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The Only Newspaper Printed and Published in Hicksville

Mid-Island Times & Levittown Times

35¢

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USPS 346-760

Friday, February 22, 1991

Central Blvd. Reflections Winners



Back row, left to right: Holly Romanowski, Nicole Gentile, Diana Morano, Kristen Burk. Front row, left to right: Paul Furey, Glenn Bedell. Absent from photo: Jennifer Watson.

Tobay Desert Storm Rally



Rose Rufrano, right, of Bethpage, joins John McCaffrey, Asst. Principal of the Bethpage High School at the Town of Oyster Bay Rally last week in support of our troops serving in the Persian Gulf. The McCaffrey's have 2 sons in the Armed Forces - Michael, an Army First Lieutenant, is serving in the Persian Gulf and Patrick is serving stateside in the U.S. Navy. Mrs. Rufrano, Service Family Coordinator for the Town said, "The families of our servicemen and women were very happy with the outpouring of support from the townspeople. In particular, they were thankful to Town of Oyster Bay Supervisor Angelo Delligatti and the Town Board for sponsoring the Rally." The Nassau County Police estimated that 4300 people filled John J. Burns Park in Massapequa in support of our troops.

We are pleased and extremely proud to announce our winners for the National PTA Reflections Program.

In Literature:

Mrs. Cohen's 5th Grade - Jennifer Watson, Nicole Gentile Nicole Gentile

Ms. DeSanto's 2nd Grade - Diana Morano

In Visual Arts:

Mrs. Robert's 1st Grade - Glenn Bedell

Mrs. Cohen's 5th Grade - Holly Romanowski

In Photography:

Ms. Chiavello's 3rd Grade - Kristen Burk

All winners received gift certificates to Waldenbooks from our PTA. Selected pieces of art and literature will be forwarded to the District PTA level for further competition and hopefully CBS will have a winner at the State and National level!

Congratulations to all participants!

Historical Society Plans Event

The Central Park Historical Society of Bethpage is planning to sponsor the Second Annual Bethpage Day which will be held on Saturday, October 5. Again, there will be a parade of the various participating organizations which will be followed by displays, demonstrations, vending tables and entertainment held at the Bethpage Community Park. We hope this year not only to repeat the efforts and success of last year's event, but also to extend and improve it.

The first pre-planning meeting will be held at 8 p.m., in the Bethpage Library on March 7. We are looking forward to seeing our old friends and to welcome newcomers who wish to participate in the event.

This Issue

This issue is complete in three sections.

The first section contains all of the local news and photos for the week.

The second part is a special Bridal issue with related editorial content and local advertising. This edition is just one of special sections included at no extra cost to subscribers.

The third section is Discovery Magazine which contains something for the entire family - columns, restaurants, features. Discovery is a regular feature magazine of this newspaper.

School Dist. Prepares Budget For Presentation

By Maureen Traxler

In the shadows of the draconian cuts in education aid being proposed by Governor Mario Cuomo for the state's 1991-92 budget which begins April 1 and the drastic mid year cuts imposed last December, the Hicksville School Board and its Citizens Budget Advisory Committee met to begin budget trimming of its own. In an effort to reduce spending and provide residents with the leanest budget possible, the board last week held its first full review session in the 1991-92 budget preparation process. The board's meeting on January 16 was cut short by the news of the first attacks in the Persian Gulf War.

The board reviewed the 9000 Code (Undistributed Expenses) which includes retirement systems, workers' compensation, insurance and social security. The district removed the "Planned Balance," or so-called surplus, from the proposed 1991-92 budget, leaving zero under that line item.

In discussion of Code 9040 (Workers' Compensation), the board resisted pressure to forego a \$60,000 increase, citing the need for the district to protect itself in the event that two outstanding asbestos cases are filed. The trustees were reluctant to reduce this and several other line items in the 9000 Code which involve reserve funds. Asst. Superintendent Hall suggested a "freeze" on reserve items in the budget until the district finds out the impact on Federal and state cutbacks. Supt. Fenton cautioned the trustees "to wait until you get to the revenue side of the budget," and see what your income will be.

The state handed down unusual mid-year cuts to school districts. To Hicksville, the December cuts mean some \$600,000 less aid for the 1990-91 school year.

"The picture changes week to week," said trustee William Bennett, who predicts the district stands to lose almost \$6 million in state aid next year. In the past, Island legislators have rallied support for continued aid to Long Island, but board president Carole Wolf said of this year's proposed state cuts, "I don't foresee us making much headway to get (the aid) back."

For years, school districts have cited "save harmless," which meant that they would not receive "less" aid than received the previous year. But this year, nothing is sacred. Carole Wolf stated that preliminary reports show reductions in "high Tax" aid, limited English proficiency and textbooks; gone are monies for transportation reimbursement and Excellence-In-Teaching; the only bare increase is reflected in special education.

Many districts across Nassau are looking to staff reductions in light of dwindling dollars. Dr. Fenton noted that 120 teachers will be eligible for retirement at the end of the present teachers contract, and about one-half of the eligibles generally retire. Ordinarily, the district is informed in April of those retirements to occur at the end of the school year.

In discussion of reduced benefits for retirees, the Citizens Budget Advisory Committee suggested co-payments for benefits. Some trustees first reactions were hesitant, suggesting that it would be considered only if surrounding areas were negotiating it. Others questioned whether the state would permit such a change for retirees.

Trustee James Martillo suggested the district look into such negotiations and propose to announce shortly if the district plans to incorporate co-payments in contracts beginning in 1992-93.

Asst. Superintendent Hall pointed out that beginning in July, the district will be required to contribute to social security for all part-time staff. This would amount to approximately \$54,000. The district has not yet calculated the impact of part-time staff reduction on the social security payment requirement.

Another area of savings in the coming year could be to defer the remaining \$508,000 payable to the State Teachers Retirement System. Last year, the state offered "deferred payments" or "loans" to districts, in lieu of payments due. Hicksville opted to pay the bulk of the money. The remaining amount may be paid over two years, \$327,400 in the 1991-92 year and \$180,600 in the 1992-93 year.

The board postponed discussion of the 1000, 7000 and 8000 Series due to a request by the Advisory Committee and the lateness of the hour. The next scheduled budget review meeting is Wednesday, March 20, 8 p.m.

The next regular meeting of the Hicksville School Board is Tuesday, Feb. 26, at 8:15 p.m., in the senior high school auditorium.

Letter Writing At Holy Family School

The Second Grade students at Holy Family have been showing support for the troops in Saudi Arabia by writing letters. Miss Burke's class has received a number of letters from soldiers while Miss Tobin's class has found a special pen pal - Hicksville's own Darren LaPardo. The children sent him letters to show support and in return he sent back to each child a beautiful post card from Saudi Arabia with a response to each of their letters. The children look forward to his safe arrival home.

Pictured are: Jennifer Santiago showing her postcard and Jennifer Shykun standing before her letter from Belinda Nickens.

The First Graders at Holy Family School have joined Scholastic News' "Nation of Neighbors" Pen Pal Program. We have already exchanged letters, drawings and photographs with our Pen Pals in California. One of the most interesting facts that our Pals told us is that they go to school year round and they also like many of the same things that we do here on the east coast.

In addition to making new friends we feel that this enrichment program will enable our students to learn lessons about the diversity and commonality of life in different parts of the U.S.

They'll learn new facts about their own community and state as they dig for geographic information to share. They'll improve their writing skills as they use writing, spelling and handwriting and language for a specific, real world purpose.



Jennifer Santiago & Jennifer Shykun

Letter

To the Editor:

At a time when the men and women in our armed forces are facing their greatest test, we at home are facing a test as well. Our test is to maintain our unity and resolve, as our troops are doing in the Persian Gulf.

We don't want Saddam Hussein to take this country's tolerance for anti-war demonstrators as a signal he should wait out our resolve in a long and bloody war.

I'm outraged at the brutal treatment of our POW's. And I'm saddened to see the media give so much attention to the small number of anti-war protesters who have sprung into action. It seems that every time a few protesters pick up their signs, the cameras swarm around them, and they end up on the news.

Our soldiers have said that they have a job to do and are going to get it done. I feel I have a job to do, too. And that's to stand up in strong support of our troops.

I want them to know that I and the American people are very proud of them. We are all inspired by their bravery.

Sincerely,
Iris Reed

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'Seven Last Words'

The Senior choir at the United Methodist Church of Hicksville, Old Country Road at Nelson Ave., Hicksville, will present "The Seven Last Words of Christ" by Theodore Dubois, on Sunday, March 17, at the 9:15 and 11 a.m. worship services.

The choir will be accompanied by a small orchestra and organ.

Dr. Prentice E. Whitlock is the Minister of Music.

LEGAL NOTICE

NOTICE IS HEREBY GIVEN that a resolution was duly adopted by the Board of Commissioners of the Hicksville Fire District, Town of Oyster Bay, County of Nassau, State of New York, on the Nineteenth day February 1991 subject to a permissive referendum, as provided for by Sec. 6-G of the General Municipal Law.

An abstract of the resolution is as follows:

The Hicksville Fire District maintains a Capital Reserve Fund under Sec. 6-G of the General Municipal Law in which account there is sufficient funds to accomplish the purpose herein set forth, namely, the following computer hardware: IBM (or equal) AS400 with a 8 mg main memory, One ECS Common line (three additional) 640mb Hard Disk and 5 1/4" diskette, Battery back up, tape cartridge and modem, 6 (six) PS 2's (IBM 30-286), One EPSON or equal LQ2550, 6 Laser Jet Printers with cables (IBM "2P), 6 (six) emulators for the AS400's in addition any and all cable and connectors needed to run the aforementioned hardware. Software as follows: 6 (six) MS DOS 4.01 or higher (3 1/2" diskette), 6 (six) Word Perfect Word Processing programs 5.1 (P.C.), and for the AS400 hardware: One OS/400 Operating System, One RPG Compiler, One Application Development Tools program, One AS400 Query, and one Word Processing Office program. The resolution further stipulates that all fees associated with the training and installing of the aforementioned hardware and software shall be included. In addition, all electrical work required for the setting up of the program shall be included in the resolution. Included in this resolution is all the legal and clerical fees necessary for the purchase of said items.

The resolution further provides that there be transferred from the present Capital Reserve 6-G Fund of the Hicksville Fire District not to exceed Fifty thousand dollars (\$50,000) and the District Treasurer is authorized to effect such transfer.

The resolution shall not take effect until March 21, 1991 unless in the meanwhile, a permissive referendum as provided for in Sec. 6-G of the General Municipal Law is required to be held.

BOARD OF FIRE COMMISSIONERS

HICKSVILLE FIRE DISTRICT

John Knight

District Secretary

Dated: February 19, 1991

MIT 2436

IX 2/22

Employees Awarded Service Pins



Oyster Bay Town Supervisor Angelo A. Delligatti, second from right, joins with Town Receiver of Taxes Gary F. Musiello, second from left, and Parks Dept. Commissioner Edward J. Kennedy, left, in presenting service pins to Town employees in recognition of their years of dedication. The recipients, left to right, were Allan Munson of Hicksville with 25 years and David Del Pizzo of Bethpage, also with 25 years.

21st Journal Dinner Awards



Oyster Bay Town Councilman Howard T. Hogan, left, Deputy Town Supervisor Frank DeStefano, second from right, and Town Clerk Carl L. Marcellino, right, were on hand for the Manetto Hill Jewish Center's 21st Annual Journal Dinner honoring Town Councilman Leonard B. Symone, third from left, Rick Schwartz, second from left, and Gerry Levy. The three men received the "Crown of Good Name" or "Keter Sheem Tov" award in recognition of their ongoing commitment and dedication to the Manetto Hill Jewish Center in Plainview.

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News From Plainview Library

Book Discussion/Review
On Monday, March 11, at 1 p.m., the Plainview-Old Bethpage Public Library will be presenting Barbara Krupit leading a book discussion/review. The book to be discussed is entitled "From Beirut To Jerusalem" by Thomas Friedman.

On Tuesday, March 12, at 8 p.m., the Plainview-Old Bethpage Public Library will be presenting Barbara Krupit leading a book discussion/review. The book to be discussed is entitled "At Risk" by Alice Hoffman.

Promises Made;
Salute To Women Immigrants
Experience the drama and emotions of the women who helped form this country. Janie Stockhamer, Plainview actress/playwright will delight us with a

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NOTICE TO BIDDERS
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will be received by the **BOARD OF COMMISSIONERS** of the **HICKSVILLE WATER DISTRICT**, at the Office of the Board, 4 Dean Street, Hicksville, New York, until 7 p.m., Prevailing Time on Tuesday, March 5, 1991, at which time and place they will be publicly opened and read.

Instructions for Bidders, Proposal, Plans and Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Friday, February 22, 1991. A deposit of Twenty-Five Dollars (\$25.00) is required for each set of documents furnished, which will be refunded to bidders who return Plans and Specifications within ten (10) days; other deposits will either be partially or not refunded.

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

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

BOARD OF
COMMISSIONERS
HICKSVILLE
WATER DISTRICT
Nicholas J. Brigand
Chairman
Gilbert E. Cusick
Treasurer

Richard A. Humann, Secretary
Dated: February 14, 1991
MIT 2433
1X2/22

dramatic presentation of poetry at the Plainview-Old Bethpage Public Library on Wednesday, March 13 at 8 p.m. This program is in honor of Women's History Month.

How To Sell Your Home
And Relocate To Florida

If you are considering a retirement move to Florida or just thinking about selling your home, plan to attend a lecture at the Plainview-Old Bethpage Public Library by Sid Gubell, on Wednesday, March 27, at 8 p.m. A licensed New York real estate broker who specializes in Florida real estate, Mr. Gubell will provide useful tips and will be glad to answer your questions.

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

Nursery School

Open House

The Hicksville Nursery School is holding an Open House for Fall registration on Thursday, February 28, from 10 a.m. to 11:30 a.m. for parents of 2, 2½, 3 and 4 year olds in the school classrooms at W. Cherry Street and Nelson Avenue.

The Hicksville Nursery School is a non-profit, non-sectarian cooperative located in the back of the United Methodist Church. Founded in 1967, it has offered twenty-one years of quality education to hundreds of preschool children as well as serving as field training center for students from S.U.N.Y. Farmingdale, Nassau Community College and Adelphi University.

The school seeks to offer the young child an environment in which he can grow emotionally, socially, intellectually and physically under the careful supervision of a fully trained staff. The program provides varied activities with an abundance of materials and opportunities for free creative expression under the guidance of skilled, N.Y. State Early childhood certified teachers. Art, media, woodworking, music and rhythmic movement, language arts, storytelling, dramatics, puzzles, doll corner, books and manipulative toys are all part of the daily program. A huge indoor playground permits daily large muscle activity even in the worst weather. A mid-session snack of milk or juice and crackers or fruits and vegetables is provided. Field trips are included to broaden the child's understanding of the world he lives in.

All parents who wish to, can share in the administration of the school. Monthly business meetings give parents the opportunity to make decisions on administrative needs. There are lectures, films, and "rap groups" to help parents learn more about parenting. Fundraising projects are most often social events helping young families meet other adults who are at the same stage in life.

Parents of pre-school children are invited to join in a chance to play and learn together in the school's spacious well-equipped rooms.

For further information call 931-3415 or 681-8246.

Com. CPR Course

Michael Condon, Chairman of the CPR Committee announced today that the Heart Council's next Community CPR Course will be offered as an eight (8) hour course which will be held in two (2) consecutive Sunday evenings, March 3 & 10 from 6:30 to 10:30 p.m. at the Plainview Library. This course will be extended for an additional session on March 17 from 5 to 9 p.m. for those registrants who want to receive Basic Life Support (BLS) certification.

This is a comprehensive course that teaches cardiopulmonary resuscitation skills needed for responding to adult, infant and child victims.

Advanced registration is required. For registration forms or additional information, call Community Service Office at the Plainview Library 938-0077, Monday through Friday, 9:30 a.m. to 5:30 p.m.

News From

Hicksville Library

"Bunny Workshop"

Hicksville crafters shouldn't miss this workshop where an adorable "Spring Bunny" wall or door decoration will be made. Register now at the library for this Tuesday, March 5, - 8 p.m. workshop. There is a \$7 materials fee. A sample of the "Bunny" is on view at the Library.

Career Counselling

Free, confidential career counseling is available at the Hicksville Public Library. If you want to update your resume or wish to re-enter the job market or if you are thinking about a career change, the Career Counselor can help. Call 931-1417 for an appointment.

Senior Connection Program

The Senior Connection Program continues at the Hicksville Public Library. Every Monday afternoon at 1:30 p.m. a trained Senior Connections volunteer is available to all our patrons, but is especially trained to assist older adults and their families by linking them to needed resources within the community. Our volunteers answer your medicare and medicaid questions, direct you to needed resources and follow up on information and referrals. Help is as close as your library.

Nurse Training

Course

Mary Perry, R.N., Critical Care Nursing Supervisor at Central General Hospital and Chairperson of the Nursing Education Committee of the L.I. Heart Council announced today that the next training course for nurses entitled "Myocardial Infarction '91" will be held on Saturday, April 26 at Central General Hospital in Plainview.

The purpose of this one-day program is to increase the nurses' understanding of Myocardial Infarction and to provide an update of knowledge, skills and attitudes necessary in providing high quality nursing care for cardiac patients.

For more information about the details of this training program and/or registration forms call the Heart Council at 932-9360.

K. Of C. '300 Club' Dance

by installment, to participate in drawings held every month. Each member has their own number, and if that number is drawn, than he or she can win a cash prize. Each month there are drawings for: (1) \$50 prize; (1) \$25 prize; (3) \$10 prizes; and (4) \$5 prizes. There are also three special \$1,000 drawings once every four months, beginning in July and ending with the final one at the "300 Club" dance. Each paid-up member is invited to the party with their guest.

The chairman of the "300 Club" is P.G.K. Sam Repoli, who is also the 16th District Warden, the Co-chairman is P.G.K. Dan Paternoster, also the Navigator for the Walter P. Kellenberg Assembly 4th Degree.

The cooks for the February 16th "300 Club" Dinner/Dance were P.G.K. John Lombardi and P.G.K., P.F.D., Peter Volpe. Many brother Knights of the Council were on hand to help with this affair.

On a sad note: Our condolences to P.G.K. Josef Ort on the passing of his brother Edmund in Germany.

Laparoscopic Procedures At Mid Island

Mid-Island Hospital has recently begun to offer laparoscopic cholecystectomy, as a less invasive technique in gallbladder surgery. This new trend with less hospitalization has become the first choice amongst patients who are candidates for the method. Mid-Island's first laparoscopic procedures were performed in January.

It has been predicted that up to 50 percent of the gallbladder surgeries in 1991 will rely on this procedure. This technique utilizes a viewing tube and instruments which are inserted through small abdominal punctures. Television images from the tube, known as a laparoscope, guide the surgeon.

Usually, patients who undergo laparoscopic procedures spend one to two days in the hospital and return to work in a week. The new technique is less traumatic and less painful. Conventional gallbladder surgery requires four to five days of hospitalization and four to eight weeks of recovery.

Mid-Island Hospital's Director of Surgery, Hormoz Mansouri,

M.D. is pleased with the advantages of the new technique. However, he stressed that laparoscopic cholecystectomy may not be possible for every patient. When possible, there is less healing time due to the elimination of the large abdominal incision.

The hospital asks for people to consult with their private physician. Are you without a doctor? Mid-Island's physician referral service can determine the kind of doctor you need to see and make finding a doctor an easy process for you. The physician referral service is available Monday through Friday, 9 a.m. to 5 p.m., at 520-2387. On weekends, before or after hours, or on holidays, call 579-6000 and ask for Nursing Supervision for a physician referral.

The laparoscopic procedure has proved to be a major breakthrough in gallbladder surgery. Mid-Island Hospital, with its 35 years of experience, is continuing to meet the needs of its community.

Phil. Flower Show Bus Trip

On Thursday, March 14, the Friends of the Bethpage Public Library has a rare treat for you. A luxurious motorcoach has been booked to transport you to the spectacular Philadelphia Flower Show. Don't miss this opportunity to enter a true horticultural wonderland. You'll have the opportunity to treat yourself to a delicious lunch at one of the many varied dining choices available at

the Exhibition Hall. The bus will leave the library at 9 a.m. The cost is \$38 for members of the Friends of the Bethpage Public Library and \$40 for non-members. Book early - don't be disappointed. The library, located at 47 Powell Ave., 931-3907, is two blocks west of Exit 8 (Powell Ave.) on the Seaford-Oyster Bay Expressway (Route 135).

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College Notes

Krystal Mund of Hicksville, a freshman liberal arts major at Rider College, has completed her rookie season on the Rider varsity swim team in fine fashion, helping the Lady Broncs finish a best-ever third in the East Coast Conference Swim Championships.

A 1990 graduate of Hicksville High School, Mund won four silver medals and one bronze, and also placed fourth in another event at the ECCs.

Mund placed second in the 200 butterfly (2:07.87), the 100 butterfly (58.96), and swam on the second place 400 free relay, the second place 200 free relay, and the third place 800 free relay. She also placed fourth in the 200 IM (2:13.69).

Homemakers' Meeting

The Homemakers Council of Nassau County will hold their regular monthly business meeting with guest speaker on March 7, between 10 a.m. and 2 p.m., at the Community Church on Stewart Avenue in Hicksville.

CALL 433-1845

WEDNESDAY SPECIAL
\$6.00 LARGE PIE
Delivered or Picked Up
• ITALIAN DISHES
• GREEK SPECIALTIES
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Sausage

Meat Ball

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Pepperoni & Eggs

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CALZONE - (Regular) - \$3.50; (Family Size) - \$4.00; Extra Item - .50

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50¢ EXTRA WITH

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BEEF PATTIES - 2 for \$4.00

- 3 for \$5.00

Veal & Peppers

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Philadelphia Steak w/onions

Philadelphia Steak Double Meat

Veal Cutlet

Eggplant

Shrimp

Chicken Cutlet

Pizza Hero

SAUSAGE ROLL - \$3.75

RICE BALLS - \$2.25

ITALIAN DISHES - PASTA

Spaghetti with Tomato Sauce

Spaghetti with Meat Ball

Spaghetti with Sausage

Spaghetti with Meat Sauce

Veal Cutlet Parmigiana

Eggplant Parmigiana

Ziti with Tomato Sauce

Spaghetti with Clam Sauce

Chicken Cutlet Parmigiana

Veal & Peppers

Homemade Rice Balls

4 Pieces Fried Chicken

4 Pieces Fried Chicken w/fries

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Tossed Salad

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Garlic Buttered Bread

Buffalo Wings

Garlic Knots

Baked Clams

Zappoli

Greek Specialties

Gyro w/Pita

Gyro Plate

Souvlaki w/Pita

Souvlaki Plate

Spinach Pie

Greek Pizza

Gyro Roll

Chicken Roll

Tuna Salad

Chef's Salad

Mid-Island Y Singles

Announcements

Mid-Island Y announces the following Singles Programs:

Monday, March 4 - New Beginnings - Widows/Widowers - 35+ Program: Opening the Door to the Future. Where Will You Go?

Speaker: Dorothy Littman, Facilitator.

Time: 8 p.m. - 10:30 p.m.; cost: Member - \$4, Non-Member - \$6.

For further information call Linda Holof-Saposh, MSW, CSW, Coordinator, Bereavement Support Center, 822-3535.

Tuesday, March 5 - Business and Professional Singles - 30+

Program: Love, Lust or Companionship! What Are You Looking For? Let's Rap With: Speaker Alyce Reiner, from 8 p.m. - 10 p.m. Cost for Members \$4 and Non-members \$6.

For further information call Elaine Resnik, Director, Singles/Couples Services, 822-3535.

Thursday, March 7 - Mid-Singles Connections - 30-45 years (proof of age required).

Program: Making Connections With Others Can Make You In Touch With Yourself.

Speaker: Barbara Heller, MPS, ADTR; Time: 8 p.m. - 10 p.m., Cost for Members \$4 and Non-members \$6.

For further information call Elaine Resnik, Director, Singles/Couples Services, 822-3535.

Friday, March 15 - ONEG SHABBAT All Ages Welcome.

Speaker will be Rabbi Darryl Crystal. Time: 8:30 p.m. Program will be held at North Shore Synagogue, 83 Muttontown Road, Syosset.

