STREET, WILLIAM ST. OVE

The Only Newspaper Printed and Published in Hicksville

Biss soften court is a fillioner-

Mid-Islam & Levittow. Times

Vol. 49 No. 12

USPS 346-760

Friday, March 22, 1991

Holy Family Coloring Contest



Celebrating February as Dental Health Month, the children in Grades K through three entered a coloring contest. The top three winners in each class will be sent on for further judging.

Mrs. Elleen Holmes, R.N., School nurse, erganized the contest, and poses with the 3rd grade winners - Jannine Lombardi, Joanna Cooper and Christopher Hawkins.

On March 22, Dr. Sharon Essner, a Hicksville Dentist, will present a Dental Health Program and Puppet Show to the Pre-K and kindergarten students of Holy Family School.

Complimentary Rooms For Fire Victims

The Residence Inn by Marriot, Plainview, in cooperation with a number of local fire departments has begun offering complimentary first night accommodations to families who have lost, or have been forced to leave their homes after a fire.

Fire Chiefs in Central Long Island will actually issue certificates to victims at the scenes of housefires. These vouchers will entitle the family to a complimentary night's lodging in a one or two bedroom suite at the Plainview Hotel.

"Countless fire victims have resided with us since our opening, and time and again, they tell me that they don't know how they could have managed in an ordinary hotel," recalls Kevin Morgan, General Manager of the Plainview property. "Our new program should relieve some of the tension and anxiety that these traumatized families are feeling, especially on that first frightening night."

"Any family that needs to reside outside of the home for six months or even for a few days finds that a roomy suite, with fully equipped kitchen reduces the level of stress for everyone. Add a Health Club and indoor/ outdoor swimming pools, and even a grocery shopping service. The language software operates and that extended stay can be on IBM PC and compatible genuinely pleasurable." contin-computers.

The Residence Inn by Marriot concept was developed to meet the special needs of extended stay guests and the relocating family. Luxurious suites with kitchens and complimentary breakfasts, distinguish these hotels.

The Residence Inn by Marriot, Plainview, opened just 18 months ago and is the only all suite hotel of its kind on Long Island. The AAA, four diamond award winning, 165 room property is managed by the Medallion Hotel Corp., located in Chevy Chase, Maryland. Medallion operates and manages hotels and provides consulting services to owners and financial institutions.

Spanish, Ital. Computer Programs

The Hicksville Public Library has added Spanish and Italian bilingual computer programs for the public to use. These programs can help you to translate letters, reports and other documents from English to Spanish and from English to Italian. You can study for tests, find and conjugate verbs and write in Spanish and Italian.

This Issue

This issue is complete in three

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

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

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.

Second Half School Taxes

Oyster Bay Town Receiver of Taxes Gary F. Musicilo reminded residents this week that the second half of the 1990-91 School Tax Levy is due on April 1, but can be paid without penalty through May 10.

Residents can pay in person at the Tax Office, Oyster Bay Town Hall West, Audrey Avenue, Oyster Bay, or at Town Hall South, 977 Hicksville Road, Massapequa. They may also pay by mail. In addition, Oyster Bay Town Clerk Carl L. Marcellino said that the Town Clerk's Annex, Newbridge Road and Duffy Avenue, Hicksville, will be open to accept payments from 9 a.m. to 4:45 p.m. on May 6, 7, 8, 9 and

When paying the tax bill in person, residents are reminded to bring the entire tax bill with their payment. Payments being made by mail for the second half of the year should include the proper stub or stubs. Musiello also cautioned residents NOT to write on, fold, staple or otherwise deface the tax stubs as it can cause the computer system to reject payment.

The Tax Office will be sending a computerized receipt, but Musiello advised residents to retain their cancelled check as additional proof of payment.

In addition, Mr. Musiello would like to remind residents that claims for either Senior Citizens Exemptions or Veteran Exemptions must be filed NO LATER than May 1, 1991, at the proper Dept. of Assessment office in Mineola. Brochures on either can be obtained by calling Mr. Musiello's office at 922-5800, ext.

Til They All Come Home Rally and Parade

They despit they are the

A march and rally to honor United States troops in the Persian Gulf has been planned for April 7. The march will begin at noon at the VFW Hall Post 3211 on South Broadway in Hicksville and proceed north on Broadway to the John F. Kennedy Park for a dedication ceremony

Responses to invitations sent by the rally committee are beginning to come back. The Comanche Raiders will provide music along with several other bands, it is hoped. The Marine Corps color guard are expected to lead off the march.

The dedication ceremony is

expected to consist of the placing of yellow ribbons on the pine tree in Kennedy Park. Families of military personnel still in the Gulf will place a ribbon with their loved ones name on the tree. Ribbons will not be removed until the soldier comes home, a parade official said.

Four members of the armed forces who have come home will also be present. All military personnel are invited to attend. Spectators are invited to bring flags, banners and bells.

Further information may be obtained by calling the VFW Post at 931-7843 or 932-3380.

Community Forum



Senator Kemp Hannon, right, who will be bolding a Community Forum at Plainview/Old Bethpage Library, 999 Old Country Road, Plainview, Saturday, March 23, at 1:30 p.m. - 3:30 p.m. discusses the upcoming event with Stan Eddison, Library Director.

"The Community Forum provides an opportunity for the people to express their concerns and suggestions to their elected express their concerns and suggestions to their elected representative(s) and to personally discuss the possible outcomes on the community of actions taken in Albany. Whether your major interest is the state of the economy, the budget, spending slashes, education, environment, health, transportation, taxes, crime, all of the above, or something else entirely, this is your chance to tell me about it directly," explains Plainview/Old Bethpage's State Senator.

"I have found that Forums like this foster a productive exchange of ideas that allows me to identify legislative priorities that reflect local needs and worries. This is why I regard this as a most important part of the legislative process," Hannon concluded.

Please reserve Saturday, March 23, at 1:30 p.m. - 3:30 p.m. to join us at Plainview/Old Bethpage Library, 999 Old Country Road, Plainview. Your input is vital and greatly appreciated. For further information or to arrange to present your views on any issue either as an individual or as a representative of a community group, please contact Senator Kemp Hannon's District Office at 550 Stewart Avenue, Garden City, ne number 222-0068. Also welcome are those who prefer to simply listen, or who want to provide moral support for the speakers.

Letters

Printed By Request: Hicksville Residents.

As the Hicksville Fire Dept. approaches its 100th year of dedicated service to our community we are asking for your support.

The Historical Journal Committee is putting together a complete history of our Department and need the assistance of everyone. We are asking any residents who may have memorabilia, old newspaper articles, old photographs to lend to us for our quest to complete our history. (All material will be returned upon request). Anyone who would like to donate the material for future keepsaking may do so as we will be placing them in a showcase.

You can call the Firehouse on our special events phone and leave a message for Chief Schweitzer. Ex Chief Magee. or F.F. Korona. Our special events phone number is 933.6461.

Please help us develop an anniversary celebration of 100 years of dedicated service to this community.

Thanking you in advance. 100th Anniversary Historical Journal Committee

Drug Awareness Program At Burns Ave.

The children of Burns Avenue School (Grades K-4) participated in an alcohol and drug awareness assembly 'on March 6. The program was a culminating activity to the classroom instruction which included lectures, films, games and activity sheets. The children and the teachers worked very hard in preparation for this assembly. Hopefully, it will leave a lasting impression on the children and a solid foundation in drug prevention for the future.

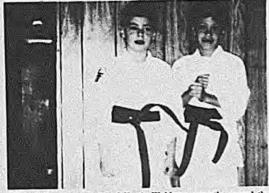
N.Y. State Gymnastic Winner

Wendy Marshall competed at the Bethpage-Melville Gymnastic Center this past weekend and "WON" the New York State Level 10 Championships. She is the 1991 "NEW YORK STATE ALL-AROUND CHAMPION" with a total of 73.05; she also is the New York State "Vaulting Champion" - 19.20 and "Beam Champion"-18.15 she also placed third on Bars - 18.10. She qualified to Region VI Regionals (which consist of the top gymnasts of seven States) which will be held April 13 and 14 at the Bethpage-Melville Gymnastic Center in Old Bethpage, Long Island. At Regionals the top 12 Gymnasts will qualify to compete at Nationals. Wendy is a "Junior at Hicksville High School and also is the Vice-President of her class and a member of the National Honor Society. She trains at the Bethpage-Melville Gymnastic Center.



Wendy Marshall

New Green Belts



Left to right: Jared Platt and Howle Waldman recently earned their green belts in Judo from Black Belt Academy in Hicksville. Congratulations on your promotion!!

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Library Celebrates 'Great Amer. Read Aloud'

The 1991 Night of 7,000 Stars, also known as the "Great American Read Aloud," will take place during National Library Week. The theme is "Kids who read succeed," or simply "Read, Succeed." ##

On Tuesday, April 16, at 7 p.m. the Hicksville Public Library will celebrate along with 7,000 other libraries in New York State by having guests read aloud from their favorite books and talk about the role of reading in their success.

Ellen Conford, well know children's book author (Lenny Kendell, Smart Aleck - Me and the Terrible Two - A Royal Pain) will be present to read aloud. Chief Anthony Wigdzinski, from the Hicksville Fire Dept. will also participate in the program.

Local politicians will read aloud and share their thoughts on the role of reading in their success.

Youth Council Spring Calendar of Events

The Hicksville Youth Council's leisure time program has scheduled the following activities for Spring: March 18. Bowling at Woodbury Lanes, cost \$3, 3 p.m.-6 p.m.: March 29, Miniature Golf/Batting Cage, Cost \$6, 2:30 p.m.-5:30 p.m.: April 1, Fishing for Flounder. Cost \$20, 6 a.m.-4 p.m.: April 3. Tour of the Intrepid. Cost \$4, 10:30 a.m.-5 p.m.; April 5, Horseback Riding, Cost \$15, 11 a.m.-2:30 p.m.: May 10, WWF. Cost \$13, 7 p.m.-10:30 p.m.: May 18, Great Adventure, Cost \$37.50, 8 a.m.-8 p.m.

For further information or questions regarding any of the events contact John at 822-KIDS!

Homemakers Council Meeting

The Homemakers Council of Nassau Conty will hold a monthly meeting on April 4 between 10 a.m. and 2 p.m. at the Community Church on Stewart Avenue in Hicksville. Regular business meeting. Membership Renewal in progress.

Defensive Driving Course In Bethpage

A Defensive Driving Cours will be offered by Bethpage Adult Continuing Education Program, Bethpage High School, May 15 and 22, 7:00 p.m. - 10:00 p.m. Resident \$37; nonresident \$42. Register by mail or in person. (931-2900, x212.

SAT Preparation Course begins April 10. 8 sessions (4 Math and 4 English). Tuesday and Wednesday. 7:00 p.m. 9:00 p.m. Resident \$40; non-resident \$45.

Lions Club Announces

The Lions Club of Hicksville, Inc. wish to announce that the Journey for Sight Race is scheduled for Sunday, April 14. Persons interested in participating in the race can contact George Montana at 938-3600 for information.



Goldman Bros. sponsors race: Harwyn Goldman of Goldman Bros., Hicksville, is shown here with Hicksville Lions Club President Joe Sorok after the completion of plans for the Hicksville Lions Journey for Sight race. Goldman Bros., located at 181 So. Broadway in Hicksville, has been a major sponsor of the race since it began and has been instrumental in its continued success.



National Westminster Bank Vice president Ron Niebuhr is shown here presenting Hicksville Lions President Joe Sorok with a donation from NatWest for the upcoming Lions Club Journey for Sight Race. NatWest, located at 20 Jerusalem Avenue in Hicksville, is a regular sponsor of this race.



Westbury Federal Savings President Jack Ryan, is shown here presenting Hicksville Lions Club President Joe Sorok with a donation for the Lions Club Journey for Sight Race to be held Sunday, April 14, at Holy Trinity High School on Newbridge Road in Hicksville. Westbury Savings Bank, located at 405 Jerusalem Avenue in Hicksville, has been a sponsor of this race for many years.

Beth. Library Program

A Salute to National Library Week! For children and parents -The Super Silly Circus with Star Mime Mark Stoizenberg Sunday, April 14 at 2 p.m.

Come on over and see hilarious and daring traditional and experimental circus clown routines including unicycling, fire juggling, mime, acrobatics, music; lots of audience participation - and more! Children of all ages and parents too! Register from March 18.

All programs are open to youngsters who reside in District No. 21 only. Please bring your library card as your ticket of admission. For further information, please call 931-3907.

scent of fresh popped popcorn. the children watched the movie. "The Snowman" and used their academic abilities playing math games. Snacktime was held in Mrs. Szymanski's classroom consisting of hot chocolate and cut up fruit. While enjoying their own snack, the children made pine cone bird feeders for the birds to snack on. The day ended with the children tasting their "class made cookies. What better way to end a "Winter Day."



Mrs. Allen with Kelly Robinson, Glenda Martinez, Dana Cappola, Kara Kowalski, playing math games.



Michael Rielly and (unidentified) putting together their birdfeeders.

LEGAL NOTICE

Take notice that the Board of Fire Commissioners of the Hicksville Fire District at its regular meeting held on March 12, 1991 upon recommendation of the District Superintendent will take out of service and remove the fire alarm boxes at the following locations on or before April 9.

Box #/Location - 117/Cherry La. & Lanter Rd. at Gull Rd.; 138/Washington & Lee Pl.; 142/Border St. & McAllister; 153/Arrow La. & Arcadia; 216/Albert & Mineola; 237/ Cottage Blvd.& Jordan La.; 244/Parc La. & Jay St.; 257/Valley La. ? Preston La.; 262/Glenbrook Rd. & Boulevard Dr.

Dated: March 12, 1991 Attest: John Knight District Secretary HICKSVILLE FIRE DISTRICT 20 E. Marie St. Hicksville, N.Y. 11801

MIT 2450 1X 3/21

NOTICE HAVE YOU A HIDDEN TALENT that has yet to be discovered in print?

We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island,

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, April 5, 1991, for the following: One [1] Freddle Fire Truck

Robot Model # 100-034 [or equal).

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 DIST. Dated: March 13, 1991 Attest: John Knight, District MIT2451

1X 3/22

and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a atlpend of \$25.00.

......

If you want to be published and be part of an issue of Discovery, you may submit your article to: Litmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

Request Denied To Transfer Permit

A request for a modification of restrictive covenants in Hicksville has been denied by the Oyster Bay Town Board, according to Town Councilwoman Ann R. Ocker.

"The applicants, Solomon Schwartz and Florence Schwartz were seeking a modification of restrictive covenants in a residence district to allow the transfer of a special use permit from petitioner Solomon Schwartz, to petitioner Solomon Schwartz and/or Dr. Michael Criss." Councilwoman Ocker stated. "The property is located at 5 Locust Street, Hicksville."

In denying the application, the Town Board found that the applicant failed to provide adequate justification to substantiate a modification of restrictive cove-nants. "The granting of the application would impede future efforts to allow for the amortization of nonconforming business uses in residentially zoned areas." Councilwoman Ocker explained. In addition, the board noted that the current uses of the subject parcel have evolved beyond the use anticipated by the original special use.

Other reasons for the denial by Councilwoman Ocker include the fact that the subject application would continue to create traffic and pedestrian harards on neighboring streets due to congestion and use intensity and that it would impede future efforts to harmonize and stabilize the general use and character of the area and would not be conformance and in spirit with the aesthetic objective purposes and intent of the comprehensive zoning plan of the Town of Oyster

Councilwoman Ocker noted that a public hearing on the application was held on November 17, 1990.

In Service

Pvt. Ellen R. Banks has graduated from the material control and accounting specialist course at Fort Lee. Petersburg.

The course instruction included the use of manual or automated supply systems in a direct support unit. Also taught were procedures for receiving, storing and shipping, plus preparation for storage

and handling of supplies.

Banks is the daughter of Lucretia M. Jones of Bethpage. She is a 1981 graduate of Amityville Memorial High

Spec. Elaine T. Prosa has completed a U. S. Army primary leadership course.

Students received training in supervisory skills, leadership principles, and small unit training techniques essential to a first-line supervisor in a technical or administrative environment.

Prosa is an intelligence analyst at Cooke Barracks, Germany. She is the daughter of Anne Schachner of Hicksville. The specialist is a 1981

graduate of Hicksville High

Students Score In Math Exams

The 42nd Annual American H.S. Examination (AHSME) was given on Tuesday, February 26, A to al of 93 students took the exam this year with senior Tanya Korostyshevsky topping all participants with a score of 94. A tie for second place in the school is between juniors Alexandra Grinshpun and Sandra Rolston. Lauren Moran was high scorer in Grade 10 and Tracy Lerman in Grade 9. Each of these students will receive a plaque with Tanya receiving the Mathematics Association of America pin for high scorer in the school.

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MID ISLAND TIMES



Pictured are (left to right) Bethpage H.S. students Lauren Moran, Sandra Roiston, Tanya Korostyshevsky, Tracy Lerman, Alexandra Grinchspun, who participated in the American H.S. Mathematics Examinations.

Women's Club Dinner & Fashion Show

held their annual Dinner & Fashion Show at the Crest Hollow Country Club on March 6. The evening was a great success and all proceeds will be used for philanthropic purposes and civic services. Mrs. Jean Morongiello,

The Bethpage Women's Club club president was pleased at the turnout of 180 guests and thanked all for their show of support.

> Fashions were by Flo's Fashion Boutique of Garden City and the lovely spring clothes were modeled by club members and friends.

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LEGAL NOTICE HICKSVILLE PUBLIC LIBRARY ELECTION AND VOTE ON APPRO-PRIATION OF FUNDS HICKSVILLE, U.F.S.D.

THE PARTY IN LABOUR STREET

HICKSVILLE, N. Y. NOTICE IS HEREBY GIVEN that pursuant to the resolution of the Board of Trustees of the Hicksville Public Library of Hicksville U.F.S.D., Hicksville, N.Y. adopted January 16, 1991, the Annual District Election of the qualified voters of this School District for the Hicksville Public Library Election and Vote on appropriation of funds will be held on April 17, 1991 between the hours of 10 a.m. E.S.T. and 9 p.m. E.S.T. for the seven election districts, at the Hicksville Public Library. for the purpose of voting upon the following proposition(s): PROPOSITION NO. 1

Shall the Library Budget for the school year 1991-92 adopted by the Library Board approved and a tax be levied on the taxable property of the District in the amount of such budget less sums received in the form of State and Federal Aid and from any other sources, all pursuant to the pertinent provisions of the Education Law?

NOTICE IS FURTHER petitions for the office of member of the Board of Trustees of the Library must be filed with the Clerk of the School District no later than thirty (30) days before the Annual Meeting, said date being March 18, 1991 between the hours of 9 a.m. and 5 p.m. Separate petitions shall be required to nominate a candidate. Each petition shall be directed to the Clerk of the School District, shall be signed by at least 25 qualified voters of the District (the same being at least 25 qualified voters of the District or two (2%) of the number of voters who voted in the previous library election, whichever is greater), shall state the residence of each signer, the name and resi-dence of the candidate. Forms of petitions for Library Board Members may be obtained from the Clerk of the School District and at the Hicksville Public Library.

The following vacancies are to be filled on the Board of Library Trustees - Office of Member of Board of Library Trustees - 5 year term ending June 30, 1996.

NOTICE IS FURTHER GIVEN that personal registra-tion and Election Districts have been established in the School District, that no person shall be entitled to vote at the annual Meeting whose name does not appear on the register of the School District unless such person is registered under the provision of Section 5-612 of the ElectionLaw and that those qualified to register and vote shall do so in Hicksville Public Library, according to the School Election District in which they

NOTICE IS FURTHER GIVEN that copies of the estimated expenses of the Library for the year 1991-92 may be obtained at the Library and each schoolhouse in the District on and after April

Secretary management and property of the contraction of the contractio

LEGAL NOTICE

10, 1991, on any weekday from other propositions to be voted upon are available for inspection by any taxpayer in the District at the Library daily except Saturday and Sunday on and after April 10, 1991

between 9 s.m. and 4 p.m. NOTICE IS FURTHER GIVEN that the Board of Registration shall meet in the HICKSVILLE PUBLIC LIBRARY for the seven (7) Election Districts described below on April 10, 1991 from 3 p.m. until 8 p.m. E.S.T. Any person shall be entitled

to have his name placed upon such register provided that at such meeting of the Board of Registration he proves to the satisfaction of such Board of Registration to be then or thereafter entitled to vote at the Library meeting or election for which such register prepared. Said register will be filed in the office of the Clerk of the District on April 10, 1991, and will be open for inspection by any qualified voter of the District from 9 a.m. to 4 p.m. on any weekday from April 10, 1991 up to an including April 17, 1991. Residents who voted at an Annual or Special Meeting of the District within four years prior to the date of the current Annual Meeting orwho who registered within that time need not register to be eligible to vote at the Annual Meeting. Residents otherwise qualified to vote who are registered under the provision of Section 5-612 of the Election Law need not register to be eligible to vote at the Meeting.

NOTICE IS FURTHER GIVEN that during the voting hours on April 17, 1991, the Board of Registration will meet in the HICKSVILLE PUBLIC LIBRARY to receive registration for the ensuing

NOTICE IS FURTHER GIVEN THAT applications for absentee ballots may be applied for at the office of the Clerk of the District. A list of all persons to whom absentee ballots are issued will be available in the office of the Clerk on April 10, 1991 through April 17, 1991. Such list will also be posted at all polling places at the election of members of the Board of

> HICKSVILLE PUBLIC SCHOOLS **ELECTION DISTRICTS**

The boundaries of the School Election Districts, as adopted by resolution of the Board of Education are as follows:

Election District No. 1

Burns Avenue School
On the East: Broadway,
from the District's North Line, to the intersection of Jerusalem Avenue and Broadway. continuing South along Jerusalem Avenue to the District's West line.

On the West: The District's West line from the Long Island Railraod to the District's North

On the North: The District's North line from the District's West line to Broadway.

Election District No. 2 East Street School On the East and North, Miller Road as projected to the

District's North line, South along said Miller Road to Ronald Avenue, then East along Ronald Avenue to Woodbury Road, then North-east along Woodbury Road to Ardsley Gate, then Southeast through Ardsley Gate to Dartmouth Drive, then Southwest and South through Dartmouth Drive to its intersection with Haverford Road. then East to the intersection of Haverford Road and Berkshire Road, then East along Berkshire Road to its intersection with Columbia Road, then East along Columbia Road to the District's East line, then South along the District's East line to the Long Island Railroad.

On the South and Southwest: Along the Long Island Railroad, from the District's East line southerly point, to the intersection of the Long Island Railroad and Jerusalem

On the West:Broadway from Jerusalem Avenue to the District's North line.

On the North: The District's North line from Broadway to Miller Road, as projected to said line.

Election District No. 3

Woodland Avenue School On the North, Northeast and East: Along the District's North line, from Miller Road, as projected to the District's North line, to the District's East line,

On the East: South along the District's East line, West to Berkshire Road, then West along Berkshire Road into Haverford Road, and continuing West of Haverford Road to Dartmouth Drive then North and Northeast along Dartmouth Drive to Ardsley Gate; then Northwest through Ardsley Gate to Woodbury Road, then Southwest along Woodbury Road to Ronald Avenue. then West along Ronald Avenue to Miller Road, then North along Miller Road and continuing thereon as it is projected, to the District's North line.

Election District No. 4

Lee Avenue School On the East-Northeast: The Long Island Railroad, from its intersection with Old Country Road, to the Southerly point of the District's East lin

On the South: the District's South line, from the Long Island Railroad, southwesterly into Michigan Drive, then South along said District line to the Hempstead Township line, then Northwesterly along the District's South line to Jerusalem Avenue.
On the West and North:

Along Jerusalem Avenue, from the District's South line, to Salem Gate, then West along Salem Gate to Salem Road, then North to Harkin Lane, then Northwest along Harkin Lane to Division Avenue, then North along Division Avenue to Glenbrook Road, then Northwest along Glenbrook Road to Newbridge Road, then Northwest along Newbridge Road to Old Country Road, then East along Old Country Road to the Long Island Railroad.

Election District No. 5 Fork Lane School

On the East: Jerusalem Avenue from Salem Gate, to the District's South line.

LEGAL NOTICE

On the North: Salem Gate, West from Jerusalem Avenue, to Salem Road, then North along Salem Road to Harkin Lane, then Northwest along Harkin Lane to Division Avenue, then Northwesterly along Division Avenue to Glenbrook Road then West along Glenbrook Road to Newbridge Road. On the West: Newbridge

Road, from Glenbrook Road on the North, to the District's South line.

On the South: The District's South Line, from Newbridge Road, on the West, to Jerusalem Avenue on the East.

Election District No. 6 **Dutch Lane School**

On the East: Newbridge Road, from Elmira Street, to the District's South line.

On the South: The District's South line, from Newbridge Road, on the East, to the District's West line.

On the West: The District's West line, from the District's South line to Arrow Lane, as said Lane is projected West to the District's West line.

On the North: From Arrow Lane, as projected to the District's West line, East and along said Arrow Lane, to Levittown Parkway, then South along Levittown Park-way to Beech Lane, then East along Beech Lane to Blueberry Lane, then South along Blueberry Lane to Elmira Street. then East along Elmira Street to Newbridge Road.

Election District No. 7 Old Country Road School

On the North and Northeast: The Long island Railroad from the District's West line to the intersection of the Railroad with Old Country Road.

On the South and East: Old Country Road from its intersection with the Long Island Railroad, Westerly to Newbridge Road, then Southwest along Newbridge Road to Elmira Street to Blueberry Lane, then North along Blueberry Lane to Beech Lane. then West along Beech Lane to Levittown Parkway, then North along Levittown Parkway to Arrow Lane, then West along Arrow Lane, and as projected to the District's West line.

> BY ORDER OF THE BOARD OF TRUSTEES HICKSVILLE PUBLIC LIBRARY, HICKSVILLE TOWN OF OYSTER BAY

Janet Ulirich, Dist. Clerk MIT 2434 4X 3/1, 15, 22, 4/12

NOTICE OF SALE ex No.:23238-1-89 SUPREME COURT: NASSAU COUNTY

In the Matter of the Applica tion of STEVEN R. SCHLES-INGER, As conservator of the Property of PETRA SCHMITT, a Conservatee for leave to sell her interest in certain real property located at the intersection of James Street and Broadway, Hicks-ville, Town of Oyster Bay, County of Nassau, New York

PLEASE TAKE NOTICE that, I, the Conservator of the property of Petra Schmitt will sell at public auction at 300

Garden City Plaza, Suite 516, Garden City, N.Y. on the 22nd day of April, 1991 at 10 a.m.,

LEGAL NOTICE

the premises described below: ALL that certain plot, piece of parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau, and State of New York bounded and described as follows:

BEGINNING at the corner formed by the intersection of the northerly side of James Street and the new westerly

side of Broadway; RUNNING THENCE South 76 degrees 05 minutes 30 seconds west along the northerly side of James Street 103.61 feet to the new Northeasterly side of Newbridge Road:

THENCE North 45 degrees 57 minutes 33 seconds west along the said side of Newbridge Road a distance of 43.38 feet;

THENCE along the South-eastly side of Newbridge Road the following 2 courses and distances:

1. North 13 degrees 21 minutes 23 seconds east 52,25 feet:

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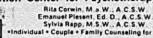
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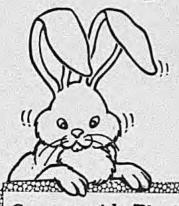
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Right Around Home

By Manrees Traxler

Right Around Home

Just as Hicksville residents came out to help our local Gls and their fust as riseastile residents came out to nelp our local cits and their families during the Gulf crisis, so too, the town is now gearing up for a celebration. Spearheaded by the Mid Island Support Group, a Welcome Home parade and Victory rally is in the works for Sunday, April 7, rain or shine.

