Anon Angels Barn Sale

The Anonymous Angels semiannual Barn Sale will be held the weekend of September 29 and 30 from 10 a.m. to 4 p.m. at the barn across from St. Mary's home on

Convent Road, Syosset.
The barn will be open September 26 to September 28 to receive any items you wish to

donate. We will have a large selection of clothing, knicknacks, toys, books, household items, etc.

Our first meeting of the new season, our Annual Silver Tea, will be held on Monday, September 24, at 8 p.m. in the board room of St. Mary's. Please

# The Complete RESUME Service



Professionally Written

Laser Typeset and Printer

Cover Letters Prepared

PROMPT PERSONAL ATTENTION DAY & EVENING APPOINTMENTS Many References/Samples

(516) 746-4109

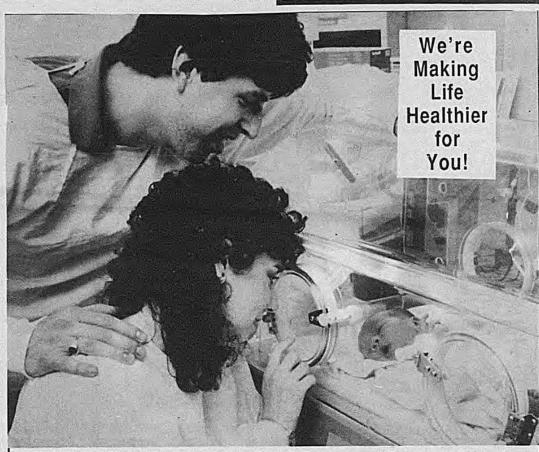
# RENTAL - Mineola School Building

The Mineola Public School District is offering for rent the Willis Avenue School, located on the southeast corner of the intersection of Willis Avenue and Jackson Avenue, Mineola, Nassau County, Long Island, New York. Desirable location near Jericho Turnpike, Nassau County Seat; centrally located to public transportation and County Court system. Potential use - school or office building; building size: 44,709 square feet; available immediately.

For information contact: Mr. Sheldon

Dumain, Telephone (516) 741-4565. For site information & inspection contact: Michael Lagnese, (516) 741-4575.

Mr. Sheldon Dumain Assistant Superintendent For Business Mineola Union Free School District 200 Emory Road Mineola, N.Y. 11501



# **High-Risk Maternity**

Occasionally, and often without warning, complications develop during an otherwise routine pregnancy. At North Shore University Hospital at Glen Cove, a team of experts has now been assembled to provide immediate, state-of-the-art care to these highrisk maternity patients and their infants - a unique service for a community hospital.

Perinatologists, neonatologists, and anesthesiologists are ready to provide consultations, begin immediate treatment of premature or sick newborns, and assist should an operative delivery suddenly be required. The safe and healthy delivery of high-risk infants is further assured through highlysophisticated ultrasound testing, amniocentesis to pinpoint problems in the fetus, and genetic counseling to determine if couples may be at risk for conceiving a child with birth defects.

This is just one of the steps we are taking to make your hospital outstanding...

NORTH SHORE UNIVERSITY HOSPITAL GLEN COVE





# Strict father should loosen up a bit

By Willard Abraham, Ph.D.

Q. How important is it for children, especially young ones, to have a rigid schedule? My husband was raised in a family where meals, waking up, going to sleep and many other family involvements were on an on-the-minute schedule. It wasn't an unhappy home, but it certainly was strict. My husband feels that it is the way to raise children.

My own childhood was much different. Although meals and sleep were, of course, important, they were handled in a flexible manner. Sometimes other matters were given a priority. A beautiful sunset, a family walk before or after dinner, the end of a fascinating television program, the finish of a conversation - we often delayed eating and sleeping for such

pleasures.

So tell us, which side are you

A. I'm on your side, and I have a source to recommend that may be helpful in urging your husband to at least think about loosening up a

It's a book by Rachel Carson called "The Sense of Wonder." Although not new, it includes some items that might help your hus-band (and perhaps you, too) enjoy your children even more than you

Q. I have a younger brother (he is 18), and he likes to visit and play with our two little children, ages 2 and 4. That's all fine, until he starts scaring them by making loud noises, sudden moves and scary faces.

He has a good time, but they often begin to cry. He passes it all off by saying that's how they learn to cope with difficulties they will face later on.

My husband and I don't agree with him, but need some help in telling him why.



A. What he may be doing is instilling unnecessary fears in your children. The more secure and well-adjusted children are the easier it will be for them to handle later difficulties.

Let me give you an example. To help young children take in stride the lightning and loud thunder in a rainstorm, parents can hold them and talk softly about what they are seeing and hearing. Feeling comfortable with the unknown and having an understanding of it can help establish a sound foundation for accepting it.

Having a good time with young children, which they and an adult enjoy, is healthy. Tears and fright don't belong in the picture.

Q. Regarding the girl whose schoolmate hit, kicked, and called her names, I'd like to suggest these steps for her parents to con-

The teacher and some students could begin a secret campaign to find something to compliment this schoolmate about, like coming to class on time, speaking clearly and maybe about writing neatly or having on a nice shirt.

The girl could have a buddy. When I was in grade school I helped a short girl by standing up to a bully, telling her to leave my friend alone. The bully was different and bigger than the rest of us and felt left out, and later we became friends. She badly needed

Another incident I read about related to a girl who was hit while out for recess every day. Someone finally asked the girl who hit her why she did that. She said it was because she liked her victim! When she understood that hitting . hurts and no one likes to be hit or hurt the two became friends.

Some of us become shy when we feel different; others become bul-

A. In the original letter I received, the hurtful habits of the boy who abused his classmate were described. I suggested, among other things, that the girl's mother involve the school's psychologist or a teacher who deals with emotional problems to help the acting-out boy. Their professional competencies can help determine both the causes and the possible solutions.

# College Notes

Steven I. Friess, son of Joan and Neil Friess of Syosset, has enrolled as a freshman in the Medill School of Journalism at Northwestern University for the

1990-91 academic year. A graduate of Syosset High School, Friess was editor-in-chief of the school newspaper. He also wrote for the Syosset Tribune and Long Island Monthly Magazine.

# PHOTOGRAPHY TIPS

# Autumn leaf color a favorite for photos

Autumn's colorful leaf changes and crisp lighting conditions draw nature photographers in droves to America's national parks.

Some favorite national parks for photographers during autumn months

# EAST/NORTHEAST

Acadla - Maine Blue Ridge Parkway North Carolina, Virginia Great Smoky Mountains -Tennessee, North Carolina Shenandoah - Virginia

MIDWEST

Boundary Waters
National Canoe Area - Minnesota Hot Springs - Arkansas





# TRAVEL TIPS

# Don't drink the water!

These countries are the only places in the world where drinking water is considered safe for travelers. ASIA AND

Australia

only) New Zealand Papua New Guinea\*

| THE<br>AMERICAS | 5   |
|-----------------|-----|
| Bermuda         |     |
| Canada          |     |
| United States   |     |
| Panama          |     |
| (Panama City    |     |
| only)           | 5   |
| Paraguay*       |     |
| Uruguay*        | Ger |

CARIBBEAN

Antigua\* Barbados

Bonaire

AFRICA Botswana (Gaborone only) Morocco (Rabat only) South Africa Zimbabwe (Harare only)

Jamaica\* Martinique Puerto Rico British Virgin Is.

Trinidad\*

Sale water in major cities or resort areas only. SOURCE: Condé Nast Traveler magazine

EUROPE Andorra Liechtenstein Fiji\* Malaysia (Kuala Lumpur Luxembourg Belgium Czechoslo Monaco Denmark Finland France Sweden Switzerland Greenland United Hungary Iceland Kingdom Yugoslavia\* Ireland

MIDDLE EAST

Kuwait

# LOCAL CLASSIFIED ADS bring TESUIS in this area

where you are looking for response.

Buyers right in your area Employment in this area Everything at your doorstep through the LOCAL reader to reader classified ads at a fraction of the cost of large daily newspapers or throwaway publications.



The best buy anywhere.



# Service Directory

# Asbestos Removal

# Asbestos Removal

LOWEST PRICES ON L.I. Rid Your Home Of Dangerous Asbestos You Get

•Clean Air Certificate Disposal Receipt from U.S. Government Approved Site

SAVE TIME, MONEY AND HEALTH (718)349-2086

ASBESTOS REMOVAL

Breathe easy with ABTRON

We Specialize

In Commercial & Residential

Asbestos Removal.

All areas any size job!

Free estimates Licensed/Ins.

364-4678

1-800-836-0641

Your Creative Contractors

BATHS

• DOORS

· CLOSEIS

DORMERS

· SLATE

. FIREPLACES

GARAGES

BASEMENTS

ATTICS

DENS

LICENSED

INSURED

STRA FORD

Contracting

KITCHENS

WINDOWS

SKYLIGHTS

EXTENSIONS

- CONCRETE

. BRICKWORK

· ROOFING

. SIDING

DECKS

PATIOS

FREE

14

witnestes 2

# Contracting

# JOHN ROONEY GENERAL CONTRACTING

MENDED & USED BY ARCHITECTS STORM WINDOWS DOORS EXTENSIONS REPLACEMENT WINDOWS BASEMENTS

PAINTING INSULATION

LL WORK OWNER-SUPERVISED

Need an Estimate? Call: (718)343-7977

# Driveways

# Quality Irish Work GALVIN ROADWAY SEAL COATING

Striping

Parking Lots Hand brushed - Free Estimates - References

\*Outlasts All other Types
\*Protects against gasoline, oil,
water, frost damage
\*Doubles the life of your

black top Pennies per PAT



BLACKTOP & CONCRETE ALL WORK GUARANTEED

# CALL D&D ASPHALT 679-8547

or 783-4320
CIGIUM BLOCKS-BRICK STOOPS
SALL MASONRYWORK
SIDEWALKS-RAILROAD TIE
WORK-PATIOS-BLACKTOP SEALERS PARKING FIELDS
Paying the way to a more
beautiful home
Free Estimates Lie #184970000

Entertainment Home Improvement

(516) 248-8526

390 WILLIS AVE., MINEOLA

Discount Balloons for all occasions FREE Local Delivery To Order Call 41-5976

# Need a New Roof? Save on costly Water Damage ALL COUNTY HOME

IMPROVEMENT For FREE ESTIMATE Quality work at reasonable

prices Licensed and Insured Nass. Lic. #H18A3320000 G.C. My Home Town

Call (516) 564-1225

# Home Improvements

# The Workingman Home Improvement Corp. James Blohm, C.R.

Siding, Roofing, Windows, Doors Interior Remodeling "I Work On Your House

as if it Were My Own" 598-1535

Add Value & Beauty To Your Home REPLACE YOUR WINDOWS With High Efficiency Low Maintenance Vinyl Thermopane Windows \*ROOFING, SIDING & GUTTERS\*

# CENTRAL HOME REMODELERS

746-3241 775-1000 over 20 Yrs. Lic.#183837000 FREE Estimates Fully Insured

# REPAIRS & MAINTENANCE ARE US

WE REPAIR IT ALL BIG & SMALL Specializing in:

Mirror Closets

Painting • Plaster Floors • Tile Work

Windows . Plumbing & Electrical

Call (516)466-1259

# ABSOLUT MICH MIRROR

PECIALIZING

FREE ESTIMATES

▶ 486-3611

# RICHIE'S SCREEN REPAIR

Fast, Reliable Service Replace Screening

•New Frames •Wood & Metal

Screen Enclosures

•Very Competitive Rates •All work done at your location

in Just minutes.
20 years experience
serving Nassau County

CALL 334-4269

# HOME IMPROVEMENT

# MIDLAND CONCRETE & CONSTRUCTION

Driveways • Stoops Sidewalks • Patios

Extentions • Basements Residential/Commcercial

QUALITY IRISH TRADESMANSHIP

718-335-0209 Ask for Colom

# Electrician

An Electrician When You Need One

.J. Kenny

Inc. LICENSED

ELECTRICAL CONTRACTORS

746-7611

166 Herricks Road, Mineola (Cor. Garfield)



Electrical Specialists Since 1945

# Landscaping

# ANDSCAPF SERVICES

Design

Maintenance

EVERGREEN LAND (516)867-3800

# A&L Landscaping

Spring Cleanups Weekly Maintenance Creative Landscaping Seed or Sod Lawns Power Raking Pruning Tree Work Tree Spraying Licensed

27 Years Experience 334-5543 586-0174

# **LUTZ & SONS** LANDSCAPING

We Design Gardens of Imagination'

Ponds & Waterfalls · Unique & Colorful rock gardens ·Rootfeeding of trees & shrubs 538-0012



# Home Improvement

Bathtubs Ceramic Tile REGLAZED Quality Reglazing!

It makes your tub ceramic tile shine like new

in any color! Call for FREE

Member of Better Business Bureau UNIQUE REFINISHERS 326-2662

# Masonry

# Dominick Livoti, Jr. ASPHALT-MASON

Brick Driveways Blacktop Driveways Belgian Block Concrete Walks & Entries Stone & Slate Creations Brick Walls & Stoops

783-0074

Local references available

# Painting

# John Migliaccio



Plastering Plastering Removal

516-483-3669

# Painting & Paperhanging

Since 1955 I TAKE PRIDE in my work, so will you, CALL 10 a.m.-8 p.m. 931-4763 433-4538 Donald J. Castor

### SCOLLO PAINTING & RESTORATION

Interior/Exterior Painting Chemical Stripping Power Washing Clean & Paint Alum. siding Paperhanging Plastering/Spackling

Fully insured/References/ 20 yrs. experience Free Estimates 957-2943

# Stephen J. Sweeney

and Restoration of Garden ( •Total Restorations available •Interior - Exterior •Staining - Carpentry
•Alum-Vinyl Siding Washed & Painted Benjamin Moore - Glidden

Paints Thorough Preparations -Clean Work Licensed - Insured Many References Avails

FREE Estimates 292-6573

# Painting

Interior • Exterior Free Estimates

30 yrs. experience

Call - Adam (516) 485-6568

Anytime Adam & Son

# Service Directory

# Rubbish Carting

# Rubbish Removal

LET US CART YOUR RUBBISH AWAY

Reliable work, Reasonable Rates Ne job too small, or too big

FREE ESTIMATES

Joe 516-759-3192 Lou 516-674-9380

# Remodeling



DISTINCTIVE

GET THE QUALITY YOU DESERVE

Dormers • Extensions Bathrooms • Kitchens Basements • Garages Entrance Ways • Decks Windows • Sky Lights Cedar Siding

CALL US FOR ALL YOUR REMODELING NEEDS

Licensed & Insured Nassau/Sutfolk

MIKE (516) 623-6752 RICK (516) 744-7021

# Roofing



ALL TYPES OF ROOFING AND ROOF REPAIRS

Slate \*Tile \*Copper Work
Cold Flat \*Rubberized
Shingle \*Viny! Siding
\*Gutter & Leaders/Cleanout
Chimney Caps & Flashings
\*Roof Rips \*Re-Roofing
\*Re-Sheathing

LIC.# H1859520000

FULLY INSURED
COMMERCIAL & RESIDENTIAL

FREE ESTIMATES (516) 742-3540

# Siding





•Siding
•Windows
•Roofing

•Kitchen •Bathrooms •Basements •Extensions

Remodeling L.I. For Over 20 Years WE CARE NO SALESMAN TO CALL 747-6662 - 486-6620

# Service Directory

Our Service
Directory is sure to bring results. Call 931-0012
294-8900 or 746-0240 for rates and information.

# Windows

# BLINDS, ETC.

Custom Verticals Mini Blinds Pleated Shades and More Best Discount Prices Expert Measuring, Installation and Shop-at-Home Available

(516)679-2489

# New Office Manager Named

Claudia M. Heumann of Hicksville, has been promoted to Office Manager, in keeping with M & K staff expansion plans. Ms. Heumann was previously in charge of all computer resources and functions.

Marcum & Kliegman offers its clientele a broad range of services including accounting, auditing, income tax planning and compliance, personal financial planning, loan placement, computer consultation, estate planning, mergers and acquisitions and personal financial management.

### LEGAL NOTICE PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County. New York, on Tuesday, October 9, 1990, at 10 o'clock a.m., prevailing time, in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York for the purpose of considering a proposed amendment to the Building Zone Ordinance of the Town of Oyster Bay in the manner set forth hereinafter: Proposed Amendment: Petition of Harry Ravetz, Glovanni Cimmino and Ferner Mollberg, for a Change of Zone from "D" Residential District to an "R-O" Residential-Office District for the purpose of utilizing the premises as an accounting office of the premises described as: ALL that certain plot, piece or parcel of land with the buildings and improvements thereon erected, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, which is bounded and described as follows: An irregular-shaped parcel of land located on the north side of Old Country Road, 103.77 feet west of South Elm Street, Hicksville, New York, and having a frontage on Old Country Road of 58.00 feet, with a street address of 156 Old Country Road, Hicksville, new York, and also known as and by Section 12, Block 277, Lot 59, on the Land and Tax Map of the County of Nassau. The ma- which accompanies it are on file and may be viewed daily (except Saturday, Sunday, or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay and Massapequa. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

Angelo A. Delligatti Supervisor Carl L. Marcellino Town Clerk

Dated: July 10, 1990 Oyster Bay, New York MIT 2384 1X9/28 Celebrating 7 Years of Excellence

THE ORIGINAL

# PlayLofts



MANDMADE WOODEN PLAYGROUNDS

KIDS LOVE EM!

Residential/Commercial SAFE HEAVY CONSTRUCTION

Schoolyard Quality for Your Home.
Natural beauty enhances your yard.
Variety of sizes and models
• We install for you •

**GUARANTEED 40 YEARS** 

WE SERVICE WHAT WE SELL

1-800-283-PLAY 914-739-2774

Priced below other brands Call for brochure Showroom
424 Central Ave.
Peekskill, N.Y. 10566

# Introducing the New PSAT/SAT Course That "They" Don't Want You To Take!

"They" are the folks who bring you the PSAT and SAT. "They" designed their test very carefully to make it tough on you.

What "They" didn't count on was Stanley H. Kaplan. You see, we've been prepping students for both the PSAT and SAT from day one. We can teach you how to avoid close wrong answers. How and when to guess intelligently, How to pace yourself so you don't spend too much time on one problem.

When you take Kaplan Prep, you'll learn to think like the test makers. Except for one thing, of course. You'll like us a lot better than "They" do.

> Classes forming now in Garden City • Plainview • Syosset 248-1134

STANLEY H. KAPLAN
Take Kaplan Or Take Your Chances

# ANOTHER GREAT VSTRN

# 100% FINANCING FORFIRST TIME HOMEBUYERS

HOME FEDERAL understands how difficult it can be to accumulate enough money for the down payment on your first home. So we've developed a special banking program that will solve your down payment mystery by enabling you to finance 100% of the purchase price. Here's how it works.

If a family member has or opens a HOME FEDERAL savings or CD account, their

passbook can be used as collateral for your down payment. Then **HOME FEDERAL** will provide you with the additional financing through an affordable adjustable rate mortgage with low monthly payments.

adjustable rate mortgage with low monthly payments.
Your first mortgage is only as easy as your bank makes it. HOME FEDERAL makes it possible with 100% financing.

Call for more information.

1-800-LOAN-CTR
We Take The Mystery Out Of Banking

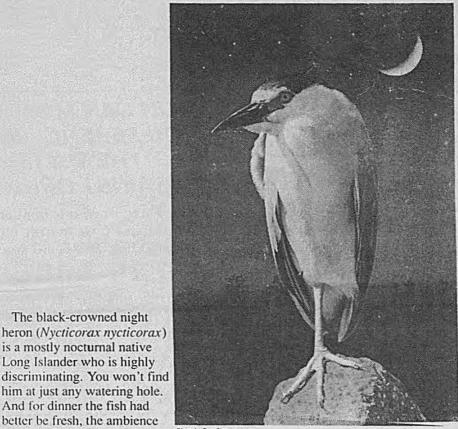
HOME FEDERAL A NEW YORK BANCORP COMPANY



Loan Centers: Douglaston • Ridgewood • Howard Beach • Mamaroneck • Islandia Offices: Ridgewood • Howard Beach • Glendale • Little Neck • Rosedale • Vailey Stream



# ARE YOU OVERLOOKING LONG ISLAND'S WILDEST NIGHTLIFE?



is a mostly nocturnal native Long Islander who is highly discriminating. You won't find him at just any watering hole. And for dinner the fish had better be fresh, the ambience

unhurried.

You might say the black-crowned night heron is a hard bird to please. But The Nature Conservancy has been working hard for 38 years to provide the night heron and hundreds of other animals and plants the finest accommodations available on Long Island.

We've saved 18,000 acres of ecologically significant land on Long Island alone, from the last 19-acre remnant of the Hempstead Plains to our 2,000-acre

Mashomack Sanctuary on Shelter Island. Nationwide, we've preserved nearly 4 million acres of forest, prairie, desert, island, and mountain. And our international program is fighting to save the world's rapidly vanishing rain forest.

The black-crowned night

You can help The Nature

Conservancy do its vitally important work. For \$15. not much more than the cover charge for one of Long Island's hottest night spots, you can become a member of the Long Island Chapter. You will receive the Long Island Chapter Newsletter and

The Nature Conservancy Magazine to keep you informed of Conservancy activities. As a member of the Long Island Chapter, you can participate in hikes and education programs led by experienced naturalists. and you are welcome to volunteer to take part in Chapter operations.

If you're concerned about Long Island—not just about its native flora and fauna but also about the

water we drink, the air we breathe, and the quality of life here-we urge you to give us a hand. Just call (516)367-3225. You can help protect your environment. And you can have a wild time!

Created as a public service by Michael Welch Advertising, Inc.

Please enroll me as a member of The Nature Conservancy. My \$15.00 check is enclosed.

Name

Address

250 Lawrence Hill Rd. • Cold Spring Harbor, NY 11724

State

Zip

Isn't it time you joined The Nature Conservancy?



# Earth Science Museum Courses

Every fall and spring the Hicksville Gregory Museum offers several courses in Earth Science and Long Island History which teachers may take for in-service training credit. These classes are open to the general public on a space available basis, and the museum invites you to register for them now

This fall beginning October 10, at 3:45 p.m., and continuing Wednesdays through December 19. Dr. Charles Rockwell, Professor of Geology at Nassau Community College, will lecture on "Regional Geomorphology of New York State." Dr. Rockwell will conduct a classroom tour of the various geological provinces of New York. In the class he will provide an understanding of the nature and evolution of the landscapes and materials at or near the surface on which we live and work. In the spring Dr. Rockwell will continue his geologic tour with an in-depth look at "Rocks, Minerals, and Fossils of New York State." The object of this second course is to understand the geologic building blocks which make up New York -

state - and to learn what they can tell us about its geologic history. Also this fall, for the first time

at the museum, Mr. Daniel Russell, Glen Cove City Historian will present a course on "Long Island in the American Revolu-tion." Starting on October 18, from 4 to 6 p.m., and continuing on Thursdays through December, Mr. Russell will examine the social issues and political and military events leading up to the occupation of Long Island by the British in 1776. He will also delve into the lives of the people of Long Island - their society and allegiances. Much of the course, however, deals with the occupa-tion; the soldiers, their weapons and uniforms, fortifications, spy networks, and the continuing skirmishes between the British and the Patriots.

To reserve your place in any of these courses call the museum at 822-7505, or register in person at the museum which is in the old Heitz Place Courthouse, Heitz Place, Hicksville. The fee for each of the courses is \$65, and there are no pre-requisites for any of the classes



# Learn To Read Hebrew

Learn How To Read Hebrew in 12 Weeks! Call the Bethpage Jewish Community Center -938-7909 - to register for "Operation Aleph-Bet." Registration: \$10 for members, \$15 for non-members; and book: \$6.95. Starts Thursday, October 18, at 8

LEGAL NOTICE

PUBLIC NOTICE PLEASE TAKE NOTICE that, pursuant to law, a public hearing will be held in the Hearing Room, Town Hall, East Building, Audrey Ave-nue, Oyster Bay, New York, on the 9th day of October, 1990, at 10 o'clock a.m., prevailing time, or as soon thereafter as practicable, to consider amending the Code of Ordinances of the Town of Oyster Bay, New York, Chapter 11, Solid Waste, as tollows: by DELETING: Section 11-1 "Definitions" "Recycling Par-ADDING: Section 11-1
"Definitions" "Recyclable
Materials" new text. All interested persons shall have an opportunity to be heard upon the said proposed amendment at the time and place aforesaid. The proposed ordinance is on file in the Office of the Town Clerk and may be examined by any and all interested persons.
TOWN BOARD OF THE

TOWN OF OYSTER BAY Angelo A. Delligatti Supervisor Carl L. Marcellino Town Clerk

Dated: September 11, 1990 Oyster Bay, New York BN 3084 1X9/28

Catholic Daughters Make Plans For Yr.

Court Queen of Angels, Catholic Daughters held their meeting on September 13, at which time the activities for the balance of the calendar year were set up.

A new committee under the leadership of Rita Hanifan was instituted. This group will visit the sick and elderly members of the organization.

Thursday evenings, some of the members conduct Bingo games for the residents of the Central Island Nursing Home. Chairladies are Kay Governale and Dorothy Lehman.

The ladies are still selling "Good Old Hicksville" books

which were written by a member Dorothy Rettberg Brown. Part of the proceeds of these books go to the Human Services for the needy

people of Hicksville.
The annual Memorial Mass will be held on October 13, at 10 a.m., at St. Agnes Cathedral followed by a luncheon at the L.I. Marriott at the Nassau Coliseum.

Their Christmas Flea Market will be held on December 8, at the St. Ignatius New School cafeteria. Any woman interested in becoming a member of this organization can call Grand

Regent, Joan Cunningham at 433-1932.

# YOU CAN MAKE A DIFFERENCE IN THE WAR AGAINST DRUGS

You May Have Information That Can Help Us In This Fight. **WE HAVE A DRUG HOTLINE** 

739-6666

Your Information Will Be Kept Confidential — It Can Be Anonymous



**DENIS DILLON Nassau County District Attorney** 

THE WINTHROP EXPERIENCE A tradition of caring/the technology of today

# Perspectives in Health: The Changing Image of Older People.

One in a series of free programs addressing important health care issues brought to you by the Nurse Specialist Group.

Join us at Winthrop's "Morning for Seniors" and stay for brunch.

Lydia Bragger, dynamic talk show host and founder of the New York Chapter of the Gray Panthers, will discuss opportunities and challenges for older people.

Sherri Roth, C.S.W., Program Director of RISE (Referral, Information and Support-services for the Elderly), will describe the services of Winthrop's new program.

DATE: Saturday, October 20

Registration and blood pressure checks-9:30 a.m.

Program - 10 a.m., followed by brunch

PLACE: Breed Conference Room

Winthrop-University Hospital

Admission is free, but since seating is limited, we suggest that you call 663-2234 to reserve your place.





# ENROLL YOUR CHILD IN THE NEAREST KUMON MATH CENTER NOW THROUGH SEPTEMBER 30th AND WE'LL WAIVE THE \$30.00 ENROLLMENT FEE!

Ten-to-twenty minutes of individualized KUMON math study (under careful supervision) each day is all it takes for your child to perform successfully in math. With the KUMON METHOD, your child will build confidence, improve study habits, receive a strong foundation

in the basics, and find a sense of achievement that will last far beyond the boundaries of formal education.

Self-discipline, self-confidence, and self-learning are all achieved with the KUMON METHOD. Math doesn't have to be difficult or boring any more.

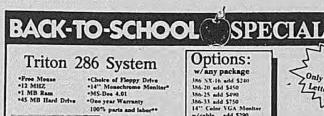
1.6 million Kumon students world-wide



CALL: 1-800-628-4284

Ask for Peter

Oyster Bay Town Councilman Thomas L. Clark, third from right, oyster bay from Counciman Inomas L. Clark, third from right, presents a citation to Vincent Murphy, Past Grand Knight of the Knights of Columbus Joseph Barry Council, 2520, in recognition of his commitment and dedication to the Knights of Columbus, Sharing in the testimonial, left to right, were Father Ed Tarranti, Mrs. Vincent Murphy, Father Peter Liu and Grand Knight Frank Gariboldi.