For further information call Joan Lowenheim, Chairperson, at 433-7931.

Mid-Island Y - "Growing For You & With You." The Mid-Island YM & YWHA is an agency of UJA/Federation, a member agency of the United Jewish Ys of Long Island, the JCCA, the United Way of Long Island, and the Health & Welfare Council of Nassau County.

**LEGAL NOTICE
NOTICE TO BIDDERS**

SEALED BIDS will be received by the Board of Fire Commissioners of the HICKSVILLE FIRE DISTRICT, 20 East Marie Street, Hicksville, New York, until 3 p.m. prevailing time, March 22, 1991, for the following:

Two (2) 1991 Ford E 350 Stripped Chassis (or equal)

All bids must be accompanied by a bid bond or certified check for 5% of the total amount of the bid.

Complete specifications for the above items may be obtained at the office of the Dispatcher, Hicksville, Fire House, 20 East Marie Street, Hicksville, New York.

**BOARD OF FIRE COMMISSIONERS
HICKSVILLE FIRE DISTRICT**

Dated: February 18, 1991
Attest: John Knight, District Secretary

MIT 2435
1X2/22

Com. Council

Meeting

The three assemblymen who represent sections of the Hicksville Community... Lewis Yevoli - 13th AD; Frederick Parola - 14th AD; Daniel Frisa - 15th AD will appear at the Thursday, March 7, meeting of the Hicksville Community Council. The meeting will be held at the Hicksville Public Library Community Room starting at 7:30 p.m. The assemblymen will discuss state budgetary issues and listen to the concerns of the Hicksville Community.

In Service

Navy Seaman Herbert W. Nowak, son of Anne R. Nowak of Hicksville, has completed recruit training at Recruit Training Command, San Diego.

During Nowak's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

His studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1986 graduate of St. Mary's High School for Boys, Manhasset, he joined the Navy in Sept. 1990.

Navy Seaman Ronnie E. Lipson, son of Jerry P. and Sue A. Lipson of Hicksville, has completed recruit training at Recruit Training Command, San Diego.

During Lipson's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

His studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

He is a 1990 graduate of Hicksville High School.

Pvt. Rabbi I. Farha, son of Alex and Zorie Farha of Hicksville, has completed recruit training at Marine Corps Recruit Depot, Parris Island, SC.

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

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

A 1990 graduate of Hicksville High School, he joined the Marine Corps Reserves in Oct. 1990.

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VFW Post 3211, 56th Anniv.

By P.P.C. Carmine A. Somma
On Saturday, February 23, William M. Gouse Jr. Post 3211 V.F.W. celebrated its 56th anniversary with a Dinner Dance held at the V.F.W. Hall, 320 So. Broadway, Hicksville. The chairman of this event was Sr. Vice Commander Vincent Edwards and his two Co-Chairmen Aldo Vitello and Joe Normandy.

V.F.W. Post 3211 Hicksville was originally named Manetto Plains Post 3211. Its charter was approved on February 4, 1935 and instituted on February 11, 1935. Twenty Comrades comprised the post at the time of the first muster. By the end of 1935 the Post listed 61 members. Today we have grown to over 500 members. The Manetto Plains Post No. 3211 was renamed the William M. Gouse Jr. Post 3211 several years later as per agreement by the comrades of the Post that whichever comrade died first, the

post would be named after that deceased comrade. William M. Gouse Jr. died on October 6, 1938, at age of 39. He was the son of Quaker parents and served in the U.S. Army in World War I. V.F.W. Post 3211 bought its property in 1946. It held post meetings in Odd Fellows Hall at the Masonic Temple in Hicksville until 1948. The Post then moved into their building on September 9, 1973; a new wing was added.

V.F.W. Post 3211 Hicksville supports veterans programs and visits Northport Veterans Hospital at Christmas time. The Post entertained at the V.F.W. Hall with a dinner. All the patients received gifts from Santa. V.F.W. Post 3211 is dedicated to serving the community and to promoting patriotism. The Post serves the community by contributing to charitable institutions and organizations such as the Vietnam

Veteran Resource Center, the International Games for the Disabled, needy families at Thanksgiving and Christmas, Hicksville Community Council and others.

Comrades and Sisters of the Post answered the call for used clothing & shoes for comrades of Vietnam Veterans in Logan County, W. Virginia, also known as "Appalachia." The Post made a monetary donation to be used for school supplies and food. The Post promotes patriotism by offering scholarships, Voice of Democracy and Coloring Book contests for the students of Hicksville School System. For its participation in the community activities Post 3211 received two national awards for community service, one for the formation of a Veterans Employment Agency, the other for its first Coloring Book contest. It was one of the first organizations to contribute to

refurbishing the Statue of Liberty. The Post donated to Hicksville Veterans Monument Fund, Korean & Vietnam War Monuments. The Post made a monetary donation to the Long Island National Cemetery Memorial Organization to Modify and Relocate the Carillon at Pinelawn National Cemetery. Also, the Post made a monetary donation to the Pearl Harbor Memorial and Museum at Percy Raynor Park, Setauket. At the present time the newly formed Mid-Island Support Group for Desert Storm meets at our hall. We have sent 48 packages to our military personnel in operation "Desert Storm" and we have received some letters of thanks from the recipients. Where there is conflict, we are always sending packages to our military personnel (male or female).

The Post encourages the community to join in supporting the return of our POW/MIA and peace and unity in the world.

Some of our fundraisers include Las Vegas Night, Journal Ads, Dances, donations from the public.

George C. Lang who served in Vietnam and is the recipient of the Congressional Medal of Honor is a Life Member of V.F.W. Post 3211.

Bethpage Cont. Education News

Teachers needed: Antiques & Collectibles - 2 nights, Mexican Cooking - 4 nights.

Courses still available for registration - Antiques & Collectibles, Art of Bonzai, Assertiveness Training, Career Exploration & Testing, Coins, Coins, Home Security & Crime Prevention, Interior Decorating, Mexican Cooking, Microwave Cooking, Model Railroading, Smoke Ending, Soups for Winter Enjoyment, Weight Loss Through Hypnosis, Wills & Estate Planning.

Editor's Notebook

CAR'S FAMILIAR WINTER REFRAIN: 'I HATE TO GET UP IN THE MORNING'

A motorist's greatest challenge on a frosty morning is just trying to start his/her car's engine.

According to the Automobile Club of New York, which each year answers some half-million calls for emergency road service, "can't start" problems head the list of motorist miseries in winter.

No wonder. In zero-degree weather, a car battery loses about 60 percent of its strength. And even at a comparatively mild 32 degrees, a battery is about 35 percent weaker than at 80 degrees.

The local AAA affiliate advises motorists that there is a right way to start a car, and that drivers who follow the rules will improve their cold morning chances:

- Be sure the shift selector is in park. If your car has manual shift, use the neutral gear and depress the clutch while starting.
- Make sure all electrical accessories - radio, lights, heater - are turned off before using the starter. They put an extra strain on the battery.

- Cars with fuel-injected engines should be started without touching the gas pedal - even when the engine is cold. If you experience problems, refer to the car owner's manual for specific instructions. For other cars, the recommended procedure is: Push the gas pedal all the way down to the floor once, then release it completely before engaging the starter. But don't pump the gas pedal; this can cause flooding.

- Turn the ignition key to "start," but don't hold the key in the start position for more than 10 seconds at a time. Constant grinding can damage the starter and drain even a fully-charged battery. If the engine doesn't catch the first time, stop and wait a minute or so to give the battery time to recharge itself.

- If you have flooded the engine, depress the gas pedal to the floor. This sets the automatic choke. Engage the starter and keep your foot on the pedal until the engine starts again, then release it slowly. Again, do not pump the pedal.

Robert L. Morgan

Birthday And

Anniversary Club

HAPPY BIRTHDAY

February 1 Lisa Anderson
February 2 Melissa Breitfeller
Jane Woods
Carole Sadowski
Nancy Ann Obermeyer
Jennifer Olafsen
February 3 Joseph P. Behan
Robert Harnett
Rosemarie Jabour
John Tuchler
Charles Tallman
February 4 Kurt Breitfeller
Paul Weber
February 5 Stan Macner
Glenn F. Cisek
Joe Johnson
James Healy
Tim Richards
February 6 Scott Marshall
Ruth F. Donoli
February 7 Dina Winter
Jeanne Maguire
Carrie L. Clark
Mary DeMonaco
Robin Blicker
February 9 Edward Lopez
Heidi O'Connell
Chris Hogan
Jane Murray
Keith Jones
February 10 Dan Scapperotti
Cathy J. Johnson
Amy Przybyszewski
Kenneth Lewis
Clo Squillante
February 11 Margaret A. Kern
Christopher Carsten
Robbie Walker
February 12 Paul and Sharon Korman
February 13 Ellen and Frank Riccardi

Bill Robeson

Len DeStefano

February 12 Theresa Moehring

Elizabeth Karl

February 13 Gregory Latini

Stephanie Kern

February 14 Valerie Lopez

Joanne Crown

February 15 Sharon Korman

Jacquelyn Yonick

February 16 John Latini

Joan Weber

February 17 Col. Bill Knudsen

Anne Marie Seeger

February 18 Faustino Maisonet

Danny Sheedy

February 19 Joy Kathleen Tuchler

Violet Detloff

February 20 Philip Anglin

Valerie Scapperotti

February 21 Helen R. Behan

February 22 Patrick Gully Jr.

February 23 Paul Hauf

Nancy E. Giacopelli

February 24 Michael Ednie

Brian Kurkowski

February 25 February 18 Mrs. Luba Seibert

Barbara Uhlich

February 26 Syen Schebe

Tara Lynn Strazzeri

February 27 February 19 Thomas Healy

George Seif

February 28 Jeremy Grand

Robert Goerke

February 29 Michael Uhlich

Peggy Colic

HAPPY ANNIVERSARY

February 8 Carmen and Janet Palmese

Paul and Camille Hauf

February 11 Peter and Clara Mazzocchi

MaryLou and Tom Sullivan

February 16 Leroy and Marilyn Edwards

Roslyn and David Schnipper

February 21 Virginia Chepak
February 22 Robert Lichtman, Sr.
Charles (Pat) Cunningham
February 23 Loretta Clark
Kathy Thurmichler
E. Dolores Crawford
Audrey Tallman
Mary Gully
February 24 Peter Willi
Paul Willi
Bob Abrahamson
February 25 Ed Conte
Kristen Ricciardi
Fred Freyisen
February 27 Peter Willard
Betsy N. Chayka
Jaclyn Ford
Leslie Daub
February 28 Phil Girms
Molly Walker
February 29 Ida Antonetti



Joe and Erika Pedone
February 17 Mr. and Mrs. Michel Gregggo
February 18 Jennifer and Rob Abrahamson



February 3
February 6
Ellen and Frank Riccardi

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If you don't keep their names alive, who will?

An invitation to place the name of a member of your family who immigrated to America in the only national museum created to honor them.

Whether your ancestors first set foot on American soil at Ellis Island, or entered through another gateway, here is a unique opportunity to show your gratitude. And to present your family with a gift that will be meaningful now and for generations to come.

When you make a \$100 contribution to restore Ellis Island, the name you designate will be permanently placed on the newly

created American Immigrant Wall of Honor. You can choose the name of an ancestor or just your own family name. And you'll receive an Official Certificate of Registration. To register additional names, list each name and country of origin on a separate sheet. And remember, there is a minimum gift of \$100 for each.

Please send your contribution today. By acting now you assure that the Ellis Island Immigration Museum will be a place to honor your own heritage, as well as a monument to the great American traditions of freedom, hope and opportunity.

Keep the Dream Alive



Ellis Island Foundation, Inc.
P.O. Box ELLIS, New York, NY 10461
I would like to register my ancestor's name on the
American Immigrant Wall of Honor.

Name of individual or family member I am giving:

Amount of gift:
Enclosed in my tax deductible contribution is:
[] \$100 [] Other \$ _____

Please make checks payable to: Ellis Island
[] Check enclosed. Or please charge my: _____

Visa [] MasterCard [] American Express [] Diners Club []

MC []

AE []

Discover []

Signature required if check under \$100

Name _____

City _____

State _____ Zip _____



The Statue of Liberty-Ellis Island Foundation, Inc. is a charitable corporation to which contributions are tax-deductible to the extent allowed by law. A copy of the last financial report filed with the Department of State may be obtained by writing to New York State Department of State, Office of Charities Regulation, Albany, New York 12221, or The Statue of Liberty-Ellis Island Foundation, Inc., 52 Vanderbilt Avenue, New York, New York 10017-3808. Photo courtesy of California Museum of Photography, University of California, Riverside.

IVF Fair At Library

RESOLVE of L.I. invites you to attend their IVF Fair, Friday, March 13, 8 p.m., at the Plainview-Old Bethpage Library, 999 Old Country Road, Plainview. Representatives from several different IVF clinics will be on hand to present their program and answer questions. All are welcome. Call 581-2311 for further information.

RESOLVE is a national non-profit charitable organization which offers counseling, referral and support groups to people concerned with infertility, as well as education and assistance to associated professionals.

BLS Recertification Course

A Basic Life Support (BLS) Recertification Course has been scheduled at the L. I. Heart Council office in Hicksville on Friday, April 5 from 6:30 to 10:30 p.m.

Advanced registration required, on a first-come, first-serve basis Telephone the Heart Council Office at 932-9360 for additional information and/or registration forms.

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

Ice Hockey Classic

Nassau's most outstanding young hockey players will compete in "All Star" games when the Fourth Annual Nassau County Executive Ice Hockey Classic is held at Cantiague Park on Sunday, March 3, from 8:30 a.m. to 6 p.m. Spectators are invited free of charge.

County Executive Thomas S. Gulotta said that the participating athletes, ages 6 through 17, have been chosen from the Nassau County Hockey League for not only their skating and hockey abilities, but for overall team spirit and sportsmanship. The league is sponsored by the Roslyn Savings Bank.

The Nassau Cty. Dept. of Recreation & Parks Sports Unit has chosen 40 of the best skaters and four of the best goaltenders from each age category to form two "All Star" teams, blue and white, for the Classic matchups. A "Most Valuable Player" award will be presented to a player from each division.

The welcoming ceremonies are scheduled to start at noon.

For further information, call 542-4440.

Cantiague Park is located on West John Street in Hicksville.

College Notes

Rensselaer Polytechnic Institute has announced the names of students who made the Institute's dean's list for the fall semester.

The dean's list recognizes full-time students who maintain grade-point averages of 3.0 out of a possible 4.0 and have no grades below "C."

From the local area are:

Stephen Eugene Guarini of Bethpage, a senior majoring in Aeronautical Engineering;

James Joseph Maune of Plainview, a junior majoring in Physics.



Former Grumman CEO John Bierwirth Is Still Taking Care of Business on Long Island

For 16 years, Jack Bierwirth ran the Grumman Corporation, Long Island's largest employer and a major economic force. In his "retirement" Jack is busier than ever, although every now and then he finds time to fish. He is deeply involved in a cause that is just as important as maintaining Long Island's economic well-being: restoring and preserving our unique environment.

Today Jack is Chairman of the Board of Trustees of the Long Island Chapter of The Nature Conservancy. For 39 years, The Nature Conservancy has been in the business of saving land all over the world — more than 6 million acres in the United States alone. And on Long Island we've protected more than 25,000 acres, including the 19-acre remnant of the Hempstead Plains.

We Long Islanders can still fish for trout; we can still walk in the woods, lie on the beaches, swim in the bays. But make no mistake, the quality of life here is under threat. We urge you to

make it your business to help preserve Long Island's magnificent natural heritage by becoming a member of The Nature Conservancy. For further information, call (516) 367-3225, or write to us at our Long Island Headquarters, 250 Lawrence Hill Road, Cold Spring Harbor, NY 11724.

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

Name _____

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WEDDING PLANS

By Monica Perez

The moment you get engaged is not too soon to start planning the wedding.

Many choice wedding sites are booked up a year in advance — especially during the prime months of April through September.

Couples who initially assume they'll have a small wedding ("just a few friends and family members") frequently find out how hard it is to limit the number of guests — where, after all, do you draw the line? As the guest list grows, so does the size of the wedding.

Even small weddings take plenty of planning to ensure that the occasion will be beautiful, enjoyable and memorable with minimal stress and no unwelcome surprises.

EXPENSES

"The number of people you plan to invite is the single most important factor in determining the cost of your wedding," advises Money magazine.

If the size of your family means a large wedding is inevitable but the expense seems overwhelming, you needn't feel trapped. Consider getting married on your honeymoon, perhaps in a location — Puerto Vallarta, Hawaii, Paris — so romantic no one can possibly complain.

The first step is to figure out how much you can spend, which means finding out exactly how much family members are willing to kick in.

Once you have a ballpark budget, make an appointment with a professional wedding consultant. Even if you buy only a few hours

From decor to 'I do' made easy

of this expert's time, it'll be worth it for the advice on how to get the best value for your money — in terms of goods and services (bridal gown, music, caterer, rental of wedding and/or reception sites, photographer, florist, food and wine).

If you can afford it, turn the whole affair over to the consultant. He or she will see to it everything happens perfectly, sparing you numerous hassles. "Orchestrating a wedding is like being the general contractor on a building project," advises Money.

LOCATION

You'll want to set the date and time as soon as possible, depending on the availability of the locations you choose for both wedding and reception.

If the ceremony will be religious, find out if there are any restrictions as to where it can be held.

Weddings traditionally take place in churches or synagogues, in private homes or in rented halls, but don't assume those are your only options; also consider unusual sites such as a farm, apple orchard, ranch, library, country inn, park, fairground, resort, theater, art gallery, museum, cultural center, winery, dance studio or university chapel.

WORKING WITH CLERGY

Another top priority is deciding who will perform the ceremony — and making sure he is available on the day you've chosen. If prenuptial counseling is required, you'll want to schedule it.

What if you two have different religious backgrounds? Study the practices, regulations and beliefs of each, then try to combine ideas

from both — keeping in mind that the clergy member who performs the ceremony has the final say.

DECOR

How to decorate the wedding and reception is one of the most delightful decisions a bride makes.

A smart bride will choose a theme that makes her look her best; options include Old World traditional, elaborate yet demure Victorian, country casual, sleek and sophisticated contemporary, more. The bride should have her colors done, study bridal publications for ideas and visit bridal boutiques.

Once she knows what suits both her personality and appearance, the rest falls into place. The colors — of everything from bridesmaids' dresses to flowers to linens — will complement her complexion. The ambience, whether a lush country garden or a quiet church interior, will make her feel light-hearted and at ease.

And the wedding specialists she works with (florists, caterers, photographers, dressmakers, more) will please her easily if they also envision her dream.

PUSHY RELATIVES

If you have trouble saying "no" to Mom, all the more reason to use a professional wedding consultant, someone well-versed in ways to soothe even the most difficult relatives.

Here's advice from "Dear Abby on Planning Your Wedding" by Abigail van Buren (Andrews and McMeel):

"Be prepared to go to a third party for help if you cannot resolve a particular issue involving your wedding. If it's a matter of etiquette, I recommend 'The Amy

Vanderbilt Complete Book of Etiquette," revised and expanded by Letitia Baldrige (Doubleday).

"Second, choose an expert to provide a third and final opinion, which you both agree ahead of time to follow. He or she may be a friend or relative — but make the choice before you have your first argument."

"Give that person one guideline: Please make the decision that you feel best reflects both our personalities."

VOWS

Couples often personalize their weddings by adding to the familiar words special sentiments of their own.

If you decide to do this, avoid cute and funny references that may not be in keeping with the seriousness of the occasion; also limit the length of your spoken vows to one to three minutes — any longer may seem a bit tedious to your guests.

For inspiration, review traditional vows and personalized promises written by other couples; also consider poems, songs, novels, philosophical works — even children's books.

BRIDAL FACTS

Planning an outdoor wedding? Here's a formula to decide the size canopy or tent that's needed.

Number of people	Size of tent or canopy
60	20 feet by 30 feet
80	20 feet by 40 feet
125	30 feet by 40 feet
150	30 feet by 50 feet
200	30 feet by 70 feet
250	40 feet by 60 feet
300	40 feet by 80 feet

SOURCE: Affordable Weddings, by Lata W. Clark

Looking for a bridal shower theme? Try these.

A shower theme determines the types of gifts the guests will bring.

Miscellaneous shower
Traditional shower, with any types of gifts acceptable.

Gift basket shower
Each guest fills a basket with gifts for a different room or activity.

Lingerie and honeymoon shower

Kitchen and recipe shower
Gifts for the kitchen with guests' favorite recipes.

Linen, entertainment, gourmet and hobby showers

SOURCE: Showers by Beverly Clark

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PRENUPTIAL PRIMER Legal, financial smarts for newlyweds

By Jason Zappe

Popping the question may be difficult, but footing the bill can be just as tough.

However, thanks to a bevy of financial consultants who specialize in weddings, help in sorting out all the financial needs is easily found.

Tradition has placed the duty of doling out the dough on the bride's parents, but things have changed and these days many couples fund their own weddings.

It is possible to have both sets of parents help pay, but the decision of who pays is up to those involved; tradition doesn't hold that much weight anymore.

Of course, the first thing you need to do is make a budget. But keep in mind your budget will have to be modified and altered as plans change.

Start with a list of locations, number of guests, catering or other arrangements for the reception, music — and don't forget the honeymoon.

Those are the major items, married-to-be also will have to consider the details in the budget.

Wedding experts say a wedding can cost anywhere from \$3,500 to \$15,000 and beyond.

A typical percentage breakdown for a formal wedding may look something like this:

- 33 percent for the reception.
- 12 percent for the rings.
- 12 percent for the music.
- 11 percent for miscellany.
- 10 percent for the photographer.
- 9 percent for the bride's attire.
- 6 percent for flowers.
- 5 percent for invitations.
- 2 percent for the ceremony site and officiant fee.

Traditionally the bride has paid for the groom's wedding ring, a gift for the groom, gifts for the bridal attendants and the medical examination and blood test.

The groom takes care of the bride's engagement and wedding rings, a wedding gift for his bride, gifts for the best man and ushers, groom's wedding attire, bride's bouquet and corsage, mothers' corsages, boutonnieres for attendants and fathers, medical exam and blood test, judge or clergy's fee, marriage license and the honeymoon expenses.

The bride's family is responsible for the ceremony cost, which includes the music, the cost of the reception, bride's wedding attire, wedding invitations, announcements and mailing costs, bridesmaids' bouquets, photographer and floral decorations.

And on the low end the groom's family springs for the rehearsal dinner.

So if tradition is followed a budget will be split among the various payers.

But if one family or one person is paying some of the following cost-cutting tips might help:

- Buy your wedding dress on sale.
- Ask your relatives — there might be a beautiful dress stored away in your aunt's, mother's or grandmother's closet.

• Order bridesmaid's dresses from catalogs, which are usually more reasonable.

• Buy shoes that can be dyed and used again.

• Make sure the tux rental shop will provide the groom's tux free — most do nowadays.

• Have the reception in your or a friend's home or back yard.

• Do a morning or early afternoon wedding.

• Prepare the food yourself or with the help of friends.

• Check culinary and bakery schools in your area. Many will prepare the food for its cost.

• Do your own flowers. Wholesale flower warehouses will help you pick out all the fresh flowers you'll need.

• Find a friend to take the pictures.

• Hire a pro to shoot the major pictures, order the proof set and have friends take candid ones throughout the day.

The essential thing in trimming costs is to be original.

Once you get away from stodgy traditional ceremonies and dream up what you want out of a wedding, costs will be more acceptable.

But don't think finances are the only thing to consider during the pre-nuptial planning, there are legal matters to be attended to.

Some of the basic items include a marriage license. Requirements vary from state to state so you'll need to contact the county clerk's office to find out what you need to obtain one.

The requirements generally include age of consent, residence, citizenship requirements and freedom of couples from venereal disease, especially AIDS.

There's also the question of pre-nuptial agreements. Not everyone needs to have a pre-nuptial agreement similar to the Trumps, unless you are the Trumps.

But many couples who marry later in life or for a second time and who already are well established, may want to draw up an agreeable arrangement.

Once the pre-nuptial negotiations have been successfully hammered out, other legal matters still need to be taken care of.

If you're planning to change your name you'll need to begin contacting various agencies prior to getting married.