Spokesperson Joyce Jurgensen expresses great excitement not only in the delight that our hometown boys will be arriving on U.S. soil shortly, but also that local residents, businesses and organizations are joining in making our salute to Hicksville's modern-day heros a great

The Hicksville Fire Department has offered much assistance and is enlisting the musical talents of its favorite band, The Commanche Raiders. The Rotary is supplying its string of lights, this time in red, white and blue, to be strung around the Christmas tree in Kennedy Memorial Park, the site of the rally. And, the Chamber of Commerce will be placing yellow ribbons and flags along the parade route. The Kiwanis Club has offered to defray the cost of a banner to be made for the support group.

The parade will assemble at 12 Noon at the VFW Hall on Broadway and march north on Broadway directly to Kennedy Memorial Park and the Memorial Fountain. The Town of Oyster Bay has generously donated the services of its mobile band shell and a rally will conclude

EJM, the disco entertainers, will be performing in honor of the

Hicksville GIs at the rally site, getting the audience warmed up. To date, the only Hicksville serviceman to come home is U.S. Marine Michael McCarthy. Mrs. Jurgensen expects a few of "our" soldiers may make it to Hicksville by the 7th. Any person, group, organization, local scouts, school children or others who wish to participate in any way in the parade and rally are asked to contact Joyce Jurgensen at 932-3380 or the VFW Hall at 931-7843.

So come out for some excitement, an old-fashioned parade, community spirit and to say "thank you" to Hicksville's young men who proudly served in Operation Desert Storm.

Go Americana! The American scene over the past 200 years was relived at the Hicksville Middle School last week. Through an interdisciplinary program of demonstrations, performances, displays and action, the 7th and 8th grade students became reacquainted with their heritage.

The Old Bethpage Brass Band, dressed in civil war military attire, played tunes from the early and mid 1800's. Band members told their audience about the role of the brass band in the lives of early American towns and villages, how they played in town squares for parades and other community events.

The students experienced first hand basketball playing, circa 1890. This involved three-man teams, one person to shoot the ball into a peach basket affixed to the gym hoops, one person to climb the ladder and retrieve the ball from the basket, and one person to hold the ladder. Basketball beginnings were a little rough around the edges, but our predecessors were clever enough to invent a game which now remains a national pasttime on the streets and in the arena

"When the Spirit Says Sing" was a performance which fell right into the laps of these teens. Through music, the students were taken on a tour from gospel and soul, through blues and rhythm and blues to rock. The demonstrator taught the students how to recognize each type of music, its history and development, and major artists. This was definitely an audience participation workshop, and the students sang along with zeal.

Exhibits were set up in the gym, and students were introduced to demonstrators displaying their craft. There was a potter, a stained glass expert, a woodcarver and basket weaver. Students made cornhusk dolls and took turns adding a few stitches to a Middle School

There was an Ellis Island exhibit and through the good auspices of

the Gregory Museum, a display of Early Americana Hicksville.

The event is part of an annual cultural learning experience. The school administration has alternated Americana Day with International Day over the past few years. This year the school was very fortunate to bay over the past tew years. This years in the students even though the district is on austerity. Remember, events such as Americana Day are open to family members and the community. Parents and other wishing to attend such events are welcome and should call the school for further details.

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Local Resident **Exhibits Oils**

Mid-Island Hospital's main lobby will be filled with oil and acrylic paintings during the month of April. The artist, Lillian Halper, is a resident of Plainview.

In High School, Lillian studied costume design not knowing that someday she would be having her own one-woman shows. After graduation, she continued her interest in art by taking night courses in design, illustration and sketching. Until six years ago, she just dabbled a little. Her dabbling grew into much more when she started concentrating on acrylics and then oils.

Over the years, she has participated in the Town of Oyster Bay's workshop for senior citizens where she has studied oils and acrylics. She takes pleasure in photography as a hobby, especially on vacation. Lillian Halper says, "I have naturally gravitated toward oil. I enjoy working with oils due to the depth and painting landscapes.

Lillian Halper has had othef one-woman shows at the Plainview-Old Bethpage Library, different branches of the Savings of Americas Bank, and Winthrop University Hospital where she recently sold a painting.

Lillian Halper's display will be at the Bethpage Hospital for the entire month of April. For further information, please call the Department of Public Relations at 520-2487. Mid-Island is located on Hempstead Turnpike, just west of the Seaford Oyster Bay Expressway.

Hicks. H.S. Science Fair



Joaquin Ezarra's Project.

The students in David Bouton's Honors Biology and Individual Research classes at Hicksville High School recently demonstrated their finest research abilities in a school Science Fair. The Science Fair provided a forum for the participating students to explain their observations to other students as all the science classes toured the exhibition.

Science Chairperson Gerald Hirschstein, and science teachers Dr.Paul Schweyer, Dr. Harry Taft, and Gerald Kratchman, evaluated the science fair and judged the students on creativity. scientific thought, thoroughness, and neatness.

The top three students received plaques for their placement. Helen Woo took first place for her exhibit on alcohol and meal-worms; Connie Young finished second for demonstgrating the outcome of wavelengths of light on mealworms; and, Rob Rombach finished third for his display which examined whether or not white blood cells can kill bacteria

outside the body.
Runmners-up were: Elizabeth
Fitchner (4th place), Brian Bluth
and Rahul Puri (tied for 5th), and Linda Thomas and Monica Alexandris (tied for 6th).

All the students received certificates for their particiation in this enriching event.

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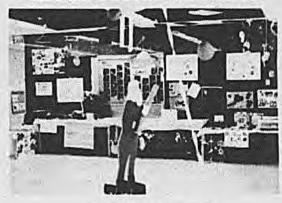
Volunteer Firemen Receive Awards

Charles and the same of



Oyster Bay Town Supervisor Angelo A. Delligatti, third from left, joins with Town Councilman Thomas L. Clark, third from right, Town Councilman Thomas L. Clark, third from right, Town Councilman Ann R. Ocker, fourth from right, and Town Councilman Leonard Kunzig, left, in presenting citations to several Hickevilk volunteer firemen at the Department's Annual Installation Dinner. Receiving awards, left to right, are Ex-Chief Medard Ofenloch, Dept. Chaplain Father Theodore Grant and Ex-Chief John Specht. Looking on, at right, is Chief Anthony Wigdrinski.

Students Construct Planetarium



Planetarium and Science Display

By Roseann Cordiner

In preparation for a visit by author Seymour Simon, the C.B.S. students and staff have constructed a planetarium in the building. With planets orbiting around the sun and meteorites in full view, the stars are certainly shining! The real stars are the C.B.S. students who have proven the sky is the limit when creating science displays. There was just about 100% participation with amazing results. The children showed a great deal of interest and enthusiasm in sharing their own projects as well as viewing fellow schoolmates' projects. There is a large variety of projects ranging from posters and charts to mobiles and homemade

Seymour Simon writes about topics in the realm of science. His topics include: the solar system; dinosaurs; computers, and even experiments with soap bubbles. There are many photos which he obtained from NASA and are extremely attractive. Many books were enjoyed by the younger chil-dren with the use of paraphrasing and photo sharing by the teachers. After sharing his books throughout the school, the children became interested in these topics so the science display and planetarium were a natural progression in the preparations for this author to visit. The parents were invited to see the display on Wednesday, March 6,

STATE OF THE STATE

either in the afternoon or the evening. The parents also displayed a great deal of interest and enthusiasm as they viewed the projects.

Pictured is a wide angled view of the C.B.S. Planetarium & Science Display. The gentleman under the sun catching its rays is none other than Galileo holding his telescope. Galileo was produced in Mrs. Feinstein's Special Ed. Class along with many other displays. The large paper mache planets were made by two second grade classes, Ms. Mendelsohn's and Ms. DeSantis'. The large sun in the center of this universe was made by Mrs. Cordiner's First Grade Class. Every class in the building contributed to the Science Display and/or the Planetarium. This was another successful joint effort at C.B.S.

C.B.S. students and faculty appreciate the author visits each year which is sponsored by the Bethpage School District. Dr. Regina Cohn, Reading Supervisor of the Bethpage School District, plays an instrumental role in obtaining an author for each of the three elementary schools and we thank her too.

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Mr. Same and Mr.

Environment Comm. Reappointed

The Oyster Bay Town Board has approved the reappointment of ten members of the Town's Environmental Control Commission. according to Councilman Tom Hogan. Long standing members. Dr. Milton Welt of Massapequa, Norman Heischober of Massapequa, Guy DeMarco of Plainview, William Ellinger of Bethpage. Alice Weinstein of Woodbury. Stuart Pastrich of Plainview, Eleanor Draycott of Hicksville. Lisa Nota of East Norwich, Ginny Ranaldo of Oyster Bay and Michael Steiniger of Bethpage were all reappointed for three year terms. In addition, Councilman Hogan

In addition, Councilman Hogan announced that Syosset resident, Steve Schwimmer, was appointed to his first three year term.

The Environmental Control Commission, established in March of 1972, is a volunteer citizens advisory group appointed by the Town Board for the purpse of reviewing general environmental issues.

Holy Trinity H.S. 'Little Shop Of Horrors'

The Department of the Performing Arts at Holy Trinity Diocesan High School on Newbridge Road in Hicksville will present the hit musical coniedy. "Little Shop of Horrors," on Thursday, April 18, at 7:30 p.m.; Friday, April 19, at 8 p.m.; and Saturday, April 20, at 2 p.m. and 8 p.m. Tickets are 55 in advance and 56 at the door. For ticket information, please call 433-2900 during school hours.

Career Counseling At Library

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.

Gourmet Night At Bethpage Library

The Friends of the Bethpage Public Library are pleased to present a Gournet Night, on Thursday, March 21, at 7:30 p.m. Four outstanding home chefs from Bethpage will share their favorite recipes with us for a complete spring dinner. Recipes and tastings provided. Admission free. All welcome.

The Bethpage Public Library, at 47 Powell Avenue (phone 931.3907), is two blocks west of exit 8 (Powell Ave.) on the Seaford-Oyster Bay Expressway (Rtc. 135).

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Legion Awards Ceremony

Story and Photos by Dick Evers

A large turnout of guests were on hand for the Annual Awards and Ceremonies Night of the Charles Wagner Post 421, Hicksville American Legion, at the Knights of Columbus Hall, this past Saturday. Sixteen Nassau 2nd Police Precinct patrolmen and detectives were among the honorees, nominated by their officers and honored for either outstanding police work or for participation in the harrowing rescue operations at the Avianca aircraft disaster at Cove Neck, in 1990.

Community Service awards were presented to Hicksville's Edward Bady, whose photographs over 30 years have preserved on film very much of Hicksville's past and contemporary history and to Murray Appel and Sal Amico, leaders in Hicksville Elks Lodge "Drug Awareness Program" which focuses strongly on elementary school drug education. James Tietjan of the Sons of the American Legion and Danny Jones of Hicksville were honored for their sale of T-shirts with the "Support Our Troops in Operation Desert Storm" logo, the proceeds of which were donated to the Northport Veterans Hospital for canteen tickets for resident patients.

canteen tickets for resident patients.

Post-Everlasting memorial services were a solemn moment to acknowledge the passing of eight post members this year. Enjoyable ceremony marked the initiation of nine new members into the Hicksville American Legion and saw the presentation of membership longevity certificates to members. Past-commander Arlene Howard was presented with her Past Commander's ring, and with proper recognition, Past Commander John Rizos was awarded the Legion's highest honor, a solid gold Honorary Life Membership card.

recognition, Past Commander John Rizos was awarded the Legion's highest honor, a solid gold Honorary Life Membership card.

A hot buffet supper, music by the talented Joe Ratto and dancing filled out the evening. Chairman for the affair was P.C. John Rizos. The new members of the Charles Wagner Post are: William Debbie, John Fletcher, John G. Geier, Ferdinand H. Hoehing, Jr., Joseph Kenyon, Neil McGinnis, Albert M. McGrane, James P. O'Neill, and Dominic Yodice. Among the Post 421 guests were officers and their ladies and members of the William Gouse VFW Post, the Knights of Columbus and Hicksville Elks.









Nassau Police 2nd Precinct patrolmen and detectives being honored for outstanding police service and Avianca plane crash rescue work.



Edward Bady, center, is congratulated by Post 421 Cmdr. Richard Hochbreuckner, right, and Richard Evers for his outstanding photographic preservation of Hicksville's history.



Murray Appel, left, and Sal Amico are 'front and center' to receive Legion Post 421 plaques for their leadership in the Hicksville Elks Lodge's "Drug Awareness" program for schools.



Post 421 Honorary Life Membership Committee Chairman, Arthur Rutz, left, presenting Past Commander John Rizos with his Honorary Life Membership Card. Rizos, a two-term commander, has rendered many services to Post 421.



A well deserved gift and honor. Junior Past Commander Ariene Howard is giecful as Commander Richard Hochbreuckner places her Past Commander's ring on her finger during Post 421's Awards and Ceremonies Nite.



Among long-membership Legionnaires who received "longevity scrolls" was Past Cmdr. Ray Gamble, left, being thanked by Post Cmdr. Richard Hochbrenckner. Continued On Page 11

James Tietjen receiving the thanks of the Charles Wagner Post American Legion for Danny Jones and his efforts to bring cheer to the Northport Veterans' Hospital resident patients. Cmdr. Hochbreuckner,



als Dunne, Nassau County Dir. of Veterans Affairs extends County Exec. Thomas Gulotta's thanks to Nassau Police and other honorees at Post 421's Awards and Celebration program, Saturday.



Edward Bady, Hicksville's photo-historian, expressing appreciation for his American Legion "community service" award.

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Beth. Library Programs

Families that read aloud, read a and reports show that children who have been read to in childhood excel in school. Therefore, starting January 31, the Bethpage Public Library launched a brand new Read-Aloud Club called "Families as Reading Partners."

Hurry on over and sign up your youngster for our fun Read-Aloud Club for ages 31/2 to 8. And the whole family can join into the fabulous read-aloud game --parents, grandparents, brother, sisters, aunts, uncles- and more!

All you have to do is agree to read at least 20 library books to your youngsters and submit a written list of books (including child's name, address, phone number, age, and titles and authors of books) to the Children's Room staff by May 1. There will be a Gala Read-Aloud Party and Certificate Celebration on May 11, at 2 p.m. for all participating young people fea-turing a glittering Fun with Foil Show and Workshop for this age f group by star performer, story-teller, and craftsman Jack Lerner. Youngsters will listen to nonstop tales as a rainbow-hued parade of foil creatures is created. Merry hands-on fun -- lots of enchantment for all! District No. 21 only. Call 931-3907.

On three upcoming Wednesday evenings, the Bethpage Public Library will present a "Workshop Series for Parents" with David Stein, psychotherapist, who has said, "Parenting is undoubtedly the most challenging role a person can undertake, but in addition to love, we also need knowledge of the skills and techniques to deal with difficult decision-making." His evening

COACRING

series will offer perspectives on many aspects of child rearing as follow

March 27 - 8 p.m. - Guilt and Anger.

April 3 - 8 p.m. - Reward, Discipline, and Punishment; Learning Problems; Television.

David Stein, A.C.S.W., has been a psychotherapist in private practice for the past twelve years. He also conducts family therapy at several early childhood centers in Queens. Each session will include group discussion and is open to parents, grandparents. expectant mothers, and caregiv-ers too. Register for all sessions now at the Bethpage Public Library. The program is open to all residents of District No. 21. For further information, please call 931-3907.

Families as Reading Partners at the Bethpage Public Library

Travel Brochure Contest

The Bethpage Public Library has invited young people in Grades 1-6 to take imaginary journeys to their favorite places and create original travel brochures in honor of National Library Week. (April 14-20). Winners on each grade level will get prize magazine subscriptions from a selected list.

Youngsters are asked to charge out Bethpage Public Library materials of their choice to use in designing their travel brochures. Young people can submit as many brochures as they wish. Bro-chures are due on April 4, and winning submissions will be displayed in the Children's Room during National Library Week. Open to youngsters residing in District No. 21. Fliers with full details are now available in the Children's Room, For further information, please call 931-3907. Special April Fun The Littl Dance Company Wednesday, April 3 at 2 p.m.

Live! A spirited, skilled group of professional dancers will present an exciting program of modern, classical ballet, jazz, mime and tap techniques - using a unique combination of informal discussion/demonstration and fully costumed performance. A thrilling exploration of the world of dance. Ages 4 and up. Register from March 7. Co-sponsored by the Town of Oyster Bay, Department of Community Services.

Puppet Show Treat
"Little Red Riding Hood" by Puppets To Go Thursday, April 4, 2 p.m.

Dramatic puppet adaptation of a famous classic, Lively, colorful, enchanting - Red and the wolf learn some valuable lessons along their danger-strewn paths to excitement and happy everafters. Memorable music, nonstop action, dazzling staging . children's puppet theater at its best. School-age children. Register from March 7,

Volcanoes and Earthquakes Around the World with Naomi Taub, photographer and world traveler Saturday, April 13 at 2 p.m.

Take a fascinating photographic trip around the world to learn how volcanoes and earthquakes have shaped the earth's landscape and changed history. Visit living volcanoes in Hawaii, the fury of Mount St. Helens, the ruins of ancient Pompeii. Walk th streets of Managua, Nicaragua after a violent quake - and much more! With a slide show, interesting handouts and maps to take home. Grades 2-6. Register from March 14.

Registration Hicksville Baseball

It's not too late! If you forgot or just haven't gotten around to registering your children to play you can still mail your form. There are openings in all divisions from instructional through seniors for girls and

The fee is \$68 for the first child, \$75 for two or more per family. We require a separate check for \$20 dated July 1, 1991 for a

uniform deposit for each child to be returned at the end of our season when uniform is returned. Registration without deposit will be returned.

Players registering with Hicks-ville Baseball Association for the first time must show proof of age with a birth certificate.

Mail form below to: RoseMarie Rodriguez, Hicksville Baseball Association, 4 Elmira St., Hicks-ville, N.Y. 11801, 822-6419.

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News From VFW Post 3211

By P. P. C. Carmine A. Somma The 'members of the Wm. M. Gouse Jr. Post 3211 V.F.W. thank God the War is over in the Middle East - all our military personnel (male & female) did a good job. From the start to the end the V.F.W. 3211 has sent 57 packages to military personnel in operation "Desert Shield" and have received some letters of thanks from the recipients. Our Chrm., Ed Kleniewski & Tony Previte, who did a good job, made up the packages and took them to the post office. Whenever there is a Support Parade the boys from the Hicksville VFW are there too. On April 7, the Mid Island Support Group will have another Support Parade; it will assemble at 11:30 a.m. at the VFW Hall at 320 So. Broadway and kick off at 12 Noon sharp. All are welcome. The parade will go west on Broadway to the Kennedy Mem-orial Park, also known as the triangle at the intersection of Broadway and Jerusalem Ave. and back to the VFW Hall. A march down Broadway will also be a welcome home celebration for Joyce Jurgensen. If you in the surrounding areas of Hicksville, Jericho and Levittown, Plainview and Syosset, be free to come down. It was a beautiful sight to see the American Flag and yellow ribbon every place you

On May 27 is another big Parade the annual Hicksville Memorial Day Parade. Our chairman Connie Steers informs us that American Legion Post 421 is the host Post - for more information call them at 935-3546. On Sunday May 26 we will start our memorial Day Commemorative Service at Plainlawn Cemetery on Old Country Rd. - then comrades and sisters of the post go to the gravesite of Wm. M. Gouse Jr. in Westbury. At 10 a.m. there will be a U. V. O. Service at Veterans Monument at Eisenhower Park. At 2 p.m. Memorial Day Services will be at L.I. National Cemetery. Monday, May 27, is the Annual Memorial Day Parade,; assembly time is 8:30 a.m. at Sears Parking Lot; Kick off time is 9 a.m. sharp. The Route of the Parade is South on Broadway to Old Country Rd., West on Old Country Rd. to Jersusalem Ave., then South on Jersusalem Ave. to the Hicksville Jr. H.S. Memorial Day Services will be held at Hicksville Jr. H.S. This is the time of year we look

for Ms. Poppy Queen for our 1991 Memorial Day Parade. We ask members of the Post to send in a photo of their 7 year old daughters or granddaughters to enter the contest for Ms. Poppy Queen 1991.

This is the time of the year we start nominating members to fill the positions of officers of the Post. On April 22 we will have nominations and installations of all the newly elected officers for the coming year 1991-92. The nominating committee Sheldon Okin, Dennis Ladislaw, Don Giacopelli.

Our Sr. Vice Commander Vin-cent Edwards has a committee cent Edwards has a committee that goes on all year. It is Membership, His job is to collect your dues and bring in new members. If you'are a veteran who was in the armed forces during World War II, Korea, Vietnam or any current conflict you can join the VFW. Women are eligible also, For more are eligible also. For more information give Vincent Edwards a call at 796-5147. We have our meeting every 2nd & 4th Monday of the month at 320 So. B'way. Hicksville or call the VFW Hall at 931-7843. If you served with the armed forces in Saudi Arabia (male or female) you are eligible to join the VFW. At our last meeting we had a guest speaker Mr. Abe Seldin from the Nassau County Dept. of Assess-ment. His talk was on the recent changes in the Veterans Real Estate Property Tax. May 1 is the deadline for Veterans Tax Exemptions. Our Scholarship Chairman. William Bennett, caccepts applications for the
''Albinus A. Hanlon Scholarship'
for your son, daughter or
grandchild. The Scholarship has
been increased to \$1,000, effective March 1, 1991. Applicants must be attending a duly accredited High School or equivalent and also be a member of the graduating class at time of selection. Application forms will be made available at the Post or you may write or call the Chairman of the Scholarship Committee; Bill Bennett, 5 Petal Lane, Hicksville, N.Y. 11801, (718) 649-9600, or in the evening at 681-3183. The deadline is Friday, May 10 until midnight. Our Chaplain's report from Connic Steers wished a speedy recovery to Comrades & Sisters and their families who have been hospitalized during the past month - Jesus Alcantara:, Joe Normandy and Rita Wetzel.

A New Topic "Building Closing at Northport Veterans Hospital" Building "7" Psychiatric Ward. We should all contact the V.A. facilities at Northport Hospital and register your complaint with Director Alice Wood, Tel. 261-4400, or Veterans Services Agency at 535-3218. You can also contact your Congressman and U.S. Senators and voice objection to the closing of this or any other Ward at Northport Veterans Hospital. For further information, please call Connie at 822-5938

George C. Lang who is a life member of VFW Post 3211 also served in Vietnam and is a recipient of the Congressional Medal of Honor. He was just elected as President of Medal

Organization.
In April there will not be any
Las Vegas Night at the VFW Hall. The next Las Vegas Night will be on May 11 from 7:30 p.m. to Midnight. Birthday Congratulations to Al Nendza and belated birthday congratulations to Pat Mercurio and Aldo Vitiello - both had birthdays in February.



Comdr. Vincent Ferrara of V.F.W. Post 3211. Right is Abe Seldin, Chairman, Board of Assessors of Nassau County.



A Locally Prepared Section Heralding Spring Special Edition Appearing in Williston Times/Mineola Edition, New Hyde Park Herald Courier, Mid Island Times, Bethpage Newsgram, Syceset Advance, Jericho News Journal, Garden City News & The Great Neck News

Friday, March 22, 1991

DESIGN TRENDS Nostalgia, Oriental, rustic influences and more

By Monica Perez

It's not that Southwestern style is dead exactly, a great number of us have invested thousands in the look. It's just that you know it has reached saturation point when you can purchase turquoise coyotes at the department store. It just isn't fresh anymore.

Neither is stenciling. Or blackand-white-and-gray contemporary. American country? Just don't overdo the "folk art," the tole-painted stuff.

So what is new? What looks great this year?

FOLLOW YOUR HEART

Straight to Grandma's. Good antiques, not the distressed-looking fakes, are the backbone of much of the hippest design happening today. Hire a designer and she'll seek out your good old items first, then build around them, creating a mixture of old and new.

Definitely forget matched suites of furniture, the point of this style is to create a barmonious hodgepodge, with color and pattern tying it all together.

By far the strongest design "trend" of all, the publications tout it as Individual Style: creating a look that's about what you love and maybe breaking a few rules along the way.

We wouldn't go so far as to put a white Formica Parsons table at one end of the sofa and a mahogany Pembroke at the other, such contrast creates tension and chaos. It makes the room uncomfortable.



DESIGN TRENDS - Casual interiors are uncluttered, comfortable and sophisticated this year.

How do you get the look? Imagine your house burned to the ground and you had to start from zero. Your mother would have gone to the furniture store and purchased everything together, all of a single style.

Today, you would come up with a color theme, then shop the antiques dealers, the trade showrooms (if working with a designer), the furniture retailers, large

and small, even the estate sales.

You'd find a trusty upholsterer who'd transform finds into pieces that connect with one another. You'd ask your mother for her pine chest and put a glass cover over it and call it a cocktail table.

You see? It's about loving each individual piece, making every-thing look handpicked. It's not being afraid to mix periods. And it may be about knowing when to call in a professional designer who might only rearrange things, suggest a rug or a slipcover, and reroute the lighting Sometimes it takes an outsider to pull this disparate a bunch of items togeth-

PACIFIC RIM

The influence of America's rising Asian population is making its mark in design today. The best of the looks is Japanese, pure and

In crowded Japan, the longing for serenity and peace has pro-duced a design style free of clutter. There is an emphasis on fine craftsmanship, such as plain but meticulously constructed shoji screens or bamboo fences

You see light woods with a glossy lacquer or matte finish in furniture as well as interior elements. such as spare molding around doors. Natural material are important, such as wood flooring.

The outdoors become an element indoors, too: Each window is a frame, the view beyond a picture. Plants, stones and statuary

are carefully placed.

This is not design using red brocade or velvet; no huge brass ac-cessories or tasseled lamps. It is a light-filled, uncluttered look, rich in its lack of frilly detail, yet equally rich in perfect construc-

CALIFORNIA CRAFTSMAN

In the early part of this century, as the arts and crafts movement found its way to the West Coast, a new style emerged. California design incorporated the best organic materials, art nouveau sensuality and, most of all, spare but meticulous craftsmanship in wood.

Today, mission-style furniture

is too hot to find, and if you have any Majolica pottery pieces, hold onto them for dear life (one antique dealer told us the reason you find few pieces in antique stores is because the sellers keep them for themselves!).