\*\*Monitors carry a Two Year Warranty

Complete \$995

W/any package
386 SX-16 add 5240
386-20 add 5450
386-25 add 5490
386-33 add 5750
14" Color VGA Monitor
w/cable....add 5290
Second 1.44 or 1.2 MB
Flopps Drive....598 

w/cable Only \$324.00 w/rebate Letter quality 300 DPI Call 488-8852 for more information on our complete line of products

Special Purchase HP DeskJet

TRITON TECHNOLOGY LABORATORY

1804 Plaza Ave., Suite 4 New Hyde Park, N.Y. 11040

# Hicksville Library Fall Art Show

Applications for the 15th Annual Fall Open Juried Art Show, scheduled to take place Nov. 5-18, are now available, according to Oyster Bay Town Councilwoman Ann R. Ocker.

Sponsored jointly by the Town of Oyster Bay Dept. of Communof Oyster Bay Dept, of Community and Youth Services, Cultural and Performing Arts Division, the Independent Art Society (IAS) and the Hicksville Public Library, the exhibition will be held at the Library, 169 Jerusalem Avenue, from Monday, Nov. 5 to Sunday, Nov. 18 The show, which is compared to the Art of Nov. 18. The show, which is open to all artists, will consist of original works in six categories: Oil and acrylic, watercolor, pastel, graphic mixed media,

Entries will be accepted on Saturday, Oct. 27, between 10 a.m. and 1 p.m. at the library. The fee for IAS members will be \$8 for one entry and \$12 for two entries. Non IAS members will be charged \$12 for one entry and \$18 for two entries. Entry fees are non-refundable.

Works will be selected for entry and judged for awards by Stella Russell, Ph.d, former Chairman of the Art Dept. at Nassau Community College, Everett Molinari, instructor in advanced painting at Nassau Community College and noted watercolorist Mary Rovinski. Unaccepted work must be picked up on Saturday, Nov. 3, from 10 a.m. to noon There will be cash awards as well as ribbons and a Gold Medallion Grumbacher Award. All awards will be presented at a reception scheduled for Sunday, Nov. 18, from 2-4 p.m., at the library. Refreshments will be served.

For further information and an application form, write or call the Hicksville Library at 931-1417.

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



Sleep tight.

With Agway Energy Products, on the job, you'll always sleep tight. That's because with every delivery of heating oil, we guarantee our customers an additional measure of comfort and peace of mind.

Our Commitments to Customer Service include friendly, helpful, well-trained people, prompt service, 24-hour emergency service, "no-run-out" guarantee and much, much more.

In other words, superior customer service.

For a copy of our Commitments to Customer Service, call Agway Energy Products, today.

> Hicksville, NY (516)931-0407



WE DELIVER PEACE OF MIND.

1990 Agway Energy Products

# Travel Pleasure On A Shoe String

The Bethpage Public Library, 47 Powell Avenue, will present a program - Friday, October 5, at 8 p.m.

This lively talk will feature practical advice on how to economize on airline and cruise fares, hotel rates, telephone calls, back home and car rentals. You learn about home exchange organizations, safety precautions, how to avoid jet lag, advantages of frequent flyer programs, finding a doctor abroad, special interest travel discounts, touring and dining inexpensively, dealing with other languages and currencies, how to pack effectively and final preparations before leaving.

Speaker, Howard Goldberg, is the founder and resident of "Adventure on a Shoestring," a 27-year-old NYC-based sightseeing organization. He has beepresented on the front page of th "Wall Street Journal," "Reader's Digest" an "Changing Times." His style informal, full of anecdotes, an he will be responsive to the questions and interests of the audience.

The Bethpage Library is two blocks west of exit 8 (Powell Ave. on the Seaford-Oyster Bay Expressway (Rte. 135), phone 931-3907.

# Homemakers Meet On Oct. 4

Homemakers Council of Nassau County will hold their monthly meeting on October 4 between 10 a.m. and 2 p.m. at the Community Church on Stewart Avenue in Hicksville.

Regular business meeting with guest speaker.

# Special Use Permit Denied

A request for a special use permit in Hicksville has been denied by the Oyster Bay Town Board, according to Town Councilman Thomas L. Clark.

"The applicant, Peter DeJana, was seeking a special use permit in an 'H' Industrial District to construct a two-story industrial building and to allow the outdoor storage and repair of vehicles in connection with municipal services," Clark stated. The property is located on the north side of West John Street west of the intersection of West John Street and Kuhl Avenue.

"In denying the application, the Board found, among other things, that the proposed use would cause undue noise, odor and fumes to penetrate surrounding residences and that the use would adversely affect the general appearance and be incompatible with the residential character of the general area," Clark explained. "The Board also cited that granting this application would result in an appreciable reduction in the market value of properties in the area."

Clark noted that a public hearing on the application was held on May 8, 1990.

# Second Bus To Theatre

Because of the tremendous sell-out of the theatre trip to the "City of Angels" Broadway play, the Hicksville Public Library has

booked a second bus. The date is for a Sunday matinee, November 4. The price for orchestra seats and deluxe bus is \$66.50. Register at the library,



Ä

# HICKSVILLE CO-OP NURSERY SCHOOL

• Parent Involvement •

"Mommy & Me • Toddlers
• Pre-Schoolers • non-Sectarian •

• Fully Certifled •

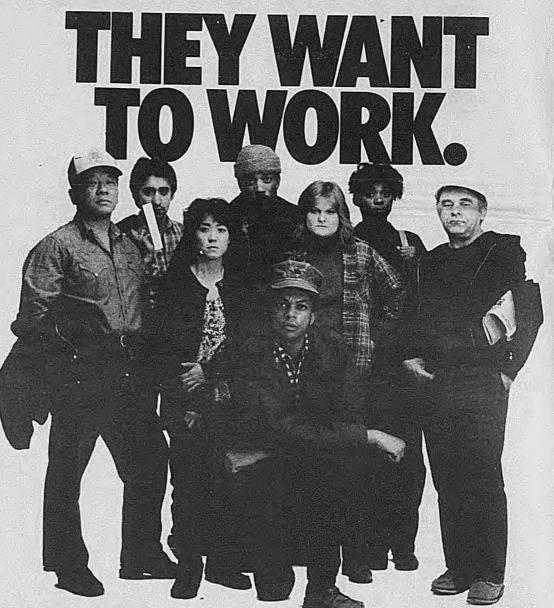
Beautiful Facilities •

Small Classes • Field Trips

COME LOOK US OVER 681-8246 931-3415



west cherry st. and nelson ave., bicksville



# YOU TRAIN THEM. WE'LL HELP PAY FOR IT.

Now there's a program that shares training costs when a business hires and trains the jobless. It is called The Job Training Partnership Act.

This program establishes a partner-

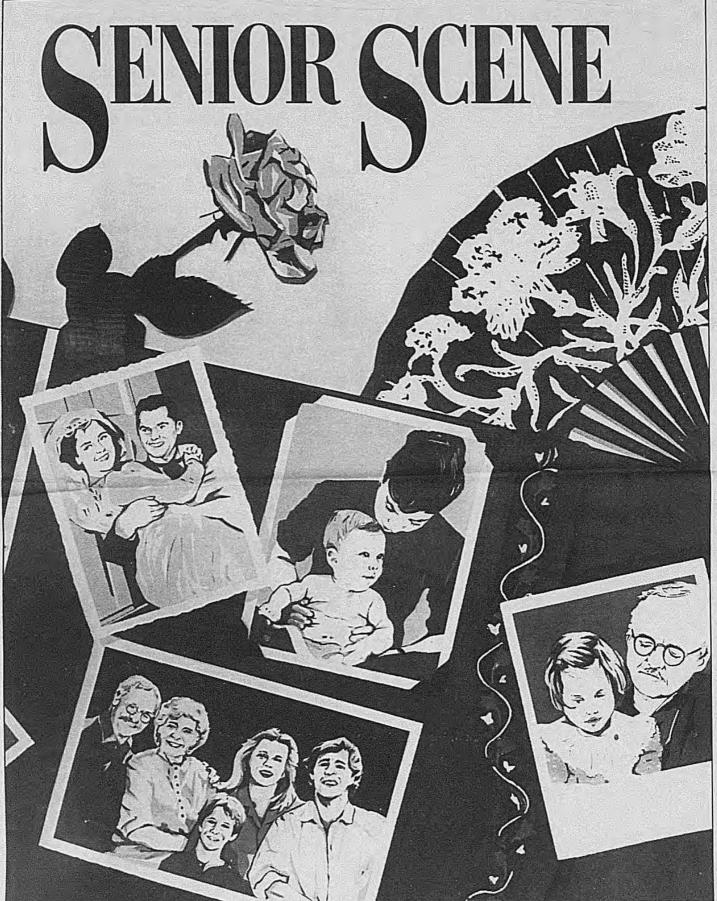
ship between business and government. It provides up to 50% of on-the-job training costs. And you may qualify for tax credits of up to 50% of the first year's salary.

The program is administered by local Private Industry Councils organizations made up in the majority by local business leaders who tailor it to meet specific local needs.

Put the Job Training Partnership Act to work now. Write:

# National Alliance of Business

PO Box 7207, Washington, D.C. 20044



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

Friday, September 28, 1990

# SENIOR SCENE

# Table of Contents

| SPECIAL FEATURES IN THIS ISSUE     |    |
|------------------------------------|----|
| Travel Tips for Seniors            | 4  |
| Skin, Hair, Makeup Tips            | 9  |
| The Future of Old Age              | 7  |
| Money Management                   | 6  |
| Guide for Assisting Mom and Dad    | 8  |
| Where To Find Help                 | 3  |
| Stay Trim, Terrific                | 10 |
| Gifts for Grandparents             |    |
| Senior Teeth                       |    |
| ADVERTISERS IN THIS ISSUE          |    |
| ADVERTISERS IN THIS ISSUE          |    |
| Ansatel Communications             |    |
| Barge, The                         | 11 |
| Carolyn Reinach, Attorney          | 2  |
| First Albany Corp                  |    |
| Great Neck Cardiovascular          |    |
| Great Neck Women's Center          |    |
| Jillians Jewelry                   | 10 |
| Long Island Jewish Hospital        | 2  |
| Long Island Women's Health         |    |
| LUIN IBIANU TT UMCH B INCAMINATION |    |

North Shore Hospital...... Parker Institute.....

Physicians Comp. Neck, Back...

Promedica Imaging.....



# LIVING WILLS,

# HEALTH CARE PROXIES, and DURABLE POWERS OF ATTORNEY

for
General and Health Care directives
expertly prepared by
Carolyn S. Reinach, Esq.,
qualified and experienced
in the Health Care Field.

The United States Supreme Court decided its first "right to die" case on Monday, June 25, 1990. This ruling demonstrated support for the use of Living Wills and Health Care Proxies. In addition, the New York State Legislature has recently passed the Health Care Proxy Bill which now permits an individual to appoint a surrogate to decide for or against medical treatment in the event the individual, or principal, becomes unable to express those wishes.

FOR FURTHER INFORMATION CALL...

CAROLYN S. REINACH, ESQ. at 516-829-3838

65 Middle Neck Road, Great Neck, N.Y. 11021

# What makes Long Island Jewish Medical Center different and special?

# Long Island Jewish Medical Center — 825 beds

- Long Island Jewish Hospital Internationally known, advanced care hospital
   Many special programs for older adults
- Schneider Children's Hospital New York area's only hospital built just for children
- Hillside Hospital
   Renowned psychiatric hospital inpatient and outpatient programs

   Programs in geropsychiatry



# Long Island Jewish Medical Center

A Reputation Built on Excellence, Advanced Technology and Caring

New Hyde Park, NY 11042 Telephone 718 470-7000

# SENIOR SERVICES - From wheels to meals where to find help



### By Sharon Benoit

The two greatest services senior citizens will lack in the coming decade will be transportation and affordable housing, according to a recent survey of senior citizen centers around the United States.

There are numerous social, medical, legal, travel, escort, developmental and educational services available to seniors at state, county, city and federal centers for the aged.

In fact, a senior citizen can get a hot lunch for \$1 in Los Angeles, a bag of groceries for free in Minneapolis, a few square dance lessons for a song in Chicago and legal aid for \$10 in Dallas.

There are a number of transportation companies serving senior citizens. But there is a need for many others. Most senior centers provide a wealth of self-help programs for seniors. This includes information and referral services for seniors in trouble.

Older Americans are less likely than younger Americans to seek psychiatric treatment. For this reason many parks and recreational facilities, senior centers and senior clubs offer free psychological assistance to anyone over 60 if necessary.

60 if necessary.

Most people believe funds for federally subsidized housing for senior citizens have been slashed in recent years.

Yes, it is true that housing has become another major problem for those who are in their twilight years. Yes, it is true that many elderly have been forced to give up their homes and become a part of the countless homeless in the United States.

But, according to the federal Housing and Urban Development department, the government actually housed 1 million senior citizens in 1987.

And 10,000 new housing units for senior citizens every year.

Besides housing, other senior services available include employment and job development services through local senior centers; in-home case workers for the homebound through senior clubs, local community churches and parks and recreational facilities.

Some centers offer daily on-site nutritional programs where hot lunches are served daily for a \$1 donation. Many centers even deliver meals to homebound elderly for a minor service charge or donation. In most cases, if seniors don't have the money, they don't have to pay.

Many travel clubs through savings and loans and banks offer reduced rates for senior day trips and weekend getaways. There are

also some free day trips available. Several senior centers in the West, Midwest and East provide Medicare Advocacy Programs to help seniors fill out their insurance forms and solve problems with their insurance.

Some communities provide open rap sessions to help widows

and widowers with their grieving process. Many of these special groups advertise their sessions in local community newspapers, church bulletins, at parks and recreational facilities and at local YMCAs.

Seniors new to an area should check with the local senior centers, as well as local chamber of commerce offices for special services available in their new area.

Games are popular among seniors. Community bingo, chess, bridge and card games seem to be the best offered at most senior retirement homes and centers. Craft classes are popular throughout the country.

"Our seniors take any number of craft classes," stated Lenore Whitehead at the Senior Center of Chicago. "We offer knitting, Tshirt and sweatshirt decorating classes.

Italian is the rage this year. Everyone wants to speak Italian. Spanish was popular last year. We've also got oil painting and a folklore program for anyone interested."

Another popular new service catering to seniors is boutiques set up in a similar fashion to a thrift store. Seniors can either buy or sell items at these special boutiques.

Too many people who are retired or elderly assume they can or should do nothing, so they put body and head into a neutral position.

# FOCUS ON HEALTH

# The Senior Hour

Save the first Monday of every month, from October through May, for FREE health lectures on subjects of interest to older adults. Every session will offer free blood pressure screenings and refreshments.

Call (516) 562-3045 for reservations or additional information.

### **CALENDAR OF EVENTS**

OCTOBER 1, 1990 Talking With Your Doctor: Making It A Two-Way Street

Arthur Feinberg, M.D., Medical Director, Center for Extended Care and Rehabilitation

Chief, Geriatric Medicine, North Shore-Cornell

NOVEMBER 5, 1990 Cholesterol—How Important Is It?

Ronald B. Cohen, M.D., Attending Cardiologist, North Shore-Cornell

DECEMBER 3, 1990 Making the Holidays Happy: Changing Times and Changing Relationships
Jean Schultz, M.D., Chief, Geriatric Psychiatry, North Shore-Cornell

All lectures are held in the Auditorium of the Center for Extended Care and Rehabilitation on the North Shore University Hospital campus from 2 to 3 P.M. Enter the hospital at Entrance #3 and proceed past the parking garage and up the hill. Then, follow the signs.

Come early for a free blood pressure screening starting at 1:30 P.M.

FUNDED BY ABEL HEALTH MANAGEMENT SERVICES, INC.



# NORTH SHORE UNIVERSITY HOSPITAL-

# CORNELL UNIVERSITY MEDICAL COLLEGE

DEPARTMENT OF HEALTH EDUCATION/COMMUNITY AFFAIRS • MANHASSET, NY 11030 • 516-562-3045



# PLANES, TRAINS AND AUTOMOBILES Travel tips and destinations for seniors

By Nanette Wiser

Mature travelers can take advantage of a myriad of destinations and discounts, if they only know where to look. Your local travel agent, bookstore and library are three good places to begin.

Among the books available for the would-be traveler are: "Tips for the Savvy Traveler" by De-borah Burns and Sarah May Clarkson (Storey Publishing); "How to Plan a Successful Trip" by Ellen Hoffman (Farragut Publishing Company); "The Senior Cit-izen's Guide to Budget Travel in Europe" by Paige Palmer (Pilot Books); and "Money-saving Se-crets of Smart Airline Travelers" by Capt. Richard A. Bodner (Betterway Publications).

The two must-buy books for planning a trip are "Unbelievably Good Deals and Great Adventures That You Absolutely Can't Get Unless You're Over 50" by Joan Rattner Heilman (Contemporary Books) and "The New World of Travel" by Arthur Frommer (Frommer Books).

For those concerned about health, "The International Health Guide for Senior Citizens" by Dr. W. Robert Lange (Pilot Books) covers everything from what to pack in your traveling first-aid kit (thermometer, gauze pads) to insulin adjustment during jet travel across multiple time zones.

There are newsletters as well for the older traveler. The Mature Traveler features travel bonanzas for 49ers plus, from travel partner clubs to cruises with discounts (take a grandkid for free!). For a subscription write P.O. Box 50820, Reno, NV 89513.

Discounts are available for people over 50 from hotels, car-rental agencies, airlines, colleges, insur-ance companies, national parks, ski resorts and even tennis and biking events.

Many of the airlines have formed travel clubs specifically for older travelers, giving discounts to members who pay a small membership fee to join. Among the best discounts in the travel arena are programs spon-sored by TWA, Eastern, Delta, Greyhound, Amtrak, Best Western, Holiday Inn, Hyatt, Quality Inns, Ramada Inns, Hilton and

Some foreign airlines also offer great discounts, such as Finnair, KLM Royal Dutch Airlines and

Those who enjoy sports might consider joining the National Senior Sports Association, which organizes recreational and competitive tournaments in golf, tennis, bowling, skiing and fishing at re-sorts around the country. You receive a monthly newsletter and can participate in the organization's vacation home exchange as well. (NSSA, 317 Cameron St., Alexandria, VA 22314).

There are companies who specialize in making travel for seniors exciting. Passages Unlimited (48 Union Street, Stamford, CT 06906) offers coach tours of Europe, home-exchange holidays for

those who dream of residing in Paris and the like for the older traveler

Elderhostel (80 Boylston Street, Suite 400, Boston, MA 02116) gives adults more than 60 educational opportunities such as low-cost vacations combining study with dorm living at colleges in the United States or abroad. You can take Shakespeare or computers and watch an opera in between.

Some things to remember when booking your discounted travel are to ask for the discount when you make your purchase and re-member that they may apply only on certain days of the week. Always carry identification that shows proof of age or your membership in the American Association of Retired Persons club, publishers of Modern Maturity maga-

AARP offers travel packages as well, complete with a host who travels with the group. More information is available from either AARP Travel Service, 5855 Green Valley Circle, Culver City, CA 90230, or AARP, 1909 K St., N.W., Washington, D.C. 20049. Another identification that

helps is the Sears-owned Mature Outlook membership for discounts and newsletters that help with travel. To obtain a membership, you must have a U.S. address. (Mature Outlook, P.O. Box 1208, Glenview, IL 60025-9935)
Discounts for seniors are not the

only questions of importance to the older traveler. The pace of the trip, safety, mishap protection (falling in a hotel bathroom), transitions (altitude, time zones), tour companion assignment, health (medications), emergency procedures (lost baggage, trip cancellation policies) are all essential for a safe and happy journey.

Now that you have some guidelines for resources and discounts, the fun begins. Choosing a great destination is like shopping for candy. Your travel agent, library and bookstore offer books and brochures, and most American cities have active convention and visitor information services that will provide you with lists of golf courses, restaurants and hotels

Among the good deals listed by Frommer in his travel book are:

· Grand Circle Travel. Take an extended-stay vacation in off-season months to low-cost foreign areas with mild climates, such as Madeira, Canary Islands or Spain. (347 Congress St., Boston, MA

• Trafalgar Tours. This escorted motorcoach tour of Britain or Europe packages airfare and hotels.

· Retirement Explorations. Explore retirement opportunities while you vacation at the best hotels. Costa Rica, Portugal and Spain are just some of the unusual destinations. (19414 Vineyard Lane, Saratoga, CA 95070)



# STATE BANK OF LONG ISLAND presents

The Silver Passbook Account A traditional passbook with a GREAT rate!

> 7.25% 7.00% 6.71% 6.50%

> > Annual Yield\*

**Annual Rate** 

On balances of \$25,000 or greater

On balances of \$2,500 to \$25,000.

Call or stop in, for more details on the gifts for new passbook accounts.

State Bank of Long Island

699 Hillside Avenue New Hyde Park, N.Y. 11040

(516) 437-1000

\*Yield assumes the balance is kept on deposit for one full year and the rate featured remains constant. Interest compounded daily.

MEMBER FDIC

# "WHENEVER YOU NEED US ... WE'LL BE THERE"

The health problems of older men and women require special knowledge, special care, and a special understanding.

At the Parker Institute's **GERIATRIC COMMUNITY HEALTH CENTER** you can select the outpatient program designed for your individual needs.

**DIAGNOSTIC &** 

A full range of medical services for the TREATMENT CENTER community-residing elderly offered at one site by a professional staff specially trained in geriatrics.

ADULT DAY PROGRAM

A 5-hour-a-day program of personalized medical, nursing, therapeutic and recreational activities for the frail elderly still living at home.

OUTPATIENT REHABILITATION

A comprehensive program of therapy for those recovering from accidents or disabling illnesses.

Remember "WE'RE WAITING TO HELP ... WE WANT TO HELP"



271-11 76 Avenue, New Hyde Park, N.Y. 11042 718-343-2100 - 516-437-0090 Extension 350

# POST-RETIREMENT RICHES

Are we getting any smarter? It would appear so. Since about 1970. older Americans have been getting richer.

Government action, especially advances in Social Security, are largely responsible for the improved economic status of the elderly," says Richard Easterlin, professor of economics at the University of Southern California.

But that's not all. The trend is away from extended families living under a single roof and toward postretirement independence. As Americans realize that they will be living alone in their later years, they are being smarter with their

YOU NEED A BUDGET

# Money management strategies made easy

Just as your income status has changed, so must your spending

Judy Salwen, president of Retirement Planning Services in New York, offers the following tips in the seminars she gives to seniors across the country.

 Budget 10 percent of your in-come for travel, hobbies, education — the fun things in life.

· Put money aside for emergencies. Even if you have medical coverage, budget 5 percent of your retirement income for medical ex-

· Consider spending the housing portion of your retirement income on a move to a retirement comservices such as haircuts can be substantially lower.

You also will do away with cash outlays on home and garden main-

· Money formerly spent on business-related costs such as takeout lunches, transportation and clothing will be reduced. This money can be channeled in directions such as gifts or travel.

· If you find yourself cash-tight, you can supplement your income with part-time work without cutting into your Social Security ben-

The idea, says Salwen, is to budget for the rainy days, as well

WHEN MEDICARE CAN'T

When you reach the age of 65, your health insurance company will wave you goodbye, leaving you in the hands of the Medicare system.

This means that you will be looking for a new way to spend your health-care dollars. Keep in mind that what you are looking for is coverage that takes care of what Medicare doesn't. Studies show that only about 40 percent of health-care costs are now paid for by Medicare.

The Blue Cross and Blue Shield programs are among the best available to senior citizens, returning, generally, more than 90 percent of all premium income in benefits paid.

Shop around, and contact your area Agency on Aging (there's one in every county of the United States) for specifics on Medicare coverage - and non-coverage.

# SOCIAL SECURITY

It's nice to know that you will still be receiving a check once you have retired. But what if it simply isn't enough? Or you miss work-

ing?
You can work part time, perhaps turning a hobby into a job, without reducing your Social selection. curity benefits. You won't get rich this way, but you might enjoy your retirement more.

If you are 65 to 69, you can earn approximately \$8,800 in work income (different from investment income) without losing benefits. If you are under the age of 65 and receiving Social Security benefits, the limit is \$6,120. Over age 70, there is no penalty.

### GET A COUNSELOR

By seeking the counsel of a certified financial planner, you might save all kinds of money, simply by making the system work for you. For instance, by owning your own business, you can keep more earnings in your pockets by utilizing business deductions for, say, a car.

Don't forget the value of barter you may be able to get a leaky roof fixed if you can sew a slipcover for the roofer's favorite armchair.

It's all just creative financing you've spent a lifetime learning how to earn, now learn how to

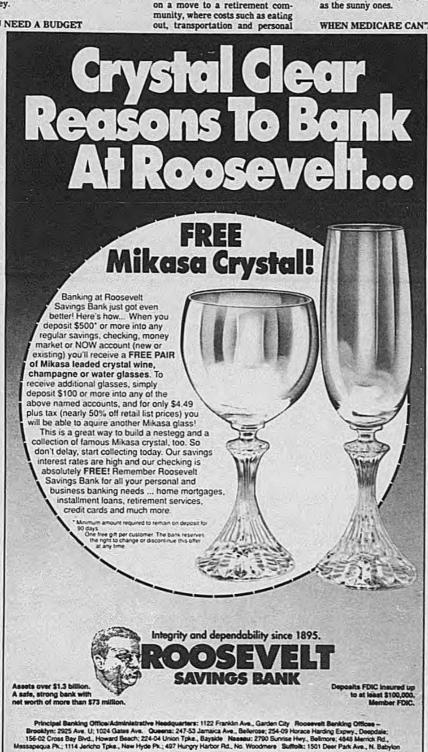


■ Secrets to a long marriage

Secrets of lasting marriages as revealed by couples who have been married at least 45 years. 97 percent rarely or never left the house after an argument. 86 percent confide in their mates all or most of the time. 98 percent rarely or never regretted getting married. 87 percent kissed their spouse every day or almost every day. 81 percent said they laugh together one or more times a



SOURCE: U.S. International University



# Boomers in the year 2040

By Travis Charbeneau

The futurist's favorite demographic cohort is undoubtedly the baby boomers, the 76 million born between 1946 and 1964.

The sheer size of this group makes for a unique phenomenon, which in turn helps to predict what the future will be like. It's called the "Pig in the Python," where the python is time and boomers are the pig.

Astute observers on the heels of World War II could have predicted, for example, that toys would be big in the '50s - Davy Crockett

stuff and Hula Hoops.

In the 1960s, these same observers might have foreseen crowded college campuses and youthful unrest as our cohort flexed its political muscles for the first time.

Same with physical fitness in the 1970s or financial services in the 1980s. And what about 2040?

The point is, whatever boomers want, they generally get, thanks to their enormous demographic weight.

While what boomers wanted may have been resisted in the past, they become more irresisti-ble as time goes on. The pig is not digested, but actually grows in its passage through time as the older generations die off and younger ones fail to match the boomers'

Among many other things, this ensures that the experience of old age will be very different in 2040 from what it is today.

Between 1980 and 2040, even as birth rates level off or decline, the number of Americans 65 and over will more than double, from the present 25 million to 55 million.

After 1990, for the first time ever, there will be more Americans over 55 than in elementary and public school. And, because more people are living longer than ever before, the boomer generation will proceed into old age more intact than any that has gone before, and with a coherent mythology all its own to reinforce its identity.

Of course, the baby-boom generation never was a homogeneous group. It still has radicals, Reaganites and a wide variety of self-interests.

But imagine the conforming pressures which will come to bear as this generation tries to shoehorn itself into the current model of old age and retirement.

These very personal, life-impacting issues could well unite boomers under a social agenda that will make the anti-Vietnam movement look like an abstrac-

· The current status of elderly people is a paradox. On the one hand, they are seen as useless, social service consuming, poor, seg-regated and old. In fact, of course, they already have awesome power as a political lobby and are increasingly well-off. When boomer demographic weight comes to bear on this trend, watch out!

In the useless department, for

instance, expect to see secondary, tertiary and quarternary careers. This is already a trend with boomers in their 30s and 40s who will expect to continue working into their 70s and 80s. Happily, as the economy shifts from an industrial to a post-industrial service and information base, it becomes better suited to utilize older, experienced citizens.