Some of the offices you'll need to contact include the Department of Motor Vehicles, Social Security, car registration, voter's registration, passport, bank accounts, wills, insurance policies and the post office.

Marriage is similar to setting up a business, but the rewards are better than any company's profit margin.

Educated Brides

Today's brides are not only older, they're smarter. According to a *Modern Bride* survey, 70 percent have a college degree and 10 percent have finished graduate school.

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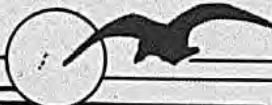
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WRITE STUFF

By Monica Perez

Wedding invitations, announcements, thank-you notes, envelopes, reply cards. You may never again see so much stationery flow across your desk.

And you may never again follow a tradition as closely. Wedding stationery brings out the Emily Post in each of us, even if we choose the most outrageous custom designs. There is something serious about this aspect of your wedding—an art, formality and style in seeing that the notes are correctly done.

THE STATIONER

Work with a reputable company; stationery is costly, and you want to be certain your stationer will back her work.

Is yours to be a traditional, formal wedding? Contemporary and casual? Your invitations should reflect the tone, and you'll find your guests will dress accordingly. Consider following through on the color scheme of your wedding party.

Because so few of us can guess at costs, you can only formulate a budget after you've shopped and priced out a range, based on items needed, whether your type will be engraved or thermographed (the latter is much less expensive), and how many extras you'd like.

Bring with you to the stationer a list of the items you're considering and the number of each you'll need; remember that invitations should be sent not only to guests, but to the bride and groom's families, the wedding officiant and members of the wedding party; children 18 or older should receive their own invitations.

Order more than you've estimated; you're bound to think of someone else later!

THE SHOPPING LIST

• Wedding invitations—including printed or embossed envelopes and envelope liners.

• Reception cards—necessary when not all guests are invited to both the wedding and the reception; otherwise, a single invitation will do.

• Reply cards—including return addressed envelopes.

• Announcements—and envelopes.

• Maps/printed postcards for out-of-town guests, possibly offering to arrange accommodations.

• Reserved section cards—if the wedding is large and special guests are to sit in a special area.

• Thank-you notes—printed with maiden name for shower gifts, married name for after the ceremony.

• Personal stationery—informal note cards and envelopes printed with your married name for after the wedding and maiden name, if needed, before. These also can be used as thank-you notes.

• Place cards—for very formal weddings. These needn't be printed, but rather hand-lettered.

• Favors—cocktail napkins, matchbooks, ribbons, champagne glasses with the wedding date printed on them.

Invites, thank-yous and print pointers

A stationer can refer you to a professional calligrapher who can add a special look to the addressing of your envelopes.

You'll need to have the wording ready for the stationer. If you haven't an idea of how you'd like your invitation worded, you'll find books, workbooks and magazines

especially helpful. Wording gets tricky when parents are divorced, when this is a second marriage, when the bride and groom are paying for the wedding.

PROPER TIMING

Your stationery should be ordered about three months in advance, allowing time for delivery, addressing and mailing. Invitations should be sent out four to six weeks before the wedding date, eight weeks for out-of-towners. Announcements are sent the day of or the day after the wedding ceremony.

Thank-you notes should be sent within a month of returning from the honeymoon; gifts received before the ceremony should be acknowledged within two weeks. Never type a thank-you note, and try to say something personal in each. It's polite to mention your spouse's name in the note, though only one person should sign. Use your first name for close friends and families; your full name for people you don't know well.

If you receive a joint gift from several people, each person receives a thank-you note. If the group is of 10 or more, a single note suffices.

Thank-you cards can be time-consuming; engage your sweetheart's help in this way: If one person writes the note, the other person addresses, stamps and mails it. Keep your writing "station" set up and ready for you to dash off a few notes as time permits.

Consider having a friend photograph you and your spouse opening gifts from family and friends unable to attend, and enclose the snapshot in your thank you. It's a gracious, thoughtful gesture, one that will help get your marriage off on the right start.

BRIDAL FACTS

The attendants' responsibilities

Maid/Matron of Honor
Holds the bridal bouquet, adjusts the bride's veil, carries the groom's ring (in double ring ceremony).

Bridesmaids
Have few duties, except look lovely.

Best man
Assists groom on wedding day, carries the bride's ring, makes toast to couple at the reception.

Ushers
Assist guests with seating and escort bridesmaids.

Flower girl and ring bearer
Steal the show.

SOURCE: *The Perfect Wedding Planner*
by Barbara Binewanger and Jim Charlton

Choosing the dress for beautiful you

By Sharon Williams

Here comes the bride-to-be, marching down the aisle of boutique after boutique, her brow creased in quiet consternation over a prevailing, mind-boggling question — "What will I wear?"

She's thinking, of course, about "the dress." The wedding dress.

The wedding gown search is rarely just another day at the galley. More often, it's an extended exercise in agony and ecstasy, faith and futility as soon-to-be brides struggle to strike a balance between fantasy and reality.

The issue of what one wears to the most important occasion of one's life is so emotion-laden that some brides begin their preliminary searches years in advance.

Others, meanwhile, find themselves so rattled over the sartorial details that they put them off until days, even hours, before their march down the aisle.

The pursuit of one's dream dress, however, needn't be so painful. Not that the importance of the wedding gown has diminished; in fact, the opposite has occurred.

But with so many choices in wedding gowns available, it's hard to imagine any bride having to comb the racks for an eternity before she falls in love. Cupid's arrows have landed in the hearts of hundreds of designers who take the business of outfitting the bride very seriously.

As a result, there's a lot to like.

What's more, it seems that everyone from bridal designers to wedding consultants has developed a more fairy godmotherlike approach to this delicate search; good customer service is the rule rather than the exception.

Instead of leading her by the hand, or worse, leaving her alone to drown in a sea of tulle, wedding pros today are proud of their ability

to known when to assist — and when to stand back.

If there are wedding bells and a wedding gown in your not-too-distant future, read on. Following are a few tips and trends for the woman who wants to be as smitten with her dress as she is with her future husband.

THE FANTASY

It doesn't hurt to know your bishop sleeve from your illusion neckline before you head out into the shops. Learning what's out there and what you like before you try on that first dress will most likely save you miles of legwork later on.

You can bone up on bridal fashions and fabrics by scouring the pages of bridal magazines and wedding planners, sitting in on a fashion show given at one of the numerous bridal fairs that take place every year and even by browsing through pattern books at the fabric shop. If possible, clip or copy pictures to take shopping later.

It's also wise to pinpoint the style for your wedding, the location and time of day of both the wedding and reception, the religious requirements of your wedding and your budget before you shop, say bridal experts, since all will influence your final choice.

OFF TO THE SHOPS

With clips in hand, you're ready to start shopping. Ask recently married friends and relatives for recommendations, scout the ads and add your favorite department stores that have bridal salons to your list. Then telephone those you plan to visit to make an appointment.

The rule of thumb, say bridal experts, is to start shopping six to nine months before the big day. This allows plenty of time for a bridal shop to give and receive an

Continued On Page 8



BEAUTIFUL BRIDES — This year's brides will turn heads with sleek, elegant and sophisticated gowns. Shown here: Bridal gown by *Bridal Originals*.

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Fashion firsts for a perfect day

By Mike Dale

Just because cries of, "Here comes the bride!" ring out on wedding day, that doesn't mean grooms should dress like potted plants.

Since grooms are taking more interest in planning their weddings, more attention is being paid to the sartorial splendor of men tying the knot.

The type of clothing that grooms and other male members of the bridal party will wear depends on the style of your wedding and the time of day and year.

According to Thomas Piljac in "The Groom-to-Groom Book" (Bryce-Waterston), very formal daytime weddings should see the groom festooned in a cutaway, long jacket in black or gray, trousers with a classic side stripe, a white shirt with wing collar, French cuffs and studs, a vest, a cummerbund, an ascot or four-in-hand tie, black dress shoes (white: May-September) and matching hat/gloves and overcoat.

Grooms scheduling a very formal evening wedding (ceremony after 6 p.m.) would sport black trousers and coat with white vest, cummerbund and tie. Piljac also recommends wearing a black top hat and white gloves tied together by a black or gray overcoat.

Semiformal weddings require a different look. Gone are the hat/gloves/overcoat combination, as well as the ascot. Matching or contrasting jacket, trousers, shirt, cummerbund, vest and tie are de rigueur.

For an informal wedding, either day or night, a business suit in black, gray, navy, dark blue or white, with coordinating tie, will suffice, says Piljac.

So what are the groomy trends in the year ahead?

Well, gone are the flashy colors and stuffy, uncomfortable suits, say men's formal wear manufacturers.

They say men are expressing their individuality and taste in wedding finery.

Grooms, for example, are opting for a more formal look, such as full dress tails for the entire wedding party. In the past, only grooms dressed in tails.

Even when men go for a less formal look, say formal wear experts, most grooms still prefer a classic tuxedo for their wedding day. The traditional shawl-collared tuxedo from the 1930s and '40s is back in vogue.

Grooms, meantime, are adding a new twist to the traditional look. They're updating their tuxedos with shots of color woven into the black tux.

"The color is very subtle," says Larry Hotz of the Men Fashion Association. "There may be just one red thread interwoven through all the black threads. If you're looking at the tux in the right light, there's just a hint of color that adds vibrancy."

Accessories add flair to the classic look, too.

Says Hotz: "Cummerbunds, bow ties and vests take a hint from the hot trend for summer and fall, which is the embroidered or tapestry look."

Men, for instance, are wearing vests with an overall floral pattern, almost like a brocade tapestry in a museum. Vests also may boast paisley patterns or swirls. They may be multicolored or have a refined look with only two colors.

"This adds a lot of contrast to the basic black tuxedo and white formal shirt," says Hotz.

Other formal wear manufacturers agree that two of the most popular looks right now are the black-and-white houndstooth pattern and the bubble dot pattern with black on white or white on black.

Continued On Page 11



GORGEOUS GROOMS — Bridegrooms can make their own sartorial statement with an elegant tuxedo. Shown here: Tuxedo by Raffinati.

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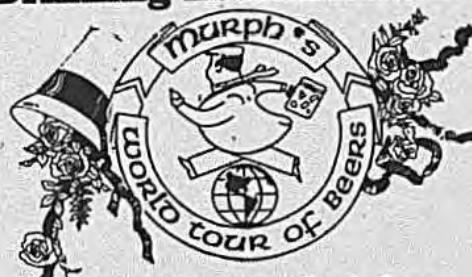
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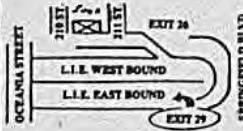


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Choosing the dress for beautiful you

Continued From Page 5

to get hitched when the gown is a flea market or antique shop find. Another alternative: Shop the classifieds for beautiful bargains that have been worn only once or not at all.

Brides-to-be who can sew might want to make their own wedding day creation with patterns and opulent fabrics picked up at the fabric store. Many shops actually have their own bridal departments stocked with all the trimmings, everything from ornate bodices to exquisite beadwork.

ONCE IN LOVE

Congratulations, you've found the perfect dress. But don't let love be blind.

For instance, if you're ordering the dress through a bridal salon, be sure to get all the details in writing, such as the store's cancellation policy and the anticipated date of delivery.

And no matter if you're wearing Grandmother's gown or stitching your own masterpiece, be sure to allow ample time for any last-minute alterations and a final pressing so that your dress will be crisp and fresh for your day at the altar — no matter if you've tried it on at least 100 times.

BRIDAL FACTS

Traditional expenses for the bride and her family

All reception costs (room rental, caterer, florist, music)

Bridesmaids' bouquets and flowers for ceremony

Musicians and singers for wedding ceremony

Groom's wedding band and gift for groom

Bridesmaids' gifts and housing for out-of-town bridesmaids

Bridal gown, accessories and trousseau

Photographer and stationery

Bride's blood test and physical

Transportation for wedding party

SOURCE: *The Perfect Wedding Planner* by Barbara Binswanger and Jim Charlton

Lucky Days

What's the best day of the week to say "I do"? Although Saturday is the most popular, it's considered the unluckiest. For wealth, marry on Monday; for health, on Tuesday.

BRIDAL FACTS

Picking a wedding style can seem complicated.

The basic wedding types include:

VERY FORMAL

A large, money is no object event. Usually has a lavish reception, often with a full sit-down meal.

FORMAL

Less lavish, but still very large and traditional, from invitations to attire.

SEMI-FORMAL

Smaller, less lavish event. Scaled-down reception.

INFORMAL

Under 75 guests. Formal wear not needed. Small reception.

SOURCE: *The Creative Wedding Guide* by Louise Roberts

aily purchase a dress.

From Victorian necklines and old lace, going "secondhand rose" can also be a terribly stylish way

Musical interludes

By Debra Lee Baldwin

How do you go about selecting music for your wedding and reception? Consider these suggestions from "Bride's New Ways to Wed," by the editors of *Bride's* magazine (Perigee Books):

No matter what your style of wedding, music can add to the mood of the moment. Ceremony music can reflect your taste, from country/western tunes and top-40 songs to a harp and flute combination playing classical music. Check with your house of worship first, however. It may allow only religious music.

Listen to many types of music before making your selection. For a traditional ceremony at a church, chapel or synagogue, the music may be a majestic organ or trumpet. But when it comes to music, you can pull out all the stops for a big, formal wedding.

To personalize the ceremony further, have a friend or family member with musical talent sing or play an instrument. One bride's aunt sang an old Italian love song, which added both a personal and an ethnic touch to the ceremony.

Reception music can range from a pianist or a wind ensemble to the big-band sound or a DJ spinning records and tapes. Dancing is not a must, but it does add to the fun, and many people expect it. And it gives everyone the chance to loosen up and let go of his or her inhibitions.

One couple chose two bands to play at their traditional outdoor

wedding. Bridesmaids in pink taffeta danced first to the standard big-band sound, later to a rollicking reggae band. Another couple wanted to bring Southwestern touches to their wedding day and chose Mexican mariachi music to enhance the flavor of the wedding (which also included 6-foot-high cactus, votive candles, and a wedding cake shaped like an adobe house).

Motown music is popular, as well as hit tunes from movies. Songs can be tied to your theme or personal interests. A couple planning to honeymoon in Paris, for example, might ask the band to play "I Love Paris."

If your backgrounds are ethnically diverse, don't overlook the music of your heritage. Couples have hired Scottish bagpipe players, Czechoslovakian folk dancers, a trio of Hawaiian ukulele players, and Middle Eastern belly dancers! At a Jewish wedding, "Hava Nagila" is always popular. At Italian weddings, bands play the tarantella. At Polish weddings, polkas are requested.

Some couples take dance lessons before their weddings — in anticipation of these ethnic dances and the more traditional foxtrot and waltz.

Neptual Aphrodisiacs

Orchids, included in many bridal bouquets, were considered an aphrodisiac by the ancient Greeks and Romans.

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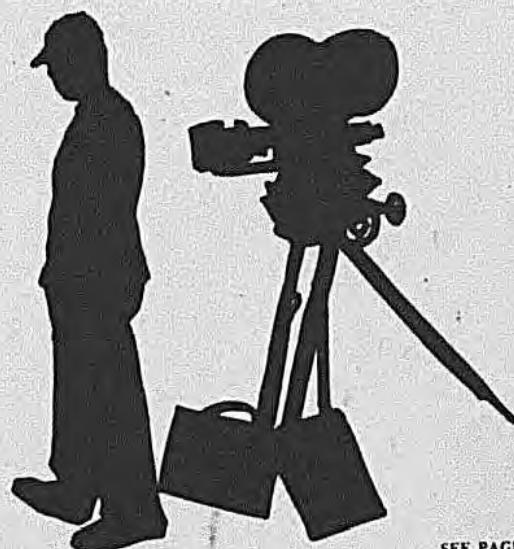
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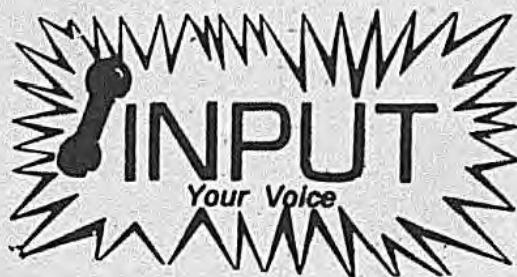


NEW YORK

Yesterday's Newsreel

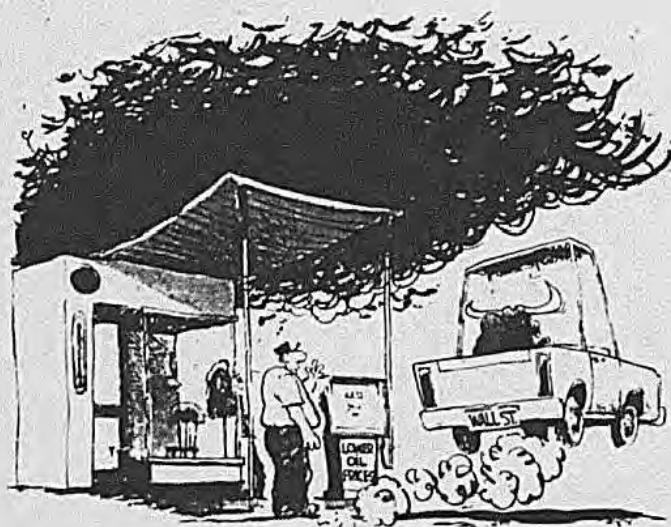


SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think an energy policy to lower oil imports should be pursued after the war?



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Many Ideas On War Solution By Callers

Callers to Input have a variety of ideas of what we should do after the war ends with Iraq in answer to this question: "What are your ideas of what we should do after we win the Persian Gulf war?" Here are some of the answers:

DON'T REBUILD IRAQ

For one thing we should not spend our money rebuilding Iraq and allowing Saddam Hussein to simply start rebuilding for another war. We have plenty of problems in our own country and we cannot afford to take on all of the burdens of the world before we take care of our own. I believe that Pres. Bush understands this and any aid we give to other countries should be a combined world mission. We should definitely see that Hussein does not keep his military forces. J.F.

MANY VOICES NEEDED

I think that since we are fighting a U.N. war and really not our own that anything that is done should be agreed upon by all of the parties. I think we must have some kind of a conference to try to solve the Middle East problems including those on the West Bank. We cannot leave Israel open to attack from other countries but we must find a solution that will be better for all people including the Arabs. This is so complex a problem that it will take long conferences and the best ideas of all nations to get the right solution. N.F.

OUT WITH HUSSEIN

I do not think that we could simply allow the Iraqis to declare a truce and let things as they are. There is still the problem of oil and there was the problem of Saddam Hussein not caring about the environment. Somehow it should be an important part of the settlement that Saddam Hussein will never remain in power to come back another day. M.F.

LIVEABLE SOLUTION

The war in the Middle East to justify all of the loss of life should not end at an armistice. In almost all wars we have won the war but lost the peace. This time let us think things over so that we can get a liveable solution for all involved. The answer has to be in recognizing that all people want a better life and that lacking very much to live for we will have more wars. We have demonstrated that we have great military ability and that science can be used for destruction. Let us now concentrate on using science to build a better world for everyone. L.F.

WILL WE WIN?

I hope that your question is correct in history and that we really do win this war and do it as fast as possible. I personally do not know that going to war in the first place was the best way to handle the problem. Loss of life, even for a good cause, is a loss to the person who is dead. Some of our people still think that we have tin soldiers out there and that civilians on the other side are not human. Let us treat our enemies as well as we did the Japanese. It appears to have paid off in that war. G.B.

MANY FACTORS

Unfortunately there will once again be factions pulling to set up spheres of influence at the end of this war the same as after World War II. We were the undisputed winners but we did not really do a good job with the peace. If we had the U.S.S.R. would not have been a threat for fifty years. It probably will take more brains to settle the war issues than it does to win the war. We must all work for a common goal. The betterment of things for all living people. N.G.

NO SOFT APPROACH

I think that we should not take a soft approach. The Arab countries have been threatening Israel for years. This time, as in the six day war, their bluff is being called and they are not going to be able to do anything but shout. We must see that their countries do not have access to large weapons so that they can stay within their own borders. S.V.

A BIT EARLY

I think it is a bit too early to count the Iraqi army out. We have only beaten them from the air. In order to take Kuwait and Baghdad we will have to do much more. When that end is near it is time to start thinking of what we can do for the future. L.K.

GET RID OF HUSSEIN

With Gorbachev showing signs of siding with Saddam Hussein, I find it difficult to answer the "Question". Actually, it probably is best not to include the U.S.S.R. on the side of the winners in considering what we and our allies should do after we win the Persian Gulf war. So, as I see it, our first move is to seriously determine the ideas of our natural allies - those nations who have clearly exhibited their friendship for us over the years and who have unmistakably supported the United Nations resolution without added conditions involving Israel, the Palestine problems, occupied territories, etc., etc. and, of course, immediate withdrawal of troops. In none of these new "linkage" conditions was there any reference to the clear-cut decree to Hussein to get out of Kuwait unconditionally. As to what we do after we win, I go along with President Bush in that Hussein should be removed from office and, in my opinion, probably should be tried in the World Court, the judicial organ of the United Nations. In any case, as long as Hussein remains as President, we and our allies should refuse to continue diplomatic relations with Iraq. Needless to say, we would want Iraq and its citizens to recover as soon as possible to take a serious part in world affairs and to the extent that their reconstituted government would warrant serious commitments, we should offer support. It is difficult to enumerate specific plans under current circumstances particularly to avoid the "couldas, wouldas, and shouldas" but in my opinion, the one major demand - the No. 1 priority - should be to get rid of Saddam Hussein from the political picture in the Middle East. As an arrogant dictator with no regard for human life in that continuing role, the heads of state of neighboring Arab countries would have to be constantly looking over their shoulders and that's no way to run a railroad! P.G.S.

Discovery!

Yesterday's Newsreel

By Dr. Arthur A. Delaney

I've just turned off the CBS Channel 2 evening news with a sense of loss and even nostalgia. It's not that I don't find Michelle Marsh attractive. I do. I even like Dan Rather and I would have voted for the avuncular Walter Cronkite had he run for president. It's not even today's depressing presentations of subway rapes, financial dislocations, and war in the Persian Gulf. No, my discontent stems from the TV medium, or to be more precise, the presentation of news on that medium. What I miss and even yearn for is the newsreel, yesterday's eyewitness to history.

A whole generation has passed the scene, viewers who have never experienced the uniqueness of a newsreel. Decades before television, the whole world depended upon the radio, the daily press, and the newsreel for its news. Until TV entered our homes shortly after World War II, our only moving concept of the world beyond was conveyed on the big screen of our neighborhood theatre.

The newsreel's precursor was invented by the French photographer Louis Lumière when he presented a short subject to the Photographic Congress Society on June 1, 1895. The following year he had organized a crew of cameramen which he sent around the world to film major events. One of their triumphs occurred on March 26, 1896 when a Lumière cameraman captured on film the coronation of Russia's Czar Nicholas II. Competitors rushed their cameras to the Spanish-American War (1898), the Boer War (1899), Queen Victoria's funeral (1901), and the San Francisco earthquake (1906).

But it was another Frenchman, Charles Pathé, who developed the newsreel as we came to know it. Lumière and his imitators had produced isolated, single subject films of a few minutes duration. Pathé was an industrialist who promoted the concept of marketing several subjects on a single film, regularly produced and distributed. The newsreel was born!

Newsreel production and distribution were dominated first by France and later by Britain. By the time of the Great Depression, newsreels were very much part of the American scene. The 1930's and 40's ushered in the Golden Age of newsreel in this country, and it is the footage filmed during the 1940's which holds so much nostalgia for me. By the late 1930's, special theatres were opened that projected only newsreels and short subjects. Many *Discovery* readers will recall with affection the old Trans-Lux in New York City.

They will also remember the logos of the five great newsreel companies that flashed across the screen, one for each of the major Hollywood studios. MGM had its "News of the Day." The "Fox Movietone" was known for the distinctive resonance of Lowell Thomas, who later went on to authorship and documentary fame. Ed Herlihy was the anchor (if I may borrow that term from today's TV newsdesk) of the highly acclaimed "Universal Newsreel." Then, there was the "Warner Brothers Pathé News" with the voice of Harry Von Zell. Some readers will recollect Von Zell as the announcer on the old Eddie Cantor comedy-variety program. That was a radio show, viewers, not TV.