Frank Lloyd Wright, architects Charles and Henry Greene, furniture maker Gustav Stickley, Batchelder tiles - there are a number of names tied to the period, which wasn't actually limited to California in its origin.

The style is of dark woods and earthy ceramics. Forget wallpaper, this is about wood paneling and even stained-glass windows (perhaps the only style incorporating this art right now).

THE GREAT OUTDOORS

Rustic is hot, hot, hot, Actually, it's supposed to look warm and cozy, even if it's 75 F outside.

Ralph Lauren brought it to the forefront a few years back with his plaid sheets and twig furniture ads, the fireplace blazing at all times.

The style is very inviting. whether in a cabin or city apartment. Lean toward dark woods, plaid fabrics, big baskets filled with afghans to be tossed over chilly shoulders. Area rugs, preferably old Orientals. Chairs and sofas should be big — you want to feel hugged when you sit down. And furniture must be arranged for conversation, not all facing a television set. Fill bookshelves with books and nothing else.

For a summerhouse look, stay with the wood furniture, but go lighter on walls; white plaster is best. Wallpaper doesn't really work with the rustic look. If you haven't small children, white fabric on sofas and chairs is wonderful, or a crisp, small blue-andwhite stripe. Wicker and rattan work wonderfully, but veer away from tropical print fabrics, opting for the white or simple stripe.

Loose slipcovers are great.
This goes beyond the country look we've been seeing for a couple of years now and, in fact, incorporates many of the same elements. But the end result is more spare, less decorative — function-



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outdoors indoors Sun rooms, skylights, more

By Sharon Williams

More people are living in glass houses these days ... and loving every minute of it.

Our newfound passion for natural light has greatly transformed the American home during the past decade. The dramatic use of windows in defining and shaping space has converted what was once just four walls into something that's much lighter and brighter.

Instead of throwing stones at these airy new structures, whether they're solariums, greenhouses or rooms opened up to the world through skylights and window "walls," more homeowners are jumping on the "let-the-sun-shinein" bandwagon every day.

Thinking about joining the throng? Here are some ideas on how to bring the great outdoors inside.

GREENHOUSES

If the goal is simply to let it grow, a greenhouse might be for you.

True greenhouses can be efficient, eye-pleasing and deceptively simple. Constructed of combinations of glass panels, heat-collecting brick, acrylic, light-reducing shade clothes or plastic, the most elaborate systems include their own exhaust fans and heating/cooling systems. The simplest, meanwhile, might require only a few yards of plastic and the right spot in the yard.

Today's crop of greenhouses are making design headlines because of their various shapes and forms. On a small sale, your greenhouse could be a bay-style prefabricated window for herbs and small flowers that you install yourself, or an unpretentious lean-to erected with how-to directions and a few sim-

ple materials.

An architect or other design professional can help you plan a grand scale greenhouse, which could range from a freestanding building that echoes the theme of your home, to an airy loft of glass perched atop your roof.

Far from being strictly utilitar-

Far from being strictly utilitarian, these structures often look more like cottages than hardworking greenhouses when a little creativity takes hold. Paint and decorative materials such as latticework can help you create the perfect plant haven and place to bring guests when you want to show off the petunias.

SUN SPACES, SOLARIUMS

Want to bring the sunshine in? A modern glass enclosure such as a sun space, sun room or solarium that's attached to your home can greatly expand your living space and open your home to the great cuttoors.

No matter what the name, the singular function of such rooms is to bring natural light into the home. These sunny additions come in a wide variety of styles, so you can choose a sun space that's radically different from your home, or go with one that has a conventional roof that matches what you already have.

There are hundreds of ways to make use of such new-found light. Some homeowners, for instance, use their sun spaces as mini fitness centers, equipping them with everything from hot tubs to exercise bikes. For others, the solarium is a breakfast nook, or a place to pamper indoor plants.

Or, one can always hail back to the days of the proper conservatory by using their sun space as a music room, library or socializing

No matter how you plan to use your sun space, you'll need to consider a few things before you make your first move. No. 1 on the list is how the sun will strike your

structure, and the type of foundation it will require.

You'll also need to decide if you can put a kit-type structure to-gether, or whether you'll need a contractor to do the work. In some cases, you can build or convert an existing room into a solarium via factory-built modular components.

If your sun space faces west, you might need a substantial cooling system. If it faces north, you might want to consider more heating for those sun-sparse winter and early spring days.

Simpler solutions lie in fans, sun screens and tinted glass that can help make your glass room a pleasure all year-round.

You also may want to choose special blinds or other window coverings for your overhead glass for the sake of comfort as well as privacy. Some lower electronically or manually on the exterior of the glass or in between panels.

SKYLIGHTS, WINDOW ADDITIONS

Skylights and grand-scale windows are another way to reach outside and bring in the natural light, cool breezes and views of the outdoors.

Architects and designers are using skylights, sliding patio doors and windows more creatively than ever before. The result? The increased light not only provides a haven for plants, but lends an outdoorsy feeling.

Window/wall systems, for instance, are designed for homeowners who have yards too small to accommodate a full-size sun room. Such windows are several feet deep and high, and feature insulated and tempered glass on top and sides, so once they're installed it's bright and sunny as all outdoors — literally.

Skylights, meanwhile, are visually opening up bathrooms, kitchens, bedrooms and entries. Models run the gamut from those that are casy enough for a handy homeowner to install to those that open and close via motorized controls.

GAZEBOS

The perfect place to relax, read, take breakfast or splash in the hot tub, the gazebo is more popular than ever.

Varying in architectural style, gazebos can be simple or ornate, and take on many shapes, such as round, square, rectangular or octagonal, and styles, such as Victorian, colonial or country.



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FLOOR FINISHES Carpet, rugs, tile and wood enhance room

By Debra Lee Baldwin

People tend to overlook one of the most important aspects of interior design - even though it's right beneath their feet.

It's flooring, and too often it's boring. Think of the floor as a fifth wall, and you'll see why it needs attention (if not paint or wallpa-

Fortunately, there have never been so many options underfoot.

CARPET

For warmth, softness, sound control, texture and color, you can't beat wall-to-wall carpeting. The only drawback is that it may not be the best choice for hightraffic areas

Color should be your first consideration; you'll want carpet that enhances your decor yet won't show dirt. Also consider colorfastness, particularly if it will be exposed to bright sunlight.

Carpet quality and density are usually related. Bend the carpet sample back and examine the pile; it should look and feel thick, not

You won't see much shag in carpet showrooms; low pile is more popular. The big news in styling is pattern - either allover (reminiscent of the movie theaters of the 1940s) or in borders. Too bold for you? Consider instead a solidcolor border that complements patterned wall covering or uphol-

Area rugs offer many of the benefits of carpeting, yet are more versatile. They're readily available in custom colors and patterns, you can reposition them as you please - and you can take them with you when you move.

If you want a room to appear larger, choose an area rug that blends with the flooring. To make the setting more intimate, select a contrasting color.

The size and shape of the rug should be in proportion to the room; a too-small rug will look awkward, and a rug with an unusual shape will look out of place in a symmetrical room.

Oriental rugs blend well with just about any interior and style of furnishing. Prices range from affordable to astronomical, depending on the quality of the wool and workmanship. It's a good idea, before you buy one, to learn about Orientals (attend a class, buy an illustrated book). When you know what kind and quality of rug you want and can afford, visit several vendors - from import shops to department stores - to compare inventories and pricing.

Despite their hand-loomed ap-

pearance, fringed braid rugs (popular in country interiors) are inexpensive, yet are practical and easy to maintain.



FLOOR FINISHES - Often overlooked, flooring is an affordable element of interior design that can make a room extraordinary. Shown here: Sheet vinyl flooring by Armstrong.

HARDWOOD

You can't go wrong with wood it adds warmth and provides a pleasing backdrop for any decor.

If your home has hardwood floors, sanding and sealing will restore their original beauty. (You can rent the equipment and do it yourself, or have it done professionally.)

The stain you select needn't be dark brown. Reddish, or mahoganylike hues blend beautifully with traditional and casual interiors. Consider a bleached or pickled finish for a more contemporary or Southwest look

New finishes make hardwood floors easy to clean and maintain. Baked-in penetrating stains impart a soft, natural sheen to the wood; urethane resins cured under ultraviolet light create no-wax

Just as patterns have returned to rugs and carpeting, so have they to wood floors. Stenciis create checkerboard patterns, borders and faux area rugs.

For a look that is timeless, decorative and durable, consider tile.

Ceramic tiles used for flooring are larger (from 6 to 12 inches square) and thicker than those used to pave walls and counter-

Glazed tile has color baked into its surface, and often has a dull finish to make it less slippery. Glazes are considered an art form, and formulas and methods from the past are being resurrected. Hand-painted, imported tiles can be collectors' items.

Unglazed tiles in natural clay colors are popular in Southwest and Spanish-style homes; those that mimic genuine slate, marble, granite and other stones also are available.

VINYL.

Resilient flooring has many forms, most commonly sheet vinyl and vinyl tile. These are durable, water- and stain-resistant, and come in a multitude of attractive no-wax patterns and surfaces.

Because it is available in styles that are embossed, carved, textured and grained, resilient floor-ing is an ideal choice if you want to hide a floor's flaws and irregu-

A new high-tech technique creates vinyl tiles that resemble marble or granite with photographic fidelity - offering an inexpensive way to dramatize entryways, hall-

ways and baths. Recently introduced by the Armstrong company, vinyl tiles have turned flooring into an artist's canvas. The resulting designs (made from a palette of 14 colors) include black-and-white checkerboards, custom inlays, borders, and (for children's rooms) racetracks and hopscotch patterns. Ar-chitect Michael Graves uses solidcolored vinyl tiles in combination

with hardwood flooring.

Borders for vinyl sheet flooring also come on rolls, just like wallpaper.

NEW (AND OLD) **OPTIONS**

Concrete, or colored cement, is a newly popular flooring material for kitchens, baths and hallways. Not only is it inexpensive, it's easy to clean.

Hot options for "earthy" interiors include quarry tile, natural stone, brick, flagstone and slate.

According to Metropolitan Home magazine, a "tacky yet soulful" floor surface, "the om-nipresent stuff many of us grew up on" has made a comeback.

Floor cloths, popular in the 18th and 19th centuries, also are enjoy-ing a resurgence.



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Home security

By Mike Dale

Home burglaries cost Americans \$3.3 billion per year. But experts say nine out of 10 of them can be prevented.

At the top of the list of inexpensive improvements are quality door locks. Fifty dollars per exterior door will buy a secure deadbolt lock.

Windows can be safeguarded by drilling holes and inserting nails at the top corners of the window's inner frame.

Outdoor lighting with automatic sensors also deters stealthlike thieves.

Professionally installed security systems, meanwhile, not only detect break-ins, but also smoke or fire conditions and other emergency situations.

A system's price depends on your safety needs. Do-it-yourself systems start at several hundred dollars. Advanced microprocessor-based systems complete with monitoring services cost over \$20,000.

In choosing a security system, here are some questions to ask:

- How long has the company been in business?
- Is the company licensed by the state Department of Consumer Affairs?
- Can the system be modified to meet my changing needs?
- Is there a warranty? How long will installation take?

 How much of my house must be torn up to accommodate the system?

Also on the horizon are socalled "smart houses," which provide state-of-the-art wiring systems to command living spaces. Very "Jetsons"-like.

By touching a bedside switch, for example, an occupant could signal the house to lock all the doors, extinguish the lights, lower the thermostat and arm the security system.

HOME FACTS

Don't hide valuables in the obvious places when trying to foll a burglar.



Hide jewelry in unusual places, such as in a baking soda box in the refrigerator, or in a box of powdered laundry detergent.

SOURCE: National Crime Prevention

*** - Newsday
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GARDEN TIME

Book ends confusion at the local garden center

frustration of going to a garden center to buy fertilizer or a simple tool and being bewildered by a vast array of similar-looking items on the shelves. They soon discover there is no such thing as "just plain fertilizer"; there is organic, inorganic, liquid, powder, complete, incomplete and more! Tools

complete, incomplete and more! Tools are equally confusing. After all, just what are dibbles, widgers, oozers and banana bags? And what is the best product for your particular job?

Now help is at hand. Steve Etilinger, author of the hugely popular book. The Complete Illustrated Guide to Everything Sold in Hardware Stores, demystifies garden centers in The Complete Guide to Everything Sold in Garden Centers (Except the Plants) (Macmillan Publishing, \$24.95). This unique and comprehensive book will solve any buying dilemma faced by gardeners of all ing dilemma faced by gardeners of all levels, from novice to expert.

Balancing authoritative information with accessibility, The Complete Guide to Everything Sold in Garden Centers contains over 600 entries presented in an easy-to-use catalog format and accompanied by 288 line drawings. and accompanied by 288 line drawings. The book covers every aspect of gardening, in sections on supplies (i.e. soils, soil amendments, fertilizers, mulches, pesticides) and tools (rakes, hoes, saws, stakes, sprayers, etc.). It even has extensive information on bird feeders, lawn ornaments, protective clothing and planting containers. Whether you are buying the perfect slug trap or choosing between solid-socket or tang-and-ferrule hoes, this

book is an indispensable reference. To ensure the accuracy of his research, Ettlinger interviewed manu-

facturers, gardeners and garden center personnel, pored over hundreds of catalogs and teamed up with Robert S. Coleman, a senior instructor at the Brooklyn Botanical Garden. Each entry includes a detailed description of the product, use tips, buying tips, and, where applicable, popular brand names and other names by which the product is known. The book also has a comprehensive listing of gardening equipment for the gardener with physical limita-tions such as a bad back, problems with kneeling, reaching or gripping, or being confined to a wheelchair. The appendices include a general plant and seed buying guide, sources for garden-ing information and a mail-order gar-

dening catalog guide.
"In spite of all the books on gardening, there is no one book that lists all the stuff you have to buy - there are plenty of books explaining how to, but none saying what with, across the whole spectrum of products," writes Ettlinger. "This book was conceived to address that problem. I hope it helps you get what you need without fear of the daunting displays at your garden

Steve Ettlinger is a book producer and author of 10 books including The Complete Illustrated Guide to Everything Sold in Hardware Stores. A former photo editor for Geo, he writes regularly about tools and garden equipent for Home magazine and contributes to a variety of other magazines. He has proven a popular humorist and educational guest on numerous television and radio shows. A graduate of Tufts University, he lives in New York City with his wife and

What can one person do to help the environment? A lot, says a new book

re need of our attention and care. We're all angry, and often feel power-less. But what can individuals do to help change the earth for the better —

right where they live? They can engage in the simple act of planting a tree.

The Simple Act of Planting a Tree (Jeremy P. Tarcher, \$12,95) teaches ordinary people the extraordinary skill of breathing new life into a community. It provides everything the reader needs to organize and successfully complete to organize and successfully complete a neighborhood tree planting project: the basics of species selection, planting and caring for trees (and the ongoing maintenance throughout their lives), organizing neighbors, recruiting volun-teers, raising money, and working with local agencies to obtain permits and local exerument surport.

local government support.

This practical and inspiring book is a citizen action manual—the steps outlined can be used for any community action plan, from feeding the hungry to preventing drunk driving. It shows readers how they can become the creators and keepers of a new generation of urban forests by mobi-lizing a neighborhood, replanting their cities, and changing the global environmental picture—starting today, in their own backyards. Tree planting projects require time; this fully illustrated work-book shows how to start at any time of

book shows how to start at any time of the year.

Even in suburban and greenbelt environments, The Simple Act of Planting a Tree is an invaluable text for the active, proactive citizen. "If your city or community is blessed with heavy forest cover, your job is just as magical, only different. How well have your trees been maintained? What's the replacement plan? Trees grow old and die. Foresight will keep your community shaded in the manner to which it has become accustomed."

How do you choose the right tree for your location? How do you rally neighbors and local businesses? Where does the money come from? How do you take care of planted trees and for how long? All these questions and more are

long? All these questions and more are answered in simple and pragmatic lan-guage designed to encourage the cre-

"The act of tree planting is, yes, a simple one," says Michael L. Fischer, simple one," says Michael L. Fischer, executive director of the Sierra Club, "but rich: Rich in symbolism, rich in personal satisfaction, rich in the exercise of responsibility. Through this act, we can literally take back the earth from its despoilers. Community action is the lesson the authors teach us—artino with impresse owner. In change action with immense power to change the world forever. Learn from this good, energizing book. Learn and act!" TreePeople, a Los Angeles-based

TreePeople, a Los Angeles-based nonprofit organization, is an internationally known pioneer in the field of urban forestry, with over 20,000 members worldwide, 600 volunteers, and a full time staff of 40. It is led by Andy and Katie Lipkis, whose work has been hailed by major national media. It was founded in 1970 by Andy Lipkis, a 15-year-old boy with no money and no contacts, but a big dream and lots of persistence. He knew that one person could make a difference and proved it.

The simple charm of wildflowers



BRILLIANT, BLOOMING WILDFLOWERS delight adults and children alike who visit this desert resort in Palm Springs, California during the colorful spring and summer months. Wildflowers thrive in dry, sunny

Second best...but just as good for wildlife

By CRAIG TUFTS Many, gardeners followed the ngthy battle over the selection of the

Many gardeners followed the lengthy battle over the selection of the national flower. In the end, the rose beat the marigold, but only, perhaps, by a nose. For wildlife and ecologically-minded gardeners, the marigold is every bit as desirable as the rose and surpasses it in a number of ways.

Yard patrol is one of my gardening joys. Armed with binoculars for spying on the avian and lepidopteran denizens of my quarter acre (and the common ground back forty), I spend hours of enjoyable meandering, checking out the shadbush cropt, looking for the monarch eggs on milkweeds, verifying that first ever mourning warther back in the scrubby tangle that marks the property line.

Marigolds aren't finicky plants and roses are. Too many toose mean less meandering time. Therefore. I plant street of the plant is the property than the property in the property of the property in the property of the property in the

Marigolds aren't finicky plants and roses are. Too many roses mean less single flowered form and bred out meandering time. Therefore, I plant hundreds of marigolds. They thrive in full sun, average to poor soil, and provide continuous bloom if you keep seeds from forming. For the wildlife gardener, this is a plant to try. The planterflies, seeds for juncos and sparrows, and if you choose your varieties.

carefully, offer a degree of nematode and insect control. Here is a brief evaluation of marigold species and some of my favorite varieties.

French marigold (Tagetes patula): Despite the name, an American native, as are all other marigolds. Well over 200 varieties are available but for butterflies, choose single ones, such as Naughty Marietta or those just barely double. The size of the plant or flower is not important. Hybrids of this and the African marigold such as Burpee's Mules or Park's Hi-Gs offer almost nothing to widdlife but do sport Mules of Park & Hi-Us offer almost nothing to wildlife but do sport incredibly large, long-lasting flowers. Thompson and Morgan offers the best line of single French marigolds.

African marigold (T. erecta): Tallest of the clan but one with little wildlife value. Breeders took the wild

capability.
Signet marigold (T. tenufolia):
Although relatively unknown to many gardeners, this is a plant to try. The Howers are single and small but numerous. They attract some butter-flies and many other beneficial

insects. The seed is small and slender and of limited bird feeding value. Thompson and Morgan carry four

varieties.

*Sweet-scented marigold (T. lucida): Not great in bloom and not a plant whose seeds a cardinal can feast on, but you can eat it! This is a perennial species and an herb grown by Native Americans in the southwestern U.S. With a smell somewhere between anise and tarragon, it's worth a try.

a try.

*Irish lace marigold (T. filifolia):
My source is a naturalized Nebraska
population of this Central American
flower, but you can find it in your
Park's catalog, Grow it as a border for
its lacy foliage which is sweetly pungent. The flowers will go nearly unnoticed but I'll bet it's a great insect

repeller. Try is!
For wildlife habitat information, contact the National Wildlife Federation,
Dept. BN, 1412 16th Street, N.W.
Washington, D.C. 20036-2266.

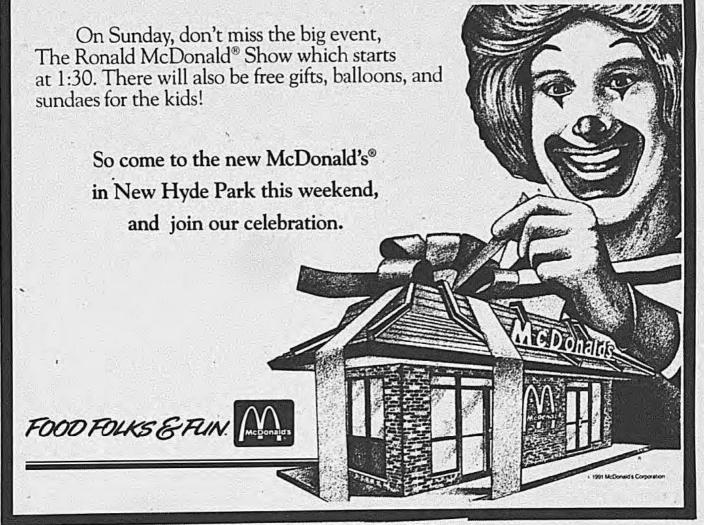
Craig Tufts is a spokesperson for the National Wildlife Federation.



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By Debra Cooper

"One of the most effective changes you can make during a renovation," advises Home magazine, "is to replace outdated windows that look shoddy, waste energy and operate poorly."

Fortunately, there are numerous energy-efficient, attractive options available for replacement windows (as well as doors).

Just as windows enhance the architecture of a home, effective "window treatments" — draperies, shutters, whatever covers or decorates — can make all the difference in a room's interior design.

Here again, options are numerous, ranging from unobtrusive treatments that set off stunning views to luxurious layers that create comfort and privacy.

WINDOW TYPES

A home with undistinguished architecture or a dreary interior will come to life with the addition of new or replacement windows.

If there's no wall space available, consider skylights. Technological advances have made these trouble-free, and they're ideal for brightening dark hallways, entryways, closets, bathrooms, stairwells and attic rooms.

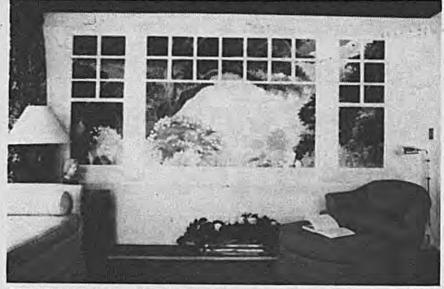
Place a new window to take advantage of a view, or add a window with an unusual shape — fanilight, eyebrow, oriel, bay — to lend character to the house. Halfcircles, octagonal and hexagonal windows are wall decorations as effective as artwork.

Two unusual new window shapes that lend themselves to creative applications include bent glass (the glass is actually bent at a 90-degree angle, allowing more light and a sense of spaciousness to corners) and rounded windows (an alternative to conventional bays and bows, the glass is actually curved). Both are manufactured by Marvin Windows.

Be sure to evaluate how additional sunlight will affect your home's interior. More light and heat can be an advantage or a drawback, depending on the intensity. Consider shading a west-facing window with an exterior awning, roof overhang or trellis.

As for window styles, wood and vinyl are replacing steel or aluminum frames. Plain sliding glass doors are being upgraded to ele-

Shades, curtains and other treatments



WINDOW WONDERFUL - If your windows don't have a wonderful view, create your own with a trompe l'oeil mural.

gant, multipaned French doors. Bay windows are enhancing living rooms, breakfast rooms, dining rooms and dens.

Window glass insulation has attained a level of efficiency comparable to walls. Low-emissivity ("low-E") glass prevents radiated heat from entering the home in warm climates, and keeps warm air inside during cooler weather, it also reduces the amount of fabric-damaging ultraviolet rays.

New coatings and films can make glass more chergy-efficient. Virtually invisible when applied to the inside of windows, films made of thin polyester stop nearly 80 percent of the sun's heat and 99 percent of ultraviolet rays. Films also make glass more shatter-resistant, and therefore safer.

TREATMENTS

For all the benefits windows bring to a home — views of the outdoors, a sense of airiness they also can mean too much light and/or loss of privacy.

That's why windows need to be covered, and the more versatile and attractive the covering, the better

Horizontal blinds and shutters provide excellent light control, a necessity when furnishings sit just inside a window. Designers often soften blinds and shutters by combining them with layered drapes or fabric top treatments.

Layering can take many forms, depending on the room's furnishings and style. For example, floral chintz draperies can be topped by a loosely draped swag to lend a sense of luxury and romance, an upholstered cornice might com-

If you think "venetian" when it plement trim vertical blinds for a sophisticated or contemporary look

comes to blinds, think again.
Those clattery dust-catchers from
the 1950s are virtually obsolete,
and their replacements are practical as well as aesthetic.

 Mini blinds provide soft indirect lighting or complete shading to protect carpets and furnishings.

 Pleated shades are made of fabric permanently pressed into horizontal pleats; they fill a room with soft, filtered light.

 Wood blinds give a warm, natural feeling similar to shutters and allow easy control over lighting yet provide an unobstructed

 Vertical blinds are energy-efficient, and offer light control as well as flexibility. People tend to think of "shutters" as narrow-slatted and cheaply made. That may have been true during the 1970s, but shutters have come a long way since. Today's wide-louvered "plantation shutters" have an architectural quality that enhances an entire room; they can be used to cover part or all of a glass area, and are more durable and efficient (also more expensive) than most window coverings.

Custom shutters are an elegant option for covering windows that are unusual shapes, such as arched Palladians; mini blinds can be made to fit oddball sizes, too. Another solution is to cover the window with pleated Duette shades (by Hunter-Douglas) or with stretched sheer fabric.

You might consider making a viewless window more private by having the glass etched (sand-blasted) with an attractive design, or having it covered with a colored overlay pattern that resembles stained glass.

If you're a sew-it-yourselfer, "Curtains, Draperies & Shades" by the editors of Sunset Books (Lane Publishing) details everything a beginner needs to know about making draperies, cornices, shades and valances — from padding a work surface to hanging hardware.

By Sharon Williams

Hoping to keep your cool during the warm-weather season? Following is a list of tips and trends, from high-tech to good old-fashioned, common-sense approaches: • Made in the shade: You've seen

 Made in the shade: You've seen them on restaurants and shops, and now outdoor shades and awnings are coming to a home near you.

Outdoor shades made of acrylic or synthetic canvas, or fiberglass shadeclothes not only provide valuable heat relief for patios, good teriors and entries, but look good to boot. Consider styles such as the bubble, sloping shade or rows of parallel, sun-shielding rectangles.

Inside the house meanwhile, insulating shades can reflect a good

Home cooling ideas

deal of heat back out the window.

 Up on the roof: Construct a roof overhang that will shade windows from excessive sunlight by blocking summer sun while allowing the winter sun to penetrate.

The depth of the overhang will be based on the height of the sun, which varies from summer to winter. This type of project requires carpentry skills and roof work, but could be handled by a talented doit-yourselfer.

 Chill out with an air conditioner: From central air conditioning to portables to the new windowless models, today's air conditioners are quieter, more efficient and less obtrusive than ever before.

Just how much cool do you need? One rule of thumb is to buy

what's referred to as "1 ton" of cooling per 500 square feet of floor space. Heating and cooling contractors can help you calculate a more accurate estimate.