A lot of this utilization will come in providing, as well as consuming, social services, of which there will be lots. Under the boomer regime, geriatric services generally will be a "boom" industry in which old people can expect to produce as well as consume. This will include not only medical and paramedical services, but also estate management, leisure services, arts, crafts and continuing education.

And we'll somehow be able to afford these post-industrial enterprises. Old boomers, 47 percent with college degrees, are not about to step quietly into an impoverished old age, any more than they quietly acquiesced to Viet-

Their upscale educations and careers should help provide a sig-nificant material improvement for old age generally. Their political clout will make up the difference, with all the potential dangers of a "gerontocracy" where the young are exploited by the old.

As for segregated, the trend toward closing off the elderly in ghettos may come to a halt. Again, sheer numbers may mean future boomer control of new gentrified downtown areas as well as suband exurbs - in short, the most desirable neighborhoods for young or old. This presents new opportunities for an integration of the generations.

As for just plain "old," well, what generation despised the ra-vages of time more than ours? We now become aware that this aversion is largely the result of media

Once conscious of the boomer demographic, American corporations in the '50s and '60s targeted that generation as a specific market. We take this for granted now, but it was an unprecedented move, backed by an unprecedented media resource - namely television.

The mantle of postwar consumerism was laid on boomer shoulders. As those boomer young shoulders, the message was, a Pepsi Generation mystique of eternal youth, sun, sand and rock 'n' roll.

Today, between glimpses of Cher's ever-youthful navel, we see new commercials aimed at the over-40 woman, etc., in an attempt to redirect or undo some of this damage in misplaced self-image.

As we continue to grapple with this process, they may learn to grow old gracefully by redefining, as they have done in so many other aspects of life, some of the 'realities" surrounding old age, from social roles to personal fit-

# If you're not earning 11.5% on your savings... you should talk to us!

Remember those days of big double-digit yields? They're still here, if you know where to look. At First Albany, we can introduce you to Aa-rated municipal bonds yielding 7.75% percent tax free. Depending on your tax bracket, that is like a taxable yield of up to 11.5% percent - nearly double what you're probably netting from your bank account. So call First Albany today. and start making your money do double digit duty.

# First Albany Corporation

1325 Franklin Avenue Garden City, N.Y. 11530-1632 Phone (516) 742-1111 Toll Free (800) 458-4574

Member New York Stock Exchange, Inc and Other Principal Exchanges.





- **BOARD CERTIFIED WOMEN RADIOLOGISTS**
- Specializing in Mammography & Breast Ultrasound
- New Technology (Safe-low dosage)
- Breast Cancer Screening Instruction in Breast Self-Examination
- Personalized Individual Attention

# PROMEDICA BREAST IMAGING

2001 Marcus Avenue Lake Success, N.Y. 11042

Most Insurance plans accepted Across from Loehmann's/Lake Success Shopping Center Ample Parking . Mon.-Fri. 8-5, Tues. 12-8, Sat. 8-1

Dr. Gail Phillips

(516) 437-1077 Dr. Sheila Kumar-Subaiya

# PARENTS HELP PARENTS A guide for assisting aged moms, dads

By Karen Caldwell

Just when your kids are finally in high school, just when you're planning the trip of your dreams your parents need you — emotionally, financially, perhaps totally. Welcome to the "sandwich gen-

Welcome to the "sandwich generation." An increasing number of people are sandwiched by the needs of two other generations: your children and your parents.

"It is likely that many parents who live beyond age 85 will eventually become disabled to such an extent as to require significant help," say Lissy Jarvik, M.D., and Gary Small, M.D., authors of "Parentcare: A Commonsense Guide for Adult Children" (Crown)

According to Florence D. Shelley, author of "When Your Parents Grow Old" (Harper & Row), "The vast majority of older Americans live out their lives in their own homes, receiving assistance from their families as their needs in-

As your parents become more dependent on you, you'll have to juggle your time and resources, assisting them while trying to maintain the peace and well-being of your own family.

Fortunately, help is available from private and public agencies, philanthropic and community service organizations, self-help and support groups, and innovative new programs such as "day care" for the elderly.

SHOULD THEY MOVE?

Perhaps your parents live in a

deteriorating neighborhood, and you're worried about their safety. Or one of your parents is recently widowed, and you are wondering if he or she should move in with you — or at least closer to you.

"Don't insist on moving a parent who has expressed a clear wish to stay in a familiar house or apartment among familiar surroundings," says Shelley.

"And don't be surprised if your parent prefers independence in a cond-class neighborhood to becoming a second-class citizen in your first-class home."

"Older people," says Marilyn Goldaber, director of social services for the Miami Jewish Home and Hospital for the Aged, "are much more flexible than many people realize. They learn new things. They make new friends. They adjust.

"Of course, this is not true of every old person. Some very frail old people without close-by friends or relatives need their children and family during the last stages of their lives.

"They may live with a child, or close by or even enter a nursing home where family can visit regularly."

HELP IN THE COMMUNITY

Find out what help is available in your parents' community before a crisis hits. Start with recommendations from the local Area Agency on Aging.

You'll want to investigate services provided by nearby adult-



care facilities, home health services, homes for the aged, retirement home and continuing care communities, senior citizens service organizations, senior citizens homes, social service organizations, nursing services and nursing homes.

Most communities, through the AAA, senior center or YMCA, offer home delivery of Meals on Wheels for the frail, handicapped and homebound. There is no income eligibility requirement.

"If your parent is independent and able to live at home without help but is lonely, he or she may benefit from a telephone call or visitor from time to time — something almost any community can supply," says Shelley. "Volunteer workers in senior centers, many church and fellowship groups, and Red Cross units are organized to do this."

As a means of allowing your parent to continue to live at home in familiar surroundings, look into personal care, a part-time nurse or full-time nursing care at home.

Local governments and church and other groups offer a variety of transportation services to the aged — such as dial-a-bus, dial-acab, medicabs, health cabs and more.

Senior citizen centers provide more than social and recreational opportunities. Many serve as multiservice centers for older people. They offer counseling, legal services, organized group travel, medical and nutrition services, blood pressure monitoring — even help in finding a job.

Technology is also coming to the rescue. Now older persons who live alone can call for help by pushing an alert button on a pen-

The system, channeled through a central station, then notifies you, another family member, a neighbor, the police, an ambulance, a doctor or a hospital nearby. The AAA can provide names of companies that sell systems best suited to your parent's needs.

## ADULT DAY CARE

Working couples who care for their parents face a troubling problem: Who looks after Mom (or Dad) while they're at work? An increasingly popular option is the same one selected by many working parents with young children: day care. At a quality adult day-care center, your parent will enjoy social stimulation, outings, health services, recreation and help with the activities of daily living — and you'll feel relieved, knowing he or she is safe and happy.

happy.
Nationwide there are more than
1,500 such centers, up from a mere
dozen in 1970, according to the National Council on the Aging. They
care for an estimated 23,000 peo-

### HELP FOR YOU

If you're involved in prolonged caregiving, you need relief from time to time. Many hospitals offer respite units where a frail older person can stay for several weeks.

After January 1990, Medicare will cover up to 80 hours annually for allowed cost of respite for caregivers. Check to see if you're eligible.

When the process of helping your parents through their final years is over, expect to go through a normal grieving process.

Because no one can understand the pain of losing a loved one the way another grieving person can, support groups sponsored by family counseling centers and public service organizations bring grievers together to share, cry and selp one another cope.

# **Facts About Ovarian Cancer**

The media's recent focus on ovarian cancer may have left you confused and anxious about this dreaded form of cancer. Here's some information you should know:

O What are my chances of developing ovarian cancer?

A Only one woman in 70 will develop ovarian cancer in her life time. Most cancers of this type occur in women over 50 years of age and the risk increases with age until a woman reaches 70.

O Does family history play a role in developing this disease?

A There appears to be a familiar disposition to this disease. If your mother, grandmother, sister, or aunt was diagnosed with ovarian cancer, you have a 50 percent chance of developing the disease in your lifetime. If these relatives were diagnosed with stomach cancer many years ago, it is possible that the ball when had exactly revealed.

O Why is ovarian cancer so hard to cure?

A This insidious disease is so fatal because it does not give its victims early warning signals that are particularly difficult to live with. Fatigue, occasional pelvic palo, and bloating are common symptoms for women. By the time most women seek the attention of their gynecologist, the disease has progressed to stage 3 or 4, and less than 15 percent of women with the disease survive 5 years.

O How is ovarian cancer detected?

A A pelvic exam remains the most effective way to screen, but there are new technological advances such as the sonogram and the CA 125 blood test for a tumor associated antigen. These screening devices, while not 100 percent reliable, still remain your best offense against ovarian cancer.

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

# Long Island Women's Health Care Group

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

Mineola Office 135-137 Mineola Blvd. Mineola, NY 11501 Tel. (516) 741-4321 Port Washington Office 47 Main Street Port Washington, NY 11050 Tel. (516) 767-1717

Syosset Office 99 Cold Spring Rd. Syosset, NY 11791 Tel. (516) 364-8780

# SENIORFACTS



# GOLDEN GLOW

# Skin, hair, makeup tips for seniors

By Debra Lee Baldwin

Beauty may be only skin deep but that's no small consideration: Your skin covers more than

As you age, your outer layer needs special care. How you pro-tect your skin, what makeup you wear and whether you dye your hair all impact how good you look.

Skin-care clinics offer commonsense advice on how to keep your dermis dewy. New products provide ways for seniors to brighten whitening strands. And computer technology has come to the personal-care salon: Now you can visualize a new you "before" your hair is cut and styled.

### RADIANT SKIN

As your skin's outer layers thin and the number of pigmented cells decrease, you become more vulnerable to skin diseases

"Skin disorders are the most common medical problem among the elderly," says dermatologist Dr. Richard Fitzpatrick. Dermatologists can remove

flat, darkly pigmented brown growths, known as "liver spots," by peeling them with acid, vaporizing them with a laser or freezing them with liquid nitrogen.

To take care of your skin, experts recommend you drink liquids frequently - water, spark-ling soda water, fruit juices, decaffeinated coffee and non-caffeinated herbal teas.

Vitamins help, too. Vitamin A contributes to your skin's structural integrity and resilience. Vitamin C and zinc work to repair and rebuild damaged and bruised skin.

To prevent or treat dry skin, take shorter or less frequent showers or baths. Use a mild soap and a good moisturizing cream or wrinkle cream. When you go outside, minimize sun exposure by wearing a wide-brimmed hat and long-sleeved garments made of a tightly-woven fabric.

Your greatest insurance against sun damage and skin cancer is something you apply before you leave the house: a sunscreen with a sun protection factor of at least 15.

### HEALTHY HAIR

People have been coloring their hair for 3,000 years - perhaps be-cause they wanted to avoid the special care gray hair requires.

As your hair grays, it changes in texture, becoming wiry, coarse and dull. Fortunately, there are a number of products on the market today designed specifically for gray hair.

Stylists recommend you combat dullness with a blue-based shampoo (not to be confused with a blue rinse). The shampoo won't turn your hair blue, but it will counteract yellowing.

Have your hair cellophaned the next time you visit your hair salon. Cellophane is a vegetablebased, non-peroxide product that gives gray hair glimmer and

Use a good conditioner to keep the texture of your hair soft. You may need mousse, too, to control the strands of gray that stick out around finer-textured hair.

Although gray can be lovely, and many seniors of both sexes are opting for the natural look, covering gray is still very much in demand. According to the Clairol company, 40 percent of women color their hair.

Men who have been dousing their heads with their wives' and girlfriends' hair-coloring products can use new preparations and mousses for men. These cover

gray gradually.
You can also banish gray with semipermanent colors that fade in four to six weeks. Or ask your stylist for a subtle multicolored weave, one that combines the gray with colors such as gold, brown and red and gives a natural, flattering look.

## MAKEUP MAGIC

Uncertain what makeup colors look best with gray? Select soft

Stay away from bright blues and oranges — they're unnatural. Stick with warm pink and beige tones softened with pale blue and

To emphasize your eyes, wear shadows in colors such as gray, pewter, taupe, soft brown or soft plum. For lipstick, choose shades of rose and peach.

The fountain of youth may well be behind the cosmetic counter of your local department store.

Special foundations have moisture-binders that hydrate the skin, making it plumper and smoother. Facial powders make with ground silk instead of tale sit lightly on the surface of the skin and prevent

If you haven't replaced your glasses recently, you'll be amazed at the number of new and flattering fashion frames available. Ask your optician or visit a store that specializes in quality eyewear.

### SALON SCREENING

Fear of the unknown may be keeping you from trying a new hairstyle or color. Now there's special computer software that shows you your style options -without touching a hair on your

Welcome to the world of electronic makeovers: Your photographic image is projected on a computer screen. In a matter of minutes, a stylist "programs" your new haircut and/or color.

It's the ultimate in no-risk hair care, because you preview changes before you make them. The computer produces color Po-laroid photographs, so you can take versions of the "new you" home to show your spouse and

If computerized hair styling is not in your area yet, it probably will be soon. More than 500 of the systems have been sold to salons in the United States and Europe.



# ELECTRONIC KEY SYSTEM

4 phones,

All speaker phones, auto dial 5 way conference, paging Installed 1 year parts & labor guarantee

# COMMERCIAL & RESIDENTIAL TELEPHONE SYSTEMS INSTALLED

FROM 2-32 LINES

ALL WORK DONE BY OUR OWN INSTALLERS. ALL SYSTEMS INCLUDE I YEAR GUARANTEE ON PARTS & LABOR.

CALL FOR FREE ESTIMATES.

# FAX MACHINES

Sales and installations. Save \$'s by using your current telephone lines

Answering Machines Cordless Phones, Telophones & Accessories -Sanyo, ITT, Panasonic, Business & Home Installations, Personal Pagers, Professional Sales, Service & Repairs



244 ROCKAWAY AVE. VALLEY STREAM 872-9800

# Lower your high cholesterol in just 10 minutes a day without drugs.

 Not a diet, not a drug, but a unique, proven effective, medically-supervised program that can lower your cholesterol up to 30%\*.

This breakthrough program is currently being used at Harvard Medical School's Lipid Treatment Program.



Remember, lower your cholesterol by 30% and you'll reduce your risk of a heart attack by 60%

 Fast, easy and effective, takes just 10 minutes a day and you can still eat your favorite foods.

# **Great Neck Cardiovascular** & Hypertension Center

833 Northern Boulevard – Suite 100 Great Neck, New York 11021

Call 516-487-0077



# IT'S A MATTER TRUST.

# Jilliann's Jewelry, Inc.

(FORMERLY LAND) & SAME OWNERSHIP)

- Jewelry designed to your specifications
- Diamonds set while you wait
- Custom made gifts for weddings, birthdays, holidays
- Most repairs done by our expert jewelers while you wait.

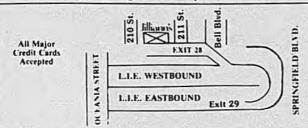
# VISIT OUR SHOWROOM See Our Large Selection of 14 Kt. & 18 Kt. Gold Jewelry Manufactured on Premises

# Fausto's Creations in Gold, Inc.

We welcome established jewelry stores who need special orders and quality repairs.

# Lupe's Corporate Gifts in Gold, Inc.

Business people, ask about our shop by fax service right from your office.



210-07 HORACE HARDING EXPWY. BAYSIDE, N.Y. 11364

(718) 225-0394 • (718) 225-1454 • Fax (718) 279-3333

Monday thru Saturday 10:00 A.M. to 5:00 P.M.

# Stay trim, terrific through dance, golf and more



SENIOR FITNESS - Former movie star Alice Faye, Pfizer Pharma ceuticals' "ambassador for good health," demonstrates the benefits of aerobic exercise in the golden years. Other low-impact, high-fitness favorites for seniors include walking and swimming.

### By Debra Lee Baldwin

Have you heard the one about the 90-year-old man named Morris

who had a pain in his left knee?

His doctor asked him, "For heaven's sake, at your age, what do you expect?'

Replied the indignant Morris, "Now see here, Doc, my right knee is 90 too, and it doesn't hurt!"

The tale is apocryphal, but its point is clear: Old age is often paired with infirmity. The good news is that today's seniors are proving advanced years don't nec-essarily mean disabilities.

Fully half of all people who are now age 75 to 84 are free of health problems that restrict their activities or require special care. And even in the 85-plus age group, more than a third have no limitations due to ill health.

How much you age may be under your own control. Researchers believe an amazing amount of "oldness" isn't aging at all. It's muscle underuse, sun abuse, fat buildup and bone thin-down - all preventable and, to some extent,

Begin with a medical checkup. Have your heart and general condition monitored.

Next, decide what fitness-oriented activity you would like to do. Do you enjoy taking brisk walks? Would you like something you can do alone, or do you prefer the company of others?

For inspiration, browse through a sporting goods store. You may see a fishing rod or set of golf clubs that will inspire you to start down the road to fitness.

If you prefer to work out with a group, phone local YMCA, YWCA, athletic clubs or fitness centers. Most of these offer conditioning classes at levels from beginner to athlete.

Ask about low-impact aerobics classes. These are ideal for both older women and men, and the sessions can be fun and stimulat-

For sociability plus sport, consider bowling. Seniors are rediscovering neighborhood bowling centers — in fact, more than 6.2 million people age 55 and up went to the lanes at least once last year.

If you'd rather be put out to field instead of out to pasture, join a senior softball team. Check with your community recreation center or YMCA.

Prefer to work out in the privacy of your living room? Rent or buy a videotape exercise or conditiohing program.

Available from Congress Video, for example, is "Exercise Program for a Pain-Free Back," instructed and demonstrated by Roberta Bergman, who holds her master's degree in movement therapy.

For seniors who are partially disabled - but determined there are "gentle fitness" classes offered through community hospitals and medical centers.

If you don't exercise, you don't see any gains.

## BONE UP ON HEALTH

Many seniors fear that exercise will cause wear and tear of joints and lead to arthritis. Many aches and pains that are blamed on arthritis, doctors say, have to do with weakening muscles instead of joint trouble. Even if you have joint damage, you'll fare better if you engage in moderate, regular exercise — such as walking or swimming.

### **Pumping Iron**

Pumping iron isn't just for youngsters. Tufts Human Nutri-tion Research Center of Aging found that weight-training can help people even in their 90s. A recent study at the Boston-based center found that old people in-creased their strength by as much as 200 in some cases, and their muscles grew in size as much as 15 percent. Scientists found that their sub-

scientists found that their sub-jects who participated in the study dramatically improved their abili-ty to perform a variety of physical acts, including their mobility get-ting in and out of chairs and climbing stairs.

So, loss of muscle mass may no be inevitable. People who stay fit in their later years will be biologically "younger" than those who don't worry about keeping fit.

SPECIAL EDITION APPEARING IN Gurden City News, Great Neek News, Williston Titors, New Ilyde Park Herald Courter, Syswell Advance, Jericho News Journal, Bethpage Newsgram and Illektwiffer Med Edited.

# Great gifts for grandparents

Chances are, Grandma has enough handkerchiefs, bottles of perfume and bath powder to last her several lifetimes. And Grandad doesn't need another tie, set of cuff links or socks.

There are many gifts you can give older people that show your creativity and how much you care. The following items will give you some ideas; you'll find them in department, drug and specialty stores.

### FOR HIM

- · Soft, fur-lined leather slippers
- Basket of gourmet goodies: nuts, cheeses, crackers
- Swiss Army knife
- High-style unbreakable sunglasses
- · Lightweight canvas backpack
- · Container of pure maple syrup
- · Digital electronic pedometer
- · Halogen flashlight
- Pendleton wool scarf
- · Electric shoe polisher kit

### FOR HER

- · Decorative scented candles
- Assortment of greeting cards for all occasions

- · Roll of postage stamps
- Satin-covered, padded coat hangers
  - · Mini-microwave oven
- · Silk flower arrangement
- Assortment of gift-wrapping paper, bows and ribbons
- Photo album filled with special photos
  - · Lacy throw pillows for the bed
  - · Music box
  - · Hand-held magnifying mirror

### FOR HIM OR HER

- · "Talking" bathroom scale
- Phone with extra-large push buttons
- · Exercise bicycle
- · Cervical pillow
- Smoke alarm
- Variable intensity massager
   Gift certificate for a restau-
- ant dinner
- Video: "Cocoon" or "On Golden Pond"
- Audio cassettes of music or books-on-tape (plus tape player, if needed)
- Large, colorful coffee table books that tie in with special hobbies or interests



How do you have a Summer Sale in a Restaurant?.... Why, by introducing our famous

LOBSTER CLAMBAKE a month early.

FRESH 1¼ Ib. MAINE LOBSTER, B.B.Q. BABY BACK RIBS, FRIED CLAMS, Corn on the Cob, Fresh Semolina Bread and Potato All for only 1495

**Every Evening Except Saturday** 



# at THE CAPRI MARINA

& YACHTING CENTER 86 Orchard Beach Blvd. Port Washington

516-944-9403 Please call If you need directions
OPEN YEAR-ROUND, 7 DAYS FOR LUNCH & DINNER
MAJOR CREDIT CARDS

SPECIAL EDITION APPEARING IN Garden City News, Great Neck News, Williston Times, New Hyde Park Herald Courier, Sysuaet Advance, Jeriche News Journal, Bethpage Newsgrum and Elektville Mild Island Times.

# "MAMMOGRAPHY IS A LIFESAVER!"

One out of every ten women will develop breast cancer during her lifetime. That's why The American Cancer Society advises a first mammogram at age 35, a second at 40 and another every one to two years until 50, when a yearly mammogram is recommended. This simple, painless procedure utilizes the lowest possible radiation dose and is performed by one of our experienced female technicians.

Our diagnostic centers are dedicated solely to the medical needs of women. Your visit includes a thorough examination by a radiologist who



specializes in diagnosing diseases of the breast and includes a demonstration and literature on self-examination.

Early detection is your best defense against breast cancer. Protect yourself with a mammogram. Call for an appointment today.

PROTECT YOURSELF— CALL TODAY AND SCHEDULE YOUR MAMMOGRAM!

GREAT NECK WOMEN'S MEDICAL CARE 1010 Northern Blvd., Suite 106, Great Neck, N.Y. 516-466-3663 718-353-7571

MANY INSURANCE PLANS ACCEPTED.

# Physicians Comprehensive Neck & Back Pain Center

Dedicated exclusively to neck and back pain, Physicians Comprehensive Neck & Back Pain Center provides a pain management team coordinated by medical doctors.

These doctors are specialists in orthopedics and physiatry and have special training in physical medicine and rehabilitation, with an emphasis on neck and back pain.

The director of Physicians Comprehensive Neck & Back Pain Center is Sunil Butani, M.D. Dr. Butani, a physiatrist and an orthopedist, is board certified by the American Academy of Physical Medicine & Rehabilitation.

Physicians Comprehensive Neck & Back Pain Center is Medicare approved. Workers Comp. and most insurance is accepted.

# Physicians Comprehensive Neck & Back Pain Center

520 Franklin Avenue, Garden City, New York (516) 747-5042



PRO-LINE GOLF CLUBS, CUSTOM GOLF CLUBS, REPAIR, LESSONS. WE CARRY A COMPLETE LINE OF GOLF ACCESSORIES FOR MEN & WOMEN

SPECIALS CUSTOM-FI Mizuno **CLUBS** Yamaha Yonex Wilson Lynx N (8 Irons) Dunlop Coupon and more \$5.00 REGRIPS with purchases over \$50 (Our Brand) With This Ad

Spalding Taylor -Made Cobra Ben Hogan McGregor

100% Cotton Slacks Shorts

& Shirts REPAIRS

Special Driver with Boron Shaft

\$135.00

will add 20 yards to your drive

At Our facilities At lowest Prices (ALL BRANDS)

DURA TOUR BRAND

Graphite Shaft Driver Metal or Wood

5 Blocks

Jericho Tpke.

SUNRISE GOLF

INDOOR LESSONS With This Ad by appt.

> Free Indoor Putting Practice

\$2.95

For Junior And

Adult

E

2070-80 JERICHO TPKE 516-488-7888

MAJOR CREDIT CARDS

Store Hours Mon. - Fri. 9:00 a.m. to 7:30 p.m. • Sat 9:00 a.m. to 6 p.m.

SUNRISE GOLF

**NEW HYDE PARK** 

Cash or Check Only At These Prices. Not Responsible For Typographical Errors. personal checks accepted

**OPTIMA** 

Part Two of the Mid Island Times,
Part Two of the Mid Island Times,
Williston Times,
Williston Times,
Wew Advance, Williston News
Syossel Advance, Herald News
New Hyde Park Jericho News
New Hyde Park Jericho News
New Garden City News
The Garden Neck News
and Great Neck News
and Great Neck News



The newspaper edition that helps

through Input and special

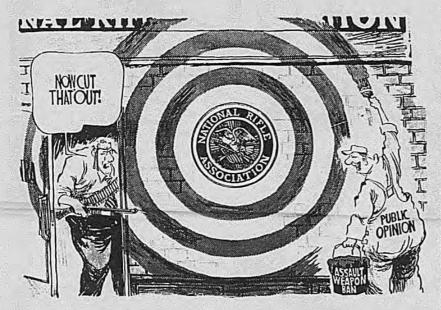
Parents Can Live Too

SEE PAGE 3



# THE QUESTION OF THE WEEK

Gubernatorial Candidate Pierre Rinfret says we should arm a civilian volunteer force to deal with crime. What do you think?



Call 931-0027

24

HOURS

a Day

Ground Rules
You are not limited
to the above
but may talk on
any subject of
interest to readers.

# •One subject to a caller per week•

Simply dial 931-0027 - 24 Hours a Day and follow these simple rules:

- 1. Wait for the beep.
- 2. Confine your INPUT to one subject.
- 3. Limit your opinion to five minutes (make notes before calling)
- Leave your name and telephone, or simply use a pen name (your message can be anonymous)
- Publishers reserve the right to edit, modify or omit any and all material.

# Many Reasons Given For Not Using Seat Belts

Input callers gave many reasons for not using seat belts last week in answer to this question: "Why do you think there is only about 40-50% compliance with seat belt laws?" Here are some of the answers:

### AIR BAG BETTER

I do not use seat belts because I have an air bag on the driver side of the car and I believe that it is better than seat belts because seat belts are too restrictive when you are trying to drive. The best seat belts still tug at you when you try to move and I think they could distract me while driving and actually cause an accident. N.G.

### SEAT BELT BELIEVER

I regularly use seat belts and think that they are necessary. They certainly can stop you from getting injured on a sudden stop and if you collide with another car you will not be thrown. I believe the evidence that they are worthwhile and I never drive without using the belt. I would do this regardless of whether there was a law or not. G.F.

### LAW IS WRONG

I think that seat belts are good for many people but I have a rib condition whereby the belt tugs at me. I think it is bad that they have a law which I have to break because of this. Seat belts should be there but they should be voluntary. We have too many people in our society who are trying to tell everyone else what to do when they themselves lack perfection. G.D.

### LOWER USAGE

It is too bad that not more people do use seat belts. In a count I made yesterday I could only see about three out of ten using seat belts so the 40% you mention is not the number in this area. I think it is a shame that people ignore safety. M.F.

### GET IN HABIT

I think that there is something about seat belts which smacks of being restricted and many people, even against their own interests, instinctively fight the use of belts. I have found that you can get into the habit of using them and it is easy. But perhaps the making of laws was the worst thing that could be done. If people had been allowed to decide on their own, like cigarette smoking, twice as many people would be using the belts now. D.F.

### GOVERNING CONTROL

Seat belts smack of government control. There are so many important things and so many more important laws that the police ought to be enforcing that I suspect the police enforce this type of law simply to make their records look good. The reason we pay so much for police is for protection from criminals. The criminals run loose, burglaries go up and the police make arrests for not using seat belts. People do not need to be told what to do by their elected officials and the police they are paying with their hard earned money. The entire seat belt law is just a way that those who want to regulate others can have their way. It is not even for the the good of the motorists because the lawmakers locked in east belts when they are far from the last word and in many cases have caused internal injuries in accidents. In cases where a car runs into a river if the person has a seat belt on and cannot get it off or gets tangled in it, the belt is working against the person. We ought to be the ones to decide what precautions we want to take and the police and politicians should stay out of it. D.K.