The most memorable of newsreel trademarks was seen in the closing frames of Paramount News' "Eyes and Ears of the World." Dominating the screen was an anonymous cameraman who trained his big 35mm Mitchell with its two large film drums right on theatre audiences. For years Paramount kept the man's name secret because he came to represent all in his craft.

I may as well confess that when other youngsters wanted to be firemen or cowboys, I yearned to be a newsreel photographer. Yes, the unsung hero of the old newsreel was, indeed, the cameraman. He was never seen, but he was ubiquitous in that he often produced and directed his "take" as well as photographed it. The TV electronic cameraman of today works hard and often under difficult conditions, but it was the underpaid newsreelman who frequently labored days on end without much rest and who was sent from one assignment to another without much notice.

The cameraman's hectic and frequently dangerous lifestyle was fictionalized at least twice on film. In 1938, Metro-Goldwyn-Mayer produced "Too Hot To Handle", a less-than-memorable melodrama which starred Clark Gable as the intrepid photographer assisted by Myrna Loy, who provided the behind-the-camera romantic angle. The Gable movie was released during the newsreel's heyday. An interesting 1978 Australian film, "Newsfront," further romanticized the theatrical newsreel business, this time during its waning years. "Newsfront" may be seen occasionally on late TV.

When neighborhood chums itched for the cartoon, I eagerly awaited the newsreel, often urging my pals to remain for a second showing. I forgot what they called me, but in the argot of today's youth, the word "nerd" would describe! My early camera heroes were the always mobile and largely unknown staff of British Pathé, but to mind come a few almost forgotten names from the golden age of American news filming.

Daring Jack Painter of Fox News was one such hero. Joe Gibson of Universal Pictures was another. Then, there was Norman Alley. Totally dedicated to his calling, Alley was aboard the USS Panay in December



1937 when Japanese aircraft attacked the American gunboat in China's Yangtze River. He shot hundreds of feet of film while under enemy fire, remaining with the ill-fated vessel until the river reached its gunwales. Alley had a scoop and -- almost six years to the day -- a preview of Pearl Harbor.

Max Marksman, I remember, was another who scooped an historic moment. He was there, loaded camera in hand, when a two-engined B-25 bomber, flying at an estimated speed of 225 mph, crashed head-on into the 79th floor of the Empire State Building. Because the accident happened on a Sunday and on a summer day, only 13 people were killed. On a workday there would have been 15,000 office staff and thousands of visitors in the building. His photographic record, projected across the nation, brought a vivid near-tragedy into every neighborhood.

To these men who filed dramatic exclusives were accorded the unofficial but coveted title of "Ace" cameraman. There were others who were always on hand to record the daily happenings of the twentieth century. From a campaigning Teddy Roosevelt to Lindbergh's departure from Roosevelt Field to the daily schedule of Franklin and Eleanor Roosevelt, the lives of the famous and near-famous filled the screens of our theatres. The old newsreel may not have created Wendell Willkie's "One World" -- neither has TV news reporting -- but with its twin medium, radio, it did much to foster one nation.

Most newsreel events were routine, like Amelia Earhart's take off on what would be her last flight, or the landing of the German zeppelin Hindenberg. No one can forget May 6, 1937 and the memorable pictures of the great dirigible exploding at Lakehurst. Herb Morrison's frantic narration haunts to the day. Then, there was the collapsing Tacoma Bridge filmed by a cameraman who risked his life, swaying with the doomed structure.

A Chinese photographer, Wong Hai-Sheng, known as "Newsreel Wong," shot what he thought was routine footage of the Japanese bombing of Shanghai. His camera's eye, panning the rubble of South Station, caught a glimpse of a helpless baby crying as he sat between the railroad tracks. Fox Movietone News distributed the film, and a still photo of the infant taken from Wong's footage is still used to illustrate accounts of the Japanese-Chinese war. At the time, it was estimated that 136 million people had seen Wong's photo in either a theatre or in print. The old cliché that a single photo is worth a thousand words was again proven as Americans became aware of ruthless aggression in the Far East.

Newsreel photography wasn't all glamor and high adventure. Controversial subjects were somewhat eschewed. Producers always tried to avoid antagonizing their audiences with unpleasant views, sequences we come to expect on today's TV. Because of this unwritten policy, the few really debatable scenes, such as the little Chinese baby, became etched on the viewer's memory. An execution in Central America, one which would be routine on today's TV, also stands out in my mind.

Adolf Hitler frequently made the newsreels, but with Mussolini, Stalin, and the Japanese warlords, he was played down as being offensive. Most present day documentaries about Hitler and the Nazi era, for example, use footage excerpted from original German sources. These days Saddam Hussein joins my family during the dinner hour!

Newsreels were meant to entertain as well as to inform. True, there are views of the Spanish Civil War, the Japanese incursion into China, and Mussolini's invasion of Ethiopia. The Second World War was fought weekly across screens from Pearl Harbor to V-J Day. But there was more, much more to be seen beyond the current event.

To Hollywood moguls, yesterday's newsreel was just another theatrical enterprise. Thus, headline footage shared equal time with such bland filler as auto races (all the kids loved the fiery crash sequences), speed records (any kind sufficed), superlatives (the fastest man/woman in the world), beauty contests (legs on parade), and the requisite animal feature (to be forgotten is the "Monkeys are the Craziest of People."). In retrospect, some of it was pretty campy!

Yes, the old newsreel was fun to view and it did inform by opening a larger window to the world. In an era when only radio, weekly news magazines, and the daily newspaper covered events, the newsreel was the only medium which conveyed the moving picture of graphic reality, albeit in black and white. It was a unique medium, savored by 40 million American viewers, and we shall never see its likes again! (Copyright © 1991 by Arthur A. Delaney)

ABOUT THE AUTHOR

Dr. Arthur A. Delaney is associated with the Garden City Public Schools. He is a free lance writer who has published some 400 articles in a variety of periodicals, including many in *Discovery*.

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

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READER RATINGS



CONSISTENTLY GOOD

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

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

B.R.

TOP IN DINNERS

The New Hyde Park Inn is a landmark on Jericho Turnpike in New Hyde Park. Most people have been there many times for one banquet or another. Throughout the years it has served as a top catering hall for many affairs.

As a restaurant it is equally good. We went there last week and found that it has a full menu for dinner and that all of the good things that were at banquets can be had in the restaurant. Because it is a festive type place it is a great one to celebrate a birthday as we did. Tell your readers that the New Hyde Park Inn is tops for dinners. We know. We were there.

T.M.

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

Q. I was always under the impression that it was incorrect to use a knife while eating a salad. However, sometimes the ingredients are in such thick pieces that it is difficult to manage using only a fork. What is your opinion?

A. I see no reason why a knife cannot be used while eating a salad when the occasion demands it that is when the pieces are too bulky to be manageable with a fork alone.

The rules of etiquette are not immutable. They must always bow to common sense.

Q. In my neighborhood there are quite a few restaurants. All of them do a brisk business and several have even expanded. Is it my imagination, or do people really dine out more frequently than ever before?

A. It is definitely not your imagination. Years ago it was a rare treat for most families to dine in a restaurant. But that was at a time when women had more time to prepare meals, since they did not as a rule work outside the home. Today, the average American eats out several times a week.

DINING GUIDE

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Guide to Good Dining

READER RATINGS



NICE PLACE

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

Q. Help! What does someone do who enjoys eating out, but is constantly on a diet and has absolutely no will power?

A. One solution might be eating in a Chinese restaurant. The food is low in fat, desserts are simple and the usual beverage-green tea, with no cream or sugar-has no calories at all!

Another good idea might be choosing a restaurant with a big salad bar-a delicious and nutritious way to take the edge off an over-eager appetite.

Q. When eating out, I am often tempted to enjoy my pie or pudding served with whipped cream. Tell me, how many calories do I actually save when I skip this all too delicious extra? A. Whipped cream has 28 calories per tablespoon, so I would guess that the number of calories in the topping adds up to 150 or 200.

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

Q. My wife and I both work and we like to try new restaurants. In some places, we find the service is inadequate. What does a patron do who wishes to summon his waiter but finds the waiter has "disappeared" for a long interval?

A. He might try to get the attention of a waiter not assigned to his table, asking him to find his "missing" colleague.



DINING GUIDE



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READER RATINGS

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READER RATINGS



WELL RECOMMENDED

We happened to be going by Ben's Kosher Restaurant on Northern Boulevard and Glen Cove Road in Greenvale last week and remembered that it was one of the restaurants recommended in your Discovery.

At first we thought that it was not going to be what we wanted but then after we were inside it became clear that Ben's is the whole thing, just as it used to be in those famous restaurant delicatessans that are now out of business in New York City. You can get anything from a sandwich to a full meal and the members of our group did all of that. To recite what we all had would be impossible but let us suffice to say that we were well pleased and recommend Ben's. E.McB.

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DINING GUIDE

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

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

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RESTAURANT GUIDE

Lee's tea garden

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A great Indian Restaurant, Bombay Harbour, located on Hillside Avenue in New Hyde Park, is a new and welcome addition to the local area.

We dined there Monday night and enjoyed a delightful dinner in an elegant setting, with soft background music, and most attentive service.

Our choices were a lamb kabob, ground lamb, rolled on a skewer and roasted over dying embers of charcoal, beautifully seasoned, which was absolutely great. A Walla fillet, simmered in a fresh green chutney sauce was a new taste experience. An order of saffron rice cooked with fresh green peas was shared. A green salad and Kingfisher Indian beer completed our dinner.

I was intrigued with the various dishes being served on all sides. Our waiter enlightened us and I requested a copy of their menu for future visits. A friend dined there last week and raved over the Tandoori chicken, subtly flavored with herbs, that I plan to try on a return visit.

You will appreciate the warm welcome and the attentive interest of the hosts. I strongly recommend this fine restaurant.

D.J.

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DINING GUIDE

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Guide to Good Dining



DINING GUIDE

482-1798
482-1510

Ristorante Giulia

Northern Italian Cuisine with a touch of France

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

570 Middle Neck Rd., Great Neck

Q. Last week, while eating in an elegant (and quite expensive) French restaurant, I saw a teenager sitting near me combing her long blonde hair at the table. Her parents seemed unconcerned!

A. The young woman's behavior was inexcusable. Arranging one's hair in a public place is always a breach of etiquette.

Her parents should have suggested that their daughter make a quick trip to the ladies room to fix her coiffure.

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

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

The bill could then be presented to your employer.

EARLY AMERICAN

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

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

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

Q. I am one diner who enjoys eating the skin as well as the meaty part of the potato. However, I'm not quite sure how this should be done - can it be cut with a knife first?

A. It's fine to use a knife provided only a small amount is cut at once. It would not be proper to cut up the whole potato skin at the same time, any more, say, than if it were a portion of meat.

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Exciting veal is tasty alternative

By Kit Saedaker

Veal is always an adventure. For one thing, it's expensive. I usually save veal recipes for parties.

For another, not everyone likes veal so I choose my veal moments carefully.

However, veal has less marbled fat, meaning less cholesterol than beef, and makes a sort of delicate substitute.

It also rings a change from chicken in a real switcheroo. Normally chicken stands in for veal. Indeed, in two of the recipes below, the chicken alternative is given. They are the two party recipes, Cacciatore and Marengo.

Cacciatore, of course, is Italian, so you might want to serve that with noodles. Marengo is a French classic developed by Napoleon's chef after the battle of the same name. He used chicken, however. Veal Shanks can be party food, or a family meal. Either way, it's a spin on lamb shanks and a hearty main dish for a cold night.

VEAL CACCIATORE

$\frac{1}{2}$ cup dry red wine
 1 teaspoon low-sodium Worcestershire sauce
 $\frac{1}{4}$ teaspoon each thyme, celery seeds and black pepper
 1 pound lean boneless veal breast or leg, cut in $\frac{1}{4}$ -inch pieces or chicken breasts or thighs
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped green pepper
 $\frac{1}{4}$ cup sliced fresh mushrooms
 1 (14-ounce) can low-sodium tomatoes, broken up
 1 teaspoon rosemary
 $\frac{1}{4}$ teaspoon dried basil ($\frac{1}{4}$ teaspoons fresh basil, chopped)
 $\frac{1}{4}$ teaspoon garlic powder or 1 clove fresh garlic, minced
 $\frac{1}{4}$ teaspoon oregano (1 teaspoon fresh oregano, chopped)
 $\frac{1}{4}$ teaspoon dried beef stock
 Dash of red pepper

Yields 2 to 4 servings. Each serving has about 170 calories, 5 grams fat, 90 milligrams cholesterol and 150 milligrams sodium.

HEALTHY GOURMET

Combine wine, Worcestershire sauce, thyme, celery seeds and pepper and place in plastic bag with chunks of veal. Refrigerate for at least 2 hours or as long as overnight.

Spray large skillet with non-

stick spray. Drain veal, place it in skillet. Sauté over medium heat until veal is brown. Remove with slotted spoon. Add onion, green pepper and mushrooms to pan and sauté until slightly tender but still crisp. Now put veal back in pan and add tomatoes, rosemary, basil, garlic, oregano, beef granules and red pepper.

When it comes to boil, reduce heat and cover. Simmer for about 10 to 15 minutes until veal is tender. Serve with noodles.

VEAL MARENGO

$\frac{1}{2}$ cup flour

Sprinkling of black pepper
 2 pounds veal, shoulder or leg, cut in $\frac{1}{4}$ -inch cubes or chicken breasts or thighs
 4 tablespoons olive oil
 1 onion, chopped
 1 clove garlic, minced
 $\frac{1}{4}$ cups dry white wine
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup tomato paste
 $\frac{1}{4}$ teaspoon each dried thyme and tarragon
 1 teaspoon finely grated orange rind
 6 ounces mushrooms
 Chopped parsley for garnish

Yields 4 to 6 servings. Each serving has about 600 calories, 4 grams fat, 200 milligrams cholesterol and 400 milligrams sodium.

Mix flour and pepper and dredge veal. As each piece is coated, place it on rack. Preheat oven to 325 F. Put 3 tablespoons of olive oil in large skillet and heat it. Add veal and brown, turning frequently. When brown, remove each piece and place in casserole.

Add last tablespoon of olive oil to skillet, and add onion and garlic. Sauté, stirring over medium heat until both are transparent. Add wine, water, tomato paste, thyme, tarragon, orange rind and mushrooms. Heat thoroughly and pour over veal in casserole. Cover and bake for 2 hours. Serve garnished with chopped parsley. Rice is nice with this.



HEALTHY GOURMET



FOR TEENS

By Willard Abraham,
Ph.D.

Dr. Abraham: This fellow I met at school came through as I wanted him to. He finally discovered that I'm alive, and we went to a movie together. I wish it had been a romantic one, but it wasn't. It just had such terrible violence that you wouldn't believe.

Well, anyway, he still likes me, and I like him even more than at the start, I think. At least I'd really like to kiss him and have him kiss me, but he acts scared of that.

Maybe he is afraid of catching something. I told him he has nothing to worry about, but he still keeps his distance.

I'm running out of patience. Should I try to forget him? Or should I hang on longer? — Affectionate

Affectionate: It all depends on how much you want to hold on to him, whether there is kissing or not. If you like him a lot, hold on, but try to control pressure from your side. Give him more time to soften up.

Guys differ in some ways just as girls do. Some come through with a show of affection sometimes too fast and heavy. Others are more cautious. He seems to be that type.

What you should do relates to how fond you are of him. You might consider hanging in there as long as you feel he is important in your life.

Dr. Abraham: If a boy isn't nice to you, can he be a boyfriend? This one never says anything nice to me and even says nasty things about me in front of other people. I like him anyway, but I don't think I should.

I told him that he hurts my feelings, but then he just lifts his shoulders and walks away. I am 14 years old, and he is three months younger than I am.

Something doesn't seem right about all this. Can you explain it to me? — Unhappy

Unhappy: To be a real boyfriend means that he likes the other person and shows in some way how much he likes her. Your friend doesn't seem to fit that definition.

He may act so rudely because of his age, maturity or insecurity or because he doesn't have a feeling toward you that a boyfriend should have.

If you can get him to talk with you about this, your relationship with him might become more clear. But if he continues to "lift his shoulders and walk away," maybe you should look for someone who would be nicer to you. Another possibility is to put him on hold until he shows some nice feelings toward

you or grows up a little bit more.

Dr. Abraham: If this guy won't keep his hands off me, he may be sorry when I scream and he goes to jail. I call him my boyfriend, but I sometimes wonder about that. Because I think he uses that word to mean he can do just about anything he wants to, he goes just too far with me. From what my girlfriends tell me, it really isn't very far, but it is too much for me.

I'm 13 years old, he is 15, and I've had just about enough of what he calls affection. I call it a pain in the neck. What do you think it is? — Fed Up

Fed Up: It looks like "the end" to me, and the sooner the better. To really mean something, affection has to be a two-way street, but it appears that in your situation it is one-way with a dead end.

So for your benefit, and probably his, too, it looks like the time for goodbye has already arrived.

Dr. Abraham: My boyfriend is sweet and all that, but his eating habits are just terrible. He stuffs his mouth as if food is going out of style, talks with a mouthful and grabs his silverware all wrong.

Because I went to his house for dinner a few days ago, I now know why he eats like that. They all do — his mother, father, two sisters and a kid brother.

It really is gross. I could hardly wait to get away from there.

Do you think there is any hope of his meal habits improving? I hope so, because I still like a lot of things about him. — Likes Manners

Likes Manners: Without making a big deal over it, you can help him improve by the model you provide and an occasional quiet suggestion to him. How you eat and what you say will have to be done carefully so that you don't offend him. However, if he eventually asks for suggestions, you may be able to move more quickly.

One thing you should try to be cautious about is to not be too critical of his family. He is probably fond of them and perhaps hasn't seen eating habits other than theirs very often.

A combination of your manners and a slow approach toward helping him change his may be the best route to follow.

FOR TEENS

Q. My son has just moved into a new house with our 6-year-old granddaughter — he got custody of her after a pretty rugged court battle.

We want to help him do up her room so it feels specially hers and I need some ideas. She's quite a little artist and loves all kinds of animals, if that helps. — Grammy.

A. New Jersey designer Herborg McLaughlin, ASID, could have had your granddaughter in mind when she created the room we show here ... except McLaughlin's "client" was a young boy.

Never mind. The ideas are unisex and universally appealing since almost all children love animals and fantasy, especially when they're rendered in bright, exciting colors.

If you've read "Decor Score" often, you may know how strongly I feel against the pallid, pastel-y rooms adults think that all infants and most little girls should live in. All children thrive on the stimulation of color. In fact, they may be the only people who can take pure primary color schemes in stride.

But I digress; back to your granddaughter's "special room," and McLaughlin's eminently adoptable ideas:

The wall mural is hand painted (a tradition in the designer's native Scandinavia, she says). If there's no artist in the family, look into the wonderful wall-covering murals now available. Your favorite wallpaper store will point them out, and they're not difficult to hang (I used one in own son's room 10 years ago and still enjoy it myself, now that his room has become my at-home office).

The hand-painted sisal rug. In

By Rose Bennett Gilbert

McLaughlin's room, the animals have hopped off the walls and onto the rug, leaving their footprints all around.

Ample storage. A clever arrangement of high-and-low chests forms the window seat and en-

courages neatness. Open shelves keep playthings handy along the mural wall.

Activity center. The table, chairs and hanging lamp in the center of the room are there, the designer says, to make the young

occupant "feel free to play, dream and learn."

PS: For more inspiration — in eye-popping color — seek out a copy of a new softcover book by Mary Gilliatt, the well-known designer/author. It's called, appropriately enough, "Designing Rooms for Children" (Little, Brown & Co., publishers), and it will help make your decorating assignment into child's play, indeed.



CREATIVE SPACE — Paint and imagination applied to both the wall mural and the sisal floor covering combine to make a creative kids' environment.

Backyard Gardener

By Patrick Denton

I would venture to guess that most of us don't garden to be "trendy." Still, it's interesting to stack one's own personal plant preferences against current North American home gardening trends.

Friends in the seed and nursery business fill me in from time to time on what types of plants are enjoying the greatest popularity among home gardeners. Last summer a representative of one of the largest garden firms on the continent outlined his perception of what is capturing the gardening public's interest.

According to this source, cut flowers are enjoying an enormous popularity. People often start off by seeding cut flower mixes, and from there slowly evolve into discriminating cut flower growers as they begin selecting individual varieties with the greatest personal appeal in such things as color, stem length, fragrance and so on.

A twin interest to the cut flower vogue is a surging fascination with everlasting flowers and grasses,

and with using them in dried bouquets, wreaths, potpourris and many other crafts. I suppose this trend was bound to catch on as more gardeners discovered how easy it is to grow most dried-flower type plants, and as they noticed how amazingly productive everlasting are.

Even if the flowers, grasses and pods are never gathered for drying and using indoors, such plantings are still winners. By their very nature "everlasting," the plants just sit there looking wonderful all summer in my garden, with no care but the odd watering. I routinely use everlasting in sunny parts of the garden I don't want to fuss with. If planted fairly close together, the solid growth even crowds out weeds.

Plants suited to container culture are big sellers too. This I suppose is at least partially a reflection of increased urbanization and the diminishing size of home gardens. And hordes of home gardeners, for one reason or another,

move from their homes into apartments or condominiums every year. For most of these people, containers become their gardens.

Even home owners with ample space in which to garden enjoy the aesthetic perks of assembling colorful containers on outdoor stairways, beside doors, and on patios and decks. These, together with baskets of flowers hanging from the house, constitute the home's seasonal dressing, its celebration of summer.

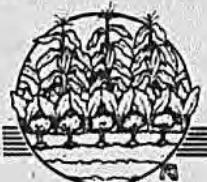
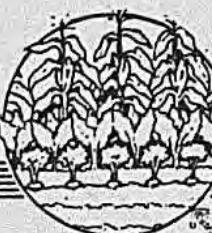
Popular demand for space-saving vegetables also reflects the space squeeze in home gardens and an increase in container gardening. Abbreviated zucchini bushes that produce loads of fruit on plants just 18 inches across are invaluable to a home gardener cramped for space. Beautiful, compact sweet pepper plants, small Oriental eggplants and patio-type tomatoes for growing in pots are naturals for people with limited space for their edible gardens.

People are going for the colorful and ornamental in vegetables too. Multicolored radishes, yellow tomatoes, purple beans, gleaming red sweet peppers, shiny golden zucchini and frilly purple basil are just a few of the items that gardeners value as ornamental highlights in the edible garden. Herbs too are enjoying a pronounced revival, as part of a cur-

rently popular craving for natural flavorings in food.

According to my source more home gardeners are growing some of their own perennials from seed, perhaps for the adventure of it and probably in part for economy's sake. But maybe too numerous gardeners are thinking as I do that they can grow plants of borderline hardiness more successfully if the plants develop from birth in the environment where they are to spend their lifetime. Then too, growing them from seed is often the only way to obtain some of the more unusual and little-known perennial plants.

Home gardening in general is certainly enjoying a lively boom, as one would expect in this age of increased preoccupation with the environment. We can't replace destroyed rain forests, nor can we personally make the planet pollution-free. But the gardens we plant do help to purify and replenish the air as they beautify our neighborhoods, and the vegetables and flowers we grow bring restoration of body and spirit.



MICROWAVE MAGIC

By Desiree Vives



Oh, baby!

By Desiree Vives

Some microwave cookbooks offer maybe a small section of recipes for kids and even perhaps a few tips on preparing food for baby — but if you're raising a young family, you may have wished for more. Well, here it is: "Microwave Cooking for Your Baby and Child: The ABCs of Creating Quick, Nutritious Meals for Little Ones."

Author Eileen Behan, R.D., is a member of the American Dietetic Association and a mother of two. Behan's is the first microwave cookbook for babies, and it includes, in addition to recipes, guidelines for when to start infants on solid food, how to use vitamins, how to introduce new foods, how to guard against food allergies and avoid pesticides.

The author stresses that the microwave oven is perfect for cooking child-size portions because rapid cooking retains nutrients and moist-cooking results in tender dishes easy for kids to eat. Main-dish recipes combine starch, protein and vegetable into one quick-cooking dish, using fresh ingredients you're likely to have on hand.