When shopping for a portable, keep an eye on the energy-efficient rating in this case, the higher the better. Annual operating costs will eventually surpass what you pay for your new air conditioner, so the investment in one with a high EER will more than pay for itself in long-term energy

 Fan the fire: Fans are hot these days, not only in terms of their cooling value, but aesthetics as well.

A few of the fans creating a breeze today include: "Casablan-

ca"-style fans for the ceiling that circulate cool air in summer, warm air in winter; personal, portable fans that can be clipped or suction-cupped to a desk; fans smart enough to turn themselves off; cordless fans, fans with flexible goosenecks, and fans with soft plastic blades that are safe even at full speed.

If a house is well insulated and shaded, a whole-house fan — a fan installed in an upstairs ceiling that pulls air through the house and out through the attic — that's used at night may be all that's required to keep things cucumber cool indoors.

Cool Mother Nature's way: Remember the comfort of that shady old climbing tree in the front

Fashion addresses environmental issues

By Tershia d'Elgin

We may not be wearing clothing made of grass clippings next season, but the "green" fervor is finally pervading the fashion industry. Growing concern with environmentalism is transforming the way clothing and cosmetics are manufactured and retailed and the way we dress.

And not a moment too soon. These industries are notorious eco-scoundrels. Combine consumption of natural resources with the use of energy in manufacturing. Factor in animal testing in the case of cosmetics and pollutant by-products in the case of textiles. The problem is compounded by excessive and often non-biodegradable packaging.

Fortunately, the fashion field has its "green" vanguard. But reworking procedures will not be an easy or overnight transformation. Carl Frankel, publisher of the consumer report Green Marketalert was quoted in the Wall Street Journal as saying, "There's always going to be a mixture of hype and good intentions behind such efforts."

But translating environmental consciousness into ecological processes takes more than buzzwords. Even though fashion trends are destined by definition to become obsolete, forward-looking designers are luring consumers toward "timeless" classics.

Esprit puts cautionary notes on its labels and catalogs encouraging customers to buy responsibly and care for their purchases without wasting. Bonjour Jeans labels carry educational tips on everything from reducing pollution to saving water, as do the Patagonia catalogs.

Monsanto is working to decrease 1987 air emission levels by 90 percent by 1992. It has a 70 percent reduction target for organic liquid wastes by 1995.

Some manufacturers have created their own means of financially contributing to the green cause. The Liz Claiborne Foundation gives generously to a number of environmental efforts. Ellen Tracy raised \$10,000 by offering employees membership in a nature conservancy.

The fur boycott and the appeal of vegetable-dyed colors illustrate the shift toward more responsible manufacturing and consuming. Both Esprit and Patagonia are using tagua nuts instead of plastic for buttens.

Packaging is an area of tremendous waste in the garment industry. Units, manufacturer of interchangeable separates, has done away with individual plastic wrapping. Other companies, such as Esprit, use recycled paper for catalogs, labels and most business paper needs.

British designer Katherine Hamnett is an expert on environmental hazards in the clothing industry. She is organizing a foundation funded by clothing industry profits. It will urge everyone in the business to donate 10 percent of pretax profits to clean up the industry.

She envisions solutions such as organic pest management for cotton growers and industry-wide chemical recycling. As in most fields, the technology already exists. So it's largely a matter of convincing manufacturers to give up short-term profits in order to thrive in the long term.

Buying environmentally is not easy. Too many levels of industry contribute to the final product. For example, cotton, wool and linen are the obvious choice for those seeking to be wholesome. However, they are not necessarily more ecological than synthetics when seen in the big picture. Overplanting cotton depletes soil. Pesticides contaminate soil, water and air. Toxic chemicals are used for treating, cleaning and dyeing wool.

And what a surprise to know stone-washed denim, in all its ubiquity, puts Mother Earth in peril. The pumice stone used in the stone-washing process degenerates and clogs sewer systems. Together with the huge quantities of water and chemicals required, the worn jeans look creates a sizable eco-infringement.

FASHION FACTS

What's "in" for spring?

Natural skin cleansers made from plant and flower extracts, herbs, fruits and nuts.

Fishnet stockings in muted tones — pale taupes, peach, banana, cream and pink.

Pastel makeups are back after years of neutrals.

Roomy, long Pucci print sweaters and one-piece knit catsuits.



SOURCE: Family Circle magazine

What's "out" for spring?

Sheer hose with walking shorts.

Nude, no-color makeup.

Midknee-length skirts.

Severely pulled back hair.

Sequins for casual wear.

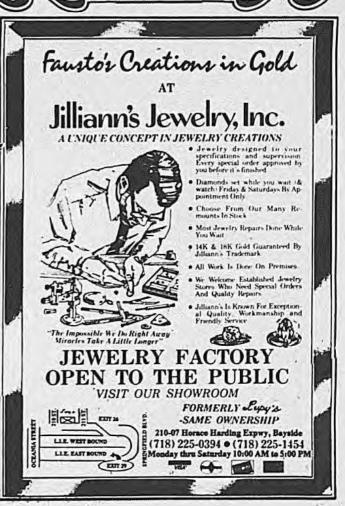
Tight, corkscrew perms.

Too many accessories.

out

entitlers, and in own about





NEW YORK REPORT Designer duds from the Big Apple

By Nancy Miller Lewis

NEW YORK - There's the designer Oscar - as in Oscar de la Renta - and then there's what you wear to the Oscars - as in Bob Mackie's designs. During the designer collections shown season, both Oscars put on shows worthy of the rousing applause they received. And although the clothes were worlds apart in demeanor, both collections were

equally well thought-out.

De la Renta stuck to his Hispan ic roots in his new designs. (He is a native of Santo Domingo, Domini-

can Republic).

Textures in this collection are opulent, with everything from that nubby shantung silk to lace to exquisite beadings. Colors come in warmed-up earth tones, ranging from sand, ochre, scarlet, pump-kins and melon to-cool ice, azure, turquoise, almond and cedar

No matter the texture or color or time of day, however, de la Renta concentrated on the dress. The very short dress.

For daytime, simple tunies were almost always accompanied

by coats or jackets. Toppers included double-face awning-striped coats — and there will be a lot of stripes next season — and linen jackets that were only inches shy of being as long as the dresses they complemented.

For evening, de la Renta of-fered everything from a short, black rhumba-type dress to embroidered pastel suits accented

with gold braid.

Perhaps the most interesting hemline was the short, billowy bubble skirt, which also was shown by another Hispanic design-er, Carolina Herrera. These bubwere no flashbacks to the opulent '80s, but rather more subtle and drapey - sort of like balloon-shade window treatments when they're rolled up a bit

The surprise at the de la Renta show was the absence of the traditional ball gown; as already noted, almost everything was short.

Bob Mackie, on the other hand,

made a strong case for long dresses with his "Sunshine Collection" that offered clothes inspired by the Caribbean, Mexico, Hawaii, the South Seas and ultimately the court of the Sun King. Now, seriously, Mackie's such a showman, where else would he end up - save for the Academy

He rocked and rolled his audience with everything from a white lace bikini (that would look more at home playing Vegas than playing on the beach) to strapless ses that were constructed to emphasize the bust to a white strapless gown with embroidered strapless gown with emb fitted bodice and a multipastelcolored full tulle skirt.

And, of course, no Mackie collection is complete without a whole lot of beading going on, in everything from alinky evening sheaths to eye-popping glittering, jackets (which topped second-skin cat suits).

Make no mistake about it. Mackie had all the bells and whistles (cat calls, too) in this fine col-

Mackie's colors included ivory, coral, mauve, chartreuse, olive, orange, hot pink and, of course, black and plenty of gold.

Both designers showed the best hats seen all week. De la Renta accessorized his daytime ensembles with wide-brimmed straw pa-

his day clothes with widemed straw hats that looked like they were plucked from a very fashionable banana planta-

While the clothes that these designers showed will be in the high heavens of apparel prices, these designers have enough clout -

and bold stripes in the same en-semble. This duality of prints often kept the ensembles from looking like something from the

There is, however, a small but distracting weed growing in spring delightful garden of florals. It seems that the designers have found it necessary to access some nice-looking outfits with what amounts to full arrangements of fake flowers. Sometimes they are used at the neck, other es they embellish a belt.

Always, they look like they need a vase and a dining room table. The dress becomes a

sportswear item in spring when combined with a jacket, and there

are two jackets to keep an eye on: The most-seen jacket is long

and nipped-in at the waist. It looks good over A-line dresses and com-bined with short skirts and slim cigarette pants. The second, boxier jacket often takes the place of a spring coat. It is invariably combined with a dress, and, to look new, both dress and jacket should

be the same length.

Embellishments and accessories will be quiet, although every once in a while a riot of ruffles

gets loose on a blouse and causes a stylish commotion.

Jewelry has calmed down from its Chanel frenzy and settled into polished streamlining. Earrings that can be seen (although not of the distracting sizes we've become

used to) are frequently evident.

Brushed gold is the metal of choice for earrings, and some-times even for a thick choker or beads. Carolina Herrera announced that she will introduce two jewelry lines, her designer line and a more career-priced col-lection called CH by Carolina Her-

Hose on the runway were a shade or two lighter than flesh-tone and combined with mediumheeled pumps. The best shoes spotted so far were by Manolo Blahnik at Herrera - two-tone checkerboard sling-backs.

If hairstyles on the runway hold true, the coming season may fea-ture tresses a la Marilyn Quayle. Apparently not just the vice president's wife likes the flip. Even when coifs weren't flipped, howev-er, there was much evidence that curling the hair with rollers will be back in style soon.

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HOME FACTS

Many people surveyed want their spouses to help more with cleaning around the house.

Percent who wanted more help with housecleaning:



About 6 million Americans now have family swimming pools.

Swimming pool costs:

The average in-ground pool ranges from \$12,000 to \$20,000. depending on materials and geographic location.

An above-ground pool costs between \$1,500 and \$2,500.



What to wear as femme fatale

By Debra Lee Baldwin

You had better hope the evenings are warm this spring and summer. After-5 fashions show lots of leg and skin, and fabrics are so filmy they almost float

Yet although the general trend is toward short skirts and the barer the better, the latest highstyle evening fashions are as varied as the designers who create them.

Depending on your personal taste (not to mention figure, age and modesty requirements), feel free to dress up as you please this season.

The following will give you some ideas, based on haute couture hits from California to Milan.

IF YOU'RE THIN

Think mummy: Femme fatale dresses for evening wrap their wearers in iridescent silk or stretch fabric; flare is found at the hem or in a swirling wrap.

As for hem length, it's legs as far as you can see (decently).

The hottest look for evening? Micro shorts and a bra-top.

Skin is in, Italian and French designers went blatantly bare with translucent fabrics; the Americans favored peekaboo cutouts.

Accessories are big, bold and basic — reminiscent of the '60s; handbags are tiny, headbands stretchy. Shoes are barely there ankle-strap sandals, go-go boots (with the heels cut out) or pumps.

As for colors, black remains an evening staple — often combined with brights and metallics.

The little black dress of the season is a maillot by Michael Kors, it resembles a one-piece swimsuit paired with a micro-miniskirt.

Ungaro's halter dresses are short and sequin-spangled, blazing with fire-engine red or eye-popping purple; his fringe-trimmect shawls as big as blankets; his baseball jackets shine in '60s' orange and green satin.

orange and green satin.

A fitted evening dress from Giorgio Armani in soft shimmering fabric bares one shoulder and drops gracefully to mid-thigh. Matching short shorts are worn underneath.

London designer Arabella Pollen (a favorite of Princess Diana's) covers a kicky party dress with pieces of mirror, the dress is highnecked and sleeveless; the hem thigh-high, also worn over short shorts.

Not everything puts knees in the breeze; floor-length gowns by Gianni Versace in black and hotpink silk crepe are ventilated with cutout shapes and diagonal slits.

Scheherezade would have approved: Yves Saint Laurent creates a look that's crotic as well as exotic by pairing harem pants with beaded bra tops.

In a similar vein, Claude Mon-

In a similar vein, Claude Montana's asymmetrical and billowing silk skirt (mid-thigh in front, ankle-high in back) has a shimmering silver belt. The bare midriff is topped by a long-sleeved silk bolero blouse.

Italy's Romeo Gigli robs a royal treasure vault to create wearable art: bustiers embellished with pearls and veivet flowers, narrow pants made of raffia; hand-embroidered jackets; coats of translucent woven copper threads.

Carolina Herrera's draped color-blocked columns hug curves; floor-length skirts have tiny bandeau tops; strapless lace dresses combine with beaded oversheaths.

The bodysuit is as popular as ever, worn low-necked and shortlegged for evening, update the look with a miniskirt or embroidered sequins that blaze with '60s psychedelia.

Robin Piccone of California designs swimwear for Body Glove; her stretch-fabric evening wear includes a black cat suit worn under an open-front chiffon skirt.

Half a world away, British designer Helen Storey offers multicolored striped body suits paired with beaded bustiers.

IF YOU'RE NOT

Several dress styles are oh-sochic yet cover a multitude of sins.

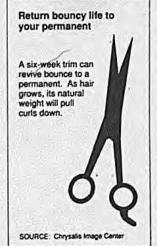
Borrowed from the '60s, A-line, trapeze, baby-doll and empire-waist dresses direct the viewer's eye to bust or neckline, then flare from there. Fabric is key, of course; shimmering silks and floating chiffons are can't-miss hits for evening.

Bare the shoulders, emphasize the bodice (with wrapped fabric, beading, embroidery), then let the fabric flow to an asymmetrical hem—short in front, long in back.

Go for nostalgia: A knee-length rayon challis party dress from Betsey Johnson is sunny yellow with a floral print; a satintrimmed crinoline gives it the flair and rustle of a '50s prom dress.

Opulence is OK: New movie "The Godfather Part III" influences evening wear with glittering, delicate fabrics reminiscent of those favored by designer Romeo Gigli; luxurious velvet, satin and silk mix in lush layers, accessorized with embroidered trims and multiple strands of black onyx and tiger-eye beads. The color of choice: brown.

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Secret Meetings



SEE PAGE 3



THE QUESTION OF THE WEEK

Should doctors have to report AIDS cases to the Health Department so that contacts could be notified?



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Most Callers Think Gays Don't Fit Into Parade

Most callers to Input do not believe that gays should have been allowed to march in the St. Patrick's Day Parade in answer to this question: "Should gay and lesbian groups have been allowed to be in the N.Y. St. Patrick's Parade?" Here are some of the answers: NO CONNECTION

What on earth has being in a St. Patrick's Day Parade got to do with the sex practices of the people marching in the parade? What nonsense that these groups who are entitled to freedom to do what they want with their lives are now trying to force their way into our institutions by changing them. St. Patrick's Day has nothing to do with their lifestyle. They were trying to wreck the parade. They did not do so but no thanks to Governor Cuomo and Mayor Dinkins. Cuomo was afraid to take a stand. Dinkins took one but it was foolish. G.F.

NO DEMONSTRATION

I think that the gays should have been allowed to march in the parade so long as they did not try to turn it into a demonstration for their cause. Politics is out in the parade in that politicians cannot bring campaign banners and advertising of any type, so the gays marching without a banner was no different from anyone else. And why should they expect special treatment? R.K.

PROMOTERS

I thought it was too bad that so much of the parade coverage had to do with this small band of people who are always looking for some way to promote their way of life. I cannot understand why they think they must recruit people. We have come a long way in seeing that they have their freedom. And we, perhaps, have a little more to go to see that they are not beaten or attacked on the streets but this still doesn't have much to do with St. Patrick or the typical Irish-American. M.G. BIG DISTORTION

How distorted this whole thing was. The Parade is not about sexual orientation. For a group to use this as a reason for marching in a palade honoring the Irish and St. Patrick simply shows how distorted their thinking is. The parade wasn't dividing people up by sex. It was dividing them up by counties and other groups that have some bearing on the main theme of the parade, St. Patrick and the Irish who revere him. The gays and lesbians have shown to the world that they are pre-occupied with sex and cannot focus on anything else. They want to change the basic theme of the parade and this is foolish and should not have had the support of anyone. It is now gone so far that these groups want to inject their sexual orientation into everything. A group of gays was even allowed to get away with disrupting religious services because the person conducting the services did not agree with their ideas about sex. We have gone from the point of asking for freedom and toleration for all to a point where you have to agree with them or they will interfere and try to destroy anthing you have. K.N. RELIGIOUS MARCH

I believe in live and let live. On the other hand the St. Patrick's parade honors someone who is a great religious leader. And gay and lesbian groups are a lifestyle that are anti-religion. Of course they should exist if they want but they do not belong in anything like a St. Patrick's Day parade. P.S.

A DIFFERENT VIEW

Many politicians who are not Irish have marched in the St. Patrick's Day Parade. About 250 Irish gays and lesbians, or about one tenth of one percent of the parade, requested a place in the Parade. I was under the impression that the Irish who wanted to march, were allowed to do so. After a minor brouhaha, they marched. There were catcalls from the onlookers, "Read your Bible," hurled at the gays and lesbians. Did the Parade Committee use the same Bible to request "All ye who are adulterers and adulteresses" do not march in my Parade? Irish was the only criterion, lumps and all.

only criterion, lumps and all.

As an afterthought, how many of our soldiers in Desert Shield were Godfearing Irish men and women, and were there to restore a throne to an Emir who has 25 wives? I applaud Mayor Dinkins for his courageous stand to march with the gays and lesbians. Discrimination is ugly in any context. Had I been asked to march with them, although not Irish or a politician, I would have joined them. P.W.

PRIDE IN HERITAGE

I believe that gay and lesbian advocates are strange people. I am sure that they themselves fully recognize that how they feel and what they do is not something they can flaunt or should want to flaunt despite the fact that they are locked in to emotions and activities which they can justify to themselves and their partners and associates. Unfortunately, it appears that they feel impelled to display their unnatural practices calling attention to them in ways which exaggerate their differences in a sense inviting criticism and often, hostility. Actually, I don't believe that there is any need for this and recall a couple who were warm and friendly who made no secret of their relationship but not emphasizing it either. While this may not be an answer to the "Question" it prompts me to emphasize that I am sure that there are many such couples who feel righteous in their way of life and just want to be left alone. This leaves the militant ones who are not content merely to be part of society but insist on public recognition of their personal differences. In the case in question, they were insistant at the outset in having their parade group plainly identified as gay and lesbian with banners. The fact is that there is only one valid reason for appearance in the parade - a public display of pride in Irish heritage under the aegis of common devotion to their patron - Saint Patrick. Apparently, Mayor Dinkins was able to obtain acceptance of this premise by the gay and lesbian groups and on that baisis, I see no reason to prohibit their participation. P.G.S.

Discovery! Secret Meetings

By Diane M. Foster

When I was small, my brothers and I used to compete for my father's attention. They always succeeded, whereas I would fail. They managed to get my father involved in every aspect of their busy boyish lives, while I sat on the sidelines, waving frantically and barely getting a glance for my efforts. When I was seven, the attention towards my brothers reached its pinnacle and I was desperate for a slice of Dad's

Billy and Bobby were eight and eleven, respectively, and were actively involved in athletics. I was too little to do more than take up space. They were basketball players - I could hardly hold the ball; baseball players - not the game a little girl in glasses could play (who could see that tiny ball?!), and soccer players - I kicked everything but the ball. With every season change, it seemed my brothers were involved in one sport or another and taking my father along for the ride. My father coached their teams, attended their practices, cheered at their games. Sometimes I would tag along with them and was left standing alone, bored, wishing I could go home. I wanted to be with Daddy, though, and this seemed to be the only way. I never blamed my father, If he was coaching their teams, he had to

go to the practices and teach them how to hit, pitch and field. He couldn't keep me company behind the backstop. "Practices don't run themselves," he would say when I whined. As the weeks and months passed the situation didn't change, just the sport of the season. I still

passed the situation didn't change, just the sport of the season. I still wasn't able to spend time alone with him.

The final straw was broken one Friday night, when my father took Bobby and Billy to see the Harlem Globetrotters, leaving me at home with my mother. I was crushed. No one even asked me if I wanted to go! Naturally, I cried the whole time they were gone. Through this tantrum I learned that a child's tears are an effective way to play on a parent's sense of gullit. Mom comforted me, as only mothers can, and tried to help me enjoy the evening. I was easleep when the trio returned.

The next morning I sat watching Bugs Bunny cartoons on television as my brothers collected the equipment for baseball practice. I stared blankly at the set, blatantly ignoring my father when he walked in and

blankly at the set, blatantly ignoring my father when he walked in and crouched beside me. The words he whispered in my ear were simple but effective: "When I come home, you and I will have a secret

"A secret Meeting?" I all but screamed.
"SHHHHhhhhhhhh!" be exaggerated. "Just you and me - don't tell anyone." His sky-blue eyes sparkled merrily as he kissed me on the cheek and left to load the equipment into the car. With a muffled roar, they were gone.

The following two and a half hours lasted a week. Every ten minutes found me looking between the living room curtains, straining to spot

the familiar brown station wagon barrelling down the street.

"What is wrong with you?" my mother had asked, dizzy from watching me run from one room to the next, although she already knew. In fact, I discovered years later that she and my father had planned this "secret meeting" the night before. "I'm waiting for Daddy!" I couldn't tell her why and risk slipping

the secret.
"Ohhh." She turned away, smiling. She must have known that the

idea would work.

I heard the car door slam early in the afternoon, and raced to open the front door. The boys were unloading the equipment, struggling to carry the heavy load between them until my father helped.

"Hi Daddy!" I said brightly.

"Hi sweetie." He tousled my hair absently, as he passed by me into

"Daddy!" I ran to him, tugging on his shirt until he leaned over.
"When's our secret meeting?" I whispered. "Did you forget?"
"Me? Forget? Never! We'll have it right after I eat a sandwich,"

he whispered back.
"O.K." I sighed, turning to leave.

"O.K." I sighed, turning to leave.

He caught me by the arm, whispering in an almost stern voice, "You didn't tell anyone, did you?"

"Oh, no! Honest, I didn't." My eyes were solemn and he smiled, "Well, O.K. But remember it's our secret." He took a bite of the ham and cheese on rye that my mother placed before him. I looked at her with suspicion. "She doesn't know either," Dad whispered. Struck deaf for the duration of our conversation, my mother handed him a napkin and busied herself with dirty dishes in the sink.

I skipped into the den, not even caring that Bill had turned off
'Shazzm!' in favor of a karate movie with bad dubbing. My father
entered a few minutes later, asking "Are you ready?"
"Yep." I slid off the couch.

"Good. Put on your coat."

I wondered why I had to put on my coat, but I figured Daddy knew more about secret meetings than I did, so I fetched it from the closet and shrugged into it.

'Hey! Where are you going?" demanded Bobby.

"We can't tell you," answered my straight-faced father.

"Why not?"



"It's a secret between me and Diane."

I smlled, triumphant, for I had finally won a round. But typically, I also blurted, "It's a secret meeting!" My hand flew over my mouth, trying to catch the words before they flew away.

"That's O.K., sweetie. They still don't know anything." he said, reaching for my free hand. "Let's go." We left my brothers scowling in the don.

the den.
"Well, where are you two going?" asked my mother, the Oscar
nominee, when we passed through the kitchen on the way to the front

"We have a secret meeting, said my father.

"A secret meeting?

"Yup. Top secret stuff to attend to," he told her.

"Well, I guess I shouldn't detain you then," she said dramatically. "Have fun.

At this point, my father seriously threatened to lose his arm as I pulled him towards the door. "Bye Mom," I called over my shoulder. When we were outside in the speckled sunshine, I turned to him. "Where are we going?"

Dad was being cryptic. "You'll know when we get there."

We walked along the sidewalk, hand in hand, talking about this and that. I recounted the school day before; emphasizing the latest story I had written and my brush with the school bully. He was empathic and

told me stories of his childhood that made me laugh.

The sun was warm on our shoulders as we wound our way through the neighborhood. I held his hand tightly, delighted that we were finally alone and proud that I had been chosen as the only one to have a

secret meeting with Daddy.

We walked for about 20 minutes until we reached town. We had reached the corner of a busy intersection when he stopped suddenly.

"Here we are."

I looked around, wondering what was so special about this place. A BP gas station stood on our corner and a this-is-all-a-bad-dream knot started to build in my stomach when a small store sign caught my eye. It read "The Sweet Tooth." I caught my breath as we walled in. immediately forgetting my father's presence.

It was a seven year old's dream of paradise. A long marbled counter with high stools (that, to my delight, spun) stood on the left of the shop. An equally long row of glass displays beside the counter revealed a variety of colorful cookies and candies. Several vacant booths lined the right side of the shop. The shop smelled sweetly sticky.

"Don't you want to sit on the stools?" my father's smiling voice

broke my trance.

I nodded, speechless. We ordered chocolate sodas with extra ice cream and spent the better part of the afternoon chatting before we set out for home, me with a bag of non-pareils stuffed in my pocket, my father with a bag of jelly beans in his. I was happy, our first secret meeting was a success.

Upon our return home, my brothers bombarded us with questions of our whereabouts, but true to our pact of secrecy, we never told them where we were. Our secret meetings were just that, a secret.

Over the ensuing months, when I felt neglected, I would shyly approach my father, asking him if we could have another secret approach by tallet, asking him we could not be successful. Suddenly it didn't matter that he coached my brothers' teams or spent a lot of time with them. I had something better, precious time between father and daughter. The secret meetings were infrequent, that much more special to me.

Our secret meetings lasted on and off for about three years. Even when my family was vacationing in Vermont we would have a secret meeting, except it would be at "Big Daddy's," an ice cream store about 15 miles away. Once I was older, bigger, and could shoot a basket, coordinate my throwing arm and hit a softball, our secret meetings drew to a close. I became involved in other activities and when Dad was home, I was not.

Even with the many years that have since passed, I can rest assured that if I ask my father for a secret meeting, he will eagerly comply. He will laughingly take my hand as we walk through the neighborhood, talking about this and that, and eventually return home with chocolate-stained lips and a bag of non-pareils stuffed in my poctet and a bag of jelly beans peeking from his. And we won't tell anyone where we have been.

About the Author

Diane Foster lives in Syosset. This is her second contribution to Discovery. The story is true.





February at Chronicle



READER RATINGS

FINE ITALIAN

There is a truly great restaurant in Great Neck called Ristorante Giulia at 570 Middle Neck Road, We dined there Friday night and it was absolutely

superb. We started off with their antipasta which is on display as you enter the dining room. Sliced salamis, milky mozzarella, roasted peppers, marinated and grilled eggplant and zucchini, asparagus vinaigrette and olive. The rienu was so exciting we asked for assistance and had two pastas, orrichietto with fennel and penne with a vodka sauce. Then a charcoal-broiled red snapper for two with a freshly made herb, lemon and garlic sauce that we agreed was the best we had ever tasted.

We topped off this great dinner with cappucino and not one but an assortment of several mouth watering desserts. If you are in the mood to be pampered, or wish to celebrate a special occasion, I doubt you can do better than to indulge yourself at Giuglia's Ristorante. Incidently, the place is owned and operated by two charming brothers, Ivan and Pietro. I am confident you will want to make a return visit.