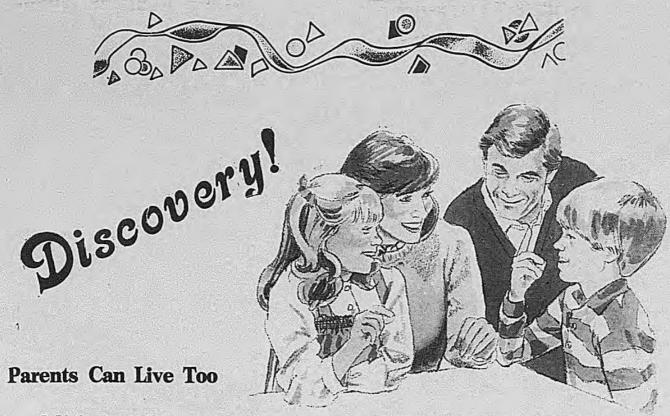
### LIFE SAVER

I have been in an accident where I believe my life might have been saved by wearing a seat belt. Needless to say I cannot understand why more people do not use them. S.F.

## TAKE A CHANCE

I believe that the reason there is only 40-50% compliance with seat belt laws is due primarily to the fact that many people find it to be a nuisance. I do and rightly or wrongly, after having driven a car for the past sixty plus years without a major accident, I am willing to take my chances as opposed to the burden of putting the belt on and taking it off at every stop I make which is considerable in a relatively small town. Obviously, the low compliance rate is due to large measure to the lack of police checks for this specific violation which unquestionably would result in a great many tickets if applied as frequently as is the case with parking, stop signs and traffic light infractions. It could be that the police also share the feeling that a seat belt violation is low on the priority list from the standpoint of chronic abuse and therefore deliberately devote more attention to the other more serious breaches of the law. P.G.S.





By Toby Joan Rosenstrauch

I'm a person who likes to talk and ask questions -- to communicate with most everyone I meet. Sometimes I find out things that are quite personal yet touching and sad. Sometimes I hear good news and personal triumphs. Lately, however, the thing I seem to hear most is disappointment, feelings that life and relationships have not turned out as planned and expected.

When I mentioned this to a psychologist friend recently, he said, "Don't be so surprised - you're just getting the truth from people. Most of the people who come to my office are there for that very reason, life isn't what they anticipated and now they can't handle the disappointment."

I began to analyze the disappointments I was hearing about and discovered a disproportionate number fell into the category of disappointment with children. One evening as I sat at a table at the posh Concord Hotel in Kiamesha Lake, New York, a stranger whom I

"Isn't it funny," he said, "that the generations that went before us were always proud of their children because the children accomplished more and had more than they did themselves? We are the first generation that will be ashamed of our children because they don't WANT to accomplish anything and don't want anything. That's because WE worked too hard at giving THEM everything!" He turned in bitterness to his dessert. He was a very successful businessman who had struggled to get his enterprise off the ground. Now his only son, who had no musical talent at all, refused to do anything but play a guitar and drink.

"Join the league of brokenhearted fathers who can't communicate 'another guest suggested. "It's no wonder we can't talk to each other - our values are different and it's more than just the generation gap. I would give my life for my son. Yet he says I only love him because his name is the same as mine - that I don't love what he really is. After 25 years as a financial consultant, I am trying to give him the benefit of advice people pay \$200 an hour for - just to keep HIM

from falling flat on his face in his first venture."
"My son," volunteered another man, "thinks I am a fool for spending my life working hard to reach the pinnacle of my profession. He thinks I am a drudge because I don't have the hedonistic ideas he has. I'm looking forward to the day he has to face his first month's bills after college -- rent, car insurance, telephone, medical insurance, education loan. I hope I'm not home when he calls for me to bail him out."

We all laughed.

"The worst thing," a woman opposite me said, "is putting in all those years at home, cooking, cleaning, chauffeuring, rushing to emergency rooms to get a child's head stitched up, and then they don't even like you when they grow up." She looked down at her coffee cup to hide the tears I had already seen in her eyes.

Everyone at the table became silent.

"What about those of us who gave up promising careers to raise those ungrateful kids," another woman said. "I was a very talented singer. I studied at Julliard. I sang Wagnerian operas. We afford child care years ago so I had to put my career on the shelf. When the kids were old enough to be on their own, I was too old for a budding career. Now I sometimes sing at weddings."

"I hate to say it," a third woman said, "but I'm sorry I had children

altogether. There was so much sacrifice for the childrens' sake in the early years. Later, when I should have been able to do something with the rest of my life, I was too ill to do so. Now my kids tell me their childhood wasn't too happy because I was too strict. The funny thing is that if I were doing it all over again, I would have the same rules because I think I did the correct things.

because I think I did the correct things.

After a moment a lovely silver-haired woman to my right spoke.

"I would like to ask a question, if you will permit me to," she said.

"I had the feeling that, since those at the table had no permanent place in each others lives, they would answer truthfully. "How many of you TRULY wish you had never had children at all? Let's have a count. Raise your hand if you do."

No hands were raised. She smiled.

"I thought so," she said. "I know there are joys and happy memories mixed with all the disappointments you feel now." She

paused and took a sip of wine.
"I feel for all of you, " she continued, "but I'm a little older than all of you and I've been through it - I've got five kids - and Sam and I have come out the other side of that dark tunnel you're all in. The answer is don't feel guilty about any of it because you've all done everything you can for your children. Life gives none of us guarantees that all will turn out as we wish."

A few heads nodded in assent.
"The thing to do now is turn your attention to yourselves and enjoy life and your new found freedom from parental responsibility. Life handed you a lemon - make lemonade out of it. Put the emphasis in your life back on yourself. Make some new plans. And chances are when the kids have matured and learned what the world is really like, they'll turn back to you with different eyes. Ours have," she said, planting a kiss on Sam's cheek. "That happened while I was busy making a new career for myself as a writer. I just had my first successful year in the field."

Sam stood up and raised his wine glass. "I propose a toast," he said, "To all of us! To new goals, new dreams and new possibilities. And this isn't lemonade!"

### ABOUT THE AUTHOR

Toby Joan Rosentrauch lives in Plainview. She has written for many newspapers, magazines and children's magazines. This is her first contribution to Discovery.







# RATINGS



If you have not dined at The Executive Restaurant on Mineola Boulevard in Mineola, then I strongly recommend that you try welcome, the fine food and the ambience make for delightful

Also if you are a senior citizen or on a limited budget, you will find their Early Bird Specials from Monday through Friday are a great way to dine economically.

If seafood is your specialty, you will find that you can depend on its being fresh.

Wednesday night we dined there and their Pesce di Mare was absolutely great. Our choice plus the attentive service made for a delightful evening.

### TRULY GRACIOUS

Last week we dined at Lauraine Murphy Restaurant in Manhasset. The large, oak paneled dining room with crystal chadeliers is truly gracious. The atmosphere was old world charm, and very restful. It was refreshing to find such good food, elegantly served. The dinners were complete and the prices were amazingly afford-able. I have attended various social gatherings at this fine restaurant, and in each case our party was treated as if we were the only ones there. We heartily endorse this Manhasset land-











"Reader Ratings"

To Owners of Good Restaurants:

This Is Your Chance To Join

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, compilments or criticisms through the open phone line and messages will be sent through to the restaurant management.

(Guide to Good Dining)



in a Tropical Garden Setting

Lunch . Dinner . Saturday Sunday Brunch

/2 Price Lunch and Dinner Specials EVERY Monday and Tuesday

145 Front St. Hempstead, N.Y. (516) 564-8104

> Ample Parking on Premises



# DININGGUIDE

# CONARDO'S

PARTIES! PARTIES! PARTIES!

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, Choese -, SOLE DUON - 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 Parfail 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, Egoplant -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 Parlait & 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
Menu Changes Weekly \$18.95

ALA CARTE LUNCH AND DINNER MENU Monday thru Saturday No Lunch Sat. - Open 5 p.m.

2024 Hillside Avenue New Hyde Park, N.Y. 11040 (516) 488-5100 Closed S

(West of Marcus Ave.)

Closed Sundays
For Private Parties



READER RATINGS

Q. It seems every time I go to a certain restaurant with my wife, we're given very poor seats.

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.

Q. I notice that when a diner orders steak some restaurants place steak knives on the table where the regular knives would ordinarily go. However, other restaurants set the table using the regular knife, then when the steak is served, the waiter replaces the dinner knife with the steak knife. Why this difference in service?

A. It is considered more formal to set the table in the usual way and to substitute the steak knife only when the steak is served. Substituting the steak knife for the dinner knife is a less formal way of setting the table.

Q. What is the proper use of a butter knife?

A. A butter knife should be used only for buttering breads or corn on the cob. 'if the diner wishes to add butter to his potatoes or other dishes he should use his diner fork, not the butter knife, for this purpose.

# FULTON STREET YOUR NEIGHBORHOOD SEAFOOD PUB \*Fresh Seafood At Its Best \*NEW! Health Conscious Menu We're Not Just Fish 41 Covert Avenue Floral Park 775-9004





# To Owners of Good Restaurants:

This Is Your Chance To Join "Reader Ratings"

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)

# DININGGUIDE

# Gourmet Specialties! Created daily (by our 3 star chel) from the For "fun" Italian/American dining at its absolute best!! finest yeal. seafood. chicken and beet Bird Special! 20% off Mon. Sat 106 p.m. Homemade Pasta! Large variety of delicious and unique house specialties 9 Nassau Boulevard **Garden City South** (516) 485-4848

# READER RATINGS

### IRISH ATMOSPHERE

I think that many of your readers are Irish or of Irish descent as I am but it doesn't really matter. There is a nice cafe in Bethpage called Kenny's Cafe that has just great food and a lot more.

It has good service and entertainment, folk songs and ballads on Friday and Saturday nights. We went there last week and found the food to be very good and the entertainment to be something special. I think that many of your readers would like to go to this fine place and I bring it to your attention. It is located at 729 South Oyster Bay Road. Bethpage. M.O.D.

Q. If two women dine out together, and neither is the guest of the other, what is the best way for them to bay the bill?

A. The best way I know is by asking the waiter to bring separate checks, and who this is not done more often I cannot understand. The second best plan is having one woman pay the check, then settling the bill atterwards with her companion.





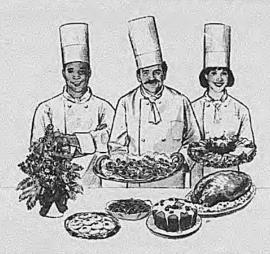




 $^{0}$ anaranananinanananananananana $^{0}$ 

If Your Restaurant is First Rate, We have a message for you.

LANGUAGA ANGA KANGA K



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

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

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

Call 931-0012 for details

ancorrection and the contractions and the contractions and the contractions are contracting as the contractions are contracting as the contraction and the contraction are contracting as the contracting are contracting as the c

ANGELO MORINELLI 109 MINEOLA BLVD. MINEOLA N.Y. 11501 (516) 248-2112 (516) 748-9474

The management and staff of La Cisterna have not had the pleasure of your rooming in spile some time, and we'd hike to have you back again as customer and property of the your absolute leaving a spile as we've triplyed serving you. Your absolute his property to te — and no we'd hike to tooke so that we spile to the property of the property of the property of the distriction. See that the property of the property of the distriction. See that the property of the property of the property of the distriction.

As we approach our tensional nanoversary under the same management, we're disable proud of our history — including the original restaurant in Rome, Italy, abstincted by sear ago and the fact that we maintain representation in Rome today, a hundr nationer at La Chierra, for example, you'll never have to watch the clock on triendly, responsive waters will see to it that our fresh, equilty food is served outputy and attractively; as a dimer customer, you'll receive the same caring service, and with classical guitar entertainment on Wednesdays, Thursdays, and Sundays at inter, always in an atmosphere conductive to comerciation.

ner, always in an attinon-piece visconic for the Art Culinary School, is once again in John Lombardi, Chef from the Art Culinary School, is once again in er mine-months additional study and training in new techniques of too

sterms enters the decade of the '90's holding fait to the classical tradiour means to the modern emphasis on low fat meal preparation, also our means to the modern emphasis on low fat meal preparation, also questionated read daily from the market. From our tender veral to our 'Il find that La Cisterma's emphasis is, and always has been, on fresh

La Cisterna is opened for your convenience 7 days a week for binch and o

ently located near the courthouse district. La Cisterna is here to se om is available for business meetings, catered parties and affairs.

Your Host

109 Mineola Blvd., Mineola (516) 746-9474 • (516) 248-2112



REAL SPANISH CUISINE

Up until last week we had never experienced real Spanish cuisine. On Thursday we went to the LosPorches restaurant in Great Neck. This beautiful restaurant Spanish dishes you could ever find. There were four people in our party and they each had a different entree. Everyone said that the food, with its excellent Spanish sauces and flavoring. presented a rare treat. This restaurant is truly one of the best C. deG.

### GOOD NIGHT

Last Wednesday we decided to follow one of the suggestions in your Reader Ratings. We were mainly satisfied with what we got although the service was a little slow. We went to the Platt-deutsche Park Restaurant in Franklin Square. The place was no stranger to us because we have been there many times before at catered affairs. But this time we went to the smaller restaurant and had sauerbraten. Considering that the check was reduced because we had four in the party cating sauerbraten and they gave us all of the salad we could ever eat it was a very good night both in food and cost.

# \* YOU CAN BE A

If you visit any of the restaurants selected for inclusion in this

# RESTAURANT CRITIC

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

746-1450

71 Hillside Ave. Williston Park

Sunday Dinner Special

Beginning 3:00 p.m. 'till 10 p.m. Complete 5 Course

Prime Rib \$10.95



Wednesday Dinner Special

Beginning 5:00 p.m. 'till 10 p.m. Complete 4 Course

Corned Beef & Cabbage \$10.95 THE THE MEDICAL PROPERTY OF THE PARTY OF THE

"On The : Ample Parking Miracle Mile' Cauraine Luncheon • Cocktails • Dinner

·WEDDINGS · BANQUETS · ANNIVERSARIES \*SHOWERS \* LUNCHEONS \* PARTIES

FROM 25-200 Eastbound LIE Exit 35

Westbound LIE Exit 35 Northern State Pkwy. Exit 27 North 3 minutes from Pkway or Expressway

627-3020

JERICHO, N.Y. Luncheon • Cocktails • Dinner American Traditional Cuisine Solder in expersoral 935-6400 ast of Routes 106-107 On Jericho Toke

# To Owners of Good Restaurants:

This Is Your Chance To Join "Reader Ratings"

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)

# 

**RESTAURANT & COCKTAIL LOUNGE** 

Serving the finest Italian Continental Cuisine, with steaks and chops, to appeal to the varied tastes of Mimmo's valued clientele. Popular late night club with MACK on Keyboard, Wednesday through Saturday, for listening & dancing.

Luncheon Monday through Friday

> Dinner 3 p.m. to 1 a.m. 7 days per week

Call (516)997-6255

511 Old Country Road, Westbury (Opposite Fortunoff's) 

# RATINGS

READER

# IIIGGI



Q. When ladies already seated at a luncheon table are introduced to each other, do they shake hands scated, when may they conveniently do so? T.G. A. No, they bow. In this country. there is very little shaking hands between women, although the hostess always shakes hands with her guests, male and female, and anyone acting the role of hostess. say a teacher at the school, a woman representative of a firm being visited by outsiders - v rise and shake hands with the visitiors, women as well as men. There was a receiving line. with the hostess first in the line. and our representative next to her. As the guests entered I noticed that there was some confusion as to who should be greeted first - the hostess or the representative next to her. What is the rule when the host holds such a prominent position?

A. The rule is always the same. One greets first the person first in line, who is the hostess or the acting hostess, always shaking hands. Occassionally there is a line made up only of men, and in the first man this case encountered is the one one greets first. As a matter of fact, very often the most important guest, for whom the reception is given, is placed in the middle of the line.

YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0027 at any hour and tell your ideas. We want you, the reader to be our critic. Your message then can be orinted in this space.





All Sporting Events

via Satellite TV

241 Mineola Blvd., Mineola

Floral Park's Best Kept Secret!

THE CORNERSTONE OF FINE FOOD AND SPIRITS

Open for Lunch

Happy Hour Daily 4-7 p.m. Free Buffet

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

145 Tulip Ave., Floral Park (516) 358-3690 (WE WELCOME PRIVATE PARTIES!)



**OKTOBERFEST** 

Monday Oct. 1st thru Sunday Oct. 7 5 P.M. - MIDNIGHT

Entrees:

ZWIEBELFLEISCH Roast Beef simmered in sherry wipe sauce with onlons and topped with cheddar cheese, served on a bed of egg noodles.

ZWIEBEL ROSTBRATEN

A tender sirioin steak pan fried and smothered in crispy fried onion strings served with hot potato salad. SAUERBRATEN

Beef marinated in red wine, vinegar and assorted spices, then cooked in its own marinade and served with its own flavorful gravy, red cabbage, potato pancakes and

JAEGER SCHNITZEL A tender veal cutlet dipped in egg batter, breaded and pan fried in butter, served with a hearty mushroom gravy, red cabbage, potato pancakes and applesauce.

SCHWEINE KOTTELETTEN
Old fashioned breaded pork chops served with hot potato salad, sauerkraut and applesauce.

CHICKEN PAPRIKASH Sauteed boneless chicken breast with a pan gravy of onions, paprika, black pepper and sour cream, served on a bed of egg noodles.

Complimentary Beck's Mug with purchase of Beck's Beers

742-3040

190 Second St., Mineola

Major Credit Cards

(1 blk. N. of LIRR)

To Owners of Good Restaurants: This Is Your Chance To Join "Reader Ratings" 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

(Guide to Good Dining)



Open 7 Days for Lunch & Dinner **Business Lunch Served Daily** Take Out Service Private Party Room Available

MAJOR CREDIT CARDS ACCEPTED

PTED 200 Garden City Plaza, Garden City at Roosever Field (opposite Macy's & Herman's) 248-9790



**Early Bird Complete Dinners** Available 4-6 p.m. Mon. thru Fri. \$9.95

Wed. Pot Roast & Potato Pancakes Thurs, Corned Beef & Cabbage Fri. Fresh Catch

Weekends Prime Ribs of Beef

**FRESH** Seafood Daily



FREE MUNICIPAL PARKING ALL DAY

MAJOR CREDIT CARDS

#### To Owners of Good Restaurants:

This Is Your Chance To Join "Reader Ratings"

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, compilments or criticisms through the open phone line and messages will be sent through to the restaurant management.

(Guide to Good Dining)

### READER RATINGS



are now doing away with white tablecloths in favor of colored cloths of beige, light pink, peach or light gold. What do you think of this trend?

A. I happen to like it. I find tablecloths of a soft light color are easy on the eyes and add to the relaxing atmosphere. But this is just a personal opinion. Of course, white cloths are always correct and probably will continue to be preferred in more formal restaurants.

Q. Is it allowed for a restaurant to include a tip, automatically, on the bill for food ordered? A friend and I had that happen recently and resented it because the service was very poor and we felt a tip was not in order. Please

A. No. In this country the custom is not to add any tip to the bill and unless the menu stating the prices clearly says that this will be done it is not correct. Most people would not be happy with that system in the U.S. because diners have always had a flexible tip system in which they could give a better tip for better service and if this is not kept then the tip is just





KINGS \*\*\*

KING'S

RESTAURANT

493 Great Neck Rd., Great Neck

(ample parking) (Just Off Northern Blvd., Key Food Supermarket & Kings NBO)

(516) 466-8333 Fax: (516) 466-8334

> All You Can Eat DINNER BUREN

Full Menu Always Available

(Fri., Sat. & Sunday 5:30 - 9:00) Featuring Our New **COLD SALAD BUFFET** Complete with Soup & Pu Pu Platter

\$500 (children under 9)

Catering

Cantonese, Hunan & Szechuan Style

Elegant Dining

Cocktail Lounge

Buffet Catering

to your Home,

Office &

Organization

for up to 200 Specializing in Weddings, Bridal & Baby Showers, All Business Functions, Birthdays And Anniversaries

REMEMBER ... WE'RE STILL SERVING OUR

FAST LUNCH SMORGASBORD \$5.95 PER PERSON

Mon.-Fri. 12-2:30 ONLY

Sun. LUNCH BUFFET

RESERVATIONS SUGGESTED



PAGE 9A Friday, September 28, 1990 READER RATINGS

Q. My boyfriend has asked me to help decorate his new apartment and do it on a "boot" string. It's an efficiency with a small separate alcove for the bed. He has almost no furniture, which is OK because he likes simple modern designs. I realize it may be a silly question, but what can I do that will look great and not cost a lot? A. Take architect Mies van der

Rohe's well-known saying for your motto: "Less is more."

Then take designer John Stedila's more or less minimalist apartment in New York as proof that spare can be beautiful. In the photo we show here, Stedila has literally created a furnished room from little more than carpet and carpentry skills: Wooden frames covered with carpeting make the seating and eating "furniture," cushion the floor, wall-to-wall, and then run up on the wall itself to form a continuous design element all around the room.

Working in a monotone to make the space appear unbroken and therefore larger, Stedila covered the banquette cushions and pillows in gray flannel to match the "Van-guard" carpeting by Stark. However, since every space needs a center of attention, he used a Stark Oriental carpet to define the dining area. Plus, he threw in a bit more pattern as covers on the traditional-style dining chairs. Another good idea: He gets the

lighting up and out of the way by using small, sleek spots on ceilingmounted tracks. The light focuses on the wall, adding the kind of visual drama that more than makes up for any sparcity in the furniture department — and reaffirms the essential truth of Mies' famous

Q. We have to paper and paint

## Decor Score

By Rose Bennett Gilbert

our kitchen in our house down at the beach. The problem kitchen floor is white brick, the cabinets are chestnut brown, the kitchen is quite large with five windows. Could I just have blinds without curtains? I will appreciate any ideas you can give me on decorating a kitchen. - O.J.W.

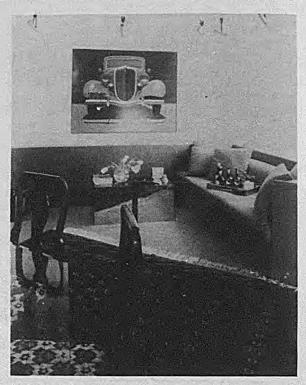
A. With the enormous variety available in window blinds on today's home-decorating market, they are more than able to hang alone without curtains on top. Among the innovations you will find in your shade shop are valances made to match the blinds - and disguise the hardware mountings at the same time.

The blinds you buy depend on both practical and aesthetic considerations. How much glare will you get from the beach? Do you want to block the light completely, say, at night? Would you prefer to retain the view out without let-ting anyone see in? Should the blinds be matching colors? All solids? Or would you like the softness of a print combined with the easy upkeep of a wipe-clean surface?

Do your homework before you make any decisions. You will find many different styles of blinds in many different materials - including new versions of that old favorite, wooden Venetian blinds. They could be smashing with your chestnut brown cabinets and white brick floor.

A great source for kitchen deco-rating ideas is the National Kitch-en and Bath Association. They offer a ton of information that is as practical as it is inspirational. Contact them at: 124 Main St. Hackettstown, NJ 07840.





CARPET — Designer John Stedila wraps a clean-lined apartment in carpeting, including areas for seating and eating.
Decor Score. By Rose Bennett Gilbert.

## Backyard Gardener

#### By Patrick Denton

Today let's explore the possibilities for planting spring flower bulbs to bloom in pots at various times during the early part of the

Let's start with hyacinths, the easiest flower bulbs of all to bring into bloom in pots. Regular hya cinth bulbs (not prepared bulbs) require a minimum 13 weeks and preferably 14 weeks of cold treat-ment to form a good root system and initiate top growth before they are brought into warmth and light for flowering - which usually takes two to three more weeks. That adds up to 16 or 17 weeks from potting to bloom.

The conditions under which good bloom at this timing is most reliable will include a cold rooting place that is dark and as close to 48 degrees Fahrenheit as possible. The soil mix must not be allowed to dry during this period. When the pots are brought out of cold storage, the plants need to be acclimatized for a few days in a dim, cool location before being brought to bright light for flowering. Temperatures at or close to 65 degrees Fahrenheit are ideal for this period of top growth and flowering in hyacinths.

If you would like to have a pot of hyacinths in bloom in late Janu-ary, pot the bulbs the last week in September.

For hyacinths to celebrate Valentine's Day, plant around mid-October. Very appropriate for this occasion would be the red variety called Jan Bos.

A planting at the beginning of November will yield hyacinths in bloom at the end of February. Use bulb or azalea pots, which are a little shallower than regular

flowerpots, and a fast-draining, sterilized planting mix for hyacinth bulbs. Purchase a readymixed blend, or make your own using equal parts sterilized potting soil, dampened peat and per-

lite. To reduce the potential of skin itch, a common complaint among people who handle hya-cinth bulbs, wet the bulbs thoroughly before planting them.

Partially fill a clean pot or pots with the mix and position the bulbs on top. Firm more mix gently but firmly around the bulbs, leaving a half-inch space between soil level and pot rim to make wason level and pot rim to make wa-tering easy. The bulb noses should be just visible when you finish. Water the planting well before settling it into its cold rooting

Three hyacinth bulbs in a pot 6 inches wide make a lovely, strongly fragrant display. Or plant six

bulbs in a pot 8 inches wide.

Daffodil bulbs in similar rooting conditions as for hyacinths will have formed fine root systems in 15 weeks from potting, and will bloom around three weeks follow-ing that. Daffodil bulbs planted the last week of September will flower at the end of January. For Valentine daffodils, pot the bulbs during the first week in October. And end-of-October potting will yield early March daffodils in

Try to keep potted daffodils cool after bringing them out of cold storage. For these plants, temperatures 60 to 65 degrees Fahrenheit are ideal. Warmer temperatures are thought to be re-

sponsible for "bull-nosing," a disorder in which the flower fails to open properly. Pot daffodils as you would hyacinths. Three will fit nicely, close together but not touching, in a 6-inch-wide pot. Or plant five to six bulbs in an 8-inch-

wide pot. Crocus, dwarf iris and grape hyacinths (muscari) are also pleasant to grow in pots for the house. These small bulbs will produce the best possible show when as many bulbs as possible are used in each pot. Pack them in as tightly as possible without their touching each other or the pot sides. Pots 4 to 6 inches wide are good sizes for these small bulbs. Plant them with their noses slightly below the soil level, and allow 15 weeks rooting time plus 10 days to two weeks after that for flowering.

Planted the last week of September, these small bulbs will flower around the end of January. A mid-October planting will yield mid-February bloom. Pot some giant Dutch crocus in yellow, purple or white for a sprightly show. The tiny yellow, orchidlike Dan-ford iris, and Harmony, a deep blue reticulata iris, are lovely in pots. Blue Spike is a grape hyacinth that forms fat, rounded pyramids of double blue flowers. It would form a very full living bouquet in pots.



## Gelatin makes cool microwave desserts

Gelatin can be blended with all sorts of ingredients for fancy molded aspics and salads, or softly jelled soups. And it's an important ingredient in a number of deli-ciously cool refrigerated desserts ranging from creams, souffles and mousses, to parfaits and pies.

Just plain gelatin is fun, too and kids love its quivery, wiggly texture. Cut gelatin into squares, or pour into molds, or serve individually in custard cups.

Gelatin is available plain and flavored. One tablespoon of plain gelatin can turn about 2 cups of liquid solid after about two hours of chilling (for plain gelatin), or four hours (for gelatin mixed with fruits, etc.).

Flavored gelatin comes in 3and 6-ounce packages - enough to gel 2 or 4 cups of liquid.

Gelatin is fine in combination

with most foods, except fresh or frozen pineapple, which contains a substance that prevents gelatin from jelling. Cooked pineapple (canned is fine) is no problem.

To speed up the chilling of gelatin mixtures, place several ice cubes in large bowl; add cold water. Set bowl containing the gelatin mixture into the larger bowl of ice water, pressing down to force ice cubes around bowl. Hold it like this for a minute or two, then chill in the refrigerator until

To unmold gelatin desserts without melting them, loosen the edge of chilled, set gelatin on inside of mold with a knife. Dip the mold, just up to the edge, in warm water for about 30 seconds to one minute. Smooth a few drops of water over surface of serving plate. The film of water will allow you to adjust molded gelatin and center it for presentation.

Place serving plate on top of mold; invert so that plate is on the bottom and shake gently. Molded gelatin should slip easily onto the plate. Adjust to center before serving.