An index of 100 foods, forming the foundation of the young child's diet, includes food storage and nutrition guidelines, with preparation tips for both infants and toddlers. Recipes, too, are geared for different age levels, like "Something Simple" for the 6- to 10-month-old, and "Wet and Lumpy" (sounds yummy, huh?) for the 8- to 12-month-old. There's a section of breakfast recipes, too.

"Mild Mexican Lasagna" uses tortillas instead of noodles since, as Behan notes, microwaved tortillas become soft and absorb lots of flavors, like noodles. The "Brown Rice and Blueberries" is sweet, like a dessert, but has all the nutrition of a main dish when served along with a dairy product (a slice of cheese, glass of milk or dollop of yogurt). This dish may also be prepared with white rice, cooked barley or kasha.

All recipes have been "baby-tested" and the book's cover conveniently wipes clean. Recipes below come from "Microwave Cooking for Your Baby and Child," Villard Books (a division of Random House), 201 E. 50th St., New York, NY 10022. Hardbound: \$13.95.

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

MICRO-TIP OF THE WEEK:

Behan cautions against heating baby's bottle in the microwave because the bottle's outside can feel cool to the touch while milk inside may be hot enough to scald baby's mouth.

EASY PUMPKIN PUDDING

$\frac{1}{2}$ cup canned pumpkin
 $\frac{1}{4}$ cup vanilla yogurt
Yields $\frac{3}{4}$ cup.
Preparation time: 5 minutes.
Cooking time: 1 minute.
Oven setting: HIGH (100 percent power).

Mix canned pumpkin with yogurt. Blend evenly. Warm for 1 minute, covered, in small microwave-safe dish. Stir before serving.

MILD MEXICAN LASAGNA

$\frac{1}{4}$ cup frozen or fresh corn
 $\frac{1}{4}$ cup canned tomato puree or tomato sauce
 $\frac{1}{4}$ cup canned kidney beans, rinsed
2 soft corn or flour tortillas (about 6 inches round)
 $\frac{1}{4}$ cup cottage cheese
1 tablespoon mild grated cheese

Yields 2 cups.
Preparation time: 10 minutes.
Cooking time: 3 minutes (plus 2 to 3 minutes standing time).
Oven setting: HIGH (100 percent power).

Mix corn, tomato puree and beans together. Place 1 tortilla in bottom of round 2-cup microwave-safe dish. Feel free to tear tortilla into smaller pieces to fit your dish.

Layer half the vegetable mix, then top with cottage cheese, cover with another tortilla and repeat layering, using all remaining vegetable mixture.

Cook, uncovered, for 3 minutes. Sprinkle on grated cheese. Cover and let rest 2 to 3 minutes.

BROWN RICE WITH BLUEBERRIES

$\frac{1}{2}$ cup cooked brown rice
 $\frac{1}{4}$ cup fresh blueberries
Yields $\frac{1}{2}$ cup.
Preparation time: 5 minutes.
Cooking time: 3 minutes.
Oven setting: HIGH (100 percent power).

Wash and pick over berries. Put in small microwave-safe dish. Cover and microwave 2 minutes. Mix in cooked brown rice. Microwave 1 minute longer, covered.

PUREED ROOT VEGETABLES

1 carrot
1 parsnip
1 potato
 $\frac{1}{4}$ cup milk

Yields 1 to $1\frac{1}{2}$ cups.
Preparation time: 5 minutes.
Cooking time: 5 to 7 minutes (plus 5 minutes standing time).
Oven setting: HIGH (100 percent power).

Peel and chop all vegetables into uniform pieces about $\frac{1}{4}$ -inch

in diameter (remove core of parsnip if very fibrous).

Cover with water and microwave 5 minutes in 4-cup microwave-safe bowl. Let rest 5 minutes. All vegetables should be tender when pierced with fork. If vegetables are not yet soft, cook for an additional 2 minutes.

Drain and puree in blender, or beat with mixer if making larger portions. Use just enough milk to make vegetables smooth.

Variations — use any combination of these vegetables: acorn squash, hubbard squash, butternut squash, turnips, rutabagas.



Our Children



Parent needs help with stormy attitude

By Willard Abraham, Ph.D.

Q. I would like your advice about my relationship with my 13-year-old son. I have always had a stormy attitude toward him, and this last year it has worsened. I call him names, jump him for everything, even for what isn't his fault, and tell him to leave, to live somewhere else.

He did something that angered me, although it was very normal for his age. His younger brother is afraid to sleep in the same room with him because of what the older brother says, like scary things.

I love my sons, and I see that my attitude can cause trouble in their relationship, too. How can I stop hurting my older son, and start acting like I love him?

A. Although how you act toward him is probably correctable, you really seem to need more help than I can provide through this column. However, I'd like to offer two kinds of suggestions for you.

If there is a counselor at his school, ask him or her to recommend a competent family type of psychologist with whom you can talk about this situation. If the school counselor doesn't know of one, you might ask your family physician for a referral. Perhaps your son should be involved with you in conversations with him or her.

Two books that may be helpful to you (and there are many others) are "P.E.T.: Parent Effectiveness Training" by Thomas Gordon and "Between Parent & Teenager" by Haim Ginott. Both have been in print for quite a while, but still offer many practical suggestions.

I hope you will seek aid very soon. Please try to get it, for your son's sake and your own, too.

Q. I am a widow with grown children, but I worry about other people's younger ones. Let me tell you one reason why.

I live near a beautiful park on which our large apartment building borders. Some of the neighborhood kids come to the park and a quiet, shallow creek that goes through it. They are only 6 or 7 years old, but no parents accompany them.

They are very friendly, and so am I, so they often come over and talk to me. I'm a stranger to them (not so much anymore), and of course know they should be careful of strangers.

Should I turn them off (which would be unpleasant for me and probably for them, too), or continue talking to them but warn them of dangers with some others? I'd appreciate your help.

A. Because you know that they are safe with you and probably will respect your opinions now that they know you, this seems to be an excellent time for their learning something very important with your help.

You might tell them that strangers can be dangerous, and they should not accept candy or presents from them, get into their automobile, or go anywhere with them.

Your warnings can be very helpful.



Cooking Corner



Sauce sorcery

Today's trend-setting chefs are adding flavor and subtracting fat with sauce sorcery.

Tracy Ritter is grinning. "A lot of people have the idea that vegetable juices are bad — heavy and thick," says the young, animated chef of the Golden Door Spa in Escondido, Calif.

"But they can really be delicious," she adds, relaxing into a broad smile. "For instance, a tomato vinaigrette is nice with a green bean salad, and a beet vinaigrette flavored with fennel can be served with asparagus and golden-beets. It's nice to use vegetable juices with vegetables. It tastes good."

Twenty years ago, when French chef Paul Bocuse scrapped traditional flour-based sauces and created the sheer, buttery ponds of nouvelle cuisine, we all thought he had given the coup de grace to the rich, velvety sauces of French cuisine.

But in fact, Bocuse merely fired the first volley.

Today, young chefs such as Ritter are gaining national notoriety by adding flavor and subtracting fat from sauces.

While most chefs dabble in new sauces to stay trendy, Ritter has another concern: health.

"At The Golden Door, I have a double whammy; I have to be low-fat and low-calorie. So I constantly need to develop new recipes that are traditionally sound but exciting and healthful. I use classical French techniques but use vegetable juices and purees where there would normally be butter and cream."

A graduate of the French Culinary Institute and a veteran of 12 years in New York City restaurants, Ritter is known for her straight-from-the-garden creations.

Surrounded by carrots ("we just yanked them out of the back yard this morning"), multicolored bell peppers, cucumbers, squashes, spinach, pineapple, tomatoes, basil and dill, she sets to work.

"It's best to use a juicer, because then you can use raw vegetables," Ritter explains, guiding fat carrots through her trusty old Champion juicer. "You can use a blender, but the vegetables need to be blanched first. You can use a microwave to do that, which keeps the flavor and nutrients in."

Bright orange liquid froths into a bowl under the juicer, and Ritter scoops out the dry, fluffy pulp, setting it aside for garnish on a green salad.

"Now we can take this juice, or any vegetable juice, and make it into a sauce by adding vinegar or a little water; the juice the vegetable was steamed in, stock or a touch of oil, along with herbs and spices" she says. "It's as healthy as you can get."

Ritter feeds plump, yellow squash into the juicer, and minutes later the kitchen is filled with the aroma of their juice simmering with lemon juice, thyme-infused olive oil and cayenne pepper. The sheer sauce, the very essence of summer squash, will bring out the best in seared scallops.

She drops steamed spinach into the machine. Out comes a vivid green liquid. Pineapple chunks go next; their juice will be mixed with the spinach juice, fresh mint, salt and pepper and used atop grilled salmon.

Large tomatoes, warm and aromatic, are up next. Ritter's tomato to vinaigrette, made with rice wine vinegar and fresh basil but without a drop of oil, is one of her favorite creations.

"We experiment every day," she says with the glee of a schoolgirl. "We call them our science projects."

Those science projects also yielded a refreshing cucumber sauce made creamy with low-fat cottage cheese ("great on pasta, poached fish and grilled poultry"), a snappy lime-peach vinaigrette for cold seafood and steamed vegetables, and an oil-free tomato pesto made with sun-dried tomatoes, garlic and Balsamic vinegar.

Ritter says the newest wave of sauces is a natural progression in the revolution that started with nouvelle cuisine almost 20 years ago. (Even the word *sauce* is being replaced by such terms as *coulis* (a liquid puree), *concassé* (finely chopped vegetable pulp), *puree*, *vinaigrette* and *infusions*.)

"Originally, we had heavy stocks and roux-based (flour-and-butter) sauces; then we lightened up for nouvelle cuisine with cream sauces that still had fat but at least you could taste the food underneath them. Then there were vinaigrettes, which came from California cuisine. Now people want something even lighter," she says.

And Ritter is out to deliver what they want — vegetable juices, salsas, chutneys, bouillons, broths, vinaigrettes and oil infusions.

"There's a lot of play with all of this right now," she says. "My guess is that in five years, you won't see *beurre blancs* and cream sauces anymore, not even in the old restaurants."

The revolution goes on, but it's already clear who's winning: everyone who wants to stay fit while eating more flavorful food.

Here are some tasty, low-fat recipes developed by Ritter.

SEARED SEA SCALLOPS WITH YELLOW SQUASH SAUCE

1 1/4 cups yellow squash or zucchini juice

2 tablespoons thyme-infused olive oil
1 teaspoon lemon juice, freshly squeezed
Salt and freshly ground black pepper
Pinch cayenne pepper
Non-stick vegetable spray
16 sea scallops, cleaned
Salt and freshly ground white pepper
1/2 cup fish stock or low-sodium clam juice
Pinch freshly ground nutmeg
Fresh thyme leaves for garnish

Yields 4 servings.

Juice squash in juicer to make 1 1/4 cups. Heat skillet and add squash juice, olive oil, lemon juice, salt, pepper and cayenne. Bring to boil. Reduce immediately to simmer and stir constantly. Sauce will thicken slowly.

Meanwhile, heat skillet very hot. Spray with vegetable spray. Season sea scallops with salt and pepper and sear on 1 side. Turn over, sear and add fish stock. Bring to boil and cook for 1 to 2 minutes more until done. Sea scallops should be slightly translucent.

Place small amount of yellow squash sauce in center of plate. Arrange 4 sea scallops in sauce "puddle." Grate tiny amount of nutmeg over each dish and garnish with fresh thyme leaves.

CREAMY CUCUMBER-BASIL SAUCE

1 hothouse cucumber, washed and seeded
1/2 cup low-fat cottage cheese
2 tablespoons fresh basil, chopped
1/4 teaspoon salt
1 teaspoon rice wine vinegar

Yields about 2 cups.

Place all ingredients in high-power blender and blend until smooth and creamy. Serve with pasta, grilled poultry and seafood, poached fish such as salmon.

TOMATO PESTO

1/2 cup sun-dried tomatoes, reconstituted in 1 cup warm water
3 cloves garlic, blanched for 1 minute in boiling water
1/4 cup balsamic vinegar
1/4 cup fresh basil
1/4 cup fresh chopped parsley
Freshly ground black pepper

Yields 1 cup.

Reconstitute dried tomatoes for 15 minutes or until tender. Drain and reserve liquid. Place tomatoes, garlic, vinegar, basil, parsley and pepper in food processor or blender. Add 1/4 cup tomato liquid and begin to pulse mixture until smooth but slightly chunky. Add extra liquid if necessary. Serve at room temperature.

TOMATO VINAIGRETTE

3 ripe red tomatoes
3 tablespoons rice wine vinegar
1/4 teaspoon freshly ground black pepper
1/4 teaspoon salt
1 tablespoon chopped fresh basil

Yields 1 1/4 cups.

Wash and core tomatoes. Place in juicer and extract liquid. Add remaining ingredients to tomato juice. Allow to marinate for 1 hour. Use with vegetables, grilled poultry, fish and shellfish.

NEW YORK — Call him the saucier's apprentice, if you will.

Jean-Georges Vongerichten — part alchemist, part magician, part public relations representative and part chef — is out to change the way the world thinks about sauce.

"I want to make a statement," said the dynamic 33-year-old chef of Lafayette restaurant. "The public thinks that French food is all butter and cream and that you have to sit for two hours at the table to eat it. I want to break that image."

Vongerichten's "laboratory" is a gleaming stainless-steel kitchen with a huge window allowing the public to watch. Lined up on the windowsill in tall, slender glasses is a rainbow of infused oils, his favorite "sauces."

"About five years ago, I threw all my stocks away and moved to pan juices and then to oils; now we do about 30 oils," says the supremely self-confident chef, offering tastes of a striking red potion flavored with paprika, a brilliant orange oil scented with curry and a crystal-clear mint oil the color of a block of ice. Each oil has a pure, intense flavor and aroma.

Continued On PAGE 17A

SMART MONEY

More couples cohabit

More unmarried couples are living together than ever, as women choose to postpone marriage for careers. About one-half of cohabiting couples will eventually marry, according to a recent study. Over 33 percent of women surveyed have cohabited during their lives.

Number of unmarried couples who live together

1.6 million
1980

2.6 million
1988



SOURCES: Census Bureau; National Center for Health Statistics

After Work Gourmet



Tomato-meat sauces for pasta

By Melanie Barnard
and Brooke Dojny

Believe it or not, we cook pretty much like most of you.

It's a weekday and it's late in the afternoon. We're tired, we're making a last-ditch run to the market and we haven't anything particular in mind for dinner.

There are a couple of finicky kids to feed, as well as a husband who is trying, like the entire U.S. population, to keep his fat intake on the low side and his carbo high.

Hmm... What would you do?

Right! Grab package of pasta, some ground meat and a large can of tomatoes.

You probably have a recipe in your head for this wonderful family standby, but even if you do, it's nice to add a few new ideas to your repertoire.

There are almost endless permutations of the basic meat-and-tomatoes sauce, but the main idea is to brown the meat, add some chopped onions and maybe other vegetables, then the can of tomatoes and let 'er simmer for about 15 minutes. Couldn't be simpler!

Ziti with Chunky Meat and Peppers Sauce pairs a thick, tubular pasta with a hearty, chunky sauce. This one calls for ground beef or "meat loaf mixture" (a combination of beef, veal and pork), but ground turkey or pork can easily substitute.

Lower-fat ground turkey tastes great in our Southwest-Style Turkey Tomato Sauce, which gets ladled over a thin-strand pasta. But, again, any meat can be used. Just keep in mind that its lower fat content means that turkey needs to be started in a little oil so that it won't stick to the pan.

With either of these dishes add a salad of romaine, some bread sticks and a fruit dessert, and everyone — including the cook — is delighted!

ZITI WITH CHUNKY MEAT AND PEPPERS SAUCE

12 ounces ziti or other large tubular pasta
12 ounces ground beef or "meat loaf mixture"
1 tablespoon olive oil
1 onion, sliced
1 green pepper, sliced into $\frac{1}{4}$ -inch strips
1 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon dried basil
 $\frac{1}{4}$ teaspoon dried red pepper flakes
 $\frac{1}{2}$ cup red or white wine
1 (28-ounce) can plum tomatoes in juice
Pinch of sugar
Salt to taste
Yields 4 servings.
Preparation and cooking time:

30 minutes.

Bring large pot of water to boil for pasta. Add salt and pasta and cook rapidly until al dente, about 10 minutes. Drain.

Meanwhile, in large skillet, brown meat over medium-high heat, stirring to break up clumps, until it loses its pink color, about 5 minutes. Spoon off fat.

Add olive oil along with onions and peppers and cook, stirring frequently until onions are limp, about 4 minutes. Add garlic, oregano, basil and pepper flakes and cook for 1 minute.

Stir in wine and tomatoes, breaking up tomatoes with side of spoon. Bring to simmer, reduce heat, and cook gently uncovered for about 15 minutes. Taste and season with sugar and salt if needed. (Can be made 2 days ahead.)

Serve over pasta.

VERMICELLI WITH SOUTHWEST-STYLE TURKEY TOMATO SAUCE

12 ounces vermicelli or other thin-strand pasta
2 tablespoons vegetable oil
1 pound ground turkey
1 onion, chopped
2 cloves garlic, minced
 $\frac{1}{4}$ teaspoons ground cumin
1 (28-ounce) can crushed tomatoes in puree
2 tablespoons minced jalapenos (see note)
3 tablespoons chopped fresh cilantro or 2 teaspoons dried, plus 2 tablespoons fresh parsley
Water
1 cup grated Monterey Jack cheese (optional)

Yields 4 servings.

Preparation and cooking time:
30 minutes.

Bring large pot of water to boil for pasta. Add salt and vermicelli and cook at rapid boil until al dente, about 6 minutes. Drain.

Meanwhile, in large skillet, heat oil and saute turkey and onions over medium-high heat, stirring to break up clumps, until meat has lost its pink color, about 4 minutes. Add garlic and cumin and cook 1 minute.

Stir in tomatoes, bring to simmer, reduce heat and cook gently for about 15 minutes. Stir in jalapenos and cilantro and, if sauce is thick, enough water to make soupy consistency. Simmer 3 to 4 minutes. (Can be made 2 days ahead.)

Serve over vermicelli, linguine or other strand pasta, passing cheese at table for sprinkling on top if desired.

Note: If you use pickled jalapenos, rinse brine off first. Sauce will be hotter if seeds are included.

HEALTH WATCH

Get the family's medical history updated

Assemble the family's medical history now, before an emergency hits and the information is needed.

Keep dates and data for all family members on:

Births
Deaths
Hospitalizations
Surgery
Immunizations
Major disease and illnesses
Genetic histories
Physicians' names, addresses and telephone numbers

Try to get information on deaths and illnesses from grandparents, uncles, aunts and their children to give a picture of inherited health problems.

Family Medical History

KITCHEN HINTS

You're taking a salt shaker to a party

But you don't want to spill it.

Here's how to make an easy plug:

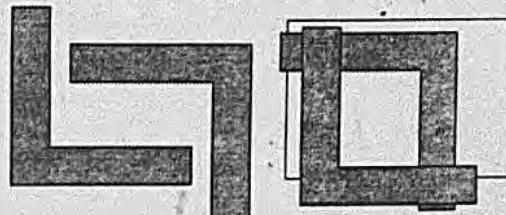
1. Unscrew the shaker top. Make a small wad of paper toweling and push it into the shaker top.
2. Screw the top back into place.
3. When ready to use at the picnic or party, unscrew the top, pull out the paper and shake.



PHOTOGRAPHY TIPS

Photo cropping made easy

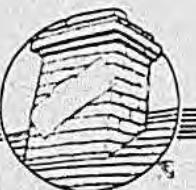
Most photos can be improved with cropping. Here is a simple cropping method used by photo editors and art directors.



Cut two L-shaped pieces of neutral gray value mat board.

Use the two pieces of mat board to form a frame which can be overlaid on the photo, then adjusted to reveal crops.

Here's How



By Gene Gary

Q. We have a huge mirror, trimmed in macrame. It was given to us as a gift and it is special to us.

We dislike throwing it away but it is so soiled from dust accumulation that it needs a good cleaning. Any help or hint?

A. First vacuum all surface dust using a brush attachment on your vacuum cleaner. It may even be wise to use a stiffer brush to loosen any dust and dirt in crevices of the braiding.

Use a mild household detergent diluted in warm water and a small brush. Apply over the entire surface, completely wetting all of the macrame and scrubbing with a soft bristle brush. Do not spot clean as the detergent solution is liable to leave water mark stains.

Rinse with clear water.

This may or may not clean the macrame to your satisfaction. However, it should be worth a try, particularly if you are contemplating discarding the piece if it cannot be cleaned.

Q. I have a plastic laminate table that has several ugly scratches.

Do you know of any way to repair the tabletop damage on a piece of furniture that otherwise is in good condition?

A. With a little patience and know-how it is very likely you can camouflage these defects.

First clean off surface stains with a waxer-cleaner. Light scratches can be treated with a fine steel wool or crocus cloth.

Gently rub the affected area. Wetting the fine abrasive with water will help it cut smooth and will prevent clogging. Finish with a buffering wheel driven by an electric drill.

Use the wheel with jeweler's rouge and work it over the area lightly, carefully polishing anywhere from 10 to 30 minutes.

To touch up scratches that can't be polished out, use India ink. You can choose from a wide range of colors. Apply several times to build up enough thickness to fill

the scratch completely as well as color it.

To fill deep scratches, nicks or small burns, use stick shellac of matching color. Apply it and smooth it flush with a knife heated repeatedly with a torch or alcohol lamp. Sand over it lightly and wax.

Any good floor or furniture polish, or wax, will help restore the gloss to dull spots on the surface. Scouring powder will give satin surfaces freshness.

There are some commercially marketed kits made especially for repairing scratches and burns in laminates. Check with a large housewares or hardware store for these products.

Q. We have storm windows with acrylic plastic panes that have become dull and cloudy.

I have not been able to find a cleaner that will remove this ugly film and make them look sparkling clean. Do you have any suggestions?

A. Apply a furniture polish such as Pledge with a soft, clean, lint-free cloth. This will help restore their clarity and keep the acrylic pliable and sparkling clean.

Q. The dinette in our new trailer is just about the only place to read

the newspaper, but this presents a problem. The printers' ink rubs off on the light pink Formica tabletop, and is very difficult to remove.

We have tried waxing without success. Do you have any suggestions?

A. I have found Bon Ami excellent for use on both Formica surfaces and Corian for the removal of newspaper smudges as well as other major stains.

Use a sponge or scratchless scouring pad and rinse with clear water. Buff dry with a clean towel.



KITCHEN KIDS



Cherries for Washington

By Rena Coyle

The best part of holidays is when there is a symbol to identify with the day. For example, on George Washington's birthday, not to be confused with Presidents' Day, we immediately think of cherries.

Cherries come fresh in the summer but are a lot of work to put into pies, having to pit them and all. So instead of waiting long past our symbolic cherry holiday, we can use fresh-frozen cherries or canned cherries to make these perfectly delicious holiday symbols.

Cherry pie is a national favorite, but instead of making the same old pie with a gummy filling, have your kids work on this newer version of a custard pie with a cinnamon crumb topping.

Preparing the filling and topping can be achieved by any age child, but the trick with this pie will be putting the crumb topping on the pie halfway through the baking process. This is where some adult supervision will be necessary for younger children.

Once the pie is baked, let it cool, then let your kids serve it up with mounds of ice cream melting over these cherries.

Strudels are another way to take an ordinary pie filling and twist it into a new shape and serve it up with some style. Here is a

recipe that all your kids, no matter the age, can make.

Many people, including many adults, may not have worked with phyllo dough before. So here are some easy ground rules.

Phyllo dough is a very thin dough that comes frozen in the grocery store. When working with this dough, it must be thawed first. Once you open the plastic package it comes in, be sure to keep the phyllo leaves covered with a kitchen towel while working. Tightly wrap in plastic wrap any dough you won't be using and return to the freezer.

Once your kids have buttered the dough when making the recipe, the dough will remain pliable and soft. Then after your kids have mastered this cherry strudel, the sky is the limit as to what other delicious fillings will find their way inside a strudel.

Cherries may remind us of George Washington in February, but these cherry creations will hold up the year-round.