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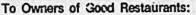
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(Guide to Good Dining)

READER





O. When a couple dines out the woman is frequently placed in a seat against the wall. The man is then seated facing her with his back to the room. In a case like this, is it considered good form waiter?

A. Yes, the woman can signal the waiter, if necessary. She can also tell the man when the waiter is approaching so he can turn his head around at the proper moment and speak to him.

A. Have you heard the expression "Malden Dinner?" My cousin said she will be attending one soon and I did not like to o

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

Q. What do you think of a girl who always orders the most expensive items on the menu when she eats out with a male friend?

A. I do not feel she is being considerate of her companion, and consideration of others is the essence of good manners.

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READER RATINGS



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

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

Q. In a good restaurant that we attended recently an accordian player came around to each table and asked whether we had any requests. My wife made a request and the musician played it. Is this music provided by the restaurant or should I have tipped? J.B. A. Generally the musicians are paid by the restaurant to entertain all of the diners. But when you make a special request it is expected that a small tip will accompany the request. In this case 51 would have been a lair amount.

Q. What is the proper way or addressing a walter in a restaurant?

A. My own preference is "Sir", rather than "Waiter" because it shows more courtesy and people do like to be treated with respect. For a waitress I prefer "Miss" to "Waitress" for the same reason. Q. When arriving early for a private party in a reaturant, who should do the seating when there is no waiter or captain on hand? A. The man is expected to seat his woman companion. If he is accompanied by two or more women, 'he would seat his wife last.

Q. When vegetable are served in individual dishes should they be eaten directly from there side dishes or first transferred to the dinner plate?

dinner plate?

A. Either was is correct, but my own preference is in transfer the secretalism with a serving spasin unto the main dist. The waiter can then be asked to remove the terving distinct, those idding the table of a great real of clutter.

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READER RATINGS





'm not Italian but I enjoy an food. However, I'm no of the proper way to eat betti. Some of my friends agnetii. Some or my trimms nely use a fork. Others press a ge speen (held in the left hand) sinst a fork (held in the right ad) while twirling the spaghetti send the fork. Which system is

A. In Italy both methods are used. The difference is regional. But then again in Italy Pizza is eaten with a knife and fork!

Our own preference is for the fork, no spoon, system.

Q. Help! What does someone do who enjoys eating est, 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 nutri tious way to take the edge off an

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 intervel?

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

Imperfect service is a common complaint by those who dine out. Even the best restaurants have difficulties of this kind once in a

If you find a restaurant has excellent food but is lacking in fine service, a word to the manager (or to "input") might be helpful in correcting the problem.

YOU CAN BE A

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To Owners of Good Restaurants:

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The Last Word In Restourant Guides



Where Our Renders Have The Last Word



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

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

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

(Guide to Good Dining)









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FAVORITE RESTAURANT

Our favorite Italian Restaurant LaCisterna on Mineola Boulevard in Mineola now has an added attraction, accordish music play-ing halian tunes and folk songs Wednesday and Thursday nights from 6 to 10 p.m. It reminded me

so much of my trip to Italy.

We thoroughly enjoyed spag-hetti carbonara and linguine
Sciliana. We crowned our dinner with zabaglione mousse and cafe

expresso.

Truly we felt we were another world and left completely relaxed. The ambiance and service were superb and the warm welcome by Angelo our host made us feel we must repeat this special event soon.

VERY PLEASED

We have visited the Villa Portofino on Mineola Blvd. in Mineola several times and have been very, very pleased. We had stuffed veal which was fantastic, the mixed fish dish was great and the service was very concerned. not to mention the owners. After four or five visits we continue to be pleased and want you to really plug this restaurant because it's the best in Italian food. C.D.

A really first rate restaurant is what everyone in our party said about LaCoquille in Manhasset last week.

It was our first time at this restaurant and we brought guests. The food and especially the vegetables served at the vegetables served at LaCoquille are delicious. We had medallions of beef with olive and tomato flavoring. Others in our party had coq au vin which was delicious.

As a starter we ordered fresh As a starter we ordered fresh asparagus vinaigrette. The asparagus and other vegetables were cooked to a crunchiness that makes them a special treat. The service in this amall restaurant is superb with your every need taken care of by a

pleasant staff.

LaCoquille is a restaurant that we would recommend to anyone who appreciates good food. R.J.

GOOD LUNCH

Our party of four met at the Orchid Restaurant for lunch last week and thoroughly enjoyed it. We thought the ambience was delightful and the food was great.

The cuisine is Szechuan, Hunan and Cantonese. One word of warning: If you order a dish that has an asterisk, it means that the sauce is hot-so if you wish something a bit milder, please tell

Incidentally, the service was most attentive. We were so impressed with our luncheon that we started thinking about our holiday office party and thought it might be a great choice and we would book early. M.M.







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THE HEALTHY GOURMET

A resurgence of sturgeon

By Kit Snedaker

The only time sturgeon comes up in a food conversation is when someone is talking caviar. Once in a while it turns up smoked at fancy restaurants or delis, but we don't see it in the supermarkets and rarely find a recipe for it.

But this, the largest freshwater fish in the world, was once reserved for royalty. Roman emperors had sturgeon brought alive from the Caspian Sea. Edward II of England said every sturgeon caught in the Thames belonged to him. Henry I decided it was unlawful for anyone else to eat them. Punishment for one bite was

At least that's the way it used to Today sturgeon is coming back, farmed just like catfish and trout.

Russians have been raising sturgeon on the edge of the Caspian Sea for years. Three places in California raise sturgeon now, and Sierra Aquafarms, the largest of three, is starting to talk about it.

Folks at Sierra raise white or Beluga sturgeon as opposed to green sturgeon, which doesn't have the same great flavor. In the wild these fish live a century and can weigh up to 80 pounds. On the farm they're harvested at 15 pounds, 3 or 4 years old. They grow up in indoor tanks eating a compressed mixture of shrimp, whole grains and fish, royally pampered.

Sturgeon are forgiving fish. The flesh is so dense it can be pounded and cooked like veal. No matter how it's fixed, sturgeon wants to be cooked until completely done. None of this counting inches and multiplying by time. Here's a fish that's hard to overcook. In fact, if undercooked, it's not tender but

Sturgeon is also a healthful meal. It only has a third of the fat found in salmon, for instance, but up to six times as much good Omega-3 oil. Authorities claim this reduces cholesterol.

Expect to see sturgeon first on menus of white tablecloth restaurants. But by the end of the year watch for sturgeon in upscale supermarkets. It will be pricey, but a wonderful party dish.

If and when you find it, one of the recipes below will work. Meanwhile, try them out on any sturdy fish, such as halibut, salmon or shark.

- STURGEON AND APPLES
- 4 sturgeon steaks (or swordfish or halibut), about 3 or 4 ounces each
- 1 cup chopped green apples, unpeeled
- 1/2 cup apple juice
- 2 tablespoons Calvados or brandy

- 1 tablespoon low-salt margarine
- 1/4 teaspoon curry powder Freshly ground pepper to taste
- 14 cup chopped chives or parsley

Yields 4 servings. Each serving has about 190 calories, 5 grams

fat, 50 milligrams cholesterol and 136 milligrams sodium.

Coat baking dish with non-stick spray and add fish steaks. Mix chopped apples, apple juice, Calvados or brandy, margarine, curry powder and pepper and pour over fish.

Place in oven preheated to 350 F and bake for 25 or 30 minutes for sturgeon. It wants to be well-done. Bake 20 to 25 minutes for any other fish.

Remove fish to serving platter with spatula, drizzle some of apples and juices over each serving, sprinkle with chopped chives or parsley and serve.

BAKED STURGEON

pound sturgeon fillets (or shark, haddock, hake or perch)

Juice of 1 lemon Scant cup of low-fat cottage cheese

2 tablespoons low-fat yogurt 1 tablespoon chopped chives or fresh dill

Freshly ground pepper

Yields 4 to 6 servings. Each serving has about 150 calories, 2 grams fat, 70 milligrams cholesterol and 250 milligrams sodium.

Spray baking dish with nonstick coating and arrange fish fil-lets in it. Pour lemon juice over

Combine cottage cheese and yogurt with chives and pepper in blender or food processor and mix until smooth. Spread this on top of

Cover and bake in oven preheated to 375 F for 15 to 20 minutes for any fish but sturgeon. Bake sturgeon 20 to 30 minutes. Uncover and bake another 5 minutes to brown cheese mixture on top.



By Willard Abraham, Ph.D.

Dr. Abraham: Because my girlfriend is very spe-cial to me, I try to make ber happy in any way that I can think of. I usually do pretty well at that, but one thing about her gets in my

way.

She is so pretty, but doesn't think she is. That is why she uses so much makeup, and she sure doesn't need it. In fact, she is much prettier without it.

But she won't take my word for it. "You're just a man, so you don't under-stand," is what she says.

How can I get ber to cut it out or at least cut back? Believe me, it isn't neces-

sary. — Boyfriend Boyfriend: Because she says that "you're just a man," how about trying to identify a woman as your ally, perhaps one that she may listen to? A good female friend of hers to whom she kind of looks up to might be able to get

through to her.

It could help if your choice is also pretty and uses little or no makeup.

Dr. Abraham: I'm as big and strong and good-look-ing as a group of guys I pal around with, but I'm beginning to wonder about them because of what comes out of their mouths.

They like to talk about sex and tell things that re-ally sound impossible, like how much the girls chase after them, the kinds of relationships those girls want and all kinds of sex involvements they have had.

I know they are lying be-

cause I can tell it from their faces and their voices. They talk like kind of normal other times, but when they bring up sex their faces and voices change in funny ways. I can't really describe it, but I can tell when the lies

I wish you would explain some of this to me. — Curi-

Curious: Teen-age bragging is pretty common when it involves either real or make-believe conquests, skills and other factors re-lated to the opposite sex. Some girls may also enjoy revealing or making up the exploits they have had or would like to have.
As you are aware, some-

times it isn't difficult to see through the fakery.

However, if you want to keep these friends and the situation isn't too uncomfortable for you, try to see the boasting for what it is and hope other topics will come up that you are more interested in hearing or talking about.

Dr. Abraham: I have a feeling that my problem is an unusual one. It is all re-lated to my eating habits. I'll admit to you that I

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am a compulsive eater, but I am a vegetarian and the only things I est are ones that are good for me.

Veggles, fruits and cereals are stuff that I like a lot. Fatty and junk foods are a no-no to me.

But my mother carries on because she thinks I'm not getting a balanced diet. ow that I am.

She said, "Write to him. See what he thinks." So I'm writing to "him"

for "his" reactions.

Thanks a lot. - Healthy

Healthy Eater: The foods you mentioned sound pret-ty good, but because they may not be your entire diet story, it might be worthwhile to have a little talk with your family physician (especially if your mother has faith in him or

Because he or she probably knows you and your food needs quite well, a review of the issue by that professional could be a helpful way to go.

Dr. Abraham: My father reads a lot, and sometimes I think that interferes with his spending time with the family. He also has a heavy work schedule.

I told him that my brother, sister and I feel we are missing something important by not having more time with him. He said that he can't do anything to cut down on his job's time demands. "After all, I have to earn a living."

When it comes to reading, he says he loves it. Be-sides, it is relaxing and he needs it. He reads a couple of books almost every week and three newspapers every day.

He also watches televi-

sion, but only serious stuff, like news programs or spe-cial features, not foolish stories.

One thing he said he will do is put off his reading till later on at least a few evenings a week and spend an hour or two with us after dinner.

So the three of us kids are trying to compromise by putting off doing our bomework for that hour or

Now we are all planning to go to a store that sells kind of grown-up games, and my mom says she will go with us, too, and maybe play some of them with us. How does all this sound

to you? Any suggestions?

- Happy Son: It sounds great. There is often too little compromising or se-rious discussions within some families, and the planned participation of all five of you looks like a healthy, enjoyable ap-

Q. We've inherited my husband's grandparents' farmbouse in the Catskill Mountains in New York and are thinking of starting a bed and breakfast. This area gets tourists all year-round, but it's really cold in winter.

Two of the bedrooms are corner rooms with northern exposures and so drafty we're afraid guests would complain. We're renovating the house ourselves. How difficult would it be to pad the bedroom walls and cover them in fabric? —

A. Not difficult at all, nor very expensive, depending on the fabric you choose. Both the padding cotton or polyester batting - and the decorative fabric can be applied about as fast as you can fire

a staple gun.
Even faster, according to Linda
Wisner and Lynette Ranney Black, who designed the bedroom we show here with a nifty little wall upholstery system called Quik Trak, which cuts with household scissors and staples in place. The fabric simply snaps into place top and bottom.

The design team used Quik Trak to upholster the walls of this country-style bedroom, which is taken from their book, "Creative Serging for the Home and Other Quick Decorating (Palmer/Pletsch Associates). There is no "serging" (sewing) in-volved when You Quik Trak a wall; however, the window swags made of matching fabric are a nice touch

I'd suggest that you make yours with an insulated lining and install a plain old roller shade under your more decorative treatment. Since it hangs so close against the glass, a roller shade can be an effective first line of defense against chill

Decor Score

By Rose Bennett Gilbert

breezes. Other room warmers worth considering:

· Room-size rugs (wall-to-wall provides total insulation but may

look too modern for your farm-

· A canopy bed with side curtains. Our forebears knew how to keep out the night "vapors," and it's still a charming idea, even in these days of central heating.

· Warm colors. Don't laugh: Illusion is an important tool in decorating. Dark tones and busier patterns equal "cozy" in everyone's emotional vocabulary.



POSH BEDROOM — Padding the walls before covering them adds a touch of opulence to the walls of this historic Oregon home.

✓ Backyard Gardener

By Patrick Denton

One of the vegetables I most enjoy growing is the potato. This year, as soon as the seed potatoes hit the local garden outlets I plan to snaffle onto some early Warbas and pre-sprout them for a fast start and extra-early summer po-

Already I'm enjoying in my mind the sensual delights of newly dug, steamed baby potatoes rolled in butter and fresh-snipped parsley (or chives, or dill) with a little dollop of sour cream on the side.

Pre-sprouting, or "chitting" to use the proper term for the pro-cess, is simplicity itself. Just spread the potatoes in a cool but frost-free spot in bright light to encourage the tubers to start pushing out little nubs of growth from the eyes, or growth buds. Pre-sprouted seed potatoes will root more quickly and mature earlier than those planted without

The average potato will have eyes all over its surface, but if you look closely you'll find there are

three or four close together at one spot. Place this "rose end" up as you set the tubers single-layered in a box or tray for sprouting.

I realize that some gardeners like to use their own home-grown potatoes as seed, and this is fine if the tubers chosen to plant have been carefully selected from disease-free plants and the tubers themselves are free of scab or any other disease

Personally I prefer to play it safe and purchase certified disease-free seed potatoes each year. Don't use potatoes purchased from food stores for planting. They very likely will have been treated with a sprout inhibitor to retard devel-

opment of the growth buds.

In two or three weeks, or as soon as the sprouts are edging close to 1/4-inch in length, cut them into pieces with two or three eyes each. Then spread the pieces out for a few days to dry the cut surfaces prior to planting.

Early potatoes can be planted as soon as the soil is workable.

This will vary of course with the garden's location and type of soil. So plan on setting the potatoes up for sprouting between three and four weeks before you normally are able to plant your first vegetables outdoors. Gardens that enjoy a fast-draining, early-warming sandy soil will be ready to plant well ahead of poorly drained sites

with heavy, compacted soils.

While the tubers are sprouting choose carefully the site where the potato patch will be this year. The first thing I think about when deciding where to plant my potatoes is rotation. Because potatoes are susceptible to a number of fairly long-lived soil-borne diseases, I look for a suitable patch of ground that has not grown potatoes during the past four years.

Another point worth pondering is the watering patterns in the garden. I've made the mistake too often of locating my potato patch where it will catch the full blast of water from one of the main overhead sprinklers. This is bad news for potatoes as the top growth starts dying back, for this is a time when the plants should be al-lowed to dry off naturally. This drying period is especially important for storage potatoes, which need to mature and "set" their skins in drying conditions during the foliage die-back period and for a brief period afterward so that they'll store well.

This year my potato patch will go into the upper right hand cor-

ner of the main vegetable plot, with the late potatoes tucked into the far corner. This area is beyond the reach of the plot's main sprinkler, but I can water it with a small extension hose during the spring and summer while the plants are still actively growing.

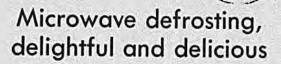
To ensure fertile, humus-rich, slightly acid soil conditions for my potato crop I'll dig the site over deeply as I incorporate layers of peat moss and partly finished compost, and a light dusting of elther rhododendron-azalea fertilizer or a complete organic equivalent with a seed meal base. The seed meal is acidic, and therefore well suited to using as part of a fertilizer mix of potatoes.

In a well-plumbed soil the tuber

pieces can be set fairly close, just 10 inches apart, in rows about 30 inches apart to leave enough room for hilling the plants as they develop. Set the pieces about 4 inch-



microwave magic



The convenience of freezing means that you can keep a variety of foods on hand - and frozen foods are even more convenient when you have a microwave oven.

The power to defrost frozen foods in just minutes is one of the most widely appreciated benefits of owning a microwave oven. With a microwave, even when time is short and food is still in the freezer, you can get dinner on the table without waiting hours to de-

Most ovens have a "DEFROST" setting, but if your oven does not, the 30 percent power setting is generally the best one for defrosting. You can defrost at any level, but the 30 percent setting is best because it defrosts evenly, so food doesn't start cooking on the outside while the center is still fro-

At lower levels, microwave power surges on and off, and it's during the "off" cycles that heat has time to equalize through food

for more even defrosting.

It's important that all food (especially meats) be completely defrosted beforehand to ensure even cooking. To determine whether foods are completely defrosted, insert a knife point in center to check for remaining ice crystals.

Frozen foods should be stored at between zero and minus 10 Fahrenheit in your home freezer. Food should be properly packaged (in closed containers or tightly wrapped) and not stored too long - store no food longer than one year. When packaging foods for freezing, wrap as tightly as possible: freeze in uniform, round shapes for more even defrosting. Corners will defrost first, so round is better. (Doughnut shape is best, when possible.)

Divide meat to be frozen into 1or 11/2-pound packages, since most recipes call for these amounts. Freeze foods in shallow containers since deep containers are hard to

Breaking up and removing defrosted portions means more even and quicker defrosting. Flex plastic pouches and bags as soon as possible when defrosting to break up ingredients that cannot be stirred. Stir vegetables, sauces and casseroles partway through defrosting time; turn over or rotate other foods that cannot be stirred (meats, layered casseroles,

Separate pieces of meat, poultry or seafood as soon as possible to let microwaves reach all sides. Arrange so that there is space between pieces and place thicker portions toward outside.

Pay attention to directions for defrosting and check ford frequently so that vulneral spots, such as edges and thin areas, won't start to cook before centers

or thick areas are defrosted. Hemove thawed portions as soon as possible so that microwave energy is directed at still-frozen pieces.

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

MICRO-TIP OF THE WEEK

Besides defrosting, the 30 percent power setting is also great for warming pies, coffee cakes and breads for just-baked flavor.

TERIYAKI FISH FILLETS

- 1/2 cup water
- 4 cup soy sauce
- 4 cup dry sherry
- 1 tablespoon rice wine vine-
- 2 tablespoons packed brown
- sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 12 to 16 ounces frozen fish fillets Paprika

Yields 4 servings.

Preparation time: 10 to 15 min-

Defrosting time: 31/2 to 6 min-utes (plus 5 minutes standing time).

Cooking time: 5 to 7 minutes (plus 1 hour to marinate).

Oven setting: DEFROST (30 percent power); HIGH (100 percent power).

Place fish in 8x8-inch microwave-safe baking dish. Cover with waxed paper and microwave at DEFROST setting 31/2 to 6 minutes, turning over once. Let stand 5 minutes, then rinse in cold water and pat dry. Let stand another few minutes, if necessary, to defrost completely. Remove from baking dish and set aside.

Combine all remaining ingredients in same baking dish. Stir until blended. Add fish fillets, turning to coal Cover with plastic wrap and refrigerate 1 hour. Arrange marinated fillets on microwave-safe roasting rack. Sprinkle each lightly with paprika. Microwave 5 to 7 minutes, or until fish flakes easily, rotating dish 4 turn every 3 minutes.

BEEF SUKIYAKI STRIPS

- 1 pound frozen sirloin steak
- 1 tablespoon vegetable oil 1 large clove garlic, minced
- 1 (8-ounce) can bamboo shoots, drained
- 1 (8-ounce) can sliced water chestnuts
- 6 ounces fresh mung bean sprouts
- 6 ounces fresh mushrooms, sliced
- 1 medium onion, chopped 3 stalks celery, sliced diagonally into 4-inch strips
- 1/2 cup water
- 5 cup soy sauce 2 tablespoons sugar
- 1 tablespoon cornstarch

- I beef bouillon cube or 1 teaspoon beef bouillon gran-
- 1/2 teaspoon powdered dry ginger

Yields 4 servings. Preparation time: 15 minutes. Defrosting time: 41/2 to 61/2 min-

Cooking time: 11 to 14 minutes (plus 3 minutes standing time).

Oven setting: DEFROST (30 percent power); HIGH (100 percent power).

Microwave steak at DEFROST setting 41/2 to 61/2 minutes, turning over halfway through defrost time, until almost thawed. While still partially frozen, slice steak diagonally across grain into very thin strips. Combine beef strips, oil and garlie in 2-quart microwave-safe casserole.

Microwave at HIGH setting 5 to 6 minutes, stirring halfway through cooking time, until meat is no longer pink. Add bamboo shoots, water chestnuts, bean sprouts, mushrooms, onion and celery, stir and set aside.

Combine water, soy sauce, cornstarch, bouillon, sugar and ginger in 1 cup measure. Mi-crowave at HIGH setting 1 minute, or until slightly thickened. Stir and pour over contents of casserole. Microwave on HIGH setting 5 to 7 minutes, stirring every 3 minutes. Let stand, covered, 3 minutes before serving over hot cooked rice.



By Willard Abraham, Ph.D.

Dear Parents: Once in a while I try to catch up on some of the current crop of books that aim at belping parents cope with their problems. Today's column will tell you about a few that might be useful to you. All now are, or perhaps soon will be, available at your local library or bookstore

The first is one whose title may be a grabber for parents under some stress with teens - "You CAN Say NO to Your Teenager."

Its five authors seem to be wellqualified to deal with that subject based on their work as members of an organization called "Next Stages" and the families with whom they work. Their consulting roles with school and community groups in Connecticut, New York and New Jersey, in addition to their private practices, no doubt add to the practical value of their suggestions for parents.

A few of their sentences set the tone for what follows:

"Welcome to adolescence - or, more precisely, to the parent-ofadolescent experience.

"How did this happen? How did you reach this battlefield, this emotional war zone in which danger lurks in every direction you turn? Look one way, and there's a skirmish over fads or fashions, look another, and it's a confrontation about alcohol or drugs. Take one step forward and you're fighting over sexuality; one step back, and the tangle involves family and friends. And whichever way you travel, you know there's no turning back."

In addition to those areas of possible parent-teen conflict this "Say NO" book is concerned in a readable way with your and your teen-ager's values, behavior, limits, moods, and "over-, under-, and anti-" achievement expectations. The two final chapters wrap things up with the consequences of not saying "no" and finding the courage to seek help if it is needed. This book is brief, and includes

many teen examples from the authors' experiences.

Two others concentrate on specific areas of parent concern.

The first deals with divorce, an issue that seems to be affecting more children, teens and adults every year. Its title is "Divorced by Laurene Johnson and Georglyn Rosenfeld. Both have faced the problem, and were as-sisted by their youngsters in writing about it.

Here are two statements that might give you the flavor of the authors' thoughts and writing

style:

Children who have the most difficult time with divorce usually come from families who have never coped well with other stressful events."

"There seem to be as many different reactions to divorce as there are different kinds of chil-

dren.

Included are sadness, feelings of abandonment and isolation, confusion and disorientation, and feeling torn between parents.

How long do the feelings last? The offspring responses range from, "You never get over it," to, "Not long. My dad was pretty mean.

The two authors approached their task seriously, and achieve their goal in a clear, almost conversational manner. Their coverage is thorough, including topics like "death of a relationship," "the road to recovery," visitation, holi-days, discipline and a parent's dating or remarriage.

An issue that affects fewer parents, teens and children has resulted in a book with an interesting title, "Children of Paradise," written by Dr. Lee Hausner. Its subtitle introduces you to the theme -"Successful Parenting for Prosperous Families."

The goals aimed at are detailed answers to questions like these: Can well-to-do parents avoid raising spoiled kids? Can busy parents create quality time with their children so that they feel loved and special when the parents aren't around? Can these parents instill motivation without pressuring or imposing unrealistic expecta-

Parents with teen-agers and those who also are facing divorce or are subject to stresses caused by affluence may find many useful suggestions between the covers of these three new books.

Cooking Corner



Crockery cooking popular again

By Charlyn Fargo

Too many people fail to take their crockery cooker out of storage for fear that slow-cooking isn't a viable method of cooking the prized roast, game bird or Grandma's trusted spaghetti re-

In reality, slow cooking is not only safe, but one of the best ways to have supper at home that isn't carryout - and still be gone all

day. Slow cookers are designed for long cooking periods, says the editor of Better Homes & Gardens'
"Crockery Cooker Cookbook." Food heats very slowly, particularly on the lowest setting. If the low setting is used for meat and egg mixtures, they must be cooked at least six hours (high setting, three hours). Less than that and the food won't get hot enough to be

sure of destroying bacteria.

Mary Berry, author of "Crockery Cookbook" agrees. "From a health point of view, there are no hazards (to crockery cookers). You should still, however, use common sense. Do not, for example, attempt to cook a frozen chicken in the pot without making certain it has thawed completely in the refrigerator first."

Extensive research has been carried out by manufacturers to ensure that the cooking process destroys all harmful bacteria.

Of more danger is storing food at room temperature before or after cooking, or storing food, even in the refrigerator, in a traditional, heavy ceramic crockery cooker itself. It's best to store ingredients for advance preparation in another container in the refrigerator, then transfer them to the crockery cooker for cooking. and once the food has cooked, to remove it and store in another container in the refrigerator. That's because the crockery cooker is so heavy it insulates food, preventing it from getting cold quickly

In addition, condensation on the electrical parts may interfere with proper performance. Sudden changes in temperature also can damage the ceramic liner of the

There are new varieties of cookers, such as Corningware, that are designed to go from crockery cooker to freezer or microwave, but in general, it's a good idea to store food in another container before or after cooking if your crockery cooker is made of glazed clay, stainless steel, porcelain or baked enamel.

Once in the crockery cooker, the danger is undercooking, not overcooking.

"Since you simply cannot overcook the food, it doesn't matter

one bit if the dish cooks on high for up to two hours longer than mentioned in the recipe or on low for up to four hours longer," says Berry. "However, it is perfectly possible to undercook."

Peeking at the dish while it cooks, a temptation almost too hard to resist, can add up to 15 to 20 minutes cooking time per peek. And it rarely gives much information. The cooking temperature is so low, there's little movement of the liquid or veggies.