#### microwave magic

Gelatin is pure protein, but it's not a complete protein. You may have heard that gelatin helps build strong fingernails, but nutritionists will tell you different. Gelatin contains seven essential amino acids, but is missing tryptophan. This is the amino acid that is often recommended for correcting brittle hair and nails - and it's not found in gelatin.

Still, while not a complete protein, gelatin is a good source of seven other essential amino acids, and it's low in calories (only about

25 per tablespoon of plain dry gelatin powder). Gelatin is easy to digest and easy to keep on hand, too, with a shelf life of 18 months for plain or flavored dry gelatin pack-

Following are recipes for three easy-to-prepare microwaved desserts featuring gelatin.

The recipe for Gelatin Cookies comes from "Easy Livin' Low-Calorie Microwave Cooking" by Karen Kangas Dwyer (New York; St. Martin's Press; 1990). Cut into fun shapes (pumpkins, stars, etc.), these firm up enough to eat with your fingers, and at only 4 calories per "cookie" (when you use sugarfree, flavored gelatin), you can afford to indulge!

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

#### MICRO-TIP OF THE WEEK

To defrost frozen whipped topping in your microwave, place container, with lid removed, in microwave oven. Microwave on DEFROST (30 percent power) set-ting about one to 11/2 minutes, stirring every 15 seconds, until just soft. Watch carefully as topping melts easily. Let topping finish defrosting at room temperature for several minutes before using.

#### GELATIN COOKIES

24 cups hot tap water 4. packages (.3 ounces each) sugar-free gelatin: wild strawberry, orange or any other flavor, dry

Yields 20 to 25 shapes. Preparation time: 5 minutes. Cooking time: 21/2 to 4 minutes. Oven setting: HIGH (100 percent power).

Microwave water in 1-quart microwave-safe glass measure 21/2 to 4 minutes, or until boiling. Slowly add gelatin to water, stirring constantly. Blend until gelatin is dissolved.

Pour mixture into 9-inch or 10inch square pan. Refrigerate at least 4 hours.

Using small (2-inch) cookie cutters, cut into pumpkin shapes,

#### PEACH BAVARIAN CREAM

- ⅓ cup granulated sugar 3 tablespoons cornstarch
- 2 tablespoons unflavored
- ¼ teaspoon grated nutmeg
- ¼ teaspoon salt
- 1 (1-pound) can sliced peaches
- 2 to 21/2 cups milk (approximately)
- 2 eggs, separated 1 teaspoon vanilla extract ¼ cup granulated sugar
- 1 cup whipping cream, whipped
- Fresh mint sprigs

Yields 6 servings. Preparation time: 20 to 25 minCooking time: 9 to 14 minutes, (plus cooling and chilling time).

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

Combine sugar, cornstarch, gelatin, nutmeg and salt in 2-quart microwave-safe casserole; toss with fork. Drain liquid from peaches into 4-cup measure; add enough milk to total 2% cups liquid. (Cover and refrigerate peach slices for garnish.)

Gradually add liquid to dry ingredients, stirring constantly to blend well. Microwave 7 to 10 minutes at HIGH setting, stirring every 3 minutes, until mixture is smooth and slightly thickened. Place egg yolks in small bowl and beat well; add ¼ cup hot pud-

ding mixture and stir well, then return to mixture in casserole. Beat well. Microwave at MEDI-UM-HIGH setting 2 to 4 minutes, or until mixture thickens somewhat, stirring every minute. Let cool, then beat in vanilla. Cover and refrigerate about 2 hours, or until mixture mounds slightly when dropped from spoon.

In large mixing bowl, beat egg

whites until frothy, then gradually add sugar, beating until high and fluffy. Gently fold cooled gelatin mixture into beaten egg whites, then fold in whipped cream. Spoon into 6 individual dessert dishes; chill until set, 1 to 2 hours. Garnish with chilled peach slices and fresh

mint sprigs.

#### KITCHEN KIDS



By Rena Coyle

## Breakfast on the go

In the rush of the morning, it's easy to skip breakfast. But if we allow ourselves and our children to pass on this meal, we are allowing a big injustice to our bodies.

We certainly can't expect our children to perform their best in school without proper nourish-ment and fuel for their bodies. After all, it is a very long time from dinner last night to lunchtime today.

Teens and preteen girls are the first to let this meal slip by because of their obsession with watching their figures, But parents are guilty of skipping breakfast as well.

With a good breakfast under our belts we can get the day under way at top speed. Having breakfast doesn't have to mean stopping our fast morning pace to sit for

pancakes, waffles or eggs. In fact, there are "on-the-run breakfasts" that children can prepare for themselves by the age of 8, and still make the bus or class. Then if the parents begin to see what having breakfast does for their kids, they will follow the ex-ample and begin realizing the same advantages are for grownups as well.

The key to a good breakfast is to have some carbohydrates (cereal or breads) for energy, protein (meat, milk, eggs or cheese) for staying power, and some vitamin C (oranges, grapefruit or toma-toes). Getting vitamin C is easy by munching on a piece of fruit or drinking a glass of juice.

Here are some recipes that take these components into consideration, as well as being eatable on the run so that your kids and you can start the day off right.

Remember that your kids will

be able to concentrate and hold their attention longer if they go out the door every morning with some breakfast under their belts. Follow their example and maybe your day will go better, too.

#### MINUTE OATMEAL

- % cup quick-cooking oatmeal
- 2 tablespoons protein powder
- 1 tablespoon unprocessed bran
- 1 tablespoon raisins
- 1/2 teaspoon cinnamon

- 1/2 tespoon vanilla extract
- 1/2 cup water
- 2 tablespoons non-fat vanilla yogurt

Utensils: Serving bowl, measuring cups and spoons, spoon, oven mitts.

Yields 1 serving.

Preparation time: 5 minutes. Microwave time: 1 minute.

Measure oatmeal, protein powder, bran, raisins, cinnamon and vanilla into serving bowl.

Add water and toss until all ingredients are moistened. Place bowl in microwave and turn on HIGH (100 percent power) for 1

With oven mitts on, carefully remove bowl and toss again with spoon. Spoon vanilla yogurt on top and serve bot.

#### FRUIT SMOOTHIE

- 1 cup plain non-fat yogurt or low-fat milk
- 2 tablespoons orange juice
- or apple juice concentrate 1/2 teaspoon vanilla extract
- 1 ripe banana or peeled peach or 1/2 cup berries

Utensils: Blender or food processor, measuring cups and spoons, serving glass.

Yields 1 serving.

Preparation time: 5 minutes. Put milk or yogurt into food processor or blender. Add fruit juice concentrate, vanilla and fruit. Securely place lid on and turn machine on medium-high for 30 seconds and then on high for another 30 seconds.

Turn machine off; once blades have stopped, open lid and pour Fruit Smoothie into glass. Sip with a straw or drink. If you put it in a paper cup you can take it with

Note: This drink may take longer to blend according to the power of your blender or food processor. Check after trying these times, and if it is still lumpy, secure lid and process for another 30 seconds or until you get a smooth, creamy

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 Work-

## Cooking Corner



## The popcorn explosion

By Linda Susan Dudley

Ever since Colonists first sprinkled sugar and cream over a bowl of popped corn, the puffy snack has been a staple of American eat-

But today we're a long way from that simple treat or even the occasional box of hot buttered popcorn at the movies. We're in the midst of a popcorn explosion, experts say, fueled by the microwave oven and the VCR.

Last year, for example, the average American (including children) consumed 56 quarts of pop-corn, most of it made in the microwave.

Sales now exceed \$2 billion a year, according to the Snack Food Association, a trade group. Sales of microwave popcorn varieties tripled last year, with this year's figures pushing \$300 million. The most recent segment of the market to increase in sales is the new light versions of microwave popcorn - fewer calories, less fat and no cholesterol.

Why the boom?

Experts say it has to do with fast-lane lifestyles. These days, to make popcorn you don't have to get out a pan or oil or even an air popper. There's not even any serving bowl to wash if the treat is eaten out of the bag.

Now there are microwave ovens in 75 percent of American homes - another major reason for the increase, because half of all popcorn is prepared in the microwave.

It's easy for kids, too. Parents feel more comfortable with them using it instead of a conventional

Microwave popcorn has become such a staple that it can be conveniently picked up at VCR rental

In the early days of microwave popcorn (about seven years ago), manufacturers were stymied as to how to ensure success in ovens with power ranges from 450 to 1,000 watts until the breakthrough of susceptors.

Susceptors are now sandwiched in the bottom of many popcorn bags but are not noticeable to con-



An aluminum powder surface gets hot because it absorbs energy, then converts to heat as if it

orner

were a griddle. A 600-watt or more oven is said to be the best for popping corn.

Because popcorn is a high-fiber, whole-grain food, it is one of the few snacks to earn the OK of diet authorities - if it's air-popped without oil, served sans melted butter and not flavored with salt. With nothing added, 3 cups of airpopped corn has 90 calories.

If you've forgotten how to make popcorn the "old-fashioned" way (which, of course, is much cheaper than the microwave variety), here are the basics:

Pour ¼ cup vegetable oil into a 5- to 6-quart pan. Add 1/2 cup popcorn kernels and place on medium-high heat. While kernels pop, shake pan very frequently until popping almost ceases. Remove from heat. Yields about 3 quarts which somebody says is about six to eight servings. Well, maybe for some people ..

By the way, there will always be some kernels that don't pop in standard stove-top, air-pop or mi-crowave popping Industry ex-perts call these unpopped kernels 'spinsters."

But if plain popcorn isn't enough, here are some recipes to embellish what is already a good

#### CANDY-COATED POPCORN

- 3 quarts popcorn, unsalted
- 4 cup margarine
- 1 (7-ounce) jar marshmallow creme
- 1/2 teaspoon vanilla
- 4 teaspoon salt

Yields 21/2 quarts.

Place popped corn in greased 13x9-inch baking dish. Melt margarine in saucepan over low heat. Add marshmallow creme, stir until well-blended. Remove from heat; stir in vanilla and salt. Pour mixture over popped corn; toss until well-coated. Bake 30 minutes at 250 F, stirring every 15 minutes. Pour onto waxed paper, cool. Store in tightly covered container.

Chocolate-flavored popcorn: Add 1/2 cup semisweet chocolate pieces to melted margarine; stir until smooth. Continue as directed.

• Cinnamon-flavored popcorn: Add ¼ cup red cinnamon candies to melted margarine; stir until melted. Continue as directed.

#### JAMES BEARD'S POPCORN

Mix finely chopped fresh garlic, chili powder and salt to taste with buttered popcorn. (An easy way to mix hot popcorn with seasonings of any variety is to place popcorn in paper bag and toss seasonings on top; close and shake to mix.)

TEX-MEX MIX 2 quarts popcorn popped in

2 teaspoons paprika

2 teaspoons ground cumin 1 cup cubed Monterey Jack cheese (about ¼-inch

Yields 2 quarts.

Keep popcorn warm. Mix seasonings together and toss with popcorn. Add cheese and mix gen-tly.

Here's a similar microwave version with a south-of-the-border

#### MEXICAN POPCORN

In microwave-safe bowl, toss 1 teaspoon chili powder and 1/2 cup shredded cheddar cheese with prepared popcorn from 1 (%-ounce) microwave pack. Microwave on HIGH (100 percent) 20 to 30 sec-

#### **EASY POPCORN** PEANUT SQUARES

- 2 quarts freshly popped popcorn
- 1 cup peanut butter 1 cup light corn syrup

1 cup sugar

In saucepan, bring peanut butter, corn syrup and sugar to a boil for a few minutes; mix well. Remove smooth mixture from heat, add popcorn and toss well to coat thoroughly. (Use spoons, mixture will be hot.) Press mixture into greased 13x9-inch pan. Cool; cut into 18 squares.

#### COCONUT POPCORN

- 2 quarts freshly popped pop-
- 1 cup packaged flaked moist coconut
- % cup toasted coconut
- 4 cup sugar
- ¼ cup light corn syrup 1 tablespoon lemon juice

1 tablespoon vanilla

Into large buttered saucepan, turn popcorn, moist coconut and toasted coconut. In medium saucepan, over medium heat, stirring constantly, cook sugar, corn syrup and lemon juice until sugar dis-solves and mixture almost boils about 10 minutes. Off heat, stir in vanilla; cool for 2 minutes; pour over popcorn and coconut mix-ture. With long wooden spoon, mix well. Return to medium heat and stirring constantly, heat until corn begins to stick together. Press out onto a 15x11-inch sheet of waxed paper. Cool completely. If necessary to dry more, let stand, uncovered, for 8 to 12 hours. Cut in large squares and wrap each in plastic wrap.

You may never be able to go back to that orange-colored commercial cheese popcorn after you've tried this homemade version. This recipe is from Sunset Magazine. For a milder version, leave out the jalapeno chili.

#### NACHO POPCORN

In 8- to 10-inch frying pan over medium heat, melt ¼ cup butter or margarine; add 1 fresh or canned jalapeno chili, stemmed, seeded and minced; 2 teaspoons chili powder and ½ teaspoon ground curnin. Cook, stirring, until jalapeno chili is soft, about 5 min-

Pour over 3 quarts freshly popped popcorn in a 12x16-inch roasting pan and mix well. Sprinkle popcorn with 2 cups (about 8 ounces) finely shredded cheddar cheese, 1/4 cup sliced or chopped well-drained canned ripe olives, and salt to taste. Bake in a 300 F oven, stirring every 5 minutes, until cheese is melted, about 15 minutes. Pour into a shallow bowl

#### THE HEALTHY GOURMET



## Healthy substitutions for Scandinavian treats

By Kit Snedaker

I can always tell when my grandaughter is dieting because she keeps a packet of Swedish Wasa crackers in her purse. She discov-ered them during a supervised diet regimen, and they became her all-time fall-back snack.

A lot of dieters must feel the same way because Wasa just came out with some low-calorie Scandinavian recipes called "The Light Smorgasbord." For a free copy, send your name, address and code to Wasa Light Smorgasbord Recipe offer, Box 370, Minne-apolis, MN 55440.

I am intrigued because Scandinavia is the land of butter and cream, and if there's any way to reduce that and keep the flavor, I want to know about it. Some of my best eating memories are Jansson's Temptation (potatoes, butter and cream) and Glassmaster's Herring. In fact a smorgasbord is

just about the most civilized way to eat I know. It's the only buffet you can return to again and again without guilt.

Indeed, that's smorgasbord etiquette. Take only the cold appetizers first time around. Get a clean plate and tackle the hot dishes. Finally, after a decent interval, get another clean plate and try a few of the desserts.

Most dishes are meant to be served either chilled or at room temperature. Those to be served like Swedish Meatballs, can stand for hours in a chafing dish or over a warmer without losing fla-

Best of all, most smorgasbord dishes can be made ahead. The hostess is a guest at his/her own party.

#### JANSSON'S TEMPTATION (REDUCED CALORIE)

- 2 large onions, sliced
- tablespoon low-sodium margarine
- 4 large potatoes

FOOD PAGES

1 can (2 ounces) flat anchovy fillets, drained

1/2 cup skim milk 1/2 cup light cream

Freshly ground pepper 2 Wasa Lite Rye Crispbread slices, crushed (or any unsalted crackers)

2 tablespoons low-sodium margarine

Yields 6 to 8 servings. Each serving has about 170 calories, 25 milligrams cholesterol, 5 grams fat and 78 milligrams sodium.

Saute onions in 1 tablespoon margarine until just transparent. Peel potatoes and cut into matchstick julienne sticks. Spray 8-inch square baking pan with non-stick coating. Arrange half the potatoes in baking dish. Top with sauteed onion and anchovies. Add remaining potatoes.

Pour milk and cream over top and sprinkle with freshly ground pepper. Top with crushed Wasa or cracker crumbs and dot with 2 tablespoons margarine. Bake in oven preheated to 400 F for 45 to 50 minutes or until potatoes are

GLASSMASTER'S HERRING 1 jar (22 ounces) herring fillet in wine sauce

2 onions, thinly sliced

1 carrot, peeled and thinly sliced

1 teaspoon whole allspice, crushed

1 tablespoon pickling spices 1/2 teaspoon mustard seeds

2 teaspoons prepared horseradish

% cup white vinegar

1/2 cup water

1/2 cup sugar

Yields 10 to 12 servings. Each serving has about 200 calories, 45 milligrams cholesterol, 9 grams fat and 5 milligrams sodium.

Drain herring and discard liq-uid. Put half the sliced onion in deep glass serving bowl or jar and add half the carrot slices. Top with drained herring. Combine allspice, pickling spices, mustard seeds and horseradish and sprinkle over herring. Add rest of onion in layer and carrot. Combine vinegar, water and sugar and stir until sugar is dissolved. Pour over all. Cover tightly and refrigerate for 3 days. Serve chilled.

(This herring used to be made only in glass jars.)



## A school-night supper

By Melanie Barnard and Brooke Dojny

One of our biggest and most welcome challenges in writing this column is to streamline and lighten up some of the classic dishes that have been longtime family favorites at our houses.

After a summer of picnics and backyard barbecues, the back-toschool month of September always seems the most appropriate time to take a new look at the kitchen, dust off our recipe files and come up with even easier and. tastier family suppers.

Fried chicken is a perfect example. We have tried to convince our families that a plain broiled piece of chicken has real health appeal, but we have been unable to erase their memories of crispy, golden fried chicken pieces hot from the skillet. Since the days of greasy pans, splattered stoves and constant watching with turning tongs in hand are long gone, we set out to come up with a new way to "fry" chicken.

After a good deal of fiddling, the family has given straight A's to Our Best "Fried" Chicken recipe. We give it great marks as well for this oven-fried chicken requires only one pan to wash, absolutely no watching, and uses a minimal amount of butter and oil to maximum advantage. The best part, though, is that the taste is every bit as good as chicken fried the old

To make optimum use of the oven, pop in a few medium-size potatoes along with the chicken. The baking time is just about the same. Then round out the meal with a juicy side dish such as stewed tomatoes sprinkled with a

Caramel Applesauce Hand Cake is another new way to bake up a family favorite. Instead of the time-consuming standard mixer method, our new recipe is stirred together in minutes in a single saucepan. The result is a moist, spicy dessert that Grandma used to call a "hand cake" since it required no icing and thus no fork. The bonus is that the leftovers make the perfect lunch box sweet snack

Though the cake can be made ahead and served at room temperature, it also can be baked and served warm from the same (lowered temperature) oven used to cook the chicken.

· Cold fried chicken makes a great lunch, but if you want to serve leftovers warm, recrisp in the oven (no microwave, please) for a few minutes.

· If your raisins are dried out and hard, replump them by placing in a bowl, adding a few tablespoons of water, covering with plastic wrap, and then microwaving for a few seconds.

OUR BEST 'FRIED' CHICKEN

3 pounds cut-up chicken parts

3 tablespoons butter

3 tablespoons vegetable oil 1/2 cup unseasoned dry bread

crumbs 4 cup yellow cornmeal

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 tablespoons all-purpose

Yields 4 servings. Preparation time: 10 minutes. Baking time: 45 minutes.

Use cleaver to cut chicken breast halves in half again crosswise. If thighs are attached to drumsticks, use cleaver to separate them.

Preheat oven to 400 F. Place butter and oil in 11x17-inch jelly roll pan, or rimmed baking pan, and set in oven to melt butter, 3 to 4 minutes. Watch carefully to prevent burning.

Roll chicken in melted butter and oil to coat all sides.

In large plastic or paper bag, shake together the bread crumbs, cornmeal, flour, salt and pepper. Add chicken, few pieces at a time, and shake to coat. Remove from bag, shaking off excess coating. Place in jelly roll pan, skin side up, leaving small space between

Bake about 45 minutes until rich golden brown and cooked through. Serve warm or at room tem-

CARAMEL APPLESAUCE HAND CAKE

4 tablespoons butter 3/2 cup light brown sugar

3 cup unsweetened applesauce

2 eggs

1 cup flour 1 teaspoon cinnamon

½ teaspoon nutmeg ¾ teaspoon baking powder ¼ teasoon baking soda

1/4 teaspoon salt

1/2 cup raisins

1/2 cup chopped pecans

Whipped cream or vanilla ice cream, optional accompaniment

Yields 9 squares.

Preparation time: 10 minutes. Baking time: 25 minutes.

Heat oven to 350 F. Butter 9x9-inch square baking pan. Melt butter and brown sugar in

medium saucepan. Remove from heat and stir in applesauce, then whisk in eggs until well blended.

In mixing bowl, stir or sift together flour, cinnamon, nutmeg, baking powder, baking soda and salt. Stir in raisins and pecans.

Add dry ingredients to saucepan and stir or whisk just until well blended.

Pour batter into pan and bake in center of oven for 25 minutes until top springs back when lightly touched and a toothpick inserted in center comes out clean

Let cool in pan on rack for at least 10 minutes before cutting into squares. Serve with whipped cream or ice cream if desired.

#### KITCHEN HINTS

#### Fresh coconut is a treat

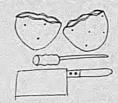
Getting to it can be frustrating

Here's how to open stone-hard coconut:

1. Pierce "eyes" of coconut with screwdriver or ice pick. Drain liquid and save for cooking

2. Bake coconut in 350-degree oven until shell begins to crack, about 20 minutes.

3. Cool slightly; use hammer or cleaver to rap sharply around middle. Shell splits, the sweetmeats are ready.



#### HEALTH WATCH

#### Half of all adult smokers start by age 13 Selling or providing cigarettes to minors is illegal in most states, yet each day, more than 3,000 American children start smoking. D.C. Minimum age to purchase cigarettes 19 ALASKA 18 16 None ☐ HAWAII SOURCES: Stop Teenage Addiction to Tobacco (STAT); Action on Smoking and Health; Good Housekeeping magazine

## Here's How



By Gene Gary

## Steel wool and solvent clean aluminum screens

Q. How do you remove the corrosion on the frames of aluminum

A. First, try one of the soapfilled steel wool pads, preferably one containing a rust arrester.

If this fails, use stainless-steel

wool (size 00) and a solvent type of liquid floor wax, dipping the wool pad into the wax and applying to the aluminum.

As a third option (if those methods are not successful), wet the stainless-steel wool pad with an etching solution made of 1 part etching chemical cleaner to 3 parts water.

Cover the wet pad with powdered pumice or some other heavyduty abrasive. In scouring aluminum, always rub with the "grain." That is, back and forth, never crosswise or in a circular motion.

Apply to an area small enough to be completely covered and kept wet for three to five minutes. Fol-low with a thorough rinsing before the cleaner dries on the surface.

When you have cleaned aluminum, protect the surface with an aluminum or automobile wax. Rewax periodically.

Q. How do I remove rust stains from a concrete driveway? I have tried detergent, bleach and a commercial cement cleaner with no

A. Mild rust stains can usually be removed by mopping with a solution containing 1 pound of oxalic acid powder per gallon of water. After two or three hours, rinse with clean water, scrubbing at the same time with stiff brushes or brooms. Bad spots may require a second treatment.

For deeper stains, try a solution of 1 part sodium citrate dissolved in 6 parts lukewarm water and mixed thoroughly with 7 parts of lime-free glycerol (glycerine).

Make a stiff poultice with calcium carbonate or kieselguhr (diatomaceous earth used for polishing). Apply a thick layer on the stain with a trowel and leave for two to three days. Scrape or brush off

If staining persists, the treat-ment should be repeated. Wash thoroughly with clear water.

Ammonium citrate can be used in place of sodium citrate for more rapid stain removal, although the surface may be slightly etched

Another stain-removal method, recommended for particularly deep and intense iron stains, is to saturate a bandage with a solution of 1 part ammonium citrate or sodium citrate in 6 parts lukewarm water and apply it over the stain for half an hour.

The solution can also be brushed on the stain at five- or 10-minute intervals. If the stain is on a horizontal surface, follow this treatment by sprinkling it with a thin layer of sodium hydrosulfite crystals, moisten with a few drops of water, and cover with a poultice made of powdered inert material and water.

On a vertical surface, place the poultice on a trowel, sprinkle on a layer of sodium hydrosulfite crystals, moisten lightly, and apply to the stain so that the crystals are in direct contact with the stained surface. Remove the poultice after one hour.

The operation may have to be repeated with fresh materials if the stain is not completely re-moved. When the stain disappears, scrub the surface thoroughly with

water and another application of the sodium citrate solution, as in the preliminary operation. The purpose of this last step is to prevent the reappearance of the

Occasionally, brown iron stains can turn to black when treated with sodium hydrosulfite. This may also happen if the poultice is left on for longer than one hour. Should the stain become black, treat it with hydrogen peroxide until it is oxidized back to the brown color. The sodium hydrosul-fite treatment should then be resumed, proceeding as above.

Unless adequate ventilation is provided, this method should not be used indoors because a considerable amount of toxic sulfur dioxide gas will be emitted when the sodium hydrosulfite comes in contact with moisture. Use proper respiratory safety equipment.

When working with acid mix-tures, be sure to pour the acid into water (not water into acid) avoiding splashing. Wear old clothes, rubber gloves and goggles.

The treatments described here for rust staining are those recommended by the Portland Cement

#### FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: I guess this is an old story for you, but it's a new problem for me. It's my face, and I imagine you'd call it acne. Because I'm a girl (15 years old) this is a disaster to me.

Can you give me an idea what causes it and how should it be handled? And, for goodness sake, how long does it last? - Pretty **But Spotted** 

Pretty But Spotted: It's a non-sexist issue, with many members of both sexes involved during their teen

A recent publication of the American Academy of Pediatrics provides this in-

· Causes.

Three major ones are cited: Hormones, heredity and plugged oil ducts. There isn't much you can do about the first two, so let's think about unplugging the oil ducts.

 Making it worse.
 A series of "nos," include pinching (or "popping") pimples, harsh scrubbing. things that rub the skin (straps, headbands and hair), some cosmetics and medications, and possibly menstrual periods, stress and tension.

· What isn't involved.

Junk foods, dirt, sexual thoughts, and it can't be "caught from" or "given" to another person.

· Treatment.

The academy suggests careful use of topical benzoyl peroxide lotion or gel, and if no results or you have questions, contact your pediatrician or pediatric dermatologist.

Acne is temporary, and with present-day treat-ment it usually can be controlled.

You can get a copy of the academy brochure, which includes all this (and more) information at no cost by writing to the American
Academy of Pediatrics,
Department C, 141 Northwest Point Road, P.O. Box 927, Elk Grove Village, IL 60009-0927. Be sure to en-close a stamped, self-addressed business envelope, and mention that you want the brochure about acne.

Dr. Abraham: I wonder whether high school teachers give much thought to the fact that life and living include more than memor-izing facts we students will never use. Please don't get me wrong. I've had some who do go the extra mile beyond their subject matter, but some of them couldn't care less. Shouldn't there be more

emphasis in school on the rest of our lives? I can't seem to be able to tell you exactly what I mean, but I hope you can figure it out.

Has anybody written about this life fulfillment kind of stuff that I believe

we need so much? — Andy, Lorain

Andy: I think I have an idea where you're coming from, and a new book just came to my attention that might be right up your

Its title is "Life 101," with a subtitle that says, "Everything We Wish We Had Learned About Life in School - But Didn't." Two authors pulled it together, John-Roger and Peter McWilliams.

The book includes 89 topics, but don't let that turn you off. Many are a page or less in length and deal with subjects such as these: "So Who Are You?" "Taking Charge"; "Get Off Your Buts!" "Money"; "Live Now"; "Tears"; "Loving" — and 82 more from which you can pick and choose.

The book's paper cover provides a challenge that you, Andy, and many other teens may be unable to re-

sist. It goes this way: "By the time we graduate from high school, most of us have spent more than 14,500 hours in the class-room. Along the way, we learned (and promptly forgot) several million facts.

But in all that time, did we learn - or even explore — the meaning of life? Did we learn how to love ourselves? Did we the importance of forgiving ourself and oth-

"Did we learn ... the

power of thoughts ... the value of mistakes ... how to use guilt, resentment, pain and fear ... our purpose in

It sounds like heavy stuff, but it isn't. It's full of practical ideas as well as quotations from sources as different as Socrates and Mae West (if you don't know who she was, ask your granddad), and from Aristotle to the film, "Field of Dreams."