WASHINGTON'S CHERRY PIE

- 1 (9-inch) prepared pie crust
- 1/4 cup sour cream
- 1/2 cup milk
- 2 eggs
- 1/4 teaspoon ground cloves
- 1 teaspoon vanilla extract

1/4 cup sugar
3/4 cup pecan pieces
2 1/2 cups canned, pitted cherries (2 cans)
For Crumb Topping:
2 tablespoons butter
1/4 cup sugar
1/2 cup flour
1/2 teaspoon ground cinnamon

Utensils: Measuring cups and spoons, large mixing bowl, whisk, strainer, mixing spoon, can opener, cookie sheet, saucepan, oven mitts, cooling rack or hot plate and, if you make your own pie crust, you will need one 9-inch pie pan.

Yields 1 deep 9-inch pie.
Preparation time: 30 minutes.
Baking time: 1 hour.
Preheat oven to 350 F. Measure sour cream and milk into mixing bowl. One at a time, crack each egg shell and let egg slip into bowl. Whisk eggs, milk and sour cream together thoroughly. Add cloves, vanilla and sugar; mix well.

Place strainer in sink. Carefully open cans of cherries. Pour cherries into strainer and let liquid drain off. Spread drained cherries in prepared pie crust.

Sprinkle pecan pieces over cherries. Pour egg and milk custard over pecans and cherries. Place pie on cookie sheet and, wearing oven mitts, carefully place it in the oven to bake.

It will bake for 30 minutes before you add crumb topping, so now is a good time to prepare it.

To prepare Crumb Topping: Put butter into saucepan and place it on the stove. Turn burner on low and melt butter. When butter is almost entirely melted, turn heat off and remove pan from heat.

Add sugar and mix thoroughly. Stir in flour and cinnamon to make crumbly mixture.

When pie has baked for 30 minutes, put on oven mitts and open oven door. Pull oven rack out slightly and crumble crumb topping over top of pie. Push rack back into oven and close the door. Continue baking for another 30 minutes.

Wearing oven mitts, carefully remove cookie sheet with pie on it and place it on cooling rack. Let pie cool for 15 minutes before serving. Try it with ice cream or whipped cream!

CHERRY STRUDEL

- 2 cups canned pitted sweet cherries
- 1/2 cup, plus 1 tablespoon sugar
- 1/4 cup tapioca
- 4 sheets phyllo dough
- 1/4 cup melted butter
- 1/4 cup unseasoned bread crumbs
- Vanilla ice cream (optional)

Utensils: Measuring cups and spoons, can opener, strainer, mixing bowl, aluminum foil, cookie sheet, oven mitts, pastry brush, cooling rack.

Yields 6 servings.
Preparation time: 30 minutes.
Baking time: 30 minutes.

Place strainer in sink. Open cans of cherries and pour into strainer, draining off any excess liquid.

Put cherries in mixing bowl and toss together with 1/4 cup sugar and tapioca. Set bowl aside.

Lay sheet of aluminum foil on



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

Help Wanted

SECRETARY P/T, 12-5 p.m.,
Mon.-Fri. Insurance adjuster's office in Garden City. General office duties to include typing & word processing. Call Dot 11-5 p.m. daily 222-0088. gcf4

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

PERSONS WANTED TO COVER
meetings in Great Neck, Garden City, New Hyde Park, Williston Park, Syosset, and Bethpage for local weekly newspapers on stipend assignment basis. Call 931-0012 for more information.

NURSE, RN, NEEDED FOR
PT/on-call work in Nassau/Queens. Flexible hours, IV/Chemo experience a plus. Call 742-6240. wml

PERSONAL LINES CUSTOMER
service rep. Minimum 4-5 years experience. Full time, excellent benefits. Treiber Insurance Agency, Inc., Garden City. 745-0800, ext. 307. wf4

HOUSEKEEPER/BABYSITTER
Live out, flexible hours, licensed driver preferred. One child, references required. Call Sat. & Sun. Leave message on machine. 485-4979. gcm3

REAL ESTATE SALES, WELL
established real estate office looking for sales agent. Experience preferred but not necessary. Ask for R. Valentine. Valentine Agency, 746-7200. Wa2

DAY BABYSITTER WANTED
Steady hours, two to three days a week. 3½ and 1 yr. old children. English a Must - own transportation (Manhasset), 627-9280. wM4

Help Wanted

ART LAYOUT PERSON needed 20 hours per week. Experience helpful but will train someone willing to learn. Must be available Mon. through Wed. 931-0012. Please do not call unless seriously looking to work. hfn

POSTAL JOBS. \$11.41 TO \$14.90 per hour. For exam and application information call 219-769-6649 ext. NY-180, 9 a.m. - 9 p.m., 7 days. hm3

FINANCIAL PLANNER. IDS Financial Services, Inc. An American Express company first year: Salary plus opportunity to earn commission, expansion position. 300 Old Country Road, Mineola 11501. Call 741-9050. EOE; M/F. hfn

ART LAYOUT PERSON experienced, 20 hours per week. Looking for someone to work permanent part time only. 931-0012. Immediate opening.

EXPERIENCED SALES PERSON for Elegant Boutique. Full-time or part-time. 718-380-0590. hml

START \$6.80 HOUR in your area. No Experience necessary. For information call 1-900-226-9399, ext. 1476, 6 a.m. - 8 p.m. 7 days. \$12.95 phone fee. hhm5

P/T AUDIOLOGIST OR Audiology student for busy ENT office in Mineola, 294-9064. gcf4

CLASSICAL SINGER SEEKING Accompanist 2-3 hours per week in my Garden City home. Call Kimberly 747-3457. gcf4

ELEMENTARY ED MAJOR Needed to supervise 5th grader's homework, help with study skills. Mon.-Thurs., 3:30-4:30. Leave name & number. 747-6406. gcf4

Help Wanted

WE NEED SOMEONE WITH own car to look after children 2:30 to 5:30 p.m. Mon. to Fri. Drive them from after school activities and do laundry, vacuuming, etc. Garden City. Call 746-6942 after 7:00 p.m. Wf4

HOUSEKEEPER / BABYSITTER live in. Five days for 3½ & 1 year old at home. Own room, bath TV. 627-9280. (Manhasset) References & English a must. wM4

ADVERTISING SALES Opening for energetic person in Great Neck area, 20 hours or more per week. Some experience helpful. Good earning potential based on salary plus. If you are seriously interested in finding long-term employment, please call 931-0012. htFn

LOVING, RESPONSIBLE Person needed to care for my 2 preschool children in my West Hempstead home P/T evening hours. Excellent salary. References required. 481-9772. gcf4

INSURANCE ASSISTANT wanted for busy Chiropractic office. Experience necessary. Mon., Wed., Fri. 9:30-1:30. Once monthly Sat. 9-12. Call 538-3220 for interview. Garden City area. gcf4

SECRETARY/ASS'T P/T Doctor's office. Call Monday thru Friday, 9 a.m. to 6 p.m. 747-2230. wF4

EXPERIENCED BOOKKEEPER for Real Estate office needed Saturday and Sunday. Hours flexible, non-smoker. Salary open. 485-7054. wf4

BABYSITTER WANTED: LIVE in/Live Out. Two hours per day, 7 a.m. to 9 a.m. Send children off to school, ages 4½ & 6½. Reliable adult, college student or retired person. References. Call Ellen 931-7367 (Leave message). wM4

EXTREMELY BUSY OFFICE needs experienced Sales Agent. Call Bernice Rossi, Molloy Realty 747-2010 or 294-9112. gcf4

CLERICAL 3 DAYS A WEEK Returns welcome. Penmanship a must. Eager and willing to learn. La Joaillier Jewelers. 746-2304. gcmr2

DENTAL CHAIRSIDE ASST. wanted: Full time, must be personable, well organized and energetic. Some experience desired. High quality Williston Park general dental practice. Please call 294-0637, leave message. gcf4

Help Wanted

COMPUTER TEACHING ASST. Herricks Public Schools. A vacancy exists at the Middle School effective immediately for a teaching assistant in the Computer Center, who will work with individual &/or small groups of students under the supervision of a teacher. Knowledge of computers is desirable. Salary: \$13,900 per annum, plus full fringe benefits. Please submit letter & resume to Dr. Ronald M. Barnes, Asst. Superintendent for Instruction, Herricks Public Schools, Shelter Rock Rd., New Hyde Park, NY 11040. Affirmative action employer. Wf4

MATURE MOTHER NEEDED to care for 14 month old girl. References required. 877-1732. gcm3

Situation Wanted

LIVE IN HOUSEKEEPER available. 486-6227. gcm3

ATTENTION VACATIONERS would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcmr5

POLISH WOMAN SEEKS Housekeeping Position. Days (718) 383-0351, Nights (516) 326-0840. gcF4

CLEANING LADY AVAILABLE Hard worker, neat and reliable with good reference and own transportation. Reasonable rate. 746-5144 after 2 p.m. gcF4

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. hm5

HOUSEKEEPER WITH References, does excellent job, seeking position for Monday, Tuesday, Thursday, Saturday. Call 481-0702. wF4

NURSE'S AIDE WITH Hospital, rehab and private home care experience wants to help with sick or elderly P/T or F/T. Very kind personality. 248-4029. gcmr1

CHILD CARE NEEDED FOR your little one? Call me. I'm a loving mother with an Elementary Education degree who has years of experience taking care of children in my home. Non-smoker, excellent references available. PT or FT. 747-1507. Wf4

Situations Wanted

HOUSECLEANING: NEAT, reliable & sweet young lady available to clean your house or babysit (spare time). Good experience & own transportation. Call 775-4467. gcm3

EXP'D TYPIST AVAILABLE Reports, memos, letters, resumes, legal documents, laser Jet printer, WordPerfect 5.0. Call 294-4559. gcMrl

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. gcMyl

ARE YOU LOOKING FOR A meticulously clean house? Mon. or afternoons. Garden City only. Call after 6:30 p.m. 731-8553. gcm1

CERTIFIED HOME HEALTH aide looking for work as aide or companion. Non-smoker, good references, own transportation. 6 years experience. Call Maria (516)483-4617. gcMrl

CHILD CARE AVAILABLE NYS certified early childhood teacher with master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wtFn

HOUSEKEEPER AVAILABLE Experienced, detail minded, reliable. Educated American. Own transportation, flexible hours. Great references. 334-2336 gcmr1

HOUSE & OFFICE CLEANING Free Estimates. Good reference. Own transportation. Call Anna after 4 p.m. 546-9546. gcMrl

HOUSEKEEPER AVAILABLE Good references, flexible hours. Call 481-1746. gcMrl

LOOKING FOR 2 DAY PER week general office work. Typing, filing, etc., mature, experienced. Great phone personality. Call Chris 931-1320. hm2

MATURE WOMAN LOOKING to take care of older woman. Good references. Hours 9 a.m. to 2 p.m. Garden City Park area only. Call 248-4491. wf4

EXPERIENCED IRISH GIRL available for housecleaning Mon. to Fri. No job is too much if the price is right. Garden City references available. Call Kathleen Kelly after 6 p.m. 437-4308. gcF4

Situations Wanted

HOUSECLEANER AVAILABLE
I do housecleaning. I have 5 years experience and very good reference, speak English, own transportation. Call me after 6 p.m. 292-1307. gcF4

EUROPEAN FEMALE LOOKING
for live-in housekeeper position. Experience and references. Call Margaret at (718) 389-2592. gcF4

CERTIFIED NURSE'S AIDE
looking for job as companion for elderly or babysitting. Experienced with references. (718) 868-2811. gcF4

EXPERIENCED TEACHER,
loving Mom, non-smoker will care for your child in my Grace Ave., Great Neck home. References available. Call 466-0112. Wf4

HOUSECLEANER AVAILABLE
anytime. Experience & references. Also babysits. Own transportation. Call anytime, 794-2647, ask for Elizabeth. gcF4

HOUSEKEEPER - TEN YEARS
experience. Honest, Christian lady. Call Ana anytime. 486-7944. gem3

HONEST, MATURE WOMAN
seeks full/part time position to assist an elderly person. Long term. Live in/out. Call Evelyn 718-525-2795. gem3

WILL BABYSIT YOUR CHILD IN
my New Hyde Park home, Mon. thru Fri. References. Full time. 746-7773. Wm3

MATURE, FRENCH SPEAKING
woman seeks housekeeping position. Very reliable. References available. Live in. Call evenings. 485-1929. gcMaJ

EXPERIENCED LOVING
Grandmother, who is non-smoker, will babysit your children in my Williston Park home full time. Call 747-6726. References available. wM1

HOUSECLEANER, HONEST,
Reliable, available for daily work. Very thorough and efficient \$50-\$60 daily. Also Apartment cleaning a specialty at moderate prices. Own transportation. 489-2788. gcMr2

HOUSECLEANER AVAILABLE
Experience, references and own transportation. Three days a week. 742-9175. gcMaJ

IRISH GIRL AVAILABLE
for housecleaning. Experience and reference. Please call (718) 347-4809. gcMr3

IRISH GIRL - NURSE'S AIDE
available to work days or nights. References available. Call (718) 70-6275. gcMr3

MATURE WOMAN SEEKS
housecleaning position. Reliable. References available. Call evenings. 485-1929. gcMa3

PARTY ASSISTANT, CHAUFFEUR,
items exchanged, errands, food shopping, dog walking, motor vehicle, home deliveries. Reliable, flexible hrs. 783-7605. gcF4

Situations Wanted

HOUSECLEANER AVAILABLE
Mon., Tues., Wed., & Sat. Good reference. Call any time. 564-9521. gcf4

DAY CARE PROVIDED
Young Garden City grandmother available Mon.-Fri. 8-6. P/T or F/T in my home. Reasonable rates. 741-8566. gcF4

SEEKING POSITION AS LIVE-IN
Nurse's Aide or live-in housekeeper. 212-299-1753. gcm2

NURSE'S AIDE AVAILABLE
5 days per week, live out. Experienced. References available. 481-6366. gcm2

LOOKING FOR SLEEP IN
housekeeping job. Also will take care of children. Trustworthy, experienced. 938-3116. Ask for Rebecca. gcm2

COMPANION POSITION,
light cleaning, sleep out. 437-4289. gcF4

NICE YOUNG LADY FROM
Europe looking for housecleaning job. Speaks English. References. Call Liz at 292-6029. gcF4

LPN NURSE SEEKS TO TAKE
care of the elderly. Live in or out. European experience. Well mannered, gets on well with people. Many yrs. of experience. 212-405-9203. gcF4

P/T RECEPTIONIST / SECY
available to work any 3 full days except Thursday, Saturday and Sunday. Personable and dependable. 747-0831. wM4

HOUSECLEANING AVAILABLE
Ten years experience. Good reference with transportation. Call 488-6462 or 564-8416 after 6 p.m. please. gcMr2

MOTHER'S HELPER - IRISH
High School student available June 10 - August 18. Excellent references. Non-driver. Leave message 378-5619. gcMr2

HOUSECLEANER AVAILABLE
Experienced. Will work any day. 292-2747. Call any time. gcMr2

RELIABLE, RESPONSIBLE,
young woman seeks job as nurse's aide/companion to live out. 546-9331 eves. and weekends. gcMr2

EXP'D HEALTH CARE
Worker needs 9-5 situation or sleep-in job caring for seniors, especially couples. Skilled in all areas of services. Call 753-2094. gcF4

RELIABLE, EXPERIENCED
Nurse's Aide seeks position to take care of elderly. Live in or out. Own transportation. 379-6967. gcm2

BABYSITTING - GARDEN CITY
mother with older children wanting to babysit occasionally. Preferably daytime. Thank you. 248-5896. gcm2

LOOKING FOR DISHWASHING
job in restaurant or office cleaning. 538-9428. Leave message on machine please. gcm2

Situations Wanted

RESPONSIBLE POLISH
housekeeper living in Garden City, seeks day work housecleaning. Available weekdays or weekends. Good references. 248-3788, leave message. gcMa3

Real Estate For Sale

GARDEN CITY NUMBERED ST.
Central section. Convenient to all, large plot, realistically priced. Principals only. Call 747-8078 for appointment. gcmal

NORTH EAST SPLIT - 3 BRs,
LR/fpl, DR, new kit w/skylight, deck, new CAC & furnace, deep plot. \$340,000. 741-7429. gcmrl

GARDEN CITY WESTERN
Section corner Split. 3 BRs, 1½ baths, LR/fpl, DR, Kit, den, bsmt., patio, CAC, 1 car garage. \$325,000 negotiable. 488-4796. gcmrl

WYNNDHAM, NY - WYNNDHAM
Mountain, slope-side Condo. 3 BRs, 2 baths, sauna, furnished, washer/dryer, low taxes. Immaculate. Best offer over \$135,000. 718-343-1628. gcmal

WILLISTON PARK 3 OR 4 BR
Colonial. EIK, full DR, convenient to all, many extras. \$200,000. Principals only 741-1867. Wf4

CUTCHOGUE: NASSAU PT.
Bayfront. New England Colonial charm on wooded acre. Breath-taking panoramic view of Peconic Bay. 5 BR, 2 baths, EIK, lg. LR with fpl, den, dining porch, full basement, flagstone patio, 2 car garage. Bulkheaded beachfront. Newly refurbished, move-in condition. \$635,000 by owner. 734-5321. hm3

GARDEN CITY PRIME
Estates Section Split, 3 BRs, 2 baths, LR/fpl, FDR, EIK, panelled playroom & Lower basement. Oversized 1 car garage, patio, 2 zone gas heat. Walk to schools & RR. Low \$400's. Owner 747-3882. gcm2

MUST BE SEEN! ALL GAS
home. Custom Ranch. 100x160 overlooking Garden City Golf Club. Pristine & private 4 BR, 2½ new baths, modern EIK, LR, FDR, den, bsmt. designed for entertaining. 15 foot wet bar, pool table, grand fpl, oversized 2 car garage. Many extras. By owner \$649,000. 248-9246 during week p.m., on weekends a.m. gcm2

GARDEN CITY/HEMPSTEAD/
Condo. Best Buy! Atrium Plaza, 200 Hilton. Private entrance, 2 BRs, Galby kit., dining area, sunken LR, 1 bath, all appliances including washer/dryer. CAC, fully carpeted. Indoor private parking. Owner 354-6502. gcmrl

GARDEN CITY ESTATES
Center Hall Colonial. LR/fpl, FDR, new spacious EIK. 4 Brs, 2½ baths, rec. rm., brick & vinyl, maintenance free exterior, 2 car garage, gas heat. Walk to RR, stores. Mint condition. Realistically priced \$329,000. Principals only. Call evenings for appointment. 742-2712. gcm3

Real Estate For Sale

GARDEN CITY HOME
numbered Street, Central section. Convenient to all, large plot, realistically priced. Principals only. Call 747-8078 for appointment. gcmal

GARDEN CITY - HAMILTON
Gardens. Best location. Walk to everything. Large 1 BR apartment, front to back, quiet top floor, heated garage. No money down. \$97,000. Immediate occupancy. 747-2422. gcm4

CAMELBACK, PA. TOWN-
house. Best mountain top location. Skl on/ski off. Fully furnished 4 BRs, 4 baths, 2 kits, deck, wood stove, skylight, greatroom. Clubhouse with heated pool, indoor tennis & sauna. \$139,000. Sale/Rent. 747-7019. gcm1

GARDEN CITY - SAVE \$400,000!
Price reduction plus 8.5% mortgage by owner saves \$1,000 per month in mortgage payments! It's less expensive than you think to trade up to this 5 BR Colonial on Oxford Blvd. Owner/Broker 248-2450. gcm4

PORT WASHINGTON - 5 BRs
4 baths, 2 kitchens, full finished bsmt. Good income. By owner. Principals only. \$330,000 767-2796. gcmr3

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. gcm1

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 approvals. Ready to build. Call 437-8520. gcm3

GARDEN CITY ESTATES
reduced for immediate sale! 3 BR Colonial, new EIK, 2 full baths, fin. bsmt. Large LR/fpl, FDR, taxes \$2,600. Asking \$305,000. 248-2009. gcmr3

SEAFORD 3 BR WATERFRONT
Small & charming, new kit & bulkhead. Low, low taxes plus low house & lawn maintenance. Truly a lazy man's special. \$159,000. Mr. Grasso 775-6035. gcm2

GARDEN CITY EXPANDED
Ranch on John St. 5 BRs, 3 baths, den, cac, ½ acre. \$375,000. By owner. 741-0451. gcm3

HELGA CROSBY'S BEST
buy. New exclusive Garden City waterfront. If restoring is your pleasure, I have a great treasure! A sprawling Country Colonial nestled on over 1 acre of powerful & peaceful, private land overlooking a lake in the heart of central Garden City. 6 plus BRs, taxes under \$10,000. \$925,000. Is it worth the effort? As a licensed interior designer & real estate broker I say "You bet is is!" Call me & see for yourself. Call 746-7077. Stadwell Realty. After 6 p.m. 746-0563. gcm4

E. WILLISTON - WHEATLEY
Schools, Robbin Hill Colonial on 1/3 acre, LR/fpl, FDR, 3 BRs, 2 baths, den, CAC, fin. bsmt. Low taxes \$400's. Call Joan, U.S. 1 Laffey, 741-3070. wf4

EAST WILLISTON STARTER

2 BRs, LR, DR, 1½ baths, new windows, roof, Wheatley SD, low taxes. Move-in condition. Low \$200's. Owner 248-2379. Wm2

Real Estate For Sale

GLEN OAKS, RENOVATED 1 BR
Garden Apt. Lovely location near North Shore Towers. Move-in condition. EIK, low maintenance. \$61,500. Owner (no fee). 747-0535 w3

GARDEN CITY MOTT
Center Hall Colonial, 4 BRs, 1½ baths, LR/fpl, DR, new kit, den, plus fam. rm. with cathedral ceiling. Fin. bsmt., 2 car garage, oversized park-like plot. Mint. Principals only. \$475,000. 746-7507. gcm3

GARDEN CITY & VICINITY:
Buyer's Market! 100 x 115 on prestigious Stewart Ave., 5 BR slate roof brick Georgian Colonial, 3½ baths, den/library, palladian windows, fpl, covered patio/porch, 2 car attached. Real beauty. \$650,000. Western Section: 3 BR Ranch, 2 baths, skylight kit., LR, fpl, full fin. bsmt., 2 car, 80 x 100, beautifully landscaped plot. \$375,000. Young 3 BR Split, 2½ baths, updated kit. \$339,000. Garden City South: 3 BR Brick Split, 2½ baths, central air, fin. bsmt., sprinklers, 2 car, \$295,000. Garden City Park: 4 BR Tudor, 2½ baths, EIK, 2 car, walk Merillon RR, \$265,000. Adjoining bldg. plot 60 x 100. \$120,000. Your own City Club, 5 BR Slate roof, brick CH Colonial, 3 plus two half baths, den, heated pool, two cabanas, 3 car. Seven (7) rm. attached suite. Owner finance. \$495,000. Hempstead Cathedral Gardens. On Garden City Line. Young breath-taking 4 BR CH Colonial, 2½ baths, super kit. Fam. rm/fpl, CAC, 14' x 24' conservatory deck, fish pond, 2 car, walk to Garden City station, available furnished. \$425,000. 4 BR Colonial Tudor, 3½ new baths, new EIK, fpl, den, fin. bsmt., possible mother/daughter, SD #27. \$284,500. Charming 3 BR Center Hall Colonial. EIK, porch, patio, 75 x 100 landscaped beauty. \$219,000. Country Club Estates: Company pays commission on 1/3 acre, 3 BR slate roof Colonial, 2½ baths, den, fpl, brkfst. rm., 24 x 44 pool. \$226,000. 4 BR Brick turreted slate roof French Tudor, 2½ baths, granite fpl, sunk beamed LR, 70' x 130' property, 2 car, \$220,000. Overlooking Golf Course, 5 BR Colonial, 2½ baths, fpl, 20 x 18 den, new decor, possible MD. \$199,000. 3 BR Dutch Colonial, 2½ baths, jacuzzi, new windows, fpl, den, 90 x 130, walk RR, 2 car garage. \$189,000. 3 BR Quaint Colonial, 2½ baths, EIK, master BR/fpl, LR/fpl. Walk all. 2 car garage. \$169,900. West Hempstead - Handyman Special. Estate sale, 4 BR Brick A-line Cape, EIK, FDR, fpl, 54' x 155' property. Walk RR \$139,000. Elaine J. Nolan, 485-7054, 292-9749. wf4

Real Estate For Sale

GARDEN CITY SOUTH 4 BR, 2½ baths, fin. bsmt., easy mother/daughter. Near RR. Owner being transferred. \$215,000. Principals only. Days 212-370-8404, evenings & weekends 516-483-3879. gcfm2