A few other hints:

Stick to the liquid called for in the recipe even though it is usually less than you would normally use. There is no loss of liquid during cooking with a slow cooker because there isn't any evaporation. For adapting recipes, the general rule is to cut the normal quantity of liquid in half.

Dairy ingredients, like sour cream, should be added at the end. Prolonged cooking causes them to

Ditto for noodles. Personal ex-perience has taught me the crockery cooker and noodles aren't a happy marriage, at least when macaroni noodles are allowed to slow-cook for more than an hour. They turn to mush. Noodles, it turns out, need to be cooked on the stove, then added to a crockery cooker the final 10 minutes.

Don't worry about leaving the crockery cooker unattended. It cooks slowly so no steam escapes.

If you follow the recipe, food will

Different settings on the crockery cooker offer flexibility. At a higher setting, foods may be ready in two to three hours, while on low these dishes may need twice the cooking time - a bonus if you'll be away all day.

For better color and flavor, brown meats and other ingredients in a frypan before you place them with liquid and seasonings into the crockery cooker.

Sauces may be thin, because steam hasn't escaped and they have not been allowed to reduce. To heighten flavor and improve appearance, boil sauces down on top of the range just before serving or thicken them with flour.

When making stews, place vegetables under meat because they tend to cook more slowly in crock-ery cookers and the highest heat is at the bottom of the pot.

Foods that are cooked on the low setting may need more seasoning because they haven't been allowed to reduce. Experiment. Then adjust seasoning at the end.

A crockery cooker cooks more efficiently when it is half full.

Some cooks rarely leave the

house for work without filling the crockery cooker. With children and full-time jobs, they find it one of the best time-savers in the

One idea is to cook a whole chicken in the crockery cooker (with salt, pepper, onion flakes, parsley and crushed red pepper) while at work, then take it out to cool as soon as you arrive home. For supper, remove the chicken from the bone, add it back to the stock with cooked rice and let it simmer for chicken and rice soup.

Another time-saver is to let pork chops or cube steak cook all day with a can of cream of mushroom soup in the crockery cooker. The chops are tender, have their own gravy, and can be served with rice and a vegetable for a quick

To cook a roast in the crockery cooker, peel potatoes and carrots, layer them in the bottom of the crockery cooker, cover them with water, then place the roast on top, add seasonings and let cook all

day.
The crockery cooker can also be used for making Swiss steak by adding a can of tomatoes and seasonings to the meat.

The crockery cooker is one way to cook chicken pieces for chicken noodle soup. Cover the pieces with water, add water, a cut-up onion, parsley, poultry seasoning, celery salt, basil and a few other vegetables, such as cut-up carrots or cel-ery, and cook it on low while you're at work. Back at home, take the meat out, remove the bones and pour the broth into a pan on the stove. When it comes to a hard boil, add noodles, then when they're done, add the chicken back.

To prepare a roast, cut up fresh mushrooms, layer vegetables such as potatoes, carrots and onions, add the roast, and sprinkle Lipton's onion-mushroom soup mix over it. Very little water is added because as the meat and vegeta-bles cook, they generate their own

24-HOUR ITALIAN BEEF

3- to 5-pound rump roast 2 cups water

1 package au jus gravy mix 1 package Good Seasons Italian Dressing mix Italian seasoning, optional

Mix together water, gravy mix and dressing mix. Add Italian sea-

soning, if desired. Pour over roast in crockery cooker. Cook on low for 12 to 15 hours.

Break up roast, removing string, and cook another 10 to 12 hours. Serve on Italian buns.

PEACHY PORK STEAKS

- 4 pork steaks, cut 1/2-inch
- 4 teaspoon dried basil, crushed
- ¼ teaspoon salt Dash pepper
- 1 (16-ounce) can peach slices
- 2 tablespoons vinegar 1 tablespoon instant beef
- bouillon granules Hot cooked rice
- ¼ cup cold water 2 tablespoons cornstarch

Yields 4 servings.

Trim fat from steaks. In skillet, cook trimmings until about 2 tablespoons fat accumulates. Discard trimmings. Brown steaks on both sides in hot fat. Season with basil, salt and pepper.

Dasil, sait and pepper.

Drain peach slices; reserve syrup. Place peaches in crockery cooker, place meat atop. Combine reserved peach syrup, vinegar and bouillon granules; pour over steaks. Cover and cook on lowheat setting for 8 hours.

Arrange steaks and peaches over rice on platter and keep warm. Garnish with parsley, if de-

Skim excess fat. In saucepan, blend cold water into cornstarch and stir in hot liquid. Cook and stir until thickened and bubbly. Serve with steaks.

> OLD-FASHIONED BEEF STEW

- 2 pounds beef stew meat, cut into 11/2-inch cubes
- 1/2 cup flour
- 2 tablespoons oil
- 1 bay leaf 1 tablespoon Worcestershire
- sauce
- 1 onion, chopped 1 cup beef bouillon
- 4 teaspoon pepper
- 2 teaspoons salt 1 teaspoon sugar
- 6 carrots, peeled and sliced or quartered

Continued On PAGE 17A

KITCHEN HINTS

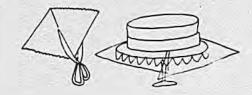
The layered cake is ready for frosting But it's already on the stand.

Here's how to keep the stand pretty:

Diagonally fold a square of wax paper, then cut in two. Repeat with each triangle again, making four triangles,
 Slip pointed ends under the cake, pushing in an inch or so.

Broad sides will overlap, catching any drips.

3. Pull out triangles. Frosted cake is ready to admire.



Seafood pastas

By Melanie Barnard and Brooke Doiny

Have we told you how much we love pasta?

Yes, frequently.

Have we stated that we never get tired of it?

Yes, several times.

Well, this week we put those statements to the true test.

A few days ago we worked on some pasta recipes for another article, so we both started the week with a couple of leftover pasta dishes in the refrigerator.

Fine. Great. We always think of pasta as a real bonus leftover, especially because now it reheats so successfully in the microwave.

But then came time to do this column and to develop two more recipes, and because the opposite one of us always tests what the other develops, it meant that by the middle of the week we both had two more pasta dishes to eat.

No problem whatsoever! and our families mowed them all away several days in succession - not only without com-plaint, but with exclamations of pure pleasure!

These two dishes - Linguine with Red Clam Sauce and Fettuccine with Scallops, Asparagus and Herbs — are related by the fact that both use seafood; otherwise they are distant cousins

The red clam sauce is lusty,

fiery and forthright.

The sauce of scallops and asparagus flavored with citrus and herbs in a wine and cream base is, on the other hand, so elegant that it can be proudly served to midweek (or any night for that matter) guests.

As with most sauced pastas, the very best accompaniments are a simple salad of leafy greens and some crusty bread.

. Do take care not to overcook the scallops. These mollusks — especially the small bay variety cook in just a few seconds. They're done the minute they turn from translucent to opaque.

· Canned clams are fine in this red clam sauce, but if your fish market sells chopped fresh clams, use them because of their wonderful clean, fresh taste.

LINGUINE WITH RED CLAM SAUCE

- 12 ounces linguine
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes in puree
- 1/4 teaspoon dried marjoram or oregano
- 1/4 teaspoon dried red pepper flakes, or to taste
- 2 cups drained, chopped, fresh clams or 2 (10-ounce) cans drained baby clams, juices reserved
- 1/2 cup clam juice from clams (see note)

1/2 teaspoon sugar Salt if necessary Grated Parmesan cheese for passing at the table, if de-

Yields 4 servings.

Preparation and cooking time: 30 minutes

Bring large pot of water to boil for pasta. Add salt and cook linguine at rapid boil for about 7 minutes, or until al dente. Drain in colander.

Meanwhile, heat olive oil in large skillet or pot. Add garlic and cook over low heat for 1 minute. Add tomatoes, raise heat to medium, and simmer uncovered 10 minutes, until sauce is somewhat thickened.

Add marjoram, red pepper flakes, clams and clam juice, and sugar. Continue to simmer uncovered over medium heat for 5 minutes. Taste for seasonings, adding additional red pepper flakes if sauce is not hot enough for your

The sauce should not need salt because clams and their juice are usually quite salty, but add if needed

Serve sauce over pasta, passing Parmesan cheese if desired.

Note: You should have about 1/2 cup of clam juice from fresh chopped clams, and a much greater quantity from canned baby clams.

FETTUCCINE WITH SCALLOPS, ASPARAGUS AND HERBS

12 ounces fettuccine

- 8 ounces slender asparagus, stems cut in 4-inch rounds, tips cut about 11/2 inches long
- % cup white wine
- 1 clove garlic, peeled and crushed with flat side of knife
- 12 ounces bay scallops
- 4 cup cream
- 1/2 cup thinly sliced scallions,
- including green tops 2 teaspoons chopped fresh tarragon, or ¾ teaspoon dried
- 1/2 teaspoon grated orange
- 1/4 teaspoon grated lemon zest 1/2 teaspoon salt, or to taste
- 1/2 teaspoon black pepper
- 1 tablespoon butter Tarragon sprigs for garnish,
- if available Yields 4 servings

Preparation and cooking time: 30 minutes.

Bring large pot of water to boil for pasta and asparagus. Add salt

Continued On PAGE 17A

HEALTH WATCH

City's pace may affect heart-attack risk

Social psychologists recently studied 36 U.S. cities of differing sizes to determine if pace of life affects residents' heart disease death rate.

FASTEST-PACED CITIES

- 1. Boston
- 2. Buffalo, N.Y.
- 3. New York
- 4. Salt Lake City
- Columbus. Ohio



RISKIEST CITIES FOR HEART ATTACK DEATHS

- 1. New York
- 2. Buffalo, N.Y.
- 3. Providence, R.I.
- 4. Worcester, Mass.
- 5. Patterson N.J.



SOURCES: Fresno State University; Self magazine

TRAVEL TIPS

Hassles that frustrate air travelers

Here are some of the things that most irritate frequent business travelers about air travel and hotels.

ABOUT

AIRLINES:

Delayed flights Lack of legroom

Poor galley meals

Lost baggage Overbooked flights ABOUT AIRPORTS:

Distance between terminals

Crowding

Long ticket lines

ABOUT HOTELS:

Soft mattresses Thin pillows

Bad bedside reading lamps

Skimpy towels Poor soundproofing

SOURCE Men's Health magazine

SMART MONEY

What's in a name?

Perhaps an adjustment of your resume could help ensure a higher salary on a new position. Job titles may enable two people with the same job responsibilities and work histories to command decidedly

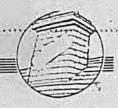
Job titles and average salaries

Secretary/Receptionist	\$19,373
Secretary	22,760
Administrative Assistant	23,926
Administrative Secretary	26,832
Executive Secretary	27,274

商品提供的技术等

SOURCE: From Nine to Five

Here's How



By Gene Gary

Q. The porcelain washbasin in our bathroom has several small chips in the rim. The color of the basin is an off-white or cream.

Can these chips be filled with anything so they don't show?

A. The repair of porcelain enamel, short of an entire resurfac-ing, is almost impossible. This is particularly true when the surface is constantly exposed to water.

However, you may be able to effectively treat these chips on the rim, which is a surface exposed to less water than the basin. You will need one of the resin repair products available at larger hardware stores or home centers

Lightly sand the area (a medium-grade sandpaper; to remove any rust and expose a fresh surface of metal and porcelain for good bonding. Be careful not to scratch the surrounding area. Confine the sanding to the chipped area only.

Resin fillers can be tinted to match the color of your porcelain.

When you have a close match, fill the chipped area. If you overfill the chipped area, the excess can be removed with a solvent such as xylol, acetone or even fingernail polish remover. The solvent is also helpful in smoothing and blending the edges of the patch after it has set and dried.

The patch may or may not last long. However, it is worth a try before having the entire basin resurfaced or replaced.

Q. We have a set of brass fire-place tools and accessories. They are very dingy and tarnished.

I would like to restore the original finish and luster to these pieces. Do you have any suggestions on how I might do this?

A. The cleaning method will de-pend on whether your fireplace accessories are lacquered or unlacquered.

First, clean away dirt and grime by washing with sudsy . If the pieces are not lacquered, try rubbing discolored areas with a paste made of hot vinegar and salt. (Together, these two ingredients form hydrochloric acid, which dissolves tarnish.)

Then polish, vigorously with lemon oil (pure lemon oil, not a lemon oil furniture polish) on a cloth

Or simplify the procedure by using a good decorative metal cleaner. Many are appropriate for use on brass, copper and bronze. Check the label.

Cleaning products are available at your local supermarket. However, sometimes you find more specialized products at a good hardware store or, in the case of brass, at a marine hardware store.

Lacquered brass should not tarnish, but sometimes does. If this happens you will need to re-move the old lacquer before using the above cleaning techniques.

Apply lacquer thinner, dena-tured alcohol (rubbing alcohol) or acetone. These products are avail-able in hardware stores. After one or two treatments, the old lacquer will peel off.

Then remove tarnish and polish as described above.

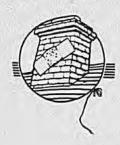
You can reapply a protective lacquer coating to resist further tarnishing. However, for good really best done professionally.

Q. During the holiday season a candle overflowed, leaving wax on my cherry wood table.

I am afraid to use any solvents to remove the wax, as it might mar the finish of the table. Do you have any suggestions on how to remove this wax without harming the tabletop?

A. Chill the wax with a piece of ice to make it easier to remove from the surface.

Crumble off wax with your fin-gers. Scrape gently with the dull edge of a plastic knife or rubber spatula. Apply a cream wax, rub well: dry with a soft cloth.





KITCHEN KIDS



Souffles for kids

By Rena Coyle

Souffles, those light, puffy specialties that many grown-ups wouldn't try to make on their own, now can be made easily by your kids. The fear of souffle-making comes with the question of whether the souffles will become puffy and tall, and if they do, are they simply going to fall flat as soon as they are pulled from the

Well, with either of these recipes, there is plenty of room for being a little heavy-handed. The souffles will puff up in the oven and because the mixture is particularly stable, they won't fall while you are removing them from the

The first recipe is for an Austrian specialty. This is an interesting way to make a souffle. The mixture is prepared and then baked in a puddle of milk that will be absorbed into the souffle, keeping the center moist and the crust

Also, this souffle is baked in a cake pan instead of a souffle dish. It will get puffy, but won't extend inches above the rim of the pan.

This is a recipe that you can make with your younger kids, but your older children will have fun working through all the separate steps in its preparation.

When it comes to an interesting way to serve a souffle, Ham and Cheese Souffle in a Tomato is the top of the list, baked and served inside a tomato shell. The base of the souffle is made with smoked ham and cheese, always a winning taste combination. Because you prepare the souffle base in a blender with bread slices, this souffle is very stable and can withstand much abuse from little

This is the best recipe to prepare with your primary-age kids, but don't forget that there are plenty of steps for little siblings to do. Don't leave anyone out of the

AUSTRIAN SOUFFLE

1 cup milk

1/2 teaspoon vanilla extract

4 eggs

4 cup (1 stick) butter 4 tablespoons sugar

4 tablespoons all-purpose flour

2 teaspoons confectioners' sugar

Utensils: Measuring cups and spoons, small saucepan, oven mitts, 2 small and 2 large mixingbowls, electric mixer, rubber scraper, 9-inch cake pan, hot pad.

Yields 6 servings. Preparation time: 25 minutes. Baking time: 15 minutes. Place oven rack in center of oven. Turn oven on and preheat to 350 F.

Put milk and vanilla in small saucepan. Heat over medium-high heat until scalded (it steams and small bubbles form around edge of the pan). Put oven mitts on and carefully remove pan from heat.

Place it on heat-proof surface. Separate eggs into 2 small mixing bowls.

Put butter in large mixing bowl and, with electric mixer, beat on high until creamy. Add 2 table-spoons of granulated sugar and beat until blended.

Add egg yolks and mix on medi-um until smooth. Add 2 table-spoons of flour and mix on low speed until blended. Wash and dry beaters. Pour egg

whites into large mixing bowl and beat on high until they become very white and hold a soft peak. On high speed, gradually beat in remaining 2 tablespoons granulated sugar. Continue to beat until whites are shiny and stiff. When beater is lifted, peak should not

Sprinkle remaining 2 tablespoons of flour over egg whites. Using rubber scraper, fold in flour by gently moving scraper through whites from bottom of bowl to top and then down again.

Scrape egg whites over butteryolk mixture and gently fold them together.

Pour warm milk into cake pan, then scrape souffle batter over milk. Do not stir or spread batter.

Put oven mitts on and put pan in oven. Bake until top is a golden brown, about 15 minutes.

Wearing oven mitts, carefully transfer pan to hot pad. Sprinkle confectioners' sugar over top, and serve right away.

HAM AND CHEESE SOUFFLE IN A TOMATO

6 firm medium-size tomatoes

4 teaspoon salt 3 green onions

3 slices white bread

11/2 cups grated Swiss cheese 1 cup chopped smoked ham

4 cup milk

2 eggs

Utensils: Cutting board, sharp knife, teaspoon, measuring cups and spoons, paper towels, blender or food processor, 2 mixing bowls, electric mixer, wooden spoon, rubber scraper, cookie sheet, oven mitts, large metal spoon.

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

Place oven rack in center of oven. Turn on oven to 350 F.

Hold 1 tomato on its side on cutting board. Using knife, cut a 1/2inch slice off top. Using teaspoon, scoop seeds and pulp out of toma-to and throw them away. Repeat with remaining tomatoes. Sprinkle insides of tomato shells with salt and place them upside down on several layers of paper towels to drain.

Place green onions on cutting board and trim off roots. Cut white and light-green parts of onion into thin slices.

Tear crusts off bread and discard. Tear white part of bread into small pieces and then put them in blender or food processor. Add milk, secure lid and process until mixture thickens. Stop blender and add Swiss cheese and ham, then secure lid and process until mixed.

LOCAL READER

(CLASSIFIED ADS sure to get results)

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

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

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Great Neck News
Mid Island Times • Bethpage Newsgram
Syosset Advance • Jericho News Journal
• Call 931-0012

Williston Times •Mineola Edition New Hyde Park Herald Courier •Call 746-0240

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

Help Wanted

BUSY DERMATOLOGY practice needs energetic medical assistant. Call 747-2230 Mon. thru Fri., 9 to 5:30. wm4

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.

CLERICAL ASSISTANT
wanted for busy Chiropractor
office. Some insurance experience preferred. Hours: Mon.,
Wed., Fri., 9:30-1:30. Call
538-3220. gem4

DENTAL RECEPTIONIST FT/PT in West Hempstead for busy front desk. Willing to train. Please call 538-7433. gcm4

LOCAL LANDSCAPER LOOKing for hard working, reliable help. Call 437-7579 before 5 p.m. Leave message on machine, gcm4

P/T MATURE DEPENDABLE babysitter wanted: Must have own transportation. References a must. Flexible hours. 248-5487.

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.

htfn
SECURITY GUARDS P/T
Pleasant surroundings. Ideal for
senior citizen. Weekends only.
All others need not apply. Days
S82-4745, evenings and weekends
549-9094. W-N-3

BABYSITTER WANTED FOR 3 young children in my Williston Park home. 3 afternoons, 15 hours per week. Wed. 1:30 - 5, Thurs. and Fri., 11:30 - 5. References please. Call Eileen 759-9584. hm4

ART LAYOUT PERSON experienced, 20 hours per week. Looking for someone to work

permanent part time only.
931-0012. Immediate opening.
START \$6.80 HOUR
your area. No Experience necessary. For information call 1-900226-9399, ext. 1476, 6 a.m. - 8
p.m. 7 days. \$12.95 phone fee,

hhm5
BABYSITTER 2 OR 3 EVENINGS
per week, 5 p.m.-9 p.m.
References required. 485-4979.
gcMr4

TEACHERS WANTED TO Tutor: Chemistry, Mathematics, or Social Studies. Call (516) 741-3550. hA2

PAINTER/WORKER WANTED
Must be hard worker, experience
preferred. Knowledge of painting
and plastering helpful. Must be
neat, clean and dependable. Part
time work possibly leading to full
time. Car helpful, but not
necessary. (516) 248-3045. W-M-5

MATURE PERSON NEEDED TO babysit for 3 yr. old & infant Sat. eves. Jericho area. References. 938-6168. Call before 9 p.m. hal

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Help Wanted

TELEPHONE COMPANY JOBS Start \$7,80/hr., your area. Men and women needed. No experience necessary. For information, call I-900-226-2022, ext. 5791. 6 a.m. - 8 p.m. - 7 days - \$12.95 fee.

HOUSEKEEPER / BABYSITTER live in: Five days for 3½ & 1 year old at home. Own room, bath Ty. 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

HOUSEKEEPER / BABYSITTER Live in, S days, I child S years, own room & bath. Driver's license required. References & English speaking. 746-4465.

gcMr 4

MOTHERS HELPER FOR summer. Approx. 30 hrs. per week, Must be member of Garden City pool. Available for occasional evening babysitting. 747-6614.

P/T CLERICAL - TYPING and filing. Flexible hours. Mitchel Field Area. Call (516) 745-0800 ext. 307. W-M-4

MOTHER'S HELPER responsible teenager, few days after school and weekends to care for two children, ages 2 and 4, Please call 746-7890. W-AP-2

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)...

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. gcm4

INSURANCE OFFICE IN Roosevelt Field area. Clerical 15-20 hours a week, 3-4 days a week, Flexible hours. Must type. Returnees welcome. 294-8833. gcMr4

SITUATION WANTED
EXP'D STATE CERTIFIED
Nurse's Aide will take care of
your sick or elderly. Part time
days, good reference available.
481-1953. gcAp2

Help Wanted

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

RETIREE P/T, MUNDER'S Hardware, 316 Hillside Ave... Williston Park, 746-1075. wal

BABYSITTER NEEDED TO care for new born infant in my Garden City home until end of June. Non-smoker & references. English speaking. Mon.-Fri. 746-5573. gcm5

HOUSECLEANER AVAILABLE Experience & references. Garden City and surrounding areas. Call 538-1713 all week. gcAp2

F/T LIVE IN/LIVE OUT Mon.-Fri., 3 boys, ages 2, 5, 6. References required. Non-smoker preferred. 877-1229. gcAp2

GARDENER'S HELPER NEEDed. Approx. 6 hrs. weekly. Reliable, hard worker. Experience preferred but not necessary. Retirce OK. 741-6833, leave message. wap!

\$40,000/YR.! READ BOOKS & TV scripts. Fill out simple "like/don't like" form. Easyl Fun, relaxing at home, beach vacations. Guaranteed paycheck. Free 24 hr. recording 801-379-2925 ext. NY49HE8.

Situation Wanted

COMPANION, COOK, LOCAL driving and practical nursing by middle age widow, former resident of village of Garden City. Gentlemen or couple preferred. References. Call 10 a.m. - 1 p.m. or 6-9 p.m. 747-5414. gcAp2

MY SITTER SEEKS TEMPorary child care position. April through mid June. 2 years experience. Kathy 746-5194. gcAp2

NURSE'S AIDE/ENGLISH LPN licensed, seeks to care for elderly or infants. Live out. (718)528-1897 gcMr4

IRISH GIRLS AVAILABLE to care for sick & elderly, day or night. Call Helen (718) 962-2830. gcAp2

HOUSECLEANER AVAILABLE
Morning and afternoon. Own
transportation. Experience.
354-7751. gcAp2

HOME TYPIST AND BOOKkeeping Services. Experienced, mature & reliable. 486-4451, 486-0257. gcAp2

Situations Wanted

TUESDAY

HOUSECLEANER AVAILABLE Good reference, good service, own transportation, Call 997-2035, gcm5

LOOKING FOR HOUSECLEANing job. I am responsible, have references & own transportation. Reasonable rate, 379-7442. gcm4

ENGLISH SPEAKING CLEANing woman. References, own transportation. Wed. available weekly. \$10 per hour. Prefer Garden City, New Hyde Park, Williston Park, Franklin Square & Elmont. Call Jean 568-3127. gcm4

MATURE WOMAN SEEKS position as domestic, experienced & references, 546-4628. gcm4

ENGLISH NURSE WILL WORK as a nurses's aide with the elderly 5-8 hours a day. Experienced. References available. Call 764-9516 from 5-9 p.m. gcm4

HOUSECLEANING AVAILABLE Hard working with good references. Own transportation. Call after 7 p.m. 564-4122, gcm5

HOUSEKEEPER AVAILABLE Live in or out, Experienced & references, Please call & ask for Delmy or Coral 623-4951. gcm4

ATTENTION BACHELORS, bachelorettes, working families, to more and your life seems overwhelming, let me come to your rescue. Young Mineola Mom with empty nest syndrome, 25 year resident, available for housecleaning, shopping, errends, gourmet meal preparation. References, flexible hours & duties. Minimum \$35.00. 747. 2673.

NURSE'S AIDE EXPERIENCED & reliable seeks FT work caring for the sick and elderly. 5-6 days weekly. Excellent reference. Call 538-3357.

YOUNG LADY SEEKS LIVE-IN job-companion, housekeeping, child care, \$225-\$275. References available. Sandy, 338-6759 w/e 718-774-6469. gcm4

HOME CARE ATTENDANT/ Companion Live-In or Live-out, 5 days a week, experienced with references. (718) 774-3185. gcMr4

COMPANION TO LIVE IN drive & light housekeeping. References - 486-6836. gcMr4

GARDEN CITY OFFICE & House Cleaning Corp. Bonded & insured. Will professionally clean your office or house by experienced people at reasonable rates. Call for free estimate. 248-8690. Leave message. gcm5

Situations Wanted

POLISH YOUNG WOMAN TO clean house. Hard woker, nice woman, good references. Have transportation. Please call every Fri. 9 a.m. - 1 p.m. 483-0280. gca1

.....

SLEEP IN HOUSEKEEPER Experienced, honest lady. Call any time, 485-4624.

DOMESTIC HELP AVAILABLE Part Time, Please call Dulaski gcMr5 481-7836 any time.

TWO (2) CERTIFIED NURSES wish work with sick or elderly. Available full time days & also evenings, 484-4321.

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

EF AU PAIR - CHILD CARE affordable, European, live-in 12 months legal child care program, weekly, average \$165. Call today for our next monthly arrival, 1-800-333-6056.

HOUSEKEEPER LOOKING TO work Mon., Wed., & Fri., 1-6 for same family to cook, clean & iron. Experienced, excellent references, English speaking. Nonsmoker, own transportation. 742-1615. gca1

NURSE'S AIDE FULLY EXPERIE enced 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. gcMy1

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

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.

HOUSECLEANER LOOKING for day work. Experience, English speaking, own transportation, good references. Call 489-9151. Ask for Anna. gcm5

COMPANION/HELPER

Errands. Available days, weekends, sleep over, night watcher for ambulatory, elderly person. I am easy going, patient, fun, responsible & honest. Making someone happy is important to me. Will take on outings, doctor appointments, shopping, walk your dog, do laundry, etc. er just a person to talk to. References at St. Thomas, St. Joseph & St. Anne's. 6 yrs. experience in nursing home. I charge \$10 an hr. Rate lower/negotiable for sleepover. Call Maureen between 3:00 & 5:00 at 481-2305 or answering machine, 565-5061. gcal West Hempstead.