Pearls of wisdom like these dot its pages:
"Pick battles big enough

to matter, small enough to win." (Jonathan Kozol)

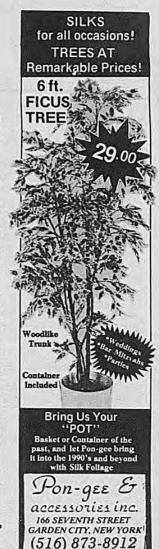
"Life was meant to be lived. And curiosity must be kept alive." (Eleanor Roosevelt)

"Life is either a daring adventure or nothing."
(Helen Keller)
The book's first words

are "Welcome to life." And you're invited to dip into it, skip around, have a good time. It has 12 references to "Love," 13 to "Life," and proverbs from all over the world, including a juicy one like this: "God gave burdens, also shoulders.

If you locate this book in a nearby library or bookstore and look into it, let me know what you think of

FOR TEENS



Open Mon. - Sat. 9:30-5:30

## LOCAL READER

## (CLASSIFIED ADS sure to get results)

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

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

DRIVERS - EXPERIENCED Our rapidly expanding clinical lab is looking for experienced couriers. Must have a clean New York State Drivers License. Port Washington/Roslyn location. For consideration, please call George Rogan at 484-9800. hO1

CUSTOMER SERVICE REP. Our rapidly expanding clinical lab is looking for experienced Customer Service Reps. Excellent communication skills and medical background preferred. Full time and part time positions available. Port Washington/Roslyn location. For consideration, please call Janet Cataliotti at 484-9800.

HOSPITAL JOBS Start \$6.80/hr your area. No experience necessary. For info call 1(900) 226-9399, Ext. 1476, 6 a.m. - 8 p.m. 7 days. \$12.95 ho1

MATURE PERSON WANTED to assist in insurance billing for busy chiropractic office. Flexible hours. Experience necessary. Garden City South area. Call 538,3220 gcs4

HAIRDRESSER WANTED, FULL or part time. Salary plus commission. Bonus with following. Also assistant needed. gco2 Garden City. 747-5280.

POSITION OPEN IN TRAVEL Agency. Will train. Salary plus commission. Immediate opening. 354-2460, gcO1

**BABYSITTER NEEDED FOR 3-5** days, flexible. 3:30 - 6:30 p.m. Flexible for school age children. Own transportation necessary.

GENERAL OFFICE WORK: 3-4 hours daily, 4-5 days, flexible. Light typing, bookkeeping, filing. Garden City area. 248-8275. gcs4

## Help Wanted

BABYSITTER EXPERIENCED with references, to care for four month old in my home, 10 to 4:30, 3-4 days a week. Call Betty at 212-415-1569 before 4 p.m. or 516-248-8563 after 5 p.m. gc54

BABYSITTER NEEDED FOR 5 month old in my home. 4-5 week mornings (flexible) 483-4462. Please leave a message.

CHILD CARE NEEDED in my Garden City home 3 to 4 days a week. Non-smoker, references required. 294-8288. gcS4

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.

FEMALE: LIVE RENT FREE at North Shore Towers in exchange for P/T companionship to retired psychologist/stroke victim. Luxury living includes health club, golf course, movies, shops, restaurants. Private sleeping arrangements, private bath. P/T work outside this job O.K. Beautiful view from 27th floor terrace. Doctor's interests are parapsychology, driving to opera, etc. He drives. Do you type? Call Mon. or Wed., noon to 6 p.m. Ask for Carol. 718-428-7346.

PEOPLE WANTED for established south shore newspaper. Experience a plus. Protected territory. Salary plus commission. Call Toni 887-8000.

htfn

CLASSIFIED marketers wanted. P/T or F/T. Experience a plus. Call Bette 887-8000.

LOOKING FOR EXPERIENCED laundress one day a week. Private home. Please call 741-5591. gcO2

#### Help Wanted

PART-TIME CUSTODIAN 4 hours a day, Redeemer Lutheran Church, Hicksville. Call between 9 a.m. and Noon. 938-8693.

P/T LEGAL SECRETARY three (3) full days a week. Two (2) secretary office. Some steno, dictaphone, typing. Will train. Salary open. 741-0333. . ws4

DESPERATELY SEEKING reliable babysitter, Wed. evening 5 p.m. - 9:30 p.m. Ideal for High School student. References required. 489-1621.

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

HOUSECLEANING P/T G.C. caurdays 10-2:30. Experience required. Call after 294-4818.

BABYSITTING/LIGHT

housekeeping. Tuesday, Thursday, Friday, approximately 9 to 5. (6 year old/2½ year old girls). E. Williston area. Excellent salary. Vacation benefits. Local references required. 747-6443. W-S-4

NURSE'S AIDE FOR ELDERLY woman E. Meadow area. Flexible hrs one or two days per week, plus light housekeeping. Own transportation & references. 433-

ATTENTION: EXCELLENT income for home assembly work. 504-646-1700. Refundable fee. Dept. P8595.

BABYSITTER NEEDED ON occasion. Experienced. Carle Place area. Own transportation. Call Jeanne at 338-2716. wO2

CARING, LOVING & RELIABLE person needed for child care of two girls, 3 yrs. old and 1 yr. old. Flexible days on occasion, 8 to 5. Please call 933-7290 after 5 or on weekends.

LOOKING FOR ENERGETIC individual to watch my four & two year old. Thurs. & other flexible hrs. Non-smoker please! References. 741-2091.

CHURCH SECRETARY Organized person with typing skills, computer experience plus. 9 a.m. - 1 p.m. Mon.-Fri. July & Aug. off. \$8.50 per hr. Call Presbyterian Church in Garden City 354-1848. gcO2 gcO2

DENTAL ASSISTANT FULL time for orthodontic office. Must be mature, friendly, willing to learn. Experience not necessary. 742-0255. gcs4

#### Help Wanted

JAENICHEN -DEGEN REALTY 109 Seventh St., Garden City now interviewing for Sales Help. Experienced/resident preferred... For confidential interview call 248-4540 or 741-2864. Ask for Sandra. gcs4

DESPERATELY SEEKING sitter for P/T position. Ideal for college student or mature woman. Must speak English & have local references. Non-smoker. 877-

RELIABLE, MARRIED COUPLE, Brookville estate. Man: grounds house maintenance, driver's license. Wife: PT cleaning & light cooking. Salary, 3 BR house, all utilities. Write Garden City News, 821 Franklin Ave., Garden City, NY 11530 Box V. gcO1

DENTAL ASSISTANT: FT. Experienced only. Franklin Square general practice. Please call Joanne, 8:30 - 9:30 a.m., Mon., Tues, or Thurs. 352-1621.

LOCAL LANDSCAPER LOOKing for reliable helper. Good salary, flexible hrs. Call Tim, 437-7579.

GAL FRIDAY - 40 PLUS P/T, flexible. 16-20 hrs per week. Non-smoker. Accurate, intelligent, competent, Apple Word Processor, varied office duties, \$9 per hr. Resume to Garden City News, Box N, 821 Franklin Ave., Garden City, NY 11530. gc53

BABY SITTER NEEDED FOR my 3 children, ages 4, 21/2 & 6 mos. in my home, Thurs. & Fri. only from 10 a.m. - 3 p.m. Non-smoker, references & own transportation required. Please call after 5 p.m. 742-9386.

HOUSEKEEPER, LIVE-IN Woodbury. Wash floors, clean house, laundry, prepare and serve meals, shop, care for employers 4 minor children, 3 months experience. 51/2 days, 44 hrs. \$240.68 per week. private room and board. Call Joe 516-364-3091. hs4

#### Situations Wanted

RELIABLE WOMAN WILL clean your office, apartment, house, etc. between 5 p.m. and 10 p.m. Very experienced. Call after 4 p.m. 292-1575, ask for Penny.

LPN SEEKS FULL OR P/T position. Available immediately. Call Mrs. Barrette anytime at gc03 538-2275.

#### Situations Wanted

FOURTEEN YEAR OLD AVAILable for babysitting on weekends. Excellent references. 746-0913.

DEADLINE . TUESDAY

LOOKING FOR LIVE-IN position to look after elderly Experienced, 718-978-5273, gcO3

LOOKING FOR LIVE-IN position to look after elderly. Experienced 212-491-6203. gcO3

SEEKS LADY companionship & aide position to elderly. 11 yrs. experience. Own transportation. Recent reference. Live out only. Would prefer Garden City, New Hyde Park or surrounding areas. 488-7368. gcO3

YOUNG TEACHER FROM Europe looking for live-in housekeeper position. Call Ursula, 292-6029 and leave message.

HONEST, HARD WORKING, reliable cleaning woman available for daily work. Call 742-9449.

YOU LIKE TO LIVE IN A clean place? Very neat, hard working Polish woman living in Queens Village can help you to keep your home or apartment clean. If you need my help please call after 6 p.m. at 718-468-4128. gcO3

HOUSECLEANING, EXCEL-ent, experienced worker. Own transportation. References. Mon. to Fri. 481-0702.

POLISH LADY LOOKING FOR job to clean your home. 775-3793.

POLISH HOUSEKEEPER available. Prefer Garden City or Williston area. Call Donna, 741-5145. gcO2

HOUSEKEEPER AVAILABLE. Meticulous, honest Jewish housekeeper for day work. Also excellent cook. References available. Call Carol evenings 338-4510. gcO2 gcO2

CERTIFIED NURSE'S AIDE. Many years experience. Seeks live-in or out, taking care of elderly. Non-smoker. References. 718-481-9114. wO2

CERTIFIED NURSE'S AIDE seeks position to care for elderly or convalescent Sun, to Fri. 718-481-7635. Live in or out. wo2

HONEST, RELIABLE CLEANing woman available for live-in position. Will keep house for room & board & take outside work for income. 489-2788. gcO2

#### Situations Wanted

HOUSECLEANER, HONEST. reliable, own transportation. Good references. Call 292-7658 day or evening. gcS4

WILL BABYSIT YOUR CHILD in my New Hyde Park home Monday through Friday full time, References. (516)746-7773 Sally.

NURSING ASSISTANT AVAILable to work nights and evenings. Will do personal care. Very dependable, trustworthy and caring. Please call Rose at (718) gc01

HOUSECLEANER LOOKING for work Mon ... Tues., Thurs., and Fri., 8 a.m.-6 p.m. Reliable, hard worker. 483-0165. gc01

YOUNG LADY SEEKS LIVE IN job. Babysitting/companion/ housekeeping (718)574-7234. gc01

HOUSECLEANING AVAILABLE Experience, references. Call Hilda after 5 p.m. 294-4341. gc01

HOUSECLEANER AVAILABLE
Experienced. Call Helena gc01

COUPLE SEEKS LIVE IN position. Cooks, cleans, washes, irons, handyman work, serves tables and drives. Green card. N.Y. State driver's license. Excellent references. English Speaking, flexible arrangements. 742-1615. gc01

LADY AVAILABLE - RELIABLE honest, very thorough. Will do laundry and ironing also. Please call (718)523-6672.

PROFESSIONAL HOUSEcleaning. Houses, Apartments, offices. References available. Own transportation, 489-0648.hs4

HONEST, RELIABLE, CLEANing woman available for daily work. Hard worker \$50 per day. 489-2788. gcS4

#### NANA/HOUSEKEEPER

for home with young children. Live in full time only. Experienced. Good references. Salary reasonable. English speaking. Personable, very bright, 24 years old. High School graduate. 718-272-2241. W-S-4 W-S-4

YOUNG LADY SEEKS LIVE-IN job. Babysitting/companion/ housekeeping. Reference avail-able. 718-574-7234. gcS4 gcS4

RELIABLE STATE CERTIFIED Nurse's Aide with nursing home experience and checkable reference, will take care of your sick or elderly. P/T days. 481-1953. gcS4

HOUSECLEANING AVAILABLE I do housecleaning. 5 years experience, own transportation, speak English. Call after 3 p.m. 292-1307. gcS4

HOUSECLEANER AVAILABLE We have experience, references; honest, own transportation. Leave message. 747-8523 or 742-9175. gcO1

HOUSECLEANER FOR THURSday. All day. Experience, good references, own transportation. Prefer Garden City. 867-0927.

#### Situations Wanted

NICE YOUNG LADY FROM Poland available for house cleaning. Speaks English, own transportation & references. Call Elizabeth 292-6029. gcO1

LOOKING FOR JOB AS LIVE-IN companion. 5 days per week. 379-4677. Call after 6 p.m. gcO2

RELIABLE, MATURE mother available Sept. 10 F/T for quality care of 3-4 year old in my home. Music appreciation and French lessons given. 775-3481. References available. gcS4

NURSE'S AIDE FROM 9-5 daily. Light cooking & cleaning. Hospital experience & references. 292-2426; 565-1817. gcO2

LOOKING FOR HOUSECLEANcleaning position. Own transportation. 379-1042.

NURSE'S AIDE TO TAKE CARE of elderly people in Garden City. 5 days a week, some weekends if necessary. Very good references.

HOUSECLEANER, HONEST. reaiable, experienced, own transportation. Flexible hours. Excellent references. Educated American. Call evenings. 334-2336.

I AM A CERTIFIED NURSE'S Aide with references for 15 years. Live in Roslyn, wish work with sick or elderly, full time or hours desired. 484-4321 - leave message. After Sept. 5, call 742-9498.

GARDEN CITY MOTHER & former school teacher looking to baby sit your child in my ...ne. Warm, caring atmosphere pro-vided. Excellent references. 538-5862. gco3

IRISH NURSE'S AIDE available to take care of the elderly and also light housekeeping. Live out. References available. Call Caroline (718)381-7740.

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. gcs4

NURSE'S AIDE FULLY EXPERIenced in hospital, nursing home and private duty, willing to take a long term case. Work hours 11 p.m. - 7 a.m. \$10 an hour. References. 546-2521. gco2

CERTIFIED NURSE'S AIDE available to take care of elderly. Ask for Maria, 775-1171. gcO1

HOUSECLEANING: REASONable, very efficient, careful, thorough & reliable. At your convenience. 741-2745. gcO1

HOUSEKEEPING AVAILABLE Live in or out 5 days or 51/2 days. Call 538-3910 leave message. gcO1

HOUSECLEANING OF ALL types. Experienced, references, honest, 485-9530.

#### Situation Wanted

EF AU PAIR - CHILD CARE affordable, European, live-in child care - 12 months legal program, weekly, average \$165. Call today for our next monthly arrival, 1-800-333-6056. hd1

HOME ATTENDANTS AVAILable to care for the aged or disabled 7 days a week. Exprience & good references, 718-604-0202 or 922-2998. gcO2

NURSE'S AIDE LOOKING FOR situation to care for elderly in home or hospital. 6-10 hrs. 489-1066. gcO2

#### Real Estate For Sale

GARDEN CITY WESTERN SEC. Colonial, 4 BR, 21/2 Baths, EIK, large jalousied porch, LR/Fpl, CAC, sprinkler system, gas heat. Good condition, \$300's, 328-7472. gcO3

GARDEN CITY 2 MORE T-W EXCLUSIVES

Mint cond. Estates Eng. Brk/ slate. LR/fpl, fam. rm./fplc., new gourmet EIK. Powder rm. 4 BR, 2-car. Reduced \$200,000 Central Section. Fabulous Col. LR/fplc., DR, C/H, pnld fam. rm. Ultra modern EIK. Butlers pantry. 4 BR, 31/2 baths, Walk everything Taylor-Warner \$545,000

516/741-4422

NEED LARGER HOUSE? Do 5 BR's and 3 full baths appeal to you? Modern EIK, convenient location, low maintenance, lots of privacy. We will swap for a smaller house/apt. Save \$55 and trade up. Call for details, 741-8838. gc03 gc03

PRIME REYDON CT., Southold, N.Y.: Two one acre lots, deeded and association approved, private beach plus boat slips and community marina, road and power completed, all ap-provals. Ready to build. Call 437-8520. gcN3

MONTAUK ON THE BEACH: Beautiful Atlantic Ocean at your door. Wavecrest Resort, Montauk Highway next to Hither Hill State Park. \$29,000, terms. gc03 668-2141 and 248-8210.

GARDEN CITY: SPECIAL Contemporary - Formal LR and DR, large EIK, party size family room, 3 BR, 2 full baths, 2 car. Walk RR. \$345,000. Owner, 488-4583.

GARDEN CITY EASTERN 4 BR, 2 bath Cape on large property. Owner very motivated. \$279,000. Edwin M. Keusey Real Estate 747-1300 gcS4

CUTCHOGUE WATERFRONT Estate: Light & airy 4 BR, 3 bath Contemp. LR/fpl, large kit., DR. many decks. Lavish landscaping. Ideal for boating. \$450,000, exclusive. Cutchogue: Drastically reduced 3 BR, 2 bath, bulkheaded waterfront Ranch. LR/fpl, country kit., full bsmt., garage, \$265,000. Peconle: Charming 2 BR Cottage. LR with stone fpl, front & back porch winterized in wooded private community with deeded beach rights. \$155,000. Marilyn Lang Realty 734-6472. 734-6690. gcS4

#### Real Estate For Sale

GARDEN CITY WESTERN Section - vinyl sided, corner Split. 3 BRs. 11/2 baths, LR/fpl, DR, kit. den, bsmt, patio, 1 car garage, 2 Zone oil heat, CAC \$350,000 488-4796.

NEW SUFFOLK HIDEAWAY ON country lane. 4 BR home in move-in condition with beach & boating almost at the doorstep. \$215,000. Jlm Gray Realty. 1-800-287-GPAY, gcs4

GARDEN CITY ESTATES CH Colonial - Bright & spacious 4 BRs on second floor, 2 BRs on third, 3½ baths, marble fpl, awninged terrace, lg. EIK, lg. 2 car garage. 747-2995 or 703-536-

N. W. WESTBURY Private Duplex guest apartment is included in prestigious "Woodedge" Old Westbury vicinity, stunning, spacious 4 BR Farm Ranch. EIK, FDR, LR/fpl, Carle Place S.D. Professional, retired owners motivated. \$234,000. 334-3189. gcS4

SOUTH JAMESPORT 1/2 ACRE prime location, small sub-division underground utilities. Walking distance to village, bay beaches, marinas & tennis, \$64,000. Principals only. 722-8096. GC01

GARDEN CITY SOUTH Spectacular Brick Ranch customized 3 BR 11/2 baths, fpl, night club fin. bsmt. \$259,000 by owner. 489-5640. gcS4

MOBILE HOME - CALVERTON Adult park - double wide with Florida rm, carpet throughout. \$43,990, 746-5652. gcS4

POCONOS, LAKE WALLEN-paupack. Tanglwood Lakes. Imaculate year round home. 4 BRs, 3 baths, 2 fpls, 2 car garage on beautifully landscaped 1/2 plus on beautituly landscaped 12 plus acre with pond. Golf, skiing, boating available to property owners. Principals only. \$135,000. 516-485-3702 or 717-857-1253.

GARDEN CITY SOUTH Great starter. 5 BR, 2 bath Tudor Doll House. Walk to Nassau Blvd., station & stores. Lr/fpl, FDR, ElK, \$200's. Tony Pontolillo S.A. 747-8130. GCS4

JERICHO - "THE HAMLET" Adventura - 3 BRs, 2½ baths, mint, ideal location, beautiful decor, deck. Purchase by Oct. 31, and seller will pay closing costs. Ask \$359,500. Offers welcome. (516)935-6543. gcS4

EAST END - MATTITUCK New waterfront private peninsula community on North Fork's Deep Hole Creek. Floating dock permits access to Peconic Bay. Luxury Cape, 4 BRs, 21/2 baths, ElK, LR/fpl, DR, fam. rm., covered porch, bsmt, 2 car garage. Best offer. Low \$300's. Principals only - Builders, 298-9157.

GARDEN CITY ESTATES: Large English Cottage. LR/fpl, den, FDR, EIK, 1/2 bath, screened porch. Second floor: 4 BRs, 2 baths, low taxes. \$425K. Princi-

#### Real Estate For Sale

GARDEN CITY: 4 BR, 31/2 baths, lovely Estates Tudor. Large EIK, centerhall floor plan, gracious FDR, LR/fpl, den, full bsmt., move-in clean. Owner, \$495,000. 742-8447. gco1

NEW HYDE PARK VILLAGE Custom 3 BR Colonial. Low taxes, walk to RR & stores. Large LR, wood fpl, large EIK, deck with hot tub, new windows & siding, new plumbing & electric through-out house. Many extras. Must see! \$245,000 owner. 488-1318.

GARDEN CITY - JEFFERSON St. Wide, landscaped street -White Colonial, new vinyl siding, new furnace, 3 BRs, 11/2 baths, fam. rm. Walk to RR, church & shopping. Owner. 352-6130.

EAST WILLISTON STARTER 2 BR, LR, DR, 1½ baths, new windows, roof, Wheatley SD, low taxes. Move-in condition. Low \$200's. Owner 248-2379. wO3

GARDEN CITY ESTATES Colonial 5/6 BRs, 3 baths, huge kitchen. Formal LR, banquet DR, low taxes, low \$500's. Will also consider lease with purchase option. 742-8791. gco2

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. gcS4

MINEOLA - DRASTICALLY reduced. Legal two family. 4 over 5, fireplace, carpeted, fin. bsmt, full attic, detached garage. 50' by 100'. Low taxes, good rental income. \$269,990. Principals. 746-3141.

GARDEN CITY MINT 3 BR Colonial: 1½ baths, LR, 16 x 13 DR, updated ElK with bay window, open attic, bsmt has outside entrance to manicured, fenced in yard. Low taxes, semi-attached. Walk to all. \$189,500. Principals. 741-2780. GCS4

GARDEN CITY CENTER HALL Colonial on 1/4 acre landscaped for privacy. 3 large BRs, 21/2 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, \$355,000, 741-7929

NORTHFORK: STUNNING, near-new Comtemp. Custom built of distinctive design & superior construction. Just steps from beach/boating marina, 2200 sq. ft. Great room, mod. woman's kit., 3 master size BRs, 2 baths, den, appliances, fpl, skylights, 100% insulation. Closets galore, double garage. New exclusive. 5228,900. Bookmiller 722-4423.

GARDEN CITY EXPANDED Ranch on John St. 5 BRs, 3 baths, CAC, sprinkler, Anderson windows, 100 x 200. \$585,000. Owner 741-0451.

#### Real Estate For Sale

STEWART MANOR COLONIAL 4 BR, 1 bath, LR/fpl, large DR, EIK, attached garage. 50 x 100. No brokers!!! Price \$245,000. Contact 747-6483. hol
OXFORD BOULEVARD

OXFORD BOULEVARD Spacious Dutch Colonial, 5 BRs, 4½ baths, entrance foyer, LR/fpl., fam. rm., office/nursery, FDR, huge mod. ElK, full bsmt, attached 2-car garage, large brick patio and more. Beautifully landscaped ½ acre in Garden Civil or the section of the s City's prime location. Walk to both RR lines and all schools. \$985,000. Seller financing for qualified buyer. By appointment only. Owner/broker 248-2450.

SOUTHOLD CONTEMPORARY New on secluded wooded acre. 1/4 mile to beach. 4 BRs, 21/2 baths. large deck, 2 car garage, fpl, FDR, A/C, jacuzzi, full basement, landscaped, sprinkler sys-tem, first class all the way. Possible owner financing. Principals only. Let's make a deal. Sacrifice \$299,000, 765-1165. gcn1

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.

GARDEN CITY - SUNNY 1 BR. reduced for quick sale, Central A/C, mod. kit., walk to RR. \$85,000. Mineola - Garden Plaza, spacious 2 BR, 2 bath, mod. kit., walk to RR, 24 hr. security. \$145,000.

Edwin M. Keusey Real Estate 747-1300

GARDEN CITY - "POINT OF Departure" - Western Ranch. LR/fpl, EIK, 3 BR, 2 bath, Rec. rm., central a/c, terrace. Asking \$290,000. "Yes, You Can" -Eastern Colonial, vestibule, LR, DR, new EIK, den, 3 BR, 1 bath, terrace, mint and only \$229,500.
"Shows Well" - Split, LR, DR, mod. EIK, 3 BR, 2½ bath, fam. rm./fpl, rec. rm., 2 car, listed at

Edwin M. Keusey Real Estate

GARDEN CITY WESTERN Section Colonial. 3 BRs, large FDR, LR/fpl. Call owner at 352-0423 or 488-7069. gcO2

GARDEN CITY ESTATES Section - Side hall Colonial - 4 BR, LR/fpl, 31/2 baths, EIK, FDR, den & sun rm, fin. bsmt. Walk to train \$480,000. Principals only 422gco2

MUST SELL BEAUTIFUL contemporary home in Poconos Lake Community with 3BR, 2 baths, deck, fireplace, furnished on 1/2 acre, near ski resort. \$115,000 or best offer. 742-1761.

PALM BEACH GARDENS. Florida Town House/Villas PGA National Prestwick Chase Town-house - 2 BR, 3 baths, den, country kitchen, many upgrades \$95,000. Call (407) 622-7040 Owner for appointment.

#### Real Estate For Sale

GARDEN CITY MOTT Center Hall Colonial. 4 BR, 11/2 baths, LR/fpl, DR, new kit., den, fin. bsmt, 2 car garage, oversized park like plot. Mint. Principals only. \$475,000. 746-7507.

SOUTH JAMESPORT RANCH situated on 2 lots. Beautiful 3 BR, 11/2 baths. Mint condition, furnished, private road & beach. Principals only. Possible terms available, 722-8096. GC01

SOUTH HAMPTON WATER-front home. Shinnicocks Hills -Super 4 BR, 31/2 baths. Home right on Peconic Bay. \$875,000. Call builder for details 953-6765. gcO2

SOUTHOLD BY OWNER 3 BR, 2 bath ranch, vinyl siding, skylights, Florida room, country kitchen, carpeted, all appliances, split design. A/C, detached garage, boat slip, walk to L.I. Sound, must see. 765-5496. gc01

GARDEN CITY REDUCED: Have two homes - drastic reduction on Northeast Split level home. Move-in condition. Main-tenance free aluminum sided, c/a/c, low taxes, 3 BR, 2 baths, 125 feet deep, large patio. Have it all for \$299,000. Principals only. 516-746-7281 or 407-994-9500.

gcO1

GARDEN CITY WESTERN Section - 3 BR, 2½ bath Colonial. LR/fpl, DR, Kit, tiled entrance & Florida rm. 2 car, sprinkler, private yard, fin. bsmt. Walk to RR \$379,000. Owner. 326-2218. gcO2

HYPOLUXO, FLORIDA between Boynton Beach & Lantana. Beautiful 1250 sq. ft. 2/2 Villa. 18 x 30 ft. fenced patio, Central A & H, appliances, cable. private community, walk to Intra-Coastal Waterway + marinas, large heated pool, tennis, shuffle board. Clubhouse. Low maintenance & no Town taxes! Several re-sales available. An absolute steal for under 65K. Children and small pets OK. Not ready to move yet? OK too! Some units with good leases. We manage. No fee in year of sale. Oh yes, we live here tool! For details, floor-plan & information: H. Grett & Assoc. Lic. RE Broker, 513 SE 6th Ave., Boynton Beach, Florida 33435. Phone: (407) 364-0669. No collect calls!

GARDEN CITY VICINITY The atrium - 1 BR Condo, CAC, Washer/Dryer, large yard, free indoor parking. Maintenance \$110. Steal at \$112,000, 538-8380.

GARDEN CITY ESTATES 3 BR Colonial, Ig. LR, FDR, EIK. 2 full baths, fin. bsmt. Taxes 52,450. Near all. Asking \$325,000 248-2009. gcO2

PANORAMIC WATERVIEW Peconic Bay. Marina within 100 ft. Year round 3 BR. Move in condition. 60 x 200. Taxes \$1,900. 2 private beaches. Fleets Neck, Cutchogue, \$219,000. Principals only. Evenings 734-5958 or 734-7975. gcO2 gcO2

#### Real Estate For Sale

WILLISTON PARK: 3/4 BR Colonial. Good condition. Low taxes. Convenient to all. Principals only. \$210,000. 741-1867.