GARDEN CITY ESTATES area. No maintenance split. Walk to school, playground, & RR. 3 BR's, great family room with fp. Possible mother/daughter. Good taxes. High \$300's. (516)742-5195 gcf4

GARDEN CITY VICINITY The Atrium - 1 BR Condo, CAC, washer/dryer, large yard, free indoor parking. Maintenance \$110. Stal at \$107,000. 538-8380. gcf4

NO CASH DOWN! GARDEN City Locust Street Cape - 4 BR's, 2 baths, LR, DR, new EIK, finished basement. Low taxes, 60 x 125 plot. Asking \$319,000. Principals. 742-8337. gcf4

WESTBURY/SALISBURY Contemp. Split. East Meadow SD. 3/4 BRs, 2½ baths, LR, cathedral ceiling, skylights, FDR, EIK, den, above ground pool, deck, many extras. Owner. 997-4071. Wml

STEWART MANOR NORTH Price break. Large Custom Ranch 60 x 100 landscaped plot, attached garage, spacious LR/fpl, FDR, EIK, 3 BRs (King Master), 2 baths. Walk to churches & shopping. \$265,000. Exclusive broker 775-2327. gcf4

STUDWELL EXCLUSIVES Estate Colonial. 4 bedrooms, 2 baths, fireplace, formal dining room. Modern eat-in-kitchen. \$535K. The Ranch of your Dreams - 24x24 sunken living room with 10 foot domed ceiling. 3 bedrooms, 2 baths. Low maintenance in great condition. Many extra features. \$450K. Central Section Ranch. oversized property, living room, fireplace, family room. Perfect for scaling down. \$460K. Pristine. 70 x 100. 3 bedrooms, 2 baths, 2 car, fireplace, beautiful kitchen. Walk to railroad. \$410K. Contemp. Great address. 7 bedrooms and 3 baths. 3 zone heat, 2 car. Great family home. \$650K. Great Starter house. A handyman's dream. Estate sale. Low taxes. 3 bedrooms. Key here. \$200's. STUDWELL...for your Real Estate needs. 108 Seventh St., Garden City, NY Tel: 746-7077. gcf4

1 BR CONDO OCEAN FRONT Gold Coast AIA Palm Beach. Newly renovated, leather furniture, near golf course. \$84,000. Also for rent with option to buy. 483-6880 days, 285-7738 evens. gcf4

RIDGE "LEISURE VILLAGE" Regency Condo. Immaculate 2 BRs, 2 baths, large LR, FDR, Florida rm., garage, cac, 24 hr. security. Walk to recreation, pool, golf, free bus service. Asking \$127,500. By owner 744-5929. gcm3

Real Estate For Sale

SOUTHOLD BAYFRONT BUILD to suit. Builder's own very unique 2½ acre bayfront lot with large pond, heavily treed, exclusive community with own boat basin. All permits, ready to build. Builder will finance & hold mortgage. Other waterfront lots also available. 724-6220. gcf4

GARDEN CITY ESTATES reduced for immediate sale! 3 BR Colonial, new EIK, 2 full baths, fin. bsmt. Large LR/fpl, FDR, taxes \$2,600. Asking \$305,000. 248-2009. gcm3

GARDEN CITY TUDOR Gardens. 1 BR Condo, mod. EIK & bath, A/C, walk to all. Low maintenance with heat \$169. By owner \$170's. 742-8342. gcm3

GARDEN CITY VICINITY Luxury townhouse located at the Atrium Plaza just 5 blocks from the Garden City Hotel. 3 BRs, 2½ baths, EIK, DR, LR, fin. bsmt., laundry rm., outdoor patio, garage parking, CAC, security system, appliances. Owner has relocated and is pricing this townhouse for an immediate sale at \$215,000. Call us today at 717-296-2673 to discuss possibilities of financing, rental with purchase option, immediate possession, etc. Owner. gcf4

GARDEN CITY PRIME Central location. Walk to Village, 3BR, 3 bath Ranch. New throughout. 3 room basement suite with bath & auxiliary kitchen. 2 car attached on 80x125. Asking \$449,000. 742-8337. gcf4

PARK SECTION MINEOLA Legal 2 family. 5½ & 4½ rm. apartments. Gas heat, full attic, fin. bsmt. 50 x 100 ft. lot. Low taxes. Mid \$200's. Call 746-3141. wml

KEUSEY'S EXCLUSIVES Estates Center hall Colonial. Mod. & spacious EIK, 4 BRs, 2½ baths, fpl, rec. rm., 2 car, walk to all. \$345,000. Expansive living area in this 3 BR, 2½ bath Contemp. Large property. EIK, fam. rm. Asking \$345,000. Put a Little Motel in your life. Center Hall Colonial, LR/fpl, DR, kit., Florida rm., 2 BRs, 1½ baths. Priced to sell \$295,000. English Colonial - 60x145 property needs TLC, 4 BRs, 1½ baths, LR/fpl, full DR, kit, heated sun rm. & garage, plus low, low taxes. Reduced to \$279,000. Contemp. Colonial on 85 x 130 lot, 3 BRs, 1½ baths, den, 2 car with electric eye. Asks \$265,000. Why rent? Affordable 1 BR Co-op, heart of village, private entrance & garage too. Walk to all. Only \$69,500. Edwin M. Keusey 747-1300. gcf4

1 BR CONDO OCEAN FRONT Gold Coast AIA Palm Beach. Newly renovated, leather furniture, near golf course. \$84,000. Also for rent with option to buy. 483-6880 days, 285-7738 evens. gcf4

Real Estate For Sale**Real Estate For Sale**

GARDEN CITY RETIRED dentist offers home with office on ½ acre. 9 RM farm ranch with 2 car garage includes waiting room, exam room, office & full bath. Must sell. Asking \$350,000. Valentine Agency 746-7200. wf4

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. gcm1

INCOME PROPERTY, NORTH Merrick. Totally mint. 3 BRs, 3 baths, FDR, EIK, fin. bsmt. with bath, 3 room fin. garage, large deck with awning. Call for appointment. \$190,000. 623-6801. gcm2

MATTITUCK - LUXURIOUS privacy! Nestled on 1.5 acre wooded plot near L.I. Sound, this absolutely beautiful near new home offers 5,000 sq. ft. of living space. Spacious LR, double stone fpl, banquet size DR, den, fam. rm., chef designed kit., 5 BRs, Master Suite w/jacuzzi, 3½ baths. Expansion space for studio apt. CAC, basement, garage, all appliances, all amenities. Just reduced \$275,000 to \$245,000. Worth More! Bookmiller Realty 722-4423. gcf4

SOUTHOLD - AN ELEGANT Country feeling. 1920's French Farm House set on 1 plus acre. Landscaped for privacy. Features 3 BRs, 2 baths, country kit., FDR, LR/fpl, fam. rm., heated sun porch, spacious screened porch & slate patio plus delightful 18 x 40 IGP. A home of distinction. \$350,000. Mattituck. Well planned Splanchn. Upper level with 3 BRs, 2 baths, LR/DR, EIK, lower level with fam. rm./fpl, addl. BR & bath. Perfect for MD. Priced right! \$215,000. Southold Waterfront - Bayfront lot. 2½ acres wooded. Deep water boat slip available. Will build to suit. Owner financing. Call for details. Mattituck. Just listed! Handsome early 1900's Farm House recently renovated 3 BR, 1½ bath, LR/fpl, EIK, DR, den/study. Nicely landscaped rear yard. Convenient to all. Priced to sell \$179,900. Marion King Realty 734-5657. gcf4

GARDEN CITY/HEMPSTEAD (Cathedral Gardens). Large 1 BR Co-op with patio. Great for entertaining. Maintenance 80% deductible. Bargain at \$69,900. Will consider swap or rental with option to buy. Call owner 485-8079. gcm1

Real Estate For Sale**Real Estate For Sale**

Co-Op s

GARDEN CITY CHERRY Valley Co-op. Second flr., wall to wall carpeting, washer/dryer, renovated kit & bath. Extras. Court yard location. \$97,000. 248-6738. gcf4

GARDEN CITY - HAMILTON Gardens. Best location. Walk to everything. Large 1 BR apartment, front to back, quiet top floor, heated garage. No money down. \$97,000. Immediate occupancy. 747-2422. GCMR1

ONE BR CO-OP, FREEPORT Kitchenette. Good for newlyweds or single person. Washer/dryer on floor. Parking space on property. New oven, refrig., remodeled bath. Asking \$68,000. neg. 868-5671. hF4

MINEOLA 2 BR, 2 BATH corner apartment. Oak floors throughout, 6 closets (2 walk-in), 2 parking spaces. \$98,000. Immediate occupancy. 80% deductible. 328-7068 or 747-7430. gcf4

CHERRY VALLEY - 1 BR new oak EIK & updated bath. Great location. Owner/Agent. Must sell. Won't last. Asking \$79,000. 294-5121. gcm2

G.C. CHERRY VALLEY CO-OP 2BR, CAC, new kitchen, updated bathroom. Second floor. Move in condition. Walk to LIRR. \$136,000. 747-8850. gcf4

MONTAUK - 2 RM CO-OP One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$39,500. Great Rental History. 724-5572. hml

MINEOLA CO-OP GARDEN Plaza. 2 BRs, 2 baths, fully renovated. 60% tax deductible. Quiet top floor, corner apartment with extras. Walk to LIRR \$135,000. Principals only. 746-5646. gcm1

GARDEN CITY/HEMPSTEAD (Cathedral Gardens). Large 1 BR Co-op with patio. Great for entertaining. Maintenance 80% deductible. Bargain at \$69,900. Will consider swap or rental with option to buy. Call owner 485-8079. gcm1

GARDEN CITY/HEMPSTEAD Mulford Place. Large 1 BR in charming building. Decorator bath, closets galore. Like new. Must be seen. \$79,900 neg. 489-9666. gcm1

2 BR GARDEN CITY CO-OP offers a great life style. Sunny rooms, spacious storage & comfortable living. Close to train & shops. Low maintenance. Reduced to \$149,000 by owner. 294-9318. gcf4

Real Estate For Sale**Real Estate For Sale**

MINEOLA, HORTON HOUSE 1 BR, a/c, walk-in closet, live in super. Walk LIRR/hospital/courts. Nine months free maintenance! Asking \$99,500. Owner 294-0924 evenings. gcm2

GARDEN CITY'S BEST 1 BR Co-op. New kit, bath, CAC, etc. New w/w carpet, wash/dryer. Prime for retiree/single/newly. No 1 bedroom is better! Asking \$99,000. Owner 742-3065. gcm2

GARDEN CITY/HEMPSTEAD border: Cathedral Gardens. Owner relocated. Sunny, large 1BR, new EIK, all appliances, full bath, wall-to-wall carpet, pleated shades, patio. Available immediately. Principals only. \$85,000 or rent with option to buy. \$850 monthly. 718-343-2423. gcm3

G.C. CHERRY VALLEY Garden Apt. Owner says SELL. 2BR, 1 bath, first floor, quiet location. Mint condition. Key here. Reduced to \$115,000. Studwell Ventures, Ltd. 746-7077. gcf4

CHERRY VALLEY CO-OP - 1 BR, new kit w/ dishwasher, oak floors, park-like grounds. Walk to RR. Maintenance 81% deductible. Asking \$89,000. 294-8066. gcm1

MINEOLA: HORTON HOUSE 1 BR, large LR, secure building. Convenient to RR, hospital, stores. Must sell. \$89,000. By owner, 747-8711. gcm2

GARDEN CITY CHERRY Valley 2 BR with new kit & bath. Walk RR. Motivated seller asking \$124,900. Fennessy Realty 6245. gcm2

GARDEN CITY - HAMILTON Gardens. Best location. Walk to everything. Large 1 BR apartment, front to back, quiet top floor, heated garage. No money down. \$97,000. Immediate occupancy. 747-2422. gcf4

GARDEN CITY CO-OP - 2 BR second floor unit. Center of Village. One block to LIRR & all shopping. Refinished floors, new windows. Owner \$149,000. 873-9469, leave message. gcm2

GARDEN CITY 7th ST. CO-OP Second floor walk-up. Renovated kit, BR, LR, plus TV rm. New windows & refin. oak floors. 1 car garage. Low \$100's. Owner 248-6512. gcm3

GARDEN CITY CHERRY Valley Co-Op. Mint condition, 1 BR first floor. New kit & bath, ceiling fan, wall to wall. Walk to stores, LIRR \$95,000. 294-7889. gcm3

GARDEN CITY 2 BR CO-OP Home setting on park-like grounds, private entrance, foyer on 1st floor. End unit. Many extras. 80% tax deductible. Owner 742-0359. gcm3

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

Shop For A New Car

TURN TO THE CLASSIFIEDS, PAGE 18A

Real Estate For Sale**Open HOUSE**

171 MEADOW ST., GARDEN CITY. Sun., Feb. 24, 10-2. 3 BR Cape, new oak EIK, 2 new baths, steam shower, skylights, LR, DR, Cedar family rm., large deck & oversized yard. Fin. bsmnt. & laundry rm. Sunny with Country Charm! Call for appointment 742-2028. \$233,000. gef4

Real Estate For Rent

ROOM FOR RENT
One person, non-smoker, share apartment. 355-0610. Call early in the morning or after 4 p.m. gef4

AVAILABLE MARCH 1
3 Room Apartment. Separate thermostat & entrance. A/C light cooking. Business woman or business couple. Near parkway & RR. Quiet, residential area, room for 2 cars. \$500. 623-6801. gef4

BELLEROSE. 1 BR APARTMENT. Full bath, large kit with dining area, ceramic tile, first floor, private entrance. Nice yard, wall to wall carpeting. Walk to RR & stores. Residential area. \$624. 292-0484, 292-0302. gemr1

WEST HEMPSTEAD. 2 BR, main floor private house, LR, DR, kit, full bath, patio, 3 blocks to RR & Southern State Pkwy. Available April 1. \$1,000 a month. 538-8720. gem3

GARDEN CITY ESTATES Center Hall Colonial. 4 BRs, 3½ baths, FDR, EIK, LR/fpl, mud room, sun porch, open porch, large yard, garage. Available May 1. \$2,150. Principals only. 746-6345. Leave message. gem3

GARDEN CITY FURNISHED room available for rent. Private entrance, private bath, parking. Convenient to all. No kit. 741-3791. gem1

GARDEN CITY - 36 HAMILTON PL. 3½ rm. Co-op for rent or sale. Large LR, BR, EIK, dinette area, bath. Includes indoor garage. Walk to RR & shopping. 248-0436. gem3

GARDEN CITY: LARGE Colonial home to share. Kit, laundry, LR & dining areas. Near RR. Professional or business person preferred. References. 747-6420. gef4

HOLLYWOOD GARDENS - 1 BR Garden Apartment. New kitchen, dining area, lots of closets. Charming neighborhood. \$825 per month. Call owner (718) 468-3581. gemr1

OFFICES FOR RENT Two Manhasset offices for rent with private, assigned parking spaces, heat & electric included. 2 blocks from LIRR. First floor office \$195; second floor office \$250. Immediate occupancy. Carmel A. Barry - 627-6609. Wtn

Real Estate For Rent

TOP FLOOR APARTMENT 1 BR, LR, EIK, bath, own entrance. Mature business person. No children or pets. \$660 including utilities. 437-4456. gemr1

GARDEN CITY ROOM FOR RENT Nice area. \$85 per week. Female only. Please call evenings 741-4865. gem2

GARDEN CITY FURNISHED 3 BR, 2 bath Center Hall Colonial. LR, FDR, EIK, den. Available immediately. Asking \$1900 a month. Magnificent 6 BR, 4½ baths unfurnished Tudor with sunken LR, banquet DR, den, custom kit & prestigious address. \$3500 a month. Fennessy Realty 746-6245. gem2

SMALL RANCH HOUSE FOR RENT New Hyde Park. Mint. 2 BRs, 2 car parking, walk to all, nice yard, no pets. \$875 a month, includes all except electricity. Close to transportation & shopping. 354-4453. wm3

WEST HEMPSTEAD. LARGE Studio apartment in apartment complex. Secure parking, pool, laundry, full kit, private dressing area. \$600 includes heat. 775-0336. gem2

GARDEN CITY COLONIAL 4 BRs, 2 full baths, LR, FDR, new EIK, den, garage, fin. bsmnt. Walk to LIRR. \$1600. Please call owner 437-8825. gem2

APT. FOR RENT 1 BR, LR/fpl, walk RR, utilities & heat included. \$800. Ideal for single. Port Washington. 767-2345. wm3

2 BR APARTMENT WITH FIN. basement, laundry, garage. Quiet convenient \$1,000. gef4

SOUTHOLD/BAY/WOODED area, 1 block to private beach. 3 bedrooms, large family room, and all appliances. Available June and July. Call 201-447-0356. WM1

GARDEN CITY LINE Cathedral Gardens. Large, airy, furnished room, private bath, private entrance, light cooking, near all transportation. 481-4874. hm3

GARDEN CITY. LARGE, SUNNY room. Furnished or unfurnished. Private full bath, private entrance. Walk to LIRR & Adelphi University. Non-smoker, security, references. 742-6845. Leave message. gemr1

GARDEN CITY VICINITY Luxury townhouse located at the Atrium Plaza just 5 blocks from the Garden City Hotel. 3 BRs, 2½ baths, EIK, DR, LR, fin. bsmnt., laundry rm., outdoor patio, garage parking. CAC, security system, appliances. Owner has relocated & is offering this townhouse for rental of \$1550/month plus utilities. Owner will apply one half rental towards purchase price at time of closing. This townhouse is available for immediate possession. Call us today to discuss possibilities of your renting today & owning this luxury townhouse. Owner 717-296-2673. gef4

Real Estate For Rent

HEMPSTEAD/GARDEN CITY Border - Co-Op Studio Apartment for rent on prestigious Cathedral Avenue. Kitchen, bath, w/w, laundry in building. Owner \$600. 486-7024. gem3

CATHEDRAL GARDENS Garden City Border, furnished room & bath, kit privileges, laundry, parking. \$425 a month includes utilities. 292-9219. gem1

BETHPAGE - 3 RM. APT. Second floor, full kitchen, full bath, separate BR & LR, ideal for single. \$600 pays all. 1 month's security required. Call 932-1120. hf4

HEMPSTEAD/GARDEN CITY Mulford Place. Large 1 BR in charming building. Freshly painted, LR/fpl, DR adjacent salarum. Furnished \$950. Unfurnished \$850. 741-5923. gem1

Vacation Rental

HILTON ISLAND, SOUTH Carolina. Ocean view apartment on beautiful beach. Large pool, tennis, restaurant, lounge & convenient store on premises. Golf nearby, excellent accommodations at discounted rates. Owner 742-4485. gem3

SOUTHOLD WATERFRONT Charming, quiet, 3 double BRs, 2 baths, mod. kit, fam. rm., huge screened in porch overlooking in-ground pool. Deep water boat dock. Newly decorated. Gorgeous view. Immaculate. 741-2832. gem3

MT. SNOW/HAYSTACK Large, fully equipped 4 BR's plus loft, 2½ baths w/color TV, VCR, microwave. Available by the week or weekend. Beautiful views, lots of privacy, heated garage. Call 466-6120. gem4

MT. SNOW, VT. BEAUTIFUL Condo sleeps 8. Your own hot tub & sauna in Condo. Indoor pool & cross country skiing on premises. Free shuttle bus to mountain less than 1 mile away. 741-1824. gef4

NASSAU POINT-CUTCHOGUE Spectacular home. High on hill. Every modern facility. Own boat dock, beach & outdoor shower. Waterviews from every room. July and/or August or season. 746-2151 evenings. gef4

SKI WYNDEHAM - SLOPE-SIDE Condo, 3 BRs, 2 baths, sauna, washer/dryer. Available week-days/weekends. 536-2668. gem1

MONTAUK - SPRING GETAWAY Special. 3 days \$150 couple. 2 RM suite, heat, full kit. Sleeps four. Walks, dining, shopping. Hundred feet to beach. Immaculate. Call 724-5572. hml

Vacation Rental

SKI BROMLEY MAGIC MT. Sleeps 8 in fully equipped house in Pawlet, Vermont. Great for families. Available weekends or winter recess. Call 294-8782. gcf4

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. Recent multimillion dollar beautification program. One or two BR Condos with full kitchens. Rent daily, weekly, etc. Reasonable. (516) 746-2211, (516) 326-7711. gem1

GARAGE WANTED TO STORE small car. Will pay \$50 per month. Use two weekends per month. Call anytime 212-262-3848. G.C. references. wml

STILL LOOKING TO BUY starter home in Garden City. Getting married June '91. Anxious to buy. Principals only. 775-3142. gem3

GARDEN CITY RESIDENT registered nurse, seeks apartment or house to share. April occupancy. Call 328-7472. gem3

DESPERATELY SEEKING Garage Garden City resident seeks garage rental. Turn your cluttered garage into cold cash. Will barter services or pay flat rate. Call 248-4933. gem2

GARDEN CITY RESIDENT employed lady seeks furnished rm in Garden City. Kitchen privileges. Walking distance #40 bus line & 7th St. stores. Call 222-7432. gem2

Real Estate Wanted

LIFETIME WILLISTON PARK resident (volunteer fireman) interested in purchasing Williston Park home. Principals only. 746-4912. wf4

WANTED TO STORE small car. Will pay \$50 per month. Use two weekends per month. Call anytime 212-262-3848. G.C. references. wml

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Car For Sale

'82 BUICK REGAL LTD. 6 cylinder, 45 K miles, excellent running condition. Original owner. Many options. \$2800. 741-4243. gem1

'89 FORD PROBE 4 CYLINDERS a/c, stereo. Good condition, 3 new tires. Must sell today. \$8,000 or best offer. 741-0988 or 741-2143. gem3

1982 MAZDA 626 - AUTOMATIC A/C, new brakes & battery. Body excellent. High miles. Good station car. \$600. Evenings 742-7241. gem1

1985 BMW 528E GRAY, 71,000 highway miles. Immaculate, sun roof, all extras. \$9800. 488-3250. gem2

1981 FIREBIRD - 55,000 miles new tires, special edition interior, AM/FM cassette, a/c & heating. Must see. Asking \$2,000. 873-8908. gem2

1978 CHEVY MONTE CARLO - V-8 Automatic, P/S, P/B, A/C, AM/FM stereo, white with Landau top, blue interior. Rallye wheels, 86,000, original owner. Excellent condition. \$1500. 742-2709. gem2

1981 TOYOTA COROLLA - 66,000 miles, automatic, a/c, AM/FM. Very good condition. \$1,150. Also 1977 Pontiac Wagon. Runs good. Very clean. \$800. 742-5619. gem2

SUBARU 1983 STATION Wagon. All power, automatic. Body in good condition. Clean inside. \$1350. Days 483-2880, eves 483-3453 after 6 p.m. gef4

'89 VW JETTA FULLY LOADED. Extended warranty, 25,000 miles. Best offer. 294-8132. gef4



**Find
A
Bargain**
IN THE CLASSIFIEDS

Car For Sale

1976 FORD ELITE. MANY NEW parts, running great. Must see. \$600. 746-5144. gcm3

1982 BMW 320I. WHITE/TAN interior. Excellent condition. 747-7486; 873-6406. gcm3

1984 VOLVO 760 TURBO. 43,600 miles. One owner. 4 speed w/overdrive. Fully loaded. Leather interior, electric sunroof, cruise control, spoiler, fog lights, alarm. Mint. Asking \$6950. Make offer. 488-3190. gcm1

1979 FORD FAIRMONT Station Wagon. 71,000 miles. Camper hitch. AM/FM. Many new parts. New battery. Good condition. Dependable. \$1150. 742-8722. Wm1

1988 TOYOTA MINI VAN LE fully loaded. Mint condition inside & out. Dark grey with light grey velour interior. Power everything, seats 7. Asking \$14,500. Call 873-0925. gcm1

'69 JAG XKE 2+2 Restored, new paint, 65,000 miles. (516)489-7351. gcm1

1983 MAZDA GLC HATCH- back. Very good condition inside and out. Dependable. 5 speed, silver with light blue velour interior. Asking \$1,900. Call 873-0925. gcm1