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.

------Situations Wanted

MATURE MOTHER AVAILable to baby sit in my West Hempstead home. Affordable rates. References available. 565-9018.

HIGH SCHOOL STUDENT available for babysitting or Mother's helper on week days after 3:30 or weekends. 747-7216.

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

IRISH NANNY AVAILABLE FOR babysitting. Also for weekend housecleaning. Call Caroline 775gcal

EUROPEAN WOMAN. Domestic help avialable. Live in or out. Child care/housekeeping. English speaking. Own transportation, references & experience. 565-5071. gcal

TWO PERSONS TO CLEAN houses or offices. We have 3 years experience. Call Glenda or leave message, 538-2145. gcal

BABYSITTER AVAILABLE. Mature woman, any age child in my Mincola home. PT or FT. Call 294-9613. gem5

HOUSEKEEPER WITH HOTEL experience available to clean your gcm5 house, 564-8180.

SUMMER BABYSITTER AVAILable. Experienced & transporta-tion. Flexible for the summer. Garden City area. 747-1113. gcm5

HOUSEKEEPER AVAILABLE Honest and reliable person. Experienced & good references. Call after 3 p.m. 294-8062 gcAp1

RELIABLE, HARD WORKING Polish girl ready to help with your housecleaning. Own transportation, experience & reference. Leave message when no answer. 221-9720. gcApl

Real Estate For Sale

MINEOLA/GARDEN border, Beautiful Brick Colonial. 3 BRs, LR/fpl, FDR & den, new bath, roof & windows, fin. bsmt. with wet bar. Mint condition. \$247,000, Principals, 746-1779. Wm5

FOR SALE OR SWAP HOUSE in Berkshires. Colonial 5 BRs, 3 baths, tennis court, 6 acres, near skiing & Swimming. Willing to swap for home on Eastern Long Island. Call owner (212)291-3755 GcMr4

SUMMER HOME IN Cutchogue. Prime waterfront. minutes to Peconic Bay waters. Possible owner financing with a large down payment. \$279,000. 584-6318. gcMr5

SOUTHAMPTON VILLAGE: Spectacular 3 BR, 21/2 baths plus Near ocean. \$329,000. gca1

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

CAMELBACK, PA. TOWNhouse. Best mountain top location. Ski 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. gcm5

GARDEN CITY & VICINITY:

Interest rates down, bargains galore! 100 x 115 on prestigious Stewart Ave., 5 BR slate roof brick Georgian Colonial, 31/2 baths, den/library, palatial windows, fpl, covered patio/porch, 2 car attached, Real beauty. \$650,000. Central Estates: 2/3 rolling acres. 3 BR Center Hall Ranch, 3 baths, country kit., den, cathedral ceiling library, central air, fin. bsmt. with au-pair suite. \$595,000. 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 baths, updated kit. \$339,000. Garden City South: 3 BR Brick Split, 21/2 baths, central air, fin. bsmt., sprinklers, 2 car. \$295,000 Hempstead Cathedral Gardens: Your own Country Club. 5 BR slate roof, brick CH Colonial, 3 plus two half baths, den, heated pool, two cabanas, 3 car, seven rm. attached suite. Owner finance. \$495,000. On Garden City Line - Young breathtaking 4 BR CH Colonial, 21/2 baths, super kit., fam. rm/fpl, CAC, 14 x 24 conservatory deck, fish pond, 2 car, walk to Garden City station, available furnished. \$375,000. 4 BR Colonial Tudor, 31/2 new baths, new EIK, fpl, den, fin bsmt., possible mother/daughter SD #27 5284,500. Charming 3 BR Center Hall Colonial, EIK, porch, patio, 75 x 100 landscaped beauty. \$219,000. Two BR Townhouse, 21/2 bath, Central air. security, \$154.00 maintenance. \$166,000. Why rent? Can buy with Sonymae 81/1% mortgage Studio, new kit., wall to wall carpet, elevated bldg. Low maintenance. \$329. \$47,000. Country Club Estates: 4 BR Brick turreted slate roof French Tudor, 2½ baths, granite fpl, sunk beamed LR, 70' x 130' property, 2 car. \$220,000. 4 BR Dutch Colonial . 21/2 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. Elaine J. Nolan 485-7054 - 292-9749. gcm4

HAMPTON BEACH, Remsenburg. Bayviews are enjoyed in 3 BR, 2 bath home. Open living with fpl, wrap around deck, bulk heading & protected dock. Low taxes, Reduced to \$299,000. Owner wants offers. Call 325-8202 or 621-8940 for appointment.

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. gcm5

GOVERNMENT HOMES FROM \$1.00 (u-repair). Delinquent tax property. Repossessions. Your area (1) 805-962-8000. Ext. GH-5172 for current repo list.hm4

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Real Estate For Sale

SUMMER FUN IS YOURS IN this hide-a-way cottage nestled on full wooded parklike acre. Steps to deeded boat right. 2 BRs plus sleeping porch, covered rear patio for secluded dining, gas heat, FPL. Asking \$144,000 BRING DEPOSIT!Bookmiller Real Estate gcMr4 722-4423.

SOUTHOLD - ONE OF A KIND home with huge stone fpl on secluded 3¼ acres. Over 260 feet of sandy beach on bay with views in every direction. A restful, comfortable atmosphere with a feeling of the past while affording the modern conveniences of fine living. Offered at \$650,000. Entertain in a grand manner overlooking your grounds & 137 foot bulkheaded dock. Beautiful views. This 4 BR, 3 bath well built home is ready for you to move in. \$545,000. Want privacy plus protected waterfront property? You must see this 3 year young custom Cape, nestled on acres. It's a beauty! \$310,000. For the large family we offer a lovely 5 BR, 5 bath home. A good buy at under \$300,000. One acre plus building lots starting at \$61,000. Madelyn Baker 765-2310. gcm4

MATTITUCK - PERFECT FAMily home. 3 BR, 1½ bath Ranch. LR, DR, EIK, fam. rm. plus 2 story, 2 car garage on 1 acre. \$155,000. Southold - Sparkling 2 yr. old Country Cape. 2,600 sq. ft., 8 spacious rms plus 3 baths, fpl, deck, 2 car garage under, full bsmt. on quiet cul-de-sac. 5240,000. Jamesport - Family compound 5,000 sq. ft. new home, 2 deep water boat slips, 5 BRS plus Master BR suite. A must see! Bring all offers. Asking \$695,000. Southold - Perfect for the young family. 3 BR, 2 bath home with mod. EIK, LR & fam. rm. enclosed porch, fin. bsmt. — 3 zone OHW heat. Convenient location. \$145,000. Southold Waterview - Maintenance free, 3 BR. 2 bath Ranch. Sliders to deck, garage, bsmt., OHW heat & low taxes. A good deal! \$155,000. Marion King Real Estate 734gcm4

GARDEN CITY/HEMPSTEAD Condo. Best Buy! Atrium Plaza, 200 Hilton. Private entrance, 2 BRs, Gally Kit., dining area, sunken LR, I bath, all appliances including washer/dryer, CAC, fully carpeted. Indoor private parking. Owner 354-6502. GCAp1

SOUTHOLD BY OWNER 4/5 BRs, 2 baths, expanded Ranch. Mint condition. appliances, new roof. Skylights and ceiling fans in 40 x 31 Great room. Generator, finished basement. 1 block to L.I. Sound beach, Must see, Priced to sell, Call for details, 765-9279, gcAp1

HEMPSTEAD OVERLOOKING Golf Course - Dutch Colonial 4/5 BRs, large EIK, LR/Fpl, FDR, den, finished basement, full attic, fenced yard/pool, alarm. \$199,000. Owner 485-4280. gcAp1

10 X 50 MOBILE HOME in a lovely Riverhead L.I. retirement park. Florida room, new windows, screened porch, handicap ramp, partially furnished, extras. Convenient shopping. Asking \$10,000. No reasonable offer refused. 747-2627. gcAp1

Real Estate For Sale

I BR CONDO OCEAN FRONT Gold Coast A1A Palm Beach. Newly renovated, leather furniture, near golf course. \$84,000. Also for rent with option to buy. 483-6880 days, 285-7738 eves.

GARDEN CITY WESTERN Section corner Split. 3 BRs. 11/2 baths, LR/fpl, DR, Kit, den, bsmt., patio, CAC, 1 car garage. \$325,000 negotiable. 488-4796. gcm5

PARK SECTION MINEOLA Legal 2 family. 51/2 & 41/2 rm. apartments. Gas heat, full attic, fin. bsmt. 50 x 100 ft. lot. Low taxes. Mid \$250's. Call 746-3141.

GARDEN CITY EXPANDED Ranch on John St. 5 BRs, 3 baths, den, cac, landscaped ½ acre. \$575,000. By owner. 741-0451.

gcap3

GARDEN CITY MOTT Center Hall Colonial, 4 BRs, 11/2 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.

HELGA CROSBY'S BEST BUY Do not read if you're over the hill. Frank bought a house from me; he's an attorney. He sent this client John to buy a house from me too for tax purposes. John was 28. John threw a tent party in his new home. His cousins, uncles & aunts, buddies and old neighbors of all ages came. His high school band made music on the patio. Clams were shucked under a tree while shark steaks (caught that a.m. by Uncle Vinnie) crackelled on the grill. It was a blast! The neighbors thought so too when the portable johns arrived. Well, John went on to buy four more houses from me & sold the last one for nearly \$600,000. He now owns properties in Florida. Hamptons & North Shore & he is probably negotiating to buy the Italian Alps. (Frank's phone number upon request). John is now 35. If you are bold enough, young enough, imaginative enough & would like to be rich enough, let's get started. Call me to see Laura - a stone cottage under \$300,000 or Pembroke, a 4 BR Colonial under \$400,000. All locations. The fact is Real Estate far exceeds any form of investment for potential appreciation. Helga Crosby at Studwell 746-7077 or after 6 p.m. - 746-0563.

VICINITY BELLEROSE VICINITY
Magnificent side hall Victorian style. 4 BRs on second fir. plus walk up attic, 11/2 mod. baths, mod. EIK. We have FDR. TV/music rm., LR/fpl, A/C, EE garage door plus main floor laundry rm. Taxes \$1,100. One of a kind! \$170's. Diligent Realty 718-776-7474. gcm4

GARDEN CITY FIRST SHOWing, Estates Split level, Maintenance free exterior, 3 BRs, 2 baths, new EIK, new windows, beautiful deck with awning. Asking \$389,000. Principals only. 742-

gcm5

\$135,000. Principals only, 746 5646. gcm5

Co-Op · Extra large 1 BR, 1 1/2 Many extras, Reduced to \$95,000. gcMr5

gcMr5

7th St. Oversized LR & DR, Ipl. Call 742-1268. gcm4

GARDEN CITY'S BEST I BR Co-op. New kit, bath, CAC, etc. New w/w carpet, wash/dryer. Prime for retiree/single/newly. No I bedroom is better! Asking \$99,000. Owner 742-3065. gca1

(Cathedral Gardens) Super 2 BR Co-op with patio. Drastic price reduction to \$59,990 for quick

Couple looking to buy a home in Garden City. We have a 1 BR Co-Op to sell or trade. Excellent G.C. location, walk to all. Must sell. \$115,000. Maintenance 70% deductible. Work (718) 641-4945.

Real Estate For Sale Real Estate For Sale

GARDEN CITY VICINITY Luxury Townhouse located at the Atrium Plaza just 5 blocks from the Garden City Hotel. 3 BRs. 21/2 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. gcMr5

GARDEN CITY ON THE BLVD. Corner house, Large custom Cape. 4 BRs, den, 3 baths, oak floors, designer kit, LR, DR, fin. bsmt., sprinkler system, beautifully landscaped. Principals only. \$265,000.352-5062.

GARDEN CITY ESTATES Elegant, beautifully decorated renovated Dutch Colonial. Center Hall, 5 Bedrooms, 31/2 Baths, Living Room with fireplace with authentic Dutch tiles, formal Dining Room, Sun Room, Finished Basement. Brass light fixtures, Laura Ashley curtains and wallpaper throughout. Hardwood floors, new eat-in-kitchen with cherrywood cabinets and top of the line appliances, two car garage. New furnace and water heater. House surrounded by dozens of azaleas. Excellent location, within half mile from Mineola and Hempstead train lines. Tullamore Park. Homestead and Stratford Schools just around the corner. By owner. \$495,000. 742-4271.

PENNSYLVANIA, WEST Poconos. Residential area. Well constructed single Ranch. 80x150 LR, 3 BR, 114 bath, large kit/dinette, full attic/basement, patio. Owner. Principals only 1-717-636-0717.

GARDEN CITY: 4 BR RANCH Mother/daughter of professional offices. Country Kit., 2 fpls, all amenities. \$650,000. Principals only. 747-7328. gcal

GARDEN CITY. ALL BRICK & stone Western section Cape. 3 BRs, 2 baths, beautiful new EIK. Must be seen at \$359,000. Principals only, 326-8024. gcap2

SHELTER ISLAND, LOVELY year round Ranch. 4 BRs, 2 baths, private beach, dock, appliances. Asking \$290,000. Summer rentals now available. Forfire, Realty. Call 749-3288.

GARDEN CITY, MEADOW ST. Charming, mint 3 BR, 1-1/2 bath Colonial. LR, FDR, updated EIK, attic, basement, landscaped, fenced in yard, open porch, new roof. Semi attached. Taxes \$1,650. Principals \$168,000. 741-2780. gcAp2

GARDEN CITY LARGE RANCH Western Section - 4 BRs, 3 baths (1 has steam & jacuzzi) very large den & terrace with awning, 2 car garage. Security & sprinkler systems. European kitchen, finished basement on 90 x 125. \$400's, 488-4431. gcAp2

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KEUSEY'S EXCLUSIVES New Exclusive! Plenty of room for the family in this 7 BR, 5% bath Colonial. LR/fpl, den, breakfast rm/skylight on 100x150. Extras galore! \$675,000. New Exclusive! Immaculate 3 BR, 3 bath Split. Central air, skylight in new EIK, fam. rm. with wet bar. New Anderson windows. Lots of privacy for only \$389,000. Estates Center Hall Colonial, Mod. & spacious ElK, 4 BRs, 21/2 baths, fpl, rec. rm., 2 car, walk to all. \$345,000. Expansive Living area in this 3 BR, 21/2 bath Contemp. Large property. EIK, fam. rm. Asking \$345,000. Put a little Mott in your life! Center Hall Colonial. LR/fpl, DR, Kit, Florida rm., 2 11/2 baths. Priced to sell \$295,000. English Colonial 60 x 145 property needs TLC, 4 BRs, 11/2 baths, LR/fpl, full DR, kit, heated sun room & garage, plus low, low taxes. Reduced to 5279,000. Contemp. Colonial on 85 x 130 lot, 3 BRs, 11/2 baths, den, 2 car with electric eye. Asks \$265,000. Property, property, property! Central section expanded ranch 120 x 200 property. 4 BRs, 3 baths, den, new EIK, CAC, Only \$575,000. Spacious & sunny 5 BRs, 2 baths, mod. EIK,

GARDEN CITY SOUTH Immediate sale required of magnificent all brick Contemp. 3 BRs, 31/2 baths, mod. ElK, fam. rm/fpl, beautiful fin. bsmt, cac. 5295,000. Edwin M. Keusey 747-1300. gcm4

fam., rm/fpl, rec. rm. Only \$289,000. Edwin M. Keusey

747-1300.

gcm4

NEW HYDE PARK COLONIAL 3 BRs, 2 full baths, fin. bsmt. Legal 2 fam. C.O. Walk to LIRR. \$175,000. 437-8825. gcal

GARDEN CITY VICINITY The Atrium. 1 BR Condo, CAC, washer/dryer, large yard, free indoor parking. Maintenance \$115. Owner anxious \$107,000. 538-8380. gcmyl

GARDEN CITY WESTERN Fieldstone/Brick Cape. Move in condition, 4 BRs, 2 full baths, LR/fpl, FDR, EIK, all new bath with skylight, new gas heat. Many extras. Must see at \$309,000. Principals only. 326gcm4 9294.

WHY WAIT? SAVE BROKER'S fees. Garden City NE Split, 3 BRs, 2 baths, aluminum siding, CAC, low tax & maintenance. Convenient to shopping & RR. Anxious owner relocating. \$299,000.746-7281. gcm5

EAST WILLISTON. BRICK Ranch, LR/fpl, DR, large kit, 4 BRs. 11/2 baths, patio, den. 2 car garage, fin. bsmt., 90x100'. 5325,000, Principals. 742-0912.

WILLISTON PARK 3/4 BR Colonial. ElK, full DR. Con-venient to all. Low taxes. \$200,000. Principals only. 741-1867 Wm4. 1867.

GARDEN CITY EXPANDED Ranch. 3 BRS, 2 baths (1 brand new), den, DR, on 65x125. \$325K Principals only. 742-8390. gcap2

Real Estate For Sale

GARDEN CITY. LOCUST ST. \$10,000 down buys 4 BRs, 2 bath Cape. Assume mortage & move Asking \$319,000. Owner 742-8337.

STEWART MANOR I BLOCK Garden City. 3 BR, semi attached Colonial. Large DR, EIK, nice yard, walk to RR. \$209,500. 328-7497. - gcal

WILLISTON PARK: BRICK/ stone Colonial. 3 BRs, 11/2 baths, deck, fin, bsmt., EIK, DR, Near all. Move-in condition. Low \$200's. Owner. 248-7742.

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

GARDEN CITY PRIME Estates Section Split. 3 BRs. 2 baths, LR/fpl, FDR, EIK, paneled playroom & lower basement. Oversized 1 car garage, patio, 2 zone gas heat. Walk to schools & RR. Low \$400's. Owner 747-3882. gcm4

HICKSVILLE: 4 BR LEVITT Ranch, New Euro kit & bath. 60x100. Taxes \$2600. 2 zone heating & ceiling fans throughout the house. Asking 165K. Principals only, 735-0793.

GARDEN CITY WESTERN Section. Split, vinyl siding, 3/4 BR, den, fin. bsmt., 3 baths, fpl, new ElK, new furnace, sprinkler system. Close to transportation. Principals only. Low \$300's. 354-7285. hm5

EAST MARION. PRIVATE beach community, tennis courts, next to golf course. 4 BRs, 21/2 baths, 3 decks, in-ground pool on 1/3 plus acre. Asking \$319,000. Owner 477-0928. gcm5

GARDEN CITY ESTATES Reduced \$55,000. Spacious stone/brick, slate roof expanded Ranch. Large property. 3 BRs, 21/2 baths, mod. kit., LR/fpl, DR, 2 dens, 2 car. Asking \$349,000. 481-2037. gcm5

GC VICINITY - CATHEDRAL Gardens. Center Hall Colonial, 3 BR - 2 baths up, 1 BR - bath down, LR, DR, EIK, den, Florida room, CAC, underground sprinklers. Principals only ha2 489-1786.

SEARINGTOWN-HERRICK School District. Charming center hall Cape, excellent condition, Lovely property-location. \$290,000. Principals only. 742wm4 1913.

FLORAL PARK-FLOWER VIEW Gardens. Newly renovated 1 BR. Mint condition. Walk to RR, bus & stores. Asking \$92,000. Low monthly maintenance. Must see! Call after 5 p.m. 775-7820. wal

GET RESULTS! Place an ad in our Classifieds for reasonable rates and prompt results. Call 931-0012 • 294-8900 or 746-0240 for more Information....

Co-Op s

Real Estate For Sale

GARDEN CITY CHERRY Valley Co-op. Second floor, wall to wall carpeting, washer/dryer, renovated kit & bath. Many extras. Court yard location. Priced to sell. 248-6738. gcm4

FREEPORT SOUTHWEST Florida like apartment, waterfront on 3 sides. 3 rooms, 25 foot

deck, free dockage, fully equipped. 4 years old. Private entrance. No underlying mortgage. Laundry room, storage Low taxes, 867-4692. gcAp. gcAp2

GARDEN CITY/CHERRY Valley Co-Op. 2 BR second floor end unit. Owner relocated. 703-527-1397 - leave message. gcMy2

GARDEN CITY/HEMPSTEAD border: Cathedral Gardens, Owner relocated. Sunny, large IBR. new ElK, 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. gcap2

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. hAp1

SUNNY LARGE 1 BR GREAT Neck Co-op Apt. I block from LIRR. Immediately available. Low maint. Mod, well kept bldg. Asking \$120,000. Call 627-6781.

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

gca1

GARDEN CITY CHERRY Valley. 2 BR with new kit & bath. Walk RR. Must sell \$124,900. Hamilton Gardens. All new 1 BR with LR & DR. Walk RR & stores. Parking available. \$125,000. Heart of Town - Professionally designed & decorated 3 BRs, 2 baths, LR/fpl, FDR. Must be seen. 5200's. Fennessy Realty 746-6245.

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. gcal

G.C. HAMILTON GARDENS Gorgeous, oversized 1 BR Co-Op. Quiet corner apartment, totally renovated, new Euro style EIK. separate DR, new bath, refinishhardwood floors, California closets. Extra large rooms, heated garage. Close to all. gcMr5 \$125,000, 747-3607.

Real Estate For Sale

GARDEN CITY 7th ST. CO-OP Second floor walk-up. Renovated kit, BR. LR, plus TV rm. New windows & refin. oak floors. I car garage. Low \$100's. Owner 248-6512. gcan1

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.

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

MINEOLA: HORTON HOUSE I BR, large LR, secure building. Convenient to RR, hospital, stores, Must sell. \$89,000 By owner, 747-8711. gca1

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. gcApl

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.

MINEOLA CO-OP GARDEN Plaza. 2 BRs, 2 baths, fully renovated. 60% tax deductible. Quiet top floor, corner apartment with extras, Walk to LIRR

LINCOLN ARMS, MINEOLA baths, near RR, courts & hospital. Days 663-2579, eves. 742-3599.

MINEOLA - HUGE 1 BR appliances, closets galore, top floor. Near to all \$110,000. Owner 747-8919.

GARDEN CITY 3 BR CO-OP ON Country ElK, 2 full baths, foyer, washer/dryer, a/c, new windows. Walk to RR, shops, schools, Mint condition, Must sell. \$219,000.

GARDEN CITY/HEMPSTEAD sale! Amazing value! Call now 485-1513.

BUY OR TRADE-GARDEN CITY home (516) 741-8894. gcap1

WILLISTON AREA. 2 Apartment with EIK, DR, LR. Spacious/convenient, \$875, 378-3739 early a.m. or after 8 p.m. gcm4

GARDEN CITY/HEMPSTEAD Mod. 1 BR apartment, kit & bath, large LR. Near all transportation \$750/month includes heat, 489 8840. Please call evenings. gcm4

FOUR ROOM APARTMENT Ground floor, finished basement, washer/dryer, use of backyard. Call after 5 p.m. Principals only W-AP-2 747-4831.

R.E. FOR RENT

BELLEROSE NORTH, LARGE 5 room apt., entire main floor of d 2 family house. 2 BR's, LR, FDR, EIK, bath, garage, use of yard. Child OK. \$950 per month plus utilities. 486-1868 or 248-0753. gcAp2

FRANKLIN SQUARE - 1 BR EIK, LR, full bath, washer/dryer, very modern, no pets. \$650 includes all. References & Security. After 4 p.m., on weekdays and all day weekends, 354-4207. gcAp2

CO-OPS MINEOLA VICINITY Studio \$750, 1 BR \$900, 2 BR, 2 bath, terrace \$1,200. Town House 3 BR, terrace \$1,400. House 4 BRS, LR/Fpl, DR, painted \$1,350 Random Real Estate gcMr4 741,9797 ********************************

GARDEN CITY VICINITY Luxury townhouse located at the Atrium Plaza just 5 blocks from the Garden City Hotel, 3 BRs, 252 haites, ElK. DR. LR. fin. bsmt., laundry rm., outdoor patio, garage parking, CAC, security system, appliances. Owner has relocated & is offering this townhouse for rental of \$1500/ 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.

WILLISTON AREA - SPACIOUS airy room. Convenient to all. Private entrance, \$400, 378-3739 gcAp2

GARDEN CITY & VICINITY: Immediate - Center of village. Spacious 2 BR, six (6) closets, elevated building. \$1500. Hemp stead Cathedral Gardens - 1 BR Garden apt. \$795. Lynbrook: Sunny spacious four (4) rm. apt., a/c, completely furnished, walk all, \$950. West Hempstead: 1 BR. swimming pool, reserved park-ing, walk RR. \$780. Elalne J. Nolan - 485-7054 - 292-9749, gcm4

FRANKLIN SQUARE - SUNNY 2 room studio, first floor, private entrance. Walk stores and bus. Small pet OK \$560 all. Single only. (516)354-9272.

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Real Estate For Rent

APT. FOR RENT: MINEOLA. 3 BRs, LR/fpl, W/W carpeting, fin. bsmt., back yard, walk to RR. \$1100 per month plus utilities. 746-3141.

GARDEN CITY - PRIVATE room for rent. Furnished or unfurnished in private house. Share bathroom, nice room, carpeted, panelled, mirrored. Nice family. Ten minutes from Adelphi. Walk to RR & courts. 741-9740. gcm5

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

WEST HEMPSTEAD CAPE - 4 BRS, 2 full baths, LR, DR, EIK, finished basement, 11/2 car garage with patio, lovely oversized yard. \$1,295, Owner 795-2774. gcMr4

GARDEN CITY, LARGE, SUNNY room. Furnished or unfurnished. Private full bath, private en-trance. Walk to LIRR & Adelphi University. Non-smoker, security, references, 742-6845 or 747-1130. Leave message. gcm5

HEMPSTEAD/GARDEN CITY Mulford Place. Large 1 BR in charming building. Freshly painted, LR/fpl, DR adjacent salarium. Furnished \$950. Unfurnished \$850. 741-5923. gem5

FLORAL PARK CREST STUDIO Apartment, Private entrance, full bath and kitchen. Non-smoker, references. Call (516) 775-0792. GCApl

CATHEDRAL GARDENS: RENT with purchase option for qualified buyers. Established co-op complex. Studio, 1 BR & 2 BR apartments from \$650. One third of rent applied to purchase. Located on picturesque Cathedral Ave. Call 486-1942. gcMyl

MINEOLA APARTMENT - 2 BR LR, FDR, large EIK, 2 baths, finished basement, storage room, washer/dryer. Off street parking for 2 cars. Walk to RR \$1,100 per mo. for all. (516)486-1868 or (516)248-0753. gcAp1

WEST HEMPSTEAD - NEW Apartment, LR/kitchen combo, BR, second floor, private ent-rance. Single preferred. \$650 includes all. 483-3634. gcAp1

GARDEN CITY 2 RM APARTment, upstairs, seperate en-trance, near RR. Clean, share bath, own refrigerator & microwave, \$300 per rm per month. Call 354-5064. gcm4

Real Estate For Rent

MINEOLA/WILLIS AVE. location: 12 x 12 private rm. on second floor. Beautiful location. \$250, per month. Call owner. 746-8023.