GARDEN CITY & VICINITY: Young 3 BR Split - 2½ baths, updated kitchen, fin. bsmt., den, covered patio. \$339,000. Cathe-dral Garden/Hempstead - 115' x 115' landscaped lot, 4 BR. brick Cedar Split, 3 baths, 21' DR, skylite kit., den/fpl, fam. rm., office, Central Vac. \$339,000.75 x 100 Beautiful Plot, 3 BR Garrison Colonial, 1½ baths, fpl, fin. bsmt., sprinklers. \$219,000. Country Club Estates - 4 BR Turreted slate roof French Tudor, 2½ baths, granite fpl, sunken LR, great wood detail. Walk all. 2 car. \$259,500. 4 BR Slate roof CH Brick Colonial, 3 baths, fpl, cedar closets, fin. bsmt., all natural woodwork 60° x 120°, 2 car. \$239,000. 4 BR English Tudor, two plus two half baths, new EIK, den, fpl, Florida rm., skylights, new roof, all new windows, new roof, all new windows, transferring owner. \$229,000. 3 -BR Colonial, 1 bath, plus 2 one half baths, EIK, den, fpl, fin. bsmt., patio. \$159,900. Rockville Centre - 100 x 100, 4 BR Brick Contemp., 3 baths, library, study, skylite sitting rm., brick wall fpl. Possible professional/mother-daughter. \$425,000. Cathedral Gardens - W. Hempstead - 80 x 105 beautiful plot, 3/4 BR, brick & fieldstone wideline Cape, 2 baths, Florida rm., brick wall fpl, EIK, formal DR, Central air condition \$220,000, Elaine J. Nolan 485-7054 or 292-9749. gcS4

SOUTHOLD - MINT CONDITION 4/5 BRs, 2 baths, expanded Ranch on private road on wooded property in exclusive Horton's Point/McCabe's Beach area. Block to L.I. Sound. Finished, heated basement. Many extras. Possible Mother/Daughter setup. Moving & ready to sell. Must see. Asking \$262,500. Owner. 765-9279. gcO1

GARDEN CITY 5 BR, 31/2 baths. Mint condition, in-ground sprinklers, den, EIK, fpl, patio, 2 car garage by owner. Upper \$300's. 248-7513.

GARDEN CITY WESTERN Section: Split, vinyl siding, 3 BR, 2½ baths, LR/fpl, DR, kit., den, garage. Low \$300's. Principals only. 354-7285. gcO1

LAUREL BAYFRONT: CHARMing, updated 2 story, 3 BR, 2 bath, LR/fpl, Florida rm., skylights, deck, views! Exclusive. \$395,000. Cutchogue Waterfront: Spectacular views. "House & Garden" Country home. 2 BR plus loft, LR/fpl, Cathedralled ceiling & skylights. Asking \$300's. Bring offers. Southold: Warm & inviting 3 BR Cape on wooded 1.3 acres. 2 baths, LR/fpl, deck, garage, OHA/CAC. Realistically priced, \$239,000. Cutchogue Exclusive: 2 story Farmhouse on 1/2 acre. 3 BRs, 11/2 baths, 4 car garage & heated greenhouse. A must see! \$145,000. Cutchogue: Authentic brick Colonial. Nine acre estatelike setting, 4 BRs, 2 baths, terms. Asking \$400,000. Marion R. King Real Estate 734-5657.

.....gcS4

#### Real Estate For Sale

GARDEN CITY WESTERN Section - vinyl sided, corner Split. 3 BRs, 11/2 baths, LR/fpl, DR, kit, den, bsmt, patio, 1 car garage, 2 zone oil heat, CAC. \$350,000. 488-4796.

MINEOLA - MINT 3 BR Colonial, 1½ baths, new EIK, new baths, AC, Andersons. Appointment only. Principals only. Asking \$239,000. 742-3956 or 488-1770.

HUNTING LAND IN COLUMBIA County, NY. Good for rod & gun club. 80 acres, year round stream, open & wooded. Limited access off state highway. \$150,000. .746-3406.

GARDEN CITY ESTATES Elegant, beautifully decorated and renovated Dutch Colonial. Center hall, 5 bedrooms, 3½ 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, \$495,000.742-4271 gco2

GARDEN CITY ESTATES: Full Ranch on exclusive Whitehall Blvd. 3 BRs, 2 baths, den, gas hot water heat, 5 min. walk RR, large plot. 746-1121. \$425,000. gco2

SEAFORD: 3 BR WATERFRONT lazy man's special including lawn. Great starter/retirement/ bachelor. New bulkhead. Low \$100's. Grasso, 775-6035. gcS4

GARDEN CITY, 4 BR Tudor. Reduced. Price negotiable. Large LR with fireplace, formal DR, den, 11x17 kitchen, deck, 2 car garage. \$300,000. For appointment call 742-2582. ho2



N.Y.C. EAST 86th ST. STUDIO 24-hour doorman, high floor, river view, new kitchen, terrific location, low maintenance. \$102 K, (516) 433-0063. gcO3

GARDEN CITY/HEMPSTEAD Next best thing to house. Large 1 BR Co-op with outdoor patio. Newly renovated. Maintenance 80% deductible. Priced to sell. Low \$70's neg. Owner 485-8079.

GARDEN CITY: 3 BR CO-OP ON Seventh St. Oversized LR & DR, fpl, country EIK, 2 full baths, foyer, washer/dryer, a/c, new windows. Walk to RR, shops, schools. Mint condition. \$249,000. Call 742-1268. gcO3

#### Real Estate For Sale

GARDEN CITY/CHERRY Valley 2 BRs, garage, first floor. Mint condition, washer/dryer, dish washer, A/C, 3 exposures, quiet corner facing 15th St. Walk to RR. \$128K neg. Make offer. Owner 746-1758.

GARDEN CITY - 7th ST. CO-OP Completely renovated, spacious new kit., LR, BR, bath & TV/guest room, 1 car garage with electric door opener. Owner. \$138,500, maintenance \$380 Please call for appointment. 248-6512.

GARDEN CITY'S BEST 1 BR Co-op. New LR/DR, kit, 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 \$104K. Principals only 742-3065

GARDEN CITY CHERRY Valley Co-op: Mint condition, 1 BR. first floor, new kit & bath. ceiling fan, wall to wall, walk to stores, LIRR, \$98,000. 294-7889.

\$5,000 MOVES YOU IN Lease with option to buy. Half your rent applies to down payment, Top location in Garden City. 2 BRs, 3 exp., CAC, updated kit & bath, wall to wall carpet, Purchase price \$119,000. 223-7760. gcO1

MINEOLA/GARDEN PLAZA: Large 1 BR Madison II, LR, DR, den, alcove, 2 a/c, security. Walk to RR. Must see. Make offer. Owner: 248-8233.

DOUGLASTON-BEACH HILLS 31/2 room upper, attic, updated kitchen and bath, levelors, low maintenance, SD#26, immaculate, convenient to all shopping and transportation. Asking \$84,000. Available immediately. Please call evenings (718) 225-2870. hed

**GARDEN CITY SPACIOUS 2 BR** Co-Op - Large LR/fpl, EIK, new windows, A/C, low maintenance. \$165,000 neg. Owner 294-5696. gcO4

GARDEN CITY - EXCELLENT location. Stewart Ave., 1 block from RR & School. 2 BR, Co-Op. 3rd Floor-no elevators, \$124,000 for immediate sale, Call 432-3223.

LINCOLN CENTER/CENTRAL Park at 69th St. & Broadway. Concierge, studio, mod. kit.. dishwasher, large jacuzzi bath. Price \$117,500 - owner. 741-9605.

GARDEN CITY-CHERRY Valley Co-op: 2 BR, new kit, bath, washer, dryer, dishwasher. Second floor, a/c, wall-wall. Mint condition. \$138,000. 741-4248. gcO3

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* MORE REAL ESTATE FOR SALE ADS CAN BE FOUND ON PAGE 18A

......

#### 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. wtfn

GARDEN CITY 2 BR CO-OP IN heart of village. Fine detailing & architectural charm, convenient to train, shops, and Leo's. Low maintenance. Just reduced to \$159,000 by owner. 294-9318. GCS4

GARDEN CITY CO-OP - 2 BR lovely second floor unit. Center of Village. One block to LIRR & all popping. Refinished floors. new windows. Owner 5149,000. 873-9469, leave message. gcO1

MINEOLA: HORTON HOUSE 1 BR, large LR, secure building. Convenient to RR, hospital, stores. Must sell. \$90,000. By owner, 747-8711. gcO3

MUST SELL - GARDEN CITY 2 BR Co-op. Completely renovated, new windows, new kit., Central location. Great price 294-0585. gcU3

GARDEN CITY/HEMPSTEAD Cathedral Gardens. Moving must sell. 1 BR Co-op renovated. Low 560's neg. Maintenance 5556. 83'% tax deductible. 485-3195.

gcO

GARDEN CITY STUDIO APT for sale at Hamilton Gardens. Just renovated this Manhattan style single room loft apartment is well located between Franklin & Hilton Avenues in Garden City. Low maintenance. Owner guarantees no increase for 3 years. Also excellent investment with positive cash flow. Only \$59,500. Call Patrick 212-819-1833 or after 7 p.m. 516-741-2646.

SPACIOUS 2 BR, FIRST FLOOR large end unit, country kit., washer/dishwasher, lots of extras. 80% tax break, sp. terms. Owner 742-0359. gcO3

#### Real Estate For Rent

MINEOLA GARDEN PLAZA
Large air conditioned studio
sleeping alcove, Murphy bed,
separate kitchen, updated kitchen
and bath, verticals. 24 hour
security. Walk RR. 5750.
294-3164. dgc03

BELLEROSE VICINITY: 4 ROOM apt. second floor, in private 2 family house. Young business couple preferred. References. 5650. Principals only. 718-76-7475. gc03

GARDEN CITY: SUNNY 2 BR walk RR and stores. Available immediately. Charming 1 BR in levator building. High Ceilings and wood floors. Available immediately. 5900. Edwin M. Keusey R.E. 747-1300. gcS4

#### Real Estate For Rent

CATHEDRAL GARDENS/ Garden City Border - Large, airy, furnished room, bath, mature female preferred. 481-4874. gco3

GARDEN CITY: 4 BR, EIK, LR, DR, den, 2 full baths, \$1450 per month plus utilities. Call 201-265-0268. gcO1

GARDEN CITY - NEW CENTERhall Colonial. LR/fpl, DR, EIK. 3 BR, 2½ baths, fin. bsmt., 1 car. Mott Section. Owner asking 52200+ 294-6162. gcO1

GARDEN CITY ROOM TO share - Kitchen, laundry, LR & Dining areas. Near RR. Professional business person preferred. References. 747-6420. gcO3

COUNSELORS - INDIVIDUAL offices for rent. Quiet & professional. Two Hillside Ave., Williston Park. From \$650 per month. Call Eliazbeth, 944-7730. wO2

WILLISTON PARK - SELECTION of 1 BR apts. from \$690 plus utilities. Private building, parking, walk all. No fee. Owner 747-1300. gcS4

GARDEN CITY - 1 BR APT. Walking distance station, stores, 10 ft. ceilings, 6 ft. windows, lovely front view, furnished/unfurnished. ½ yr. lease 51,100 plus utilities. Call 694-0730 leave message.

GARDEN CITY: 1 BR HEATED indoor garage, EIK, spacious & sunny in Co-op building, \$1050 per month, No brokers, 741-4754; 294-8797. gcO3

ELMONT EAST: BASEMENT Separate entrance, studio, living/ bedroom combo. ElK. Desire single, non-smoking, mature male, \$500 all, 354-5626. gcol

FLORAL PARK - PRIME residential area. 4 modern rooms. 2 BRs, garage and parking for 2 cars, use of yard, storage. Near shopping, RR and buses. 5990 (516)354-2926. gcS4

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

\$5,000 MOVES YOU IN Lease with option to buy. Half your rent applies to down payment. Top location in Garden City. 2 BR, 3 Exp., CAC, updated kitchen & bath, wall to wall carpet \$900 per month. (\$16) 223-7760. gc\$4

GARDEN CITY FURNISHED room in quiet home. Private entrance, private bath, parking, near Hofstra. Male, non-smoker. Available immediately \$330 a month including utilities. 741-1098. gcS4

NHP BRAND NEW BASEMENT apartment. LR/DR combo, BR, w/w, kitchenette, bath. Lovely neighborhood, prime location, private entrance, furnished. \$650 month includes all. Mature working person preferred. 437-6652, leave message. hol

......

#### Real Estate For Rent

MINEOLA/GARDEN PLAZA: Large 1 BR. Madison II, LR. DR. den, alcove, 2 a/c, security. Walk to RR. Must see. Make offer. Owner: 248-8233. gcO1

GARDEN CITY/HEMPSTEAD
Co-op for rent. Large L shaped
convertible Studio. 24 hr. security, free parking. Walk to RR.
Occupancy Oct. 1. One month
rent/1 mo. deposit. 5700 a month
plus utilities, heat included.
742-3278. gcO2

FEMALE ROOMMATE NEEDed to share spacious 2 BR, 2 baths. Ample closet space. Can walk to RR. Available Nov. 1. Call & leave message 741-5267. gcO2

CATHEDRAL GARDENS:
Rent with purchase option for
qualified buyers. Established
Co-op complex. Studio, 1 BR & 2
BR apts. from 5650. One third of
rent applied to purchase. Located
on picturesque Cathedral Ave.
Call 486-1942. gcO2

GARDEN CITY - EXCELLENT location - Stewart Ave., 1 block from RR & school. 2BR Co-op. 3rd floor. No elevators. 5975 per month. Call 432-3223. gcO1

GARDEN CITY 2 BR APT FOR rent, new throughout. Walk to all. \$1,600.742-8337. gcO1

GARDEN CITY 2 BR APT FOR rent, new throughout. Walk to all. \$1,600.742-8337. gcS4

GARDEN CITY VILLAGE: Immaculate 2 BR Co-op. Country setting, furnished, convenient all stores, LIRR. Option to buy. Rent applied to purchase price. \$1250/ month. No brokers. 741-4088.

gcO:

GARDEN CITY & VICINITY: Spacious 1 BR - four closets, new windows. \$1100. Cathedral Gardens-Hempstead - Two BR spacious apt. Formal DR, fpl, Oct. 1 occupancy. \$859. Studios - Two (2) large studios on Garden City line, new kit., cat OK, walk RR. \$500 & \$630. W. Hempstead - 2 BR, 2 baths, all new Co-op, pool, walk RR. \$1100. Elaine J. Nolan 485-7054 or 292-9749. ws4

3 ROOM APT. PLUS GARAGE and attic. Freshly decorated. Private. Rent \$720 mo. including heat. Private entrance. Use of rear yard. 248-0907. W-S-4

NO. LYNBROOK, 4 BR Colonial, 2 baths, breakfast room, mirrored wall DR, gas heat, 75 x 150, fenced yard, garage, walk RR, \$1350 mo.

Elaine J. Nolan 485-7054 or 292-9749

GARDEN CITY - ROOMS TO share. Kit., Laundry rm. LR & DR areas. Near RR, non-smoker. Professional/business, female preferred. 358-5134. gcS4

TUDOR GARDENS - CHARMing 1 BR Apt Elevated building,
top floor, front, new kit & Bath,
A/C, wall to wall carpeting, heat
included. \$1,100. One month's
security. No fee. Owner/broker.
326-1907. gcS4

#### Real Estate For Rent

APT. GARDEN CITY VICINITY
on Hilton Avenue, 2 Bedroom
Apartment with 1 car garage,
LR/DR area, full bath. References and security required.
Available October 1. Walk to RR.
5875. 486-3549 gco3

GARDEN CITY - LOVELY, quiet, furnished room. Private entrance, bath. Mature, nonsmoker preferred. References. 746-0018. gcO1

BRAND NEW DELUXE APT Floral Park. 6 rms., EIK with dishwasher, FDR, LR/fpl, laundry rm, A/C, patio, parking, Convenient to all. \$1200. Owner. 488-2314. gcO1

#### Real Estate Wanted

LOOKING TO RENT GARAGE in Mineola/Garden City area. Days 531-7787; evenings after 6 p.m. 294-9498. gcO1

MINEOLA: THREE RM. APT wanted. Senior citizen. Nonsmoker, no pets. Price range \$600, 248-9325. w01

#### Vacation Rental

PAWLET, VT. FALL FOLIAGE or ski rental on 14 private acres. Fully equipped house sleeps 8, near Manchester & Bromley. Call 294-8782. gcO2

ST. MAARTEN-PELICAN
Resort Condo: Sleeps 4. All
amenities. Pool, tennis, casino,
walk to beach. Week of Nov. 11.
\$600. Call after 6 p.m. 488-6292.
gcO2

MONTAUK FALL SPECIAL \$166 - 3 nights - 2 room suite, heat/ae full kitchen cable TV walk to beach and town, daily maid service, sleeps four. (\$208) Immaculate. Other packages available. Sullivan 724-5572 ho1

S DISNEY WORLD - 2 BR, 2 bath Condo. Sleeps 6. Week of Dec. 30 - Jan. 5. 5 min. from main gate. \$1250. 294-9250 daytime.

POCONOS: MINUTES FROM sking Jack Frost, Big Boulder and Camel Back. Fully equipped 3 BR house with woodburner. Private community with chalet & own ski lift, ice skating, sledding & snow mobiling, weather permitting. Clean & comfortable. Rent reasonable. Monthly, weekly or weekends. 868-4467.

gcol

NEWPORT, R.I. NEWPORT Bay Club on the wharf at Thames St. 7 nights, Fri., Oct. 26 - Fri., Nov. 2. 2 BRs, 2 baths, jacuzzi, LR, DR & efficiency kit. Daily maid service. 5700. Call 747-6614 between 8 & 10 p.m. gc01

POCONOS: FALL WEEKENDS or weekly at private lake community with tennis and hiking. Golf, horseback riding & rafting nearby. Spotless 3 BR Ranch with fpl & all ammenities. Great place for just relaxing. Reasonable. 379-8447.

gcO1

#### Vacation Rental

BERMUDA: LUXURIOUS 2 BR Cottage. Sleeps six, golf, pool, tennis, beach, maid service & more. Christmas or New Year's week only, 5995. 248-2450. gcO1

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 746-2211 or 326-7711. gcn2 gcn2

CANCUN, MEXICO: LUXURY beachfront Caribbean Condo for families or up to 3 couples. Maid a/c, pools. Near snorkling, fishing, tennis, golf and Mayan ruins. All seasons. 203-767-2266. gcN3

MT. SNOW, VT, FALL foliage - ski season. Beautiful fully equipped Condo. Sleeps eight. Hot tub & Sauna in Condo. Clubhouse with pool, gym & racketball available on premises. Free shuttle bus to ski lift, less than one mile away. Flexible rental arrangements. 741-1824.

MT. SNOW/HAYSTACK Large, fully equipped 4 BR's plus loft, 2/2 baths w/color TV, VCR, microwave. Available by the week or weekend. Beautiful views, lots of privacy, heated garage. 466-6120 gcN3

#### Services

PAINTER & DECORATOR available. Taping, spackling, papering and painting. Free estimates. 564-9833. gcO3

HOME IMPROVEMENTS Painting, Interior/Exterior. Wallpapering, 18 years in business. Free estimates. 718-358-8031. Ralph. hO2

AUTO POLISHING. BEAUTIFY & protect your car for winter. Interior cleaned. Exterior compounded, glazed & waxed at home service. Reasonable rates, Call 225-1699. gcS4

TRY US! TR EMPLOYMENT Agency has men & women available to work in all professions. Our number is 718-349-2171. Office hours, Mon-Fri., 8 a.m. - 5 p.m. & Sat. 9 a.m. - 4 p.m. gcO2

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. gco2

#### Services

TREE WORK: REMOVALS, pruning, topping, stump grinding. All work done by owners. Lincensed/insured, references. Free estimates. E.T. Lawn & Landscaping 561-9399. gcs4

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 538-3813 Estimates LIC#H1735940000 gcN4

HAVE YOUR HOME CLEANED the easy way. Insured bonded people available. Affordable rates Call Moppets Cleaning Service 488-6279 or 294-9120 (leave gco4 message).

THE CUISINE SCENE

Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Professionally trained staff. Call Susan 742-1956. gcd2

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. wtfnl

JAMES F. MENTZ CARPENTER-ROOFER Skylights Installed Carpentry-Alterations Slate Roof Repairs Roofing-Gutters-Leaders Kitchens-Attics-Basements LIC #401750000 593-2933

GUTTERS CLEANED REPAIRed, replaced. Painting, trim, windows. Other handyman jobs. Call & ask for Joe. 735-6349. hd3

HANDYMAN - QUALITY HOME repairs: plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences. Doors shaved, carpentry, sheetrock patching, Ceiling fans installed. Call Joe 746-7517.

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. gcD1

...... HANDYMAN - PAINTER Benjamin Moore Paints, aluminum & vinyl pressure washing, gutters cleaned, carpentry, kitchen cabinets refaced, driveways sealed & more. Free estimates. Small & odd jobs welcomed. Charlie - 887-6076

6cD1

TURORING - SAT/PSAT/ English. 21 year high school English teacher. Extensive SAT experience. Personal instruction and in-home convenience bring out your best! Also - basic/advanced English skills, college appli-cations and essays. 423-1967 day or eve.

#### Services

PAINTING EAST OAKS Benjamin Moor paints. Int/Ext., Residential/Commercial. Eight years experience. Free estimates. Satisfaction guaranteed. Call Pat Coulter, evenings at 294-8025.

"FRED WILL FIX IT" PAINTING Interior & Exterior Repair Sash Cords & Windows Clean Out Gutters General Handyman Satisfaction Guaranteed\*

Call Fred Lee - 794-7405 gcN4

WE CLEAN OFFICES: CALL gcO3 424-2480 anytime.

BRIAN CLINTON MOVERS Licensed and insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place gco4

LEAKS & SQUEAKS HANDYman Service: No job too small. Old house specialist. General home repairs. Fifteen years experience. Day & evening hours availabe. Call Jim, 868-4984.gcO1

CARPENTRY: ALL PHASES OF carpentry: basements, attics, decks, kitchens, bathrooms. Quality work guaranteed. References available. Licensed & insured. Free estimates. Call Mike anytime, 352-5783. gcO2

#### Car For Sale

200SX DATSUN fully loaded, light blue, 2-door. \$2,200. Excellent condition. 746-1448. gcO3

1986 CORVETTE, BLACK/RED leather, power seats, sport package, 17,000 miles, 2 tops, mint condition, weekend car, Nassau County garaged \$16,900. Office 718-384-5400 or 516-747gcO1

1982 CADILLAC COUPE DE Ville - 60,000 miles. Perfect condition. \$5900 or best offer. gcO3 747-6341.

1979 CAMARO 305-V8 -A/C, P/B, P/S. AM/FM Cassette White out, red in. Mechanically 100% Original owner. 69,000, 52700. Call 248-4184. wo3

1982 CADILLAC COUPE DE Ville - White, 45,000 miles. \$4500. Call 747-0761. wo3

1985 DODGE LANCER ES: 57,000 miles. Turbo, leather interior, good condition. \$3200. 294-1149 anytime; 746-5479 evenings.

MUSTANG 1985 LX: FOUR speed, am-fm cassette, p/s, p/b, power locks, cruise, sun roof. Must see \$3200. 746-7695. gca5

1986 CHEVY CAPRICE CLASSIC 4 Door, 58,000 miles, cruise control, power windows, air conditioning, stereo, tape deck, custom wheel covers, tilt steering wheel, full vinyl roof, \$6500. Call

#### Car For Sale

DODGE MIRADA 1981 low miles, very good body, new pullout radio and speakers; engine and radial tires great shape. Insurance quote low. \$2000 firm, Garden City area. 292-8999. Must sell before October 10. gc03

1980 COUPE DE VILLE Diesel Cadillac. Excellent condition. Low miles - 69,000. Original owner. Asking \$3,000. Must see. gcO2 747-7756.

1982 DATSUN 310 - 4 DOOR, 43K, 5 speed. Good condition. Dark red \$700. Call 352-3566.

1981 DODGE ARIES K. PB, PS a/c. & AM/FM. Clean \$1,000 neg. 248-2147 after 5 p.m. gcO2

...... 1984 VOLVO 240 GL-5 speed, metallic blue, am-fm stereo cassette, a/c, well maintained. Original owner. \$5000. 746-4056. gcO2

'82 BMW-528E, 5 SPEED, mint condition, dark silver/blue. Luxurious interior, loaded, power sun roof, a/c, Alpine radio/tape deck, low mileage, great gas mileage per gallon. \$6900. Days 354-1110; eves. & weekends gcO2 742-1172.

four (4) door, 5 speed. Completely overhauled. Cream colored, good condition. Asking \$1200. 248-WO2

1940 DODGE 2 DR SEDAN \$3,600. Great Father/Son project for the fall. 1977 Toyota Corolla -4 Dr. needs transmission work. \$650. 1973 Caddy Coupe parts car \$350. 248-9774. Call after 6 p.m. for details. gcS4

1985 CORVETTE. IMMACU-late, automatic 24,500 miles. Black with saddle interior, epsilon wheels, new tires, Bose stereo, see through roof. Always garaged, meticulously kept. Truly like new \$16,500. Call owner 365-8149. gcS4

1988 FORD T BIRD - 8 cylinder, 2 door, fully loaded, high highway mileage. Showroom condition. \$6,100 294-4431 gcS4

1985 VOLVO DL WAGON One owner. Beige/brown, automatic. Perfect in & out \$6,000 or gcO1 best offer. 326-2349.

JAGUAR - 84, XJ6 COBALT Blue, 90K. Good highway miles. Immaculate in & out. One owner. Garage kept. Maintained by Jaguar. Brakes, tires, shocks all good. \$8990. 516-482-2374 evenings or weekends, 212-736-0948.

1964 LINCOLN CONTINENTAL collectible antique. Restorable. Suicide doors. New parts. Best offer, 742-3924. WTFN offer, 742-3924.

1989 CADILLAC ELDORADO -Mint condition, only 5,500 miles. White with blue canvas top. Continental wheel. All electronic stereo & alarm. Asking \$25,000. Call after 6:30 p.m. 741-1648 or 741-8461.

.......

#### Car For Sale

1980 OLDSMOBILE CUTLASS Runs excellent, clean, reliable transportation. \$800 746-4680.

gcO1

84 MUSTANG - WHITE & RED interior. AM/FM cassette, V6 engine, mag wheels. \$3500. 741-4048. gcO1

OLDSMOBILE CUTLASS Station Wagon 1982. 53,000 miles. Best offer over \$2500. Call after 6 p.m. 248-3614 gcO1

1984 BUICK REGAL - 71K

A/C, power steering, power brakes, am/fm stereo cassette. tilt, cruise, excellent condition. \$3399, 488-3554. gcO1

1987 VOLVO 240 WAGON: Automatic transmission, Michelin radials, nearly new, a/c, am/fm cassette player, front power windows & seat warmers, rear defrost & fog lights. 60,000 miles. Excellent condition. \$9990. 739 1911, weekdays; 741-1443 evenings.

#### For Sale

**FURNITURE, BEDROOM SET (2** dressers, mirrored vanity with chair, night table). Blonde-wood dining room set (china closet, table, 3 chairs). Sewing machine. Very reasonable, 433-5112. ho3

PORTABLE WASHER/DRYER: 2 yrs. old. \$295. 294-7867.

SEARS KENMORE ZIGZAG sewing machine, six yrs. old, almost new. \$150, neg. Regina floor polisher & shampooer slightly used, great price \$50. 352-7054. wO3

MICROWAVE OVEN, \$85, Westinghouse washing machine, \$195, like new. 873-0934.

PIANO FOR SALE: UPRIGHT, tuned regularly, excellent condi-tion. Sacrifice at \$800. 326-9039. gcO3

COMPUTER IBM XT CLONE like new. 20 MB Dr. 512 K mono, dot mtrx printer with soft ware; Ask \$795 248-6552 after 6 p.m.

DRUM SET CB 700 - 5 PIECE plus top hat, 2 cymbals, 1 zildjians & stool. Metallic red. Like new. 741-8983. evenings. gcO3

POWER EQUIPMENT - SNOW blower Toro 7 hp, 24 inch, 2 stage, self propelled, 5 speed \$200. Blower/vacuum Sears 148CC \$100. Lawn mower Toro 21", self propelled, rear bag. \$100. 741-8983 evenings.

TWO 1953 REFRIGERATORS Good working condition. \$25 each. New, large freezer, frost free. \$300 or best offer. 746-4871.