1988 TOYOTA MINI VAN LE fully loaded. Mint condition inside and out. Dark grey with light grey velour interior. Power everything, seats 7. Asking \$14,500. Call 873-0925. gcm1

PORSCHE 944 - 1985 ½ Champagne with beige leather interior, sun roof, a/c, alarm, Blaupunkt AM/FM cassette. All highway miles 69K. \$9,650. 742-5139. gcm1

Services

JAMES F. MENTZ
CARPENTER-ROOFER
Skylights Installed
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gcap2

LL PAINTING & STAINING CO Professionally serving Long Island over 23 years. Specializing in every type of the trade. Licensed & insured. Free estimates. Reasonable with quality. (516)281-7728. gem1

PRICE RITE PAINTING Residential & Commercial. Interior, exterior, restorations. We move all furniture. All work satisfaction guaranteed. Free estimates & fully insured. 887-6076. gmr2

TELEPHONE INSTALLATION & repair: TV cables & modular jacks installed. Electrical wiring & fixtures. Prompt, reliable & reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al Byrnes, 481-4665. gem5

Services

FRENCH INSTRUCTION IN your home or office. Group or private lessons. Native speaker - 10 yrs. experience. Give yourself the best! 979-8112. wf4

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. (516) 599-0996. geAp4

CALL MR. O FOR YOUR HOME painting needs. 775-2231. gcAp2

CORNERPLACE CATERING. Food as pleasing to the eye as to the palate. Luncheons, brunches, dinner parties, showers, buffets, etc. No event is ever too small. 997-2504. hf4

EXPERT TILE WORK, BATH- room design & repair. Call for free estimate. Anthony Vella, 486-2602. gcm3

LADIES, RELAX & ENJOY your next party! Catering & experienced professional services for assisting with preparation serving & cleaning up before, during and after your party. Bartenders available. Call Kate at 248-1545 or 746-8264. wf1

"FRED WILL FIX IT"
PAINTING
Interior & Exterior
Repair Sash Cords & Windows
Clean Out Gutters
General Handyman
• Satisfaction Guaranteed •
Call Fred Lee - 794-7405
gcm1

NEED WORK DONE? THIRTY years experience. Expert in all your repairs including telephone installation and telephone repairs. Call 742-2569. gcm4

CLEANING SERVICE - FINE worker, reliable, cleaning carpets, window washing, heavy cleanups. Monthly and weekly services. Residential and commercial. 944-6930. gcf4

BRIAN CLINTON MOVERS Licensed and insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place. gcap4

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. wf4

THE CUISINE SCENE Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings, my specialty including beautiful cakes. Professionally trained staff. Call Susan 742-1956. gcm3

Sell Your Home
Call 931-0012 - 746-0240
or 294-8900
TO PLACE YOUR CLASSIFIED AD

Services

BUILD WITH BRICK
Stoops*Fireplaces*Patios
•Driveways*And all types of
Brick & Stone Work
Quality Workmanship at
Reasonable Prices
Satisfaction Guaranteed
No Job Too Small*Waterproofing
Slate Roofs Repaired

Estimates 538-3813
LIC#H1735940000 gcm1

MARIO POLITO'S COMPLETE home remodeling. I do everything from ceiling to floor and lots more. All types of carpentry, ceramic tile, painting, etc. Free estimates. (516) 538-2273. Lic. #HO418010000. geap1

PAINTING - INTERIOR & EX-terior. Only best paint used. Reasonable prices. Free estimates. Work guaranteed. Call Jimmy Mac. 248-7314. gcap2

EXPERT DRESSMAKING AND alterations on ladies and children's garments. Reasonable prices. 775-5672. gcf4

GARDEN CITY MAINTENANCE Spring clean-ups, weekly maintenance, complete landscaping, sod lawns installed, sprinkler systems installed & maintained. Tree & stump removals. For free estimates call 335-3648 or 483-4720. gcm3

NEW SERVICE FOR GARDEN City Senior citizen residents. Female Garden City resident providing driving & errand service. Reasonable rate. References provided. Please call 742-1334. gcf4

Professional Services

INCOME TAX PREPARATION By 2 former IRS agents with 40 yrs. experience. Reasonable rates. Call Anne or Roger M. Gedgard, 746-0425. gcap2

GARDEN CITY TAX SERVICE Computerized tax returns prepared by an experienced CPA. Call 741-2506 any time. gcf4

Notice

NOTICE IS HEREBY GIVEN to Charles Berardi, by Dominic Mastrodonato that the furniture and furnishings left at 45 Barkley Avenue, Clifton, N.J. will be sold or otherwise disposed of unless you immediately contact Patrick W. Harrington, One Lower Notch Road, Little Falls, N.J. 07424, tel. number (201) 256-2500. hf4

Reward

\$500 REWARD FOR MISSING Passport # 179-8424. Call 482-0925. hf4

**For Sale**

GREAT VALUE! COMMODORE-64 Computer with 1541 disc drive, printer, modem, Samsung 13" Color TV, complete software library, books, plus extras. Value over \$1,700. Asking \$600 negotiable. Evenings 741-5399. wmf3

FULL LENGTH, LUSH, FEMALE Mahogany mink. Retail \$6000. Asking \$1,800. Tawny fox jacket. Reasonable. 997-3548. gcm3

DARK OAK TABLE WITH DROP leaves, matching solid oak deacon's bench & two Captain's chairs. Opens to 50 x 42", closes to 50 x 24". \$125. Assorted luggage, stainless steel meat slicer, \$8. Maple twin headboard \$10. 352-5498. wmf4

BEAUTIFUL OAK FINISH Corner Cabinet. Measures 6'4" x 4'. \$450. Ceiling fan \$25, pillows \$10 each. 739-0630. gcf2

1980 DODGE OMNI 024 SILVER Hatchback. 4-speed, 68,000 mi. \$500; 25 in, Sylvania Color TV console \$75; Royal electric typewriter \$55; Magnavox stereo console \$20; self-propelled lawn mower \$25; 26 pt. humidifier \$20; fireplace screen \$10. Call 742-2709. wmf1

FURNISHED MOBILE HOME Three rooms - bath. Fort Lauderdale near airport. Screened porch, car port. Two air conditioners. \$6580. Negotiable. 796-2921. hm2

ENGAGEMENT RING 2.10 Carats, round diamond \$5,000 firm. Your appraisal welcome. 248-7303. gcf4

FIBERGLASS RAMPS (2) for wheelchair. Makes house access easy. Lightweight, durable, easy to handle. \$80 each or \$150 pair. (516) 328-1855. gcf4

FIVE PIECE BR SET Henredon. Excellent quality, great buy, queen sized bed. Like new \$500. (516) 746-0944. gcm3

Fashion Show

ST. ANNE'S HOME SCHOOL Association is sponsoring a fashion show, March 7, at 7 p.m., at the Floral Palace, 250 Jericho Tpk., Floral Park. The tickets are \$25 which includes: dinner, fashion show and chance to win a grand prize. For reservations write to: Josephine Cervoni, 53 McKinley Ave., Franklin Sq., N.Y. 11010. For information call 328-3917. Hurry, seating is limited! gcf4

Flea Market

FLEA MARKET SAT., MARCH 9, 10, 10-3 p.m. Our Savior Lutheran Church, Jefferson & Willis Ave., Mineola. New & used bargains, plants, baked goods, novelties, binc-a-brac, housewares, jewelry, refreshments available. hm2

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

Instructions

PIANO/ACCORDIAN/ORGAN & Guitar Lessons. All levels taught. All ages. 20 years experience NYSSMA; LIMPA member. 354-1721 gcf4

LATIN TUTOR, ALL LEVELS. Experienced. N.Y. State certified. Call James after 6 p.m. 433-4219. gcf4

SAT TUTORING Certified High School English Teacher for 21 years. Extensive SAT experience. Also basic and Advanced English skills. Personal instruction and in-home convenience. Bring out your best! Call 423-1967 day or eve. hf4

KNOW THE JOY OF BRIDGE Beginner's basic bridge taught in small groups in your home. Call 747-6589 for details. gcf4

CREATIVE WRITING: FINDING your Own Voice in Poetry, Prose, Plays. Six (6) week workshop starts Feb. 27, Wednesdays, 7:30 p.m. to 9:30 p.m. led by Margaret Stettler and MaryAnne Weinstein - Human Resources Center, Albertson. Call 747-5400, Ext. 1216. Ask for Delma or Connie. hf4

Wanted

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hm1

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hm1

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. gcm1

Business Opportunity

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NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all, who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. D.M.F.

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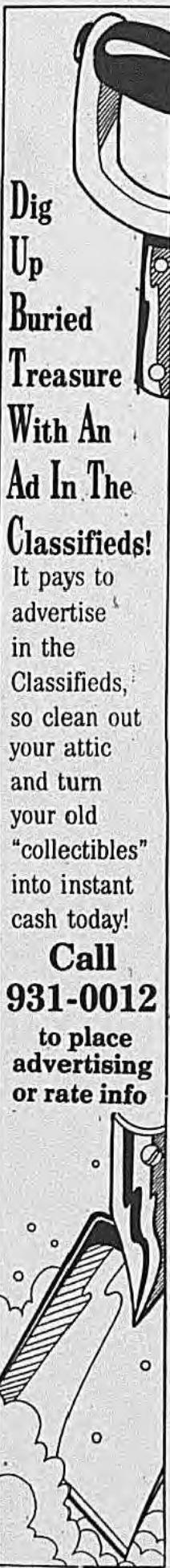
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Cooking Corner

Continued From PAGE 12A

"Any ground spice can be made into a flavored oil; herbs, roots, shellfish, fruits and vegetable juices can, too," says Vongerichten, shaking a jar of lobster oil he has taken from the walk-in refrigerator.

The process starts with mild canola oil, which has the lowest saturated fat content of all vegetable oils. Using several techniques, Vongerichten extracts the essential flavors of saffron, wasabi, ginger, horseradish, cumin, basil, cranberries, shrimp, tomatoes, truffles and other ingredients, then infuses these flavors into the oil.

Ground spices are the easiest to work with, he says. "You just mix the spice powder with water to wake up the flavors, then make a paste the consistency of ketchup; then add the oil and shake. The mixture will be cloudy, but after two days the paste goes to the bottom and you can ladle the oil into a jar."

The solids are then discarded, and the oil can be further strained through cheesecloth or paper coffee filters for greater clarity. Vongerichten says spice oils can be kept at room temperature for a month or more.

For fresh herb oil, such herbs as basil, chervil and mint are blanched in boiling water for 15 seconds, drained, dried and blended with a small amount of olive oil to a smooth paste. The mixture is placed in a glass jar, more olive oil is added and the enhanced oil is allowed to sit for one day before being filtered. Herb oils can be stored, tightly covered, in the refrigerator for up to a week.

Vegetable juice oils are made by combining freshly extracted juices (using a juicer) with safflower or corn oil. They can be used immediately and may be refrigerated for up to two weeks.

But dreaming up these elixirs is only part of Vongerichten's magic. The next step is using them in place of the heady cream creations of Escoffier and his followers.

"You can drizzle these oils over sauteed or steamed foods, or marinate meat or fish in them a day ahead and grill it," says Vongerichten. Because of the oil's intense flavor, only a few drops are needed. The result is a light, aromatic dish with few calories.

In his book "Simple Cuisine," the chef also suggests using infused oils to dress salads, saute foods and make "absolutely unheard-of mayonnaises." Some of Vongerichten's favorite dishes with huiles parfumées (perfumed oils) are grilled lamb with curry oil, chicken finished with tomato-chili oil and sauteed cod with fresh ginger oil.

Vongerichten says his flavored

oils are just what the diners of the '90s ordered: increased flavor with less saturated fat and fewer calories. "And besides," adds the smiling chef, "it's a lot of fun."

TIPS FOR OILS

Vongerichten offers these suggestions for using infused oils to enliven everyday fare.

Marinate a butterflied leg of lamb or lamb chops in curry oil, then grill or broil.

Marinate tuna steaks in wasabi oil before grilling.

Toss your favorite pasta with citrus-flavored oil.

Drizzle slices of roast pork loin with cranberry-orange oil.

Marinate chicken breasts in cardamom oil for 15 minutes; grill or sauté.

Flavor grain salads such as couscous and bulgar wheat tabbouleh with ginger oil.

Toss cooked shrimp in a vinaigrette made with curry oil.



KITCHEN KIDS



Continued From PAGE 14A

the counter. Place 1 sheet of phyllo dough on foil. Brush entire sheet of dough with melted butter and then sprinkle on some bread crumbs.

Place a second sheet of dough on top and brush with butter, then sprinkle with crumbs. Do this a third time, using last of the crumbs, and lay over the last sheet of dough. Leave top piece unbuttered.

Spoon cherry filling in a line over bottom of dough rectangle, leaving a 1-inch border at the edge.

Lift up foil, folding bottom edge of dough over the filling and rolling dough up like a sausage. When it is rolled up, lift strudel by foil and place it on cookie sheet.

Make 3 shallow cuts through top of strudel; they will let steam escape while baking. Brush top of strudel with butter and sprinkle with a tablespoon of sugar.

With oven mitts on, carefully place cookie sheet into oven and bake 30 minutes, or until strudel is a golden brown.

Turn oven off and with oven mitts on, carefully remove cookie sheet to a cooling rack. Let strudel cool 15 minutes before serving. It's great with a spoonful of vanilla ice cream.

Mainly for Seniors

By Leonard J. Hansen

Winter months bring cold temperatures and increased risk of hypothermia for many mature adults, according to Dr. Robert Luchi, geriatrics expert at Baylor University College of Medicine in Houston.

"Older adults are at high risk for hypothermia because they do not produce as much body heat and do not shiver as hard as younger people. Since shivering is the body's first defense against cold, the older person's body tends to cool faster when exposed to lower temperatures."

Symptoms of hypothermia may include paleness and uncontrollable shivering, drowsiness, confusion and difficulty in walking and speaking. This may happen when the body temperature drops to 90 to 95 degrees Fahrenheit. Prevention includes consumption of warm food and drink several times a day during cold weather and wearing a warm hat.

"Physical activity raises body temperature also, so mild exercise is a good idea," recommends Luchi.

"In severe cases, when the body temperature is below 90 degrees, breathing may become shallow, mental alertness may diminish and victims may even slip into a coma," states the geriatric specialist. "In the event of these symptoms, the older person should be taken to a hospital immediately."

Other recommendations:

- Hypothermia should be treated slowly. After moving the victim to a warm environment and removing wet clothes, keep him or her still and begin restoring body heat at the rate of about one degree per hour.

"If done too fast, it can cause shock. The victim should be wrapped in warm blankets and given a warm beverage. In more severe cases, warm him or her with your own body heat or apply hot water bottles, taking care not to burn the skin."

- Do not give alcohol.
- Apply direct heat to the skin.
- Rub the skin.
- Let the patient walk.

Recovery from hypothermia takes several hours when done properly. It is best attempted with medical supervision so vital signs can be monitored regularly.

Hypothermia may be avoided by mature adults who bundle up more warmly, exercise more, consume hot foods and beverages, and avoid extreme cold in winter.

When the symptoms are evident, the specialist recommends immediate medical attention.

SLEEPING PILL ALTERNATIVES

There are alternatives to using sleeping pills to correct or offset insomnia in mature adults, and new research findings have been published in the January 1991 issue of the *Journal of Gerontology: Psychological Sciences*.

"Sleeping medications often have only a short-term effect and create other problems such as daytime drowsiness and adverse interactions with other prescrip-

tions. There is an obvious need for some other form of treatment," according to the report prepared by specialists at the Stanford University School of Medicine and the Veterans Administration Medical Center in Palo Alto, Calif.

The study compared Sleep Restriction Therapy (Restriction) and Relaxation Therapy (Relaxation) as treatments for insomnia in a sample of community-residing elderly people.

Under both treatments, the participants (mean age of 69.7 years) showed improvements in getting to sleep and in sleeping through the night. In three-month follow-through testing, the seniors using Restriction treatment were sleeping twice as effectively and predictably as those using the Relaxation method.

"Perhaps the single most critical ingredient in the Sleep Restriction Treatment program is the direction to 'get up and get out of bed in the morning.' The treatment by its very nature may impart a message: the fact that you are old does not mean that you must rest and be passive much of the time," states the report.

Both the Restriction and Relaxation therapies are natural to the body, and may eliminate the use of drugs, which may be considered harmful in the inducement of sleep.

NURSING HOME CHOICES

Nursing homes vary in their services, level of medical and health attention, price range and personal services. Choosing one for a friend or relative may be confusing and, therefore, a challenge.

A new book from Facts On File publishers, "Nursing Homes: The Complete Guide," addresses the subject in understandable detail, and provides charts and checklists for knowledgeable comparison shopping.

"Nursing Homes" provides a step-by-step outline designed to prepare the layperson for the nursing home decision, including how to determine whether a nursing home is necessary for an older family member; how to evaluate and choose a facility; how to cover the expenses of a care facility, including updated information on Medicare, Medicaid and private insurance; common medical problems affecting the elderly, as well as the treatments that should be expected of a skilled nursing home; and feasible alternatives to the nursing institution.

Authors of the 256-page paperback are Christopher Forrest, M.D., of the Johns Hopkins Medical Center, Mary Brumby Forrest, L.P.N., charge nurse at a Connecticut convalescent hospital, and Richard Forrest, a professional writer. Retail price is \$24.95 and the book should be available now through booksellers nationally.

Or, you may order direct from Facts on File Inc., 460 Park Ave. S., New York, NY 10016, by enclosing a check for \$24.95 for a postage-paid shipment.

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ANTIQUE OR

By James G. McCollam JUNQUE

Q. Enclosed is a picture of a vase marked "Made in Japan." It is decorated with pictures of three men, which I suppose are Samurai warriors.

Thanks for any information you can supply.



A. Your vase would be classified as Satsuma (a type of ceramics native to Japan). It was made in the first quarter of the 20th century and would sell for \$100 to \$300 depending on size.

Q. The enclosed mark is on the bottom of a 16-inch vase. It is oval shaped and is painted with floral sprigs and buds. It has cobalt blue bands at the top and bottom.

I would appreciate any information you can provide, as this vase has been in our family for many years.



A. Your vase was made by Riessner, Stellmacher & Kessel (also known as the Amphora Porcelain Works) about 1900. Similar vases have sold in the \$265 to \$285 range.

Q. You have written about World's Fair items being popular collectibles.

Can you give me some idea of the value of a sugar bowl and cream pitcher marked "Columbian Exposition" on the sides and "Coalport — England" on the bottom?



A. The Columbian Exposition was held in Chicago, commemorating the discovery of America (1492-1892).

Your sugar and creamer were made by the Coalport porcelain factory and would probably sell for about \$165 to \$185.

Q. Can you tell me anything about a 4-gallon stoneware crock marked "Burger Bros. & Co., Rochester, N.Y.?"



ANTIQUE OR JUNQUE

It is decorated with a cobalt blue flower and leaves. It has straight sides with hand holds.

A. Your crock was made in the late 1800s and is a choice collectible. The fact that it is marked by the maker and nicely decorated makes it worth at least \$300.

Q. Can you tell me when "The Operator's Bell" 5-cent slot machine was made and what its value in good condition might be?

A. "The Operator's Bell" slot machine was made by the Mills company as early as 1910 and there aren't many of them around.

Sales records are scarce but a realistic estimate would be about \$8,000 to \$10,000.

Q. Please tell me whatever you can about a Belleek porcelain sugar bowl marked with a snake and the name, "Willets." It is decorated with baskets of pink roses and has a pedestal base.

A. Your sugar bowl was made by Willets Manufacturing Co. in Trenton, N.J., about 1900. Willets produced a fine quality porcelain to compete with Irish Belleek.

A dealer would price this sugar bowl at about \$165 to \$185.

Send your questions about antiques with picture(s), a detailed description, a stamped, self-addressed envelope and \$1 per item to James G. McCollam



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Points on Pets

By R.G. Elmore, D.V.M.

Q. Our veterinarian recently diagnosed megaesophagus in our male German shepherd puppy. The dog regurgitates after almost every meal.

Our veterinarian did not give us a very good prognosis for the life of our dog. Can anything be done for him?

A. Megaesophagus is one of the most common causes of regurgitation in dogs. Megaesophagus simply refers to an enlarged esophagus, the tube from the posterior oral cavity to the stomach. Usually the cause of this enlargement is unknown.

Megaesophagus occurs most commonly in recently weaned puppies. Although it can occur in all breeds, it is most often seen in Great Danes, Irish setters, and German shepherds.

The most common clinical sign seen with megaesophagus is regurgitation. This is often first noticed after the puppy is weaned and put on solid food. Pneumonia often occurs with megaesophagus. This is the result of regurgitated

food and water getting into the trachea and the lungs. Many dogs with megaesophagus have periods without any clinical signs of the disease.

Veterinarians vary in their approaches to treating megaesophagus. However, most authorities recommend conservative treatment as opposed to surgery. Many dogs with megaesophagus can be trained to eat with their forelegs elevated on a step or low table. This allows gravity to aid movement of food through the esophagus. The dog should remain elevated at 45-degree angle for 10 to 15 minutes following eating.

The consistency of the food can be varied to suit the dog with megaesophagus. Most dogs will regurgitate least often if fed a gruel composed of canned dog food and water. This best consistency will vary among dogs. The overall prognosis for dogs with megaesophagus is poor. Most dogs with this disease do not survive past 18 months.

This morning, before I left the house, my pet cat Sweetheart kept begging me to stay home and play with her! Every time I sat down she jumped into my lap and started purring. While I was dressing she lay down to take a nap on the clothes I had laid out to wear. While I was brushing my teeth she joined me in the bathroom to watch what I was doing.

I think our cats get lonely when we aren't there. They always come to the door to greet us and when we're gone overnight they seem to sulk for a day or two after we get home.

Do you have pets? Do you think they miss you when you aren't home?

Your friend,
Aunt Tilly

P.S. This week's coloring contest winner is Diana Crowe.

JUNIOR EDITION



Aunt Tilly's Corner

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The World's Most Beautiful Grandchildren



Here is the latest addition to our family. A precious grandson, Ryan Michael Dunn who has brought us such great joy. He was born August 9, 1990. He is the son of Steven and Linda Dunn of Glen Cove, and the grandson of Jack and Billie Dunn of Williston Park and Mr. and Mrs. Al Gonzalez of New Hyde Park. The nephew of eight uncles, five aunts, and four cousins!



Here is our latest most beautiful grandchild, Adam Breier, who with his brothers Mike and Billy and parents Barbara and Michael are a loving blessing to us.

Anne and Bill Hickman
Williston Park

YOUR SOCIAL SECURITY

What is needed to get replacement card?

By William M. Acosta

Q. I had a Social Security card for my 7-year-old child. However, I lost the card.

What is needed to get a replacement card? — R.K.

A. You must complete an application for a Social Security number and submit a document that shows your child's identity, such as a clinic, doctor or hospital record, a school record or any similar document that shows the child's identity.

Also, as the parent signing the application form, we need some kind of identification for you such as a driver's license or health insurance card.

All documents must be originals or copies certified by the official who keeps the record.

Q. Does everyone who receives Social Security benefits have to pay federal income tax on his Social Security benefits? — Y.B.

A. Only those beneficiaries who have substantial income in addition to their Social Security benefits are affected by the taxation of benefits provisions. Only about 10 percent of people who get Social Security have to pay taxes on their benefits.

For more information about taxation of Social Security benefits, call the IRS toll-free telephone number, 1-800-829-3676 to ask for Publication 915, "Tax Information on Social Security."

Q. I receive a small Social Security benefit and believe that I would probably qualify for Supplemental Security Income. However, I am afraid of all the questions and papers you have to fill out. Can you help me? — M.E.D.

A. You don't have to fill out a lot of forms by yourself. The people at Social Security will be glad to help you fill them out and explain what qualifications you have to meet to get SSI.

To find out more about SSI, or to set up an appointment to apply for SSI payments, just call your local Social Security office.

Q. My daughter told me that Medicare now pays for mammogram screening. Is this true? — D.O.

A. As of Jan. 1, 1991, a change in the law allows Medicare medical insurance to pay up to \$55 of the cost of mammograms for early detection of breast cancer.

Women 65 or older covered by medical insurance are eligible for a mammogram screening once every two years. Medicare beneficiaries who are at high risk or who are disabled beneficiaries under 65 may eligible for more frequent screenings.