COUNTRY DINING ROOM SET Table with leaf, six (6) chairs & a lighted china closet. Very good condition. \$1,000, neg. 741-0195... w02

#### For Sale

HITACHI 45 INCH SCREEN TV rear projection. Excellent condi-tion. Asking \$900. 678-1519 or 746-7522. gcS4

HOSPITAL BED FULLY automatic with mattress. 485-7054. \$1,050. wS4

VANLEIGH MAHOGANY lighted breakfront. Mahogany Bombe' triple dresser/mirror, night tables, chest. DR-4 chairs, table with 3 leaves, mauve upholstery with balloon valance to match. Side board, chest and desk. 485-1583. gcAg4

MOVING MUST SELL contents of home: fruitwood DR set, 6 chairs, buffet, table pads, \$1500. Five LR tables, \$50 each. One Stiffel lamp, \$100. Twin beds with headboards, \$100 each. Miscellaneous. 352-5781. gc03

CLASSIC FULL KEEL SLOOP REDUCED \$4000! In water. Paceship 26/5 sails including spinacker. D.F., K.M., V.H.F., C.B. Sleeps 4. Head, Galley, Ocean rated hull, 9.5 I.B. Asking \$5,500, Call 718-343-8704. htfn

G.E. WASHING MACHINE \$260. 6-drawer dresser with mirror \$100, recliner \$25, 2 tables \$15 each and several pictures. 352-5321 or 326-2315. gcS4

TAPPAN ELECTRIC STOVE 30" wide. Oven, stove & micro wave plus exhausts. Very good condition. \$400 neg. 483-3864. gcO2

LOVELY HAMMOND ORGAN with bench. 7100 series, 52700 new. Asking \$995. Call 747-4068 after 6 p.m.

TWIN SIZE MATEF BED with four large drawers. Excellent condition. Call Janice 741-8586..

LAWN EQUIPMENT - LAWN Boy mower, Echo Pack blower & weed racker. All good condition. Call 742-8479. gcO. gcO2

HAMMOND SPINET ORGAN M-4. Excellent condition, beautiful maple finish. \$200. 746-1467. gcO2

IMPORTED CASHMERE sweaters. Finest quality, incredible softness & warmth. Direct from Scotland. Men's and ladies sweaters, scarfs & capes. Large selection of styles & colors. Mill prices. Call Nancy 437-7623, gcO2

G.E. STOVE - TOP OF THE line. Griddle, barbeque, self-cleaning \$200. Maytag dishwasher, porcelain tub, several cycles. \$50. All in excellent condition. gcO2 352-8644.

BABY GRAND PIANO - 4 FOOT 7, fruitwood French provincial perfect condition, bench with storage. Daytime number 718-392-7744. Evening and weekends 212-249-9046

ORIENTAL RUG 8 X 11 Contemporary beige couch and miscellaneous items. All in excellent condition, 326-7847 gcS4

......

#### For Sale

ANTIQUE RATTAN AND Bentwood cushioned setee, two arm chairs, coffee table. Good condition. 735-4031, leave message if necessary.

CONTENTS OF TOWN HOUSE
Pool table, pinball machine,
phone booth, two living room
sets, master bedroom, kitchen
set, soft side twin water bed,
antique chairs, 4 ft. brass gong,
art deco tree, desk. 538-2895.
Theresa. W-S-4

TOP OF THE LINE FRIGIDAIRE washer, large capacity, mint condition. Brand new Whirlpool large capacity dryer. Barely used Univega racing bike. Prices Neg. 248-7123. gcO2

THREE COLONIAL SOLID OAK end tables. Also solid oak coffee table. 292-1018. Please call after 3 p.m. gcO1

ANDERSON WINDOW - 561/2 X 331/2". Best offer. 746-3984. gcO1

TWO STUDENT DESKS Walnut \$60 each, 2 secretary chairs, blue \$25 each. Excellent condition. Bauer men's ice skates used, size 10½ \$25. These next three items are all brand new in original boxes: San Marco men's ich boots, size 11½ \$100; Black & Decker 22" hedge trimmer \$40; hose reel cart \$20. 248-1632. gc01

LADY ENGLANDER TWIN adjustable bed. Like new \$400 or best offer. 248-9437. gcO1

WILLIAMSBURG HAND MADE brass chandelier, 12 lights - paid 5350. Sacrifice \$1,000. 12 foot pine tressle DR table, hand made 5600. Victorian era, full size Burmese mountain dog. \$2500. 759-4978. gcO1

WICKER FURNITURE - 9 foot couch, 2 chairs & lounge with cushions, 747-0568. gcO1

2 BEDS, BOX SPRING & mattress with frame \$100 ea. Wedding gown size 5-8, cleaned & boxed. Like new \$250. 333-9137. gc01

COLLECTIBLES - HUMMEL & Royal Doubton plates, Gorham Sterling Christmas ornaments. 1979 snowflake & American Heritage series, Norman Rockwell signed lithos (triple self portrait, April Fool & others). After 6 p.m. 741-7743. gcOl

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 525.00.

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.

......

#### Wanted

DOLLS WANTED '

I collect dolls and other doil memorabilia, new or old. What do you have for sale? Call me at 747-8496. ho2

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. ho2

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. gcd1

LOOKING TO PURCHASE FOR my home, used Cherry-Mahogany dining room set. Must be in good condition. 489-5941.

#### **Boat For Sale**

CLASSIC FULL KEEL SLOOP REDUCED \$4000! In water. Paceship 26/5 sails including spinacker. D.F., K.M., V.H.F., C.B. Sleeps 4. Head, Galley, Ocean rated hull. 9.5 l.B. Asking \$5,500. Call 718-343-8704. htfn



#### Lost & Found Pets

LOST DOG - LAST SEEN Estates Section midnight, Sept. 17. Large black Lab named Wilbur. Reward. Please call 741-7757. 3 year old daughter awaits your call.

LOST CAT - YOUNG MALE, Tiger striped, white flea collar. Family heartbroken. Reward. Last seen Labor Day. 294-0688... gcO2

#### Pets For Adoption

ABSOLUTELY HEARTBROKEN Single Mom moving into apartment must give up her wonderful 10 year old chocolate Labrador named "Yogi Bear". Very affectionate & fabulous with kids. Needs a nice fenced in yard. Call 747-0831. gcOl

& Mom. Ready for adoption. Seven weeks old. 358-9832. gcO2

#### Lost & Found

SEIKO MAN'S WRIST WATCH lost on Franklin Ave. between RR — St. Joseph's Church on Sun., Sept. 9, 747-3390. gcO1

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

#### Instructions

THE GIFT OF MUSIC piano, organ lessons, classical and popular. M.S. in Music Education. Very experienced, patient teacher/professional. All ages and levels. Good with beginners. Reasonable. 718-224-9677. ho2

PARENTS: DOES YOUR CHILD have difficulty with school work and/or concentrating in class? Get answers with a Diagnostic Psychoeducational Evaluation. Completely confidential, Licensed/Certified Staff Professional Tutoring (home or at our office) is also available. Exceptional Tutors, Inc. est. 1981. 466-7178.

ENJOY PIANO LESSONS with Hofstra Music graduate and professional musician in Garden City area. Can teach both classical and popular styles at affordable rates. Call 747-8542.

PIANO & SAXOPHONE lesson, professional musician, BFA in Music, Classical, Pop and Jazz. Studied at Berklee College of Music. All levels, all ages. Many references. Call Mike at 354-9243. htfnS4

EXPERIENCED PIANO teacher available after school & weekends. References. Jeanne 794-7642, gco2

MUSIC INSTITUTE OF L.I.
Openings violin/viola/cello/
piano/flute. All levels Suzuki &
traditional. Conservatory educated instructors. Suzuki certified.
794-5827. gcS3

PIANO LESSONS - CHILDREN & Adults. Reasonable rates. Will prepare students for Nyssma all levels. Call Maria Olynec 488-4823. gcS4

IMPROVE SAT SCORES: PASS driver's license. NYS cert. lic. teacher. Guarantees results. Speed "Comp" reading/verbal/ math/English/Spanish/French tutor. 485-5410 gcS4

PIANO & SAXOPHONE lessons, professional musician, BFA in Music, Classical, Pop and Jazz. Studied at Berklee College of Music. All levels, all ages. Many references. Call Mike at 354-9243.

PIANO INSTRUCTIONS Juliard School graduate. New York City elementary school music teacher will teach beginner piano only to your child in your home. Please call 718-539-3878 if interested.

MUSIC INSTITUTE OF L.L, located in Manhasset, has openings violin/viola/cello/piano/flute. All levels Suzuki & traditional. Conservatory educated instructors. Suzuki certified.
794-5827. gcS4

LEARNING SPECIALIST: Experienced from K-12. Will tutor in basic skills, course content & study skills. Call after 3 p.m. 352-3415. gcO1



## GARAGE SALES

TAG SALE

SAT., SEPT. 29 GIGANTIC multiple family garage sale furniture, mahogany breakfront, teacart, desk, kitchen set, household, too much to mention. 73 Wilson St., Garden City 9-4. Raindate Sept. 28. gcS4.

MOVING SALE - SAT. & SUN., Sept. 22 & 23, as well as Sept. 29 & 30. 140 Hoffman St., Franklin Square (cor. of Plane St., one block east of Franklin Ave.) 10 a.m. to 4 p.m. Furniture, household items, garden equipment, etc. wS4

MULTI-FAMILY - SEPT.
29; raindate Sept. 30, 9 to 4 p.m.,
57 Oak Dr., New Hyde Park. New
& used items, wedding items, air
conditioners, baby & hildren
items, magazines & books, attic
fan. WS4

SAT., SEPT. 29, 12 HUNTINGton Road, Garden City, 10.4. Functional to sublime - household items, toys, ski boots, skates, heaters, car seats, video games, much morel Rain date Sat., Oct. 6. gcS4

SAT., OCT. 6, 9 A.M. - 2 P.M. 72 Wilson St., Garden City. Bric-a-brac, lamps, collectibles, antique & costume jewelry, crystal, household items. gc01

A WONDERFUL GARAGE SALE Fri, Sept. 28 & Sat., Sept. 29, 10 a.m. - 4 p.m. at 46 Washington Ave., Garden City, Junk and treasures, whatever your pleasure. No previews please. gcS4

WILLISTON PARK, MULTIfamilies garage sale. Cornwell Ave. between Center & Lafayette St. Something for everyone. Sept. 29. wS4



ANTIQUES & COLLECTIBLES Glass ware, silver, pottery, collectible & costume jewelry, old games, linens, etc. The Little Shop, 35 Verbena Ave., Floral Park, NY 11001. Open Weds. 10-3. Better parking after 11:30 a.m. gcO3

GREAT NECK'S GREAT EVENT IV Street Festival. Coming Sunday, October 21, Noon - 5 p.m. Bigger, better and more exciting than ever. Music, food and entertainment from around the world. Special appearance by world-class physically disabled athletes from around the country. Mark the day on your calendar!



VENDORS WANTED FOR Craft's Fair to be held at St. Joseph's School, Garden City on Sat., Oct. 20. For information and application call 746-6760, 248-4881 or 248-2764. GCS4

NORWEGIAN BAZAAR Saturday, October 20, 3-9 p.m., sponsored by Roald Lodge, Sons of Norway. Handmade and Norwegian items; baked goods, snackbar. American Legion Hall, 734 Woodfield Rd., West Hempstead. gcO3

VENDORS WANTED FOR Craft Fair, to be held at Williston Park Fire Dept. on Sat. Oct. 27. For information call 248-6346 or 747-1507. W-S-4

516-431-4899

Licensed & Bonded



Private Investigator
WILLIAM J. BURKE
Discreet Investigations

Retired N.Y.P.D.

427 E.,Market St., Long Beach, N.Y. 11581

## **Enjoy Yourself**

What could be better than a great meal (at a great price!) Shared with that special friend?



In the Discovery Section of this Newspaper

# Novenas

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you Ihave recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your ald. Amen. Say 3 Our Fathers, 3 Hail Mary's, 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. B.A.V.

ges

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. M.F. ws4

MOST HOLY APOSTLE ST.
Jude, faithful servant and friend
of Jesus, the church honors and
invokes you universally as the
patron of hopeless cases of things
almost despaired of. Pray for me
as I am so helpless and alone.
Make use I implore you of that
particular privilage given to you
to bring visible and speedy help
where help is almost despaired
of. Come to my assistance in this
great need that I may receive the
consolation and help of heaven in
all my necessities, tribulations
and suffering, particularly (here
make your request) and that I
may praise God with you and all
the elect forever. I promise, Oh
Blessed St. Jude, to be ever
mindful of this great favor, to
always honor you as my special
and powerful patron and to
gratefully encourage devotion to
you. Amen. Publication must be
promised. This Novena has never
been known to fail. Thank you for
answering my prayers. R.M. hs4

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 it it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. A.J.C. hs4



#### Services







## **Mainly for Seniors**

By Leonard J. Hansen

# Protect grandchildren from poisoning

Seventeen percent of child poisonings in 1988 were due to the ingestion of prescription drugs or other substances in the homes of grandparents or great-grandparents, according to the American Association of Poison Control Centers.

The Council on Family Health has issued a warning to grand-parents and, with it, hints on how to avoid accidental poisoning of youngsters.

Grandparents, the council suggests, may reduce the potential hazard by moving all medicines and household chemicals out of the reach of children, retaining those medications in their original containers with labels intact, using child-resistant caps on overthe-counter and prescription drugs, and by discarding all out-of-date medications in the toilet (and not in the trash can).

Grandparents should never take their niedications in front of children, as youngsters imitate others, particularly elders, according to the council.

Emergency telephone numbers are vital for mature adult households both for the residents and treatment for visiting grandchildren. The numbers for the personal physician, pharmacy and poison control center should be affixed to each telephone in the home, readily available in the event of an emergency or to summon help and life-saving directions for health problems

The Council on Family Health is offering two red, self-adhesive telephone stickers free of charge, each with space for adding the three emergency numbers.

To receive the stickers, send a self-addressed and stamped return envelope with your request to Emergency Telephone Stickers, Council on Family Health, 225 Park Ave. S., Suite 1700, New York, NY 10003.

#### PUMPING MUSCLES IN MATURITY

It's never too late to exercise to build muscles for strength, muscle size and mobility, according to a study in the Journal of the American Medical Association.

"Remarkable improvements resulted from an eight-week weight-training program completed by a group of sedentary, institutionalized frail men and women, aged 87 to 96," writes Maria A. Fiatarone, M.D., of the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University in Boston.

"The major finding of this study is that a high-intensity weighttraining program is capable of inducing dramatic increases in muscle strength in frail men and women up to 96 years of age. However, just as in younger individuals, these changes in muscle function are not maintained in the absence of continued training," according to Fiatarone.

The major fitness gains were made despite chronic diseases, seven of the 10 participants had arthritis, six had coronary heart disease and four had hypertension. Nine out of 10 completed the program, increasing their strength and agility as much as 374 percent. The one person who dropped out of the program did so because of complications from an earlier hernia.

#### TRAVELING WITH ARTHRITIS

The "Ansaid Tablets/Guide to Traveling with Arthritis" is a new eight-page booklet published by and available free of charge from The Upjohn Co.

Authored by Gene Malott, travel writer based in Reno, Nev., the booklet includes hints for the safest, least stressful and most comfortable travel for the person with arthritis.

Copies of the booklet may be requested, without charge, by writing: Ansaid Tablets/Guide to Traveling with Arthritis, P.O. Box 307-G, Coventry, CT 06238.

#### SOUNDING AWAY PAIN

Comedian, actor and author George Burns, 93, is touting a new product for reducing pain from arthritis and bursitis, sore muscles and joints.

The Sonassage is a device that emits mixed-frequency sound waves, called intrasound, to provide temporary pain relief. The manufacturer claims that the high-technology concept converts pulses into 450,000 penetrating sonic waves per minute that can reach up to 4 inches beneath the skin and produce results within a few minutes.

The Sonassage is available in many department stores, sporting goods outlets and drug chains. Information is available from Intra-Sonic Laboratories International, 8885 Venice Blvd., Suite 205, Los Angeles, CA 90034.

## Mainly for Seniors

# CONSUMER

#### ≡LIGHT CONSTRUCTION co.

Wallace Lawder

Finest Quality
Carpentry
Remodeling
Building

Garden City, N.Y.

742-7707



(516)538-0599 Established 1979

Mayne's Locksmithing

Emergency Openings • Locks Repaired Security Consultant • Installations
 "Free Estimates - Licensed"

Wayne J. Pearson Certified Locksmith

118 Robinwood Avenue Hempstead, New York 11550 All Advertisers Listed Below Have Agreed To The Following Statement: "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.



ALUMINUM SIDING CORP.
- Our 18th Anniversary -NO SALESMEN-NO CONTRACTORS FINANCING ARRANGED

SALES-INSTALLATION-REPAIRS NAME BRANDS SUCH AS

QUALITY WORK-FREE ESTIMATES

747-7379

217 JERICHO TPKE, MINEOL

LOCAL & AIRPORT SERVICE "The Best Price and Service in Town"

Special Rates for the Willistons

50¢ off LOCAL RIDE

**\$ 1** 00 ANY RIDE OVER 110

FINALLY — THERE IS A CHOICE!!

742-3332 10% SENIOR DISCOUNT AT ALL TIMES

 $\mathsf{BC}$ 

LANDSCAPE - CONSTRUCTION Pre Season Specials:

DECKS - \$5.99 sq. ft. BRICK PATIO & DRIVEWAY - \$7.25 sq. ft. INSTALLATION of PATIO DOORS, CONCRETE DRIVEWAYS & WALKS

Call for Free Estimate (516) 867-1201

Net Systems, Inc. COMPUTER CONSULTANTS



DAVID NORRIS

233 GRAND AVENUE WEST HEMPSTEAD, NY 11552 (516) 538-4004



Tapeing & Spackling
Textured Cellings

\*Windows \* Sidings Es (516) 679-9590



#### Time For A New Bathroom?

- \*We completely redesign or directly replace your bath.
- All major brands of fixtures, tile, accessories
- Shop at home ... Layout and design
- Owner on job
- \*In addition to our own cleanup, a cleaning service will follow at no additional cost

TDT Bathroom Remodeling, Inc. **SINCE 1980** 

INSURED

ESTIMATES 781-2288



Decks • Dormers • Extensions • Siding • Windows • Skylights • Basements • Kitchens • Bathrooms

LIC./INS.



ESTIMATES

(516) 292-9481

#### **BILL'S** ROTO-TILLING

LAWNS - VEGETABLE GARDENS Manure and Fertilizers Available

We also do

Sod Lawns and Decks

JIM (516)678-5579

ONLY

**VAN** For Hire

We help you get the job done.

Residental/Commercial Cleanups Errands • Transport • Hauling • Odd Jobs

Larry Carlson

A (516)781-5846



"WE MAKE PROTECTION AFFORDABLE" First 3 months monitoring FREE

Complete Burglar Alarm System Installed One Multizone Control Panel One Inside Siren

with Panic Button

One Interior Motion Detector \$695 One Exterior Door Alarm

911 SECURITY SYSTEMS OF L.I., INC. (516) 935-6440



RELIABLE, FRIENDLY SERVICE

PIANO TUNER / TECHNICIAN

VAL ANGROSINI

Repairs a Specialty Reasonable & Guaranteed

(516) 565-3879

PLUMBING - HEATING Kitchens, Baths repaired,

Remodeling, Water Heaters, Coils, Baseboards, Free Coils, Baseboards, Estimates

Boilers, 2nd Zones. Estimates SPINELLI 221516-432-7319

GIGI MOVERS · Local · Long Distance Licensed & Insured

Direct Service To Florida Free Use of Wardrobes

Will Beat Any Price

## ANTIQUE



## Heirloom vase is from Carlsbad, Austria

Q. This vase has been in our family for many years. It is 13 inches tall and 7 inches in diameter. It is marked on the bottom with a crown; over the crown is "Victoria" and below is "Austria."

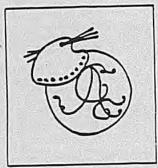
Please tell me whatever you can about my prized heirloom.



A. This vase was made by the Victoria porcelain factory in Carlsbad, Austria, between 1900 and 1915. A dealer would price it at \$125 to \$135.

Q. This mark is on the bottom of a porcelain pitcher that holds about 2 quarts. It is light blue and decorated with lemons, flowers and leaves.

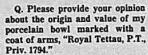
I would appreciate anything you can tell me about its vintage and value. Does this mark identify the maker?



A. Your lemonade pitcher was made by the Ceramic Art Co. in Trenton, N.J., around the turn of the century. It probably would sell for about \$225 to \$250 in an antique shop.

The Ceramic Art Co. became Lenox Inc. in 1906.

\*\*\*\*\*\*\*\*\*\*\*



It is 10 inches in diameter and has yellow and pink flowers in relief. The background is lavender and green with gold trim.

A. This is more commonly called Royal Bayreuth (established in 1794). The mark you describe was used in the early 1900s.

Tettau is a city in Germany, "P.T." stands for "Porzellan Tettau."

Your bowl should sell for about \$200 to \$225.

Q. The mark on the bottom of a figurine is an acorn inside a triangle and inscribed "Royal Dux, Bohemia." It is a nude girl leaning against a rock and measures 15 inches in height.

What can you tell me about this figurine?

A. The Royal Dux company was founded in Dux, Austria, by E. Eichler in 1860.

Your figurine was made about 1900 and probably would sell for about \$365 to \$385.

Q. What can you tell me about a cuckoo clock that sits on a mantel instead of hanging on the wall? It is marked "F. Kroeber Clock Co., 360 Broadway." It has a bird on top and a fox below.

A. Your clock was made about 1888 and is a choice find; it probably would sell for about \$800 to \$900 in good condition.

The company operated in New York City from the 1860s until the turn of the century.

BOOK REVIEW:

"The Collectors' Guide to Country Stoneware and Pottery" by Don and Carol Raycraft, Collectors' Books, P.O. Box 3009, Paducah, KY 42001, \$14.95 plus \$2 postage or at your local bookstore.

This book provides collectors and dealers with a fully illustrated price guide of rural ceramics.





Come to Sell

Stay to Buy

Garden City Exchange
Benefit of G.C. Public Library

Antiques & Collectibles

55 Hilton Ave., Garden City

10-4 Weekdays 10-1 Saturdays

746-9694

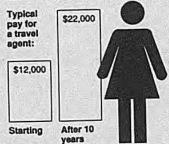




#### TRAVEL TIPS

#### So, you want to be a travel agent?

Look before you leap into the travel agency business.



A typical travel agent is a married woman, between ages 30 and 35.

75 percent of travel agencies don't have a retirement plan.

Benefits are limited:

agencies don't provide

30 percent of travel

health insurance.

50 percent of travel agencies don't provide

life insurance.

Travel agents do qualify for travel discounts and familiarization trips from airlines, hotels and resorts.

SOURCES: Louis Harris and Associates; Travel Weekly; Condé Nast Traveler

September 28, 1990

## Signs of lyme disease in dogs

Q. We have spent a lot of time ed with the lyme disease organism, wooded areas, and have picked Fleas and other biting insects many ticks off our dogs.

What are the signs of lyme disease in dogs? Is this disease only spread by ticks? Is lyme disease found in all states?

A. The most common clinical signs of lyme disease in dogs are a fever of 102.5 to 106 degrees Fahrenheit, lack of appetite, sudden onset of severe pain and lameness, swelling of leg joints, recurring lameness with occurrences weeks to months apart, general-ized pain and kidney disease. All of these signs are also regularly seen in many other common diseases of dogs.

Three species of ticks are known to be transmitters of the germ that causes lyme disease:

· The deer or bear tick is found in the Northeast and upper Midwest. An estimated 25 percent to 50 percent of this species is infected with the lyme organism.

The black-legged tick is found in the Midwest and Southeast.

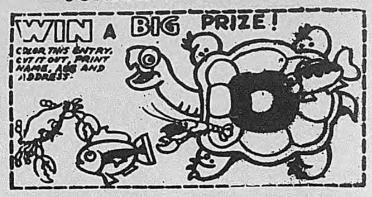
· The western black-legged tick is found mainly in coastal areas of California, Oregon and Washington. Approximately 6 percent of this species is thought to be infect.

may spread lyme disease. Primary hosts of lyme disease include mice, deer, migratory birds, rab-bits, raccoons and skunks. Incidental hosts include dogs, cats, cattle, horses and humans.

A commercially available vaccine for prevention of lyme disease in dogs recently was licensed conditionally by the U.S. Depart-ment of Agriculture. Initially two doses of the vaccine are administered at a two- to three-week interval and then an annual booster is recommended. This vaccine is available through your veterinari-

Lyme disease is a serious disease in dogs. Any dog showing signs of the disease should be taken to a veterinarian.

## JUNIOR EDITION



## **Aunt Tilly's Corner**

Have you noticed the chill in the air every morning when you are on your way to school? Brrrl But by afternoon it is almost as warm as summer. That's because after the sun is up for a while and the land gets heated the air also starts getting warm. So, in the evening, when the sun goes down the air stays warm for a little while longer.

The first day of autumn was this week. On the first day of spring and the first day of fall, nighttime and daytime are the same length. But as we head toward winter, nights will become longer and colder. It's getting to be time to bundle up!

Your friend. Aunt Tilly

P.S. This week's coloring contest winner is Ellen Axelsen.

#### **BOYS AND GIRLS**

Here is your chance to win One Dollar (\$1.00) - to spend or to

Here's all you have to do: 1. Contest is open to children 4 to

1. Contest is open to change 7.

12 years of age.

12 Paintes must be received by Friday, October 5, 1990

3. Paint, watercolors and crayuns must be used on the above.

4. Decision of the judges will be

Mail your entry (just clip sur cartoon) to this newspaper at: 105 Hillside Avenu Williston Park, N.Y. 11736



#### YOUR ' SOCIAL SECURITY

## Many share SS benefits

By William M. Acosta

Q: I know a lot of people receive Social Security benefits but I thought that almost all people receiving benefits were retirees. My sister said that is not so. Is she correct? - H.L.K.

A: Social Security is not just for retired people. Of the 38 million people who receive Social Security benefits, 60 percent goes to retired workers and 10 percent goes to families of retired workers. Another 20 percent goes to survivors of deceased workers and the re-maining 10 percent goes to dis-abled workers and their families.

Q: What information must be furnished when you apply for SSI? - E.H.D.

A: You should take the following information with you:
• Your Social Security card or a

record of your Social Security number.

· Original or certified copy of your birth certificate.

· Information about the home where you live, such as your mortgage and a record of property taxes or lease and landlord's name, cost of food and utilities.

Payroll slips, bank books, in-surance policies and other infor-mation about your income and re-

· Names of doctors, hospitals and clinics that have treated you.

Q: Recently I have noticed posters encouraging use of the telephone to conduct Social Security business. Is much business conducted over the telephone? -

A: Yes. Over 37 percent of all claims for benefits are now made by phone and about 30 percent of changes of address and other reported changes are handled by phone. Doing business by telephone saves time and money avoids unnecessary trips in the office. Our goal is to provide the best possible service.

Q: If you are working for a large employer and have the com-pany health insurance, can you keep your employer's group plan or must you take Medicare when you reach age 65? - G.I.N.

A: If you continue to work at age 65, you have the option to accept or reject your employer's health plan. If you accept it, Medicare will become the secondary

If you reject your employer's health plan, Medicare will reamin the primary health insurance payer. If you elect Medicare to be the primary payer your employer cannot provide you with Medicare supplemental coverage. Call your local Social Security office for ad-



The World's Most Beautiful Grandchildren



We want to introduce two very special boys. Raymond and Ryan Quealy, they were born on February 24, to proud parents Debbie and

John Quealy of Massapequa Park.

Everyone was anxiously and not too patiently awaiting their arrival.

Sean, 5 years old and Tara Ann, 2 years were excited and very helpful with their two brothers.

Mom and Dad are surviving and are getting help from the proud

Raymond and Ryan are identical to the point that when one cries so does the other. Ryan laughs and Raymond, eager to copy, laughs too.
Raymond Ryan the proud grandfather, for whom the boys are named,
never says no when he is called upon to babysit. The Ryan and the
Quealy families certainly count their blessings with the grand total of ten grandchildren thus far. Mr. and Mrs. Raymond Ryan

Williston Park