GARDEN CITY, 222 SEVENTH St. Condo. 2 BR, new throughout. \$1600 a month. Apply full rent towards purchase. Asking \$199,000. Owner. 742-8337. gcal

WILLISTON PARK: 2 (2) BR APT 2nd floor, residential, \$850 a mo. No broker's fee. 248-0674, even-

LARGE SUNNY RUGGE, Mineola. Private entrance, private bath. \$450 per month. wal

FURNISHED ROOM FOR RENT Albertson, 3 blocks from LIRR TV, kit use, own cable bathroom. \$300 a month plus 1 month security. References, 742gcal

APARTMENT HICKSVILLE area. 2 BRs, Kit/DR, LR/Skylight bath. Close to shopping, buses & train. Owner 935-0856.

Vacation Rental

CHARLESTON, S.C. QUIET island, miles of beaches, front beach homes & villas. Daily & weckly, 1-800-476-0400. gcm5

SOUTHAMPTON - BEAUTIFUL young contemporary on 2 wooded acres, 5 minutes walk to private Peconic Bay beach. 3 large BR's with separate Master Suite, modern Euro-kitchen, huge cathedralled LR, DR, 2½ baths, patio, alarmed, cable ready, all ammenities. Season \$9,800. July or August \$3,900 plus securities and utilities 746-4314. gcAp2

SOUTHOLD - 3 BR RANCH steps to private sandy beach \$3,000 a month. Laurel - 3 BR cottage steps to bay beach \$6,500 a season. Cutchogue - 3 BR cottage, bike Nassau Point Beach \$2,500 a month. East Marion - 3 BR. California Ranch, private beach \$4,300 a month. Mattituck -5 BR bayfront \$4,500 a month. Nassau Point - 3 BR plus loft, bayfront \$6,600 a month. Many others available. Abatelli Realty 734-6000 or 800-439-FORK.

gcMr4

JUPITER, FLORIDA Garden City resident offers 2 BR, 2 bath Townhouse at Jupiter Ocean & Racquet Club, Available March - April, Call 747-6179. gcMr5

SOUTHOLD COUNTRY HOME 3 BR, fully equipped, large screened porch, walk private beach. Washer/dryer, cable, immaculate. \$1,200 monthly, May, June, Sept., or weekly \$500 334-0196. gcMr5

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Find Bargain

IN THE CLASSIFIEDS

Vacation Rental

SANIBEL ISLAND, FLORIDA Lush tropical setting, virtually unspoiled, southern Florida Gulf coast, Sundial Beach & Tennis Resort selected by Better Homes & Gardens as one of the top resorts in the USA. 2000 ft. beach, 5 pools, jacuzzi, 13 soft/hard court tennis, golf, boat/bike rentals, supervised children's activities available. award winning chef & gourmet restaurants, superb shopping, world famous shelling, only 35 min, to Ft. Myers airport. Complete resort right on the Gulf. Recent multimillion dollar beautification program. One or two BR Condos with full kitchens. Rent daily, weekly, etc. Reasonable. (516) 746-2211, (516) 326-7711. gcjn3

CAMELBACK, PA. HOME - 3 state views from 1.750 ft. Best location on mountain. Ski on, ski off. 100% snow making & night skiing, sleeps 8 with private baths. Wood stove, loft, skylight, club house, pool, indoor tennis. Reasonable rent. 747-7019. gcm4

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BEACH FRONT - SOUTH Jersey Shore. 4 BRs, 2 baths. Minutes from Atlantic City Casinos, amusements & Cape May. Great for family. Available spring & fall weekdays & weekends & by the week in summer. All ammenities. Call 746-5652. 746-5652. gcmr5

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HILTON ISLAND, SOUTH Carolina. Ocean view apartment on beautiful beach. Large pool, tennis, restaurant, lounge & convenient store on premises. Golf nearby, excellent accommo-dations at discounted rates. Owner 742-4485. gcap2

NASSAU POINT - AUGUST tental ... Gracious waterfront country nome with private beach on 2 plus secluded acres. 5BR's, 31/2 baths, LR, DR, well equipped kitchen, laundry etc. Old fashioned screened porches, Immaculate with many extras. 747-0688.

gcMr5

CLEARWATER BEACH, EAST Hampton. Beach rights, wood burning stove, 3BRs, 11/2 baths, hot tub, Cathedral ceilings, 3 tier deck. Long Season. Asksing \$9500. 483-6880 days; 285-7738 eves.

MT. SNOW/HAYSTACK Large, fully equipped 4 BR's plus loft, 21/1 baths w/color TV, VCR, microwave. Available by the week or weekend. Beautiful views, lots of privacy, heated garage. Call 466-6120. gcma4

MONTAUK-SPRING GETAWAY Special. 3 days \$150 couple. 2 Rm suite, heat, full kit. Sleeps four. Walks, dining, shopping. Hund-red feet to beach. Immaculate, Call 724-5572.

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. gcm4

Real Estate Wanted

NORTHFORK HOUSE WANTED for Aug. rental. Please call Patrick 741-2646 after 7 p.m. gcal

DAUGHTER OF LONG TIME Garden City residents looking to buy 4 BR, 2½ bath home in Estates section. Prefers to buy direct from owner, Interested in selling? Write to Box #B, c/o Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530. gcm5

ONE OR TWO CAR GARAGE TO rent for antique cars. Garden City or Garden City vicinity. 741-4327. gcm5

GARDEN CITY RESIDENT employed lady seeks furnished rm in Garden City. Kitchen privileges. Walking distance #40 bus line & 7th St. stores. Call 222-7432. gca1

LIFETIME WILLISTON PARK resident (Volunteer Fireman) interested in purchasing house in Williston Park-Herricks School Williston Park-ricipals only,
District. Principals w-Ap-2

GARDEN CITY RESIDENT desires small house, 2/3 bed-rooms. Up to \$200,000. 481-2037. gcMr gcAp2

Car For Sale

88 CAMARO Z28, 5 SPEED showroom perfect. Too must to list. Best offer over 8,000 takes it. 248-6683.

1987 BUICK LE SABRE COUPE Original owner, 5,000 miles, moon roof, \$8,500, 747-2104 after gcAp2 бр.т.

CHRYSLER 88 LE BARON Convertible Silver/Black fully loaded. Computer dash, 37,000 miles. Paid 770 plan under warranty, passive alarm system. 59,500, 437-4834. gcMr4

1985 SAAB 900 TURBO 5 speed, 4 door, grey, 61,000 K. Must see, \$6,200, Call Ron, work 745-0219, home 742-3297. gcm5 ************************************

SUBARU 1983 STATION Wagon. All power, automatic. Body in good condition. Clean inside. \$1350. Days 483-2880, eves 485-3453 after 6 p.m. gcf4

1989 CHEVY CAVALIER Excellent condition. Manufac-turer warranty. A/C, PB, PS, AM/FM, new tires. \$6,000. gcMr5 747-0537

CHEAP! FBI U.S. SEIZED. 84 VW \$50, 87 Mercedes \$200, 85 Mercedes \$100, 65 Mustang \$50. Choose from thousands starting \$25. Free 24 hour recording reveals details 801-379-2929 ext. NY49HJC U.S. Hotline copyright. hmy1

1979 CUTLASS. AC, PS, PB, am/fm, runs well. Clean, reliable transportation. 746-4680. gcap1

1986 OLDSMOBILE 98 Regency. Fully loaded, mint condition, 47,000 miles \$5500. 742-3548 after 6 p.m. gcap1

Car For Sale

1978 PLYMOUTH BOLAIR Slant 6 engine, 48,000 miles. Immaculate. Asking \$1,200, 1979 Ford Flesta Hatchback, 63,000 miles. Stick shift. Asking \$1,000. Must see 873-8908. gcm4

'89 VW JETTA FULLY LOADED. Extended warranty. 25,000 miles. Best offer, 294-8132.

1986 FLEETWOOD CADILLAC 4 door, 8 cylinder, 37,000 miles, black exterior. Fully loaded. Original owner. 746-0680. gcM4

1982 BUICK LE SABRE. 4 DR. all power, a/c, stereo cassette, 45,000 original miles. Original owner. Excellent condition. Velour seats. 4000. 352-3083 358-2264. gcal

'89 CHEVY G-20 CARGO VAN. Extremely clean, 41,000 miles in warranty. Will negotiate. Must sell. 742-0933.

1972 DATSUN-240Z, ORIGINAL miles, six cylinders, sun roof, red/black interior. Automatic, very good condition. \$1650. 354-5273. Call after 6 p.m. Wap1

1983 PLYMOUTH RELIANT Good condition. Loaded, dark blue, \$400, Call 248-7314. gca1

'89 VW FOX. A/C, AM/FM Stereo cassette, 4 speed. Metallic red. 35,000 miles. Asking \$5700. 328-0263.

'84 NISSAN SENTRA 65K, auto, a/c, AM/FM. New transmission, distr., carb, excellent condition. Asking \$2400. 742-1162.

Services

LANDSCAPING, SHRUBS all kinds of yard work. Low. low rates. For free estimates call Bill at 564-9598 or 486-2170. gcMr4

PROFESSIONAL COMPUTERized office services: Bookkeeping, auditing, mass mailing, accounts payable, inventory, collections, typing. Let us provide high quality office skills at reasonable rates. Flexible hours. Pickup/delivery provided. Call 764-9808. 354-7368. W-M-4

PRICE RITE PAINTING Residential & Commercial. Interior, exterior, restorations. We move all furniture, All work satisfaction guaranteed. Free estimates & fully insured. 887-6076. gcjn1

LADIES, RELAX & ENJOY your next partyl 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. wtfn

HANDYMAN TOM. HOME Repair Specialist. Doors sticking? Broken window glass & cords? Odd jobs, hardware, carpentry, aluminum trim, siding repars, gutters, rotted wood. Free estimates. Lic. #H1755180000. 546gcm5

Services

GUTTERS CLEANED, REPAIRed. replaced, installed, painting, trim, windows. Other handyman jobs. Call Joe 735-6349. hJn2

SAVE TIME, LAUNDRY picked up, washed, dryed, folded and delivered. 24-hour service available. Call Linda 248-5487 hA2

ORDONEZ PAINTING Painting, interior, exterior, wall paper removal, hanging. Free stimates (718) 327-4394, (516) 239-1690 gcAp2

CHEVY VAN WITH DRIVER for light trucking. \$15 per hour. 742-0933. gcMr5

GENERAL CONTRACTOR/ Handyman. Carpentry, painting, plumbing, electrical, applicances, income apartments. Licensed & insured. Will beat any bona fide estimate. Call Tom 326-2599. gcJn2

HELPING HANDS

We will help serve and clean up at next party. Reliable. 775-7440. gcMr4

BRIAN CLINTON MOVERS Licensed and insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place. gcmy3

THE CUISINE SCENE

Fine catering, glorious food, complete party planning service, menu suggestions for all occa sions. Weddings, my specialty including beautiful cakes. Professionally trained staff. Call Susan 742-1956. gcjn2

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 483gcmy3

BUILD WITH BRICK Stoops*Fireplaces*Patios
*Driveways*And all types of Brick & Stone Work Quality Workmanship at Reasonable Prices Satisfaction Guaranteed No Job Too Small Waterproofing Slate Roofs Repaired 538-3813 LIC#H1735940000

MARIO POLITO'S COMPLETE home remodeling. I do everything from ceiling to floor and lots All types of carpentry, ceramic tile, painting, etc. Free estimates. (516) 538-2273. Lic. #HO418010000. gcap1

JAMES F. MENTZ CARPENTER-ROOFER Skylights Installed Carpentry-Alterations Slate Roof Repairs Roofing-Gutters-Leaders Kitchens-Attics-Basements LIC#401750000 593-2933 gcap2

ALARMS: SERVICE, UPDATES, installations. Quality work, Save money! Call Mike, 742-9386, leave message.

Services

HOLLYWOOD Construction & Floors of Garden City, E., Northport & Roslyn

egerment to the comment

•Interior & Exterior painting Carpet (all major brands) Carpet repair ·All phases of home improvements. •Recommended & Used by architects & interior designers •17 years experience

•Garden City resident · All work guaranteed Call 368-8205 gcJn1

LITE MOVING & STORAGE Very reasonable. Call day or night. Long & short term storage. Local/long distance. Will be any price. Free estimates, \$10 off with this ad. (516) 599-0996.

gcAp4

CALL MR. O FOR YOUR HOME painting needs. 775-2231. gcAp2

PAINTING - INTERIOR & EXterior. Only best paint used. Reasonable prices. Free estimates. Work guaranteed. Call Jimmy Mac, 248-7314. pcap2 gcap2

HANDYMAN - QUALITY HOME repairs: plumbing, leaky faucets. toilets, tiles and grouting. Shelves, fences. Doors shaved, carpentry, sheetrock patching, Ceiling fans installed. Call Joe

Professional Services

GARDEN CITY TAX SERVICE Computerized tax returns prepai ed by an experienced CPA. Call 741-2506 any time. gcm4

INCOME TAX PREPARATION By 2 former IRS agents with 40 yrs. experience. Reasonable rates. Call Anne pr Roger M. Gedgard, 746-0425. gcap2

ADOPTION COUNSELING Services. Providing private and confidential consultations. If you are considering adoption but have concerns, we can help you make the right decision. For further information call 799-4093. hM4

FREDERICK G. GERRARO, CPA Personal Tax Preparation. Reasonable rates. 358-7082.

SELLING YOUR HOUSE? We can offer you top exposure in the Display Classified Section of Discovery. One low, low price will put your house on the market in over 22 communities! Deadline is Monday of every week for Friday publication. Call immediately. 931-0012

For Sale

NEW IN ORIGINAL BOX Porcelain sculpture of "Justice" with pure 24K gold trim & brass base. Exclusive from the Franklin. Mint. \$150, 352-2943.

FULL LENGTH CANADIAN Beaver coat. Cost \$5,000. Asking \$2,000. Woodplay swing includes 10 ft. overhead climber. rope climb, firepole, trapeze, 2 platforms, 3 swings & 7 ft. slide. Cost \$1,000. Asking \$450. Scars rear-bagger 20" lawn mower. Like new. \$100. Ethan Allen maple 30" x 40" table with 1 leaf & 4 charirs. \$175. 248-2098. gea1

APPLE II GS LIMITED EDITION Two disk drives, color printer and monitor, accessories, \$1,700 neg. 294-1818.

ETHÁN ALLEN BREAKFRONT Classic Manor finish, top-glass doors and shelves, bottom drawers, 2 side doors, \$1200. Please call 293-2879.

KRANICH & BACH PECAN Console. Full keyboard piano. Call 747-8273 after 2 p.m. gcMr5

WHITE CHAMBERS OVEN with griddle & soup well. \$350. gcMr5 358-7753.

MERCURY CAPRIS steering wheel with cruise control. Mint condition. Asking \$100. 775-6329. gcMr5

ANTIQUE MARSHALL AND Wendal Baby Grand piano and upholstered bench. Unusual turned legs, Jacobean style. \$1,350. 1930's heavy wrought iron sofa and chair with cushions \$225. Free standing heavy duty bumper pool table. Cost \$250. Asking \$50. 747-8613. gcAp2

REFRIGERATOR SELF. defrosting, \$100. Also odd pieces of furniture and pictures. 333-9137. gcAp2

LIFT/RECLINE CHAIR BY American Health Company. Electric control. New-excellent condition, 741-0625. hAZ hA2

SOLID BRASS QUEEN SIZE Headboard & Foot board, Originally \$1,000. Asking \$375, 11.3 x 8.0 100% hand-knotted \$1,200. Asking \$500. Call 437-2517.

FULL LENGTH, LUSH, FEMALE Mahogany mink. Retail \$6000. Asking \$1,800. Tawny fox jacket Reasonable, 997-3548. gcnp2 Reasonable, 997-3548.

REDECORATING-TWIN

floral chintz love seats, twin wing back chairs, 7x10 foot handwoven German tweed rug. Assorted tables, oil paintings, German washing machine. Everything in excellent condition, 248-9498

gcMr4 CRIB SOLID OAK hardly used, \$195. Travel Playpen with mattress, \$45. Infant carrier, \$15, Call 746-3141. hA2

Sell Your Home Call 931-0012 - 746-0240

or 294-8900 TO PLACE YOUR CLASSIFIED AD



For Sale

VIDEO CAMCORDER. FULL size VHS format, 8:1 auto zoom, auto focus, month, day & year graphic, self -timer, low light capability, many extras. Comes with charger, two 2 hr. batteries, one 1 hr. battery plus hard carrying case, \$395 or best offer. 931-7721. hm4

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, 58. Maple twin headboard \$10. 352-5498. wM4

BEAUTIFUL BR SET, ARMOIRE triple dresser, night tables, carved headboard and unusual mirror. Also wood framed custom LR couch, chairs, etc. Excellent quality, Make an offer, Call after 5. 921-2448 or 364-0155.

SOLID OAK BUNK BEDS excellent condition \$275 with or without mattresses; child's crib, wooden playpen. Call 746-5479 after 5 p.m., or 747-8726 anytime. gcMr5

HOUSEHOLD FURNISHINGS Dining room set, kitchen set, bedroom set, sofabed, gas stove, freezer, dishes, chest of drawers living room and more. 352-8066.

ORGAN-YAMAHA, MOD. # B-40 double keyboard, roll top, bench, all instruction manuals, \$550. 248-7762. gcMr5

LADIE'S TITLETTE GOLF clubs: Full set, includes putter & bag. Like new, \$400, 747-6392.

gcal

Wanted

DOLLS WANTED

I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at hm5

GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or hm5

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.

gemy1

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

Instructions

SAT TUTORING, PERSONAL instruction in your own home. Certified career High School English Teacher with years of SAT experience, 423-1967, day or eve.

TUTOR FOR READING English and all elementary subjects. N.Y. State Certified experienced teacher. Willing to tutor in your home in local area. Call 248-6773 leave message.

gcMr5

LATIN TUTOR. ALL LEVELS. Experienced, N.Y. State certified. Call James after 6 p.m. 433-4219.

EXPERIENCED PIANO instructor for all ages, beginning to professional levels. Also offering sight singing lessons. Doctorate SUNY Stony Brook, Adult & senior citizens welcome. 565-2171. gcm4

PERSONALIZED COMPUTER tutoring: Microsoft Word, Word Perfect 5.0 and 5.1, Lotus 1-2-3, dBase III+, 20S, hard disk maintenance. Quiex results. Call 741-1098. gca1

Services

MANY MODELS
OF IN-LINE
ROLLER SKATES
ROLLER BLADES
BAUER ARREITS
ROLLER SKI

JESSE HALPERN
Skate & Tennis Shop
99 Cutter Mill Rd.
Great Neck, L.I.
516-487-6978





Lost & Found

LOST GOLD COIN PENDANT and chain. Friday, March 15, possibly Stewart School or Seventh Street. Of great sentimental value. Reward, 747-4383. gcAp2

Fairs



ELMONT: MODEL TRAIN, TOY & Doll Show: Miniatures & craft extravaganza, baseball memorabilia. Sun., Apr 7. Free parking. St. Vincent DePaul Auditorium. Two floors fun & bargains. IS10 DePaul St., Elmont. (10 a.m. - 4 p.m.). Buy. sell, trade. Breakfast/lunch, Admission 54, senior citizens \$2. Early admission (9 a.m.) \$8 per person. Children under 12 free with parents. Raffles, door prizes, 200 dealers. Operating layouts. Call 486-6658. General information call 352-2127

Antiques For Sale

ANTIQUES & COLLECTIBLE
Auction: Sat., Mar. 23, 9:15 a.m.
viewing: 10:00 a.m. bidding.
Quality items, St. Andrew's
Church, 147 Campbell Ave.,
Williston Park. Sales tables,
snack bar. wm4



Pets For Sale

MALTESE PUPPIES, WHITE females. Eight weeks old, paper trained. Pedigree. Championship lines. 741-3951. Wm4

EASTER RABBITS. DWARF, beautiful selection. All ages. Reasonable. Call 935-0856. hfn

Lost & Found

LOST - BLACK CAT with yellow eyes, nine months old. Answers to "Chelsea." Lost March 2, vicinity of Merillon Ave. train station, Reward: Please call 746-4854. gcMr5

WILLIE IS STILL MISSING Eastern Section. Black & White long haired cat, medium large. Have you seen him? Any information would be appreciated. Please call 741-1747. gcAp1

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

931.0012



NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patron-age in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great ower to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your ald. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. M.V.B.

wm-

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 ald. 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. K.C. hm4

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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. C.M.E.

wm4

MAY THE SACRED HEART OF
Jesus be adored, glorified, loved
and preserved throughout the
world now and forever. Sacred
Heart of Jesus, pray for us. St.
Jude, helper of the hopeless, pray
for us. Say this prayer 9 times
daily; by the 8th day your prayers
will be answered. My prayer has
been answered. Say it 9 days. It
has never failed. Publication must
be promised. C.S.F. hm4











Cooking Corner

1 cup sliced celery 4 potatoes, peeled and cut

into eighths

12 small white onions 2 medium turnips, peeled and quartered (optional)

1 cup cooked okra (optional)

Yields 6 to 8 servings.

Coat meat with flour, set excess flour aside. In skillet, heat oil. Brown meat on all sides. In crockery cooker, combine browned beef, bay leaf, Worcestershire sauce, chopped onion, bouillon, pepper, salt, sugar and vegetables.

Pour water over all. Cover and cook on low 8 to 10 hours. Turn up to high. Thicken with leftover flour dissolved in a bit of water. Add okra if desired. Cover and cook on high 10 to 15 minutes or until slightly thickened.

SWISS STEAK IN WINE SAUCE

- 1 (2-pound) beef round steak, cut 1-inch thick
- 2 tablespoons all-purpose flour
- 2 teaspoons salt
- 1 teaspoon freshly ground pepper
- 2 tablespoons cooking oil
- 1 cup chopped onion
- 1/2 cup sliced carrot 2 tablespoons chopped green
- pepper I (16-ounce) can tomatoes,
- % cup Burgundy
- 1 clove garlic, minced
- 1 teaspoon sugar Wine sauce

Yields 6 servings.

Trim fat from steak; cut into 6 equal pieces. Coat with mixture of flour, salt and pepper. Pound steak to 1/2-inch thickness using meat mailet. Brown meat in hot oil and drain

Place onion, carrot and green pepper in crockery cooker. Place meat atop. Add mixture of undrained tomatoes, Burgundy, garlic and sugar. Cover and cook on low setting 8 to 10 hours.

Place meat and vegetables on serving platter. Reserve 14 cups of cooking liquid for wine sauce Spoon some sauce over meat and pass remaining.

To make wine sauce, pour reserved liquid into saucepan. Blend 4 cup cold water slowly into 2 tablespoons flour. Stir into liquid. Cook and stir until thickened and bubbly.



After Work Gourmet

Continued From

and cook fettuccine at a rapid boil for 6 minutes. Add asparagus and cook for about 3 more minutes. until pasta is al dente and asparagus is crisp-tender. Drain into co-

PAGE 13A

Bring wine and crushed garlic to simmer in saucepan. Add scallops and cook, stirring, for 30 seconds or until opaque. Remove to bowl with slotted spoon, leaving garlic in wine.

Raise heat to medium high and cook liquid uncovered until reduced to about 1/2 cup, about 5 minutes. Remove and discard gar-

Add cream and cook uncovered over medium heat for about 4 minutes, until sauce is somewhat thickened. Stir in scallions, tarragon, orange and lemon zest, and salt and pepper. Return scallops and any juices to sauce and stir in

To serve, spoon sauce over pasta and garnish with sprigs of tarragon if available.



Continued From PAGE 14A

Separate eggs into 2 separate mixing bowls. With electric mixer, beat yolks on high until they become smooth and creamy. Add bread and cheese mixture along with green onions to bowl and stir together with wooden spoon.

Wash and dry beaters; beat egg whites at high speed until they look like fluffy clouds and peaks won't fall when you stop beating.

Using rubber scraper, scrape egg whites into bowl with cheese mixture. Fold two together with spatula by bringing cheese mix-ture up and over egg whites. Don't stir too hard or egg whites won't

stay fluffy.

Place tomatoes cut side up on cookie sheet. Spoon souffle mixture into each one, filling them to top. Put oven mitts on and carefully place cookie sheet into oven and bake 30 minutes.

When baked, souffle's top will become golden brown. Turn oven off and put oven mitts on. Carefully remove baking pan from oven and set it on cooling rack. Using large spoon, scoop tomatoes off pan onto lunch plates and serve before they flatten.

Mainly for Seniors

By Leonard J. Hansen

"Do you ever get tired of hear-ing about all the things you shouldn't eat?'

That is the opening line for a speech by nutritionist and writer Anne M. Fletcher, M.S., R.D., when addressing mature adults on "anti-aging" in group meetings across the country. The question draws immediate assent from the

Through the years countless diet plans have been promoted, most based on things you shouldn't eat, on denial of those foods that long have been favorites. It doesn't have to be that way, according to the Wisconsin-based registered dietitian, author and contributing editor of Prevention

Proper diet for mature adults is particularly important for health reasons," she said in an in-terview. "If your activity slows down, you don't need as many calories, and your selection of foods should provide the combination of vitamins and minerals the body needs, and less of the things that can give you problems, For example, you need foods lower in cholesterol and saturated fats.

"You're never too old to start healthful eating, and your body is never too old to benefit from the change for the better. Studies at Tufts University have shown this repeatedly, and these findings have been supported by other research reports.

Fish should be an increasing main-dish choice for mature adults, recommends the nutrition-

"Seafood is lower in calories, lower in fats, lower in cholesterol. and higher in the very beneficial Omega 3 elements and vitamins, than red meat and chicken."

But that does not mean you should have to quit eating red meat, she explains, "substitute fish to be your main dish three times each week."

Seafood lower in fat includes cod, flounder, sole and other white fish; oily fish (salmon, mackerel, herring and sardines, for example) are higher in Omega 3.

Her seafood recommendation includes shellfish: "Shrimp, lobster and scallops are all shown to be low in fats. They may be a bit higher than other seafood in cholesterol, but less than in red meat. For mature adults seafood should be cooked and not eaten raw."

Are there risks in eating seafood, we asked, reminding the nutritionist of the mercury and water pollution scares reported by media in the past.

"Mercury and pollution occur in bay and inland waters, mainly caused by industrial effluent. Recreational fishermen encounter most of the polluted waters, and the earlier reported problems with raw mussels and oysters were harvested illegally near the

Commercial fishing is not conducted in these waters at all, Fletcher explained, as they fish the deep waters of the North Pacific and North Atlantic'

"Using new technology, com-

mercial fishermen can catch, gu and clean, pack and quick-freez fish right aboard the boat an within hours, so the product yo buy at the market or restauran will be the freshest possible."

When buying fish at the marke: both fresh and flash-frozen seafood will have equal qualities from a nutritional standpoint, par ticularly because of the improved technology. The fish should be on trays or lining paper, not in direct contact with any ice in the dis-play. Price or labeling tags should not be stuck through the fish, because this will cause damage to the piece. If buying an entire fish, consider only one where the skin is bright and shiny.

"Fish may be preserved two or three days in your refrigerator Enclose it in an airtight plastic bag or wrapping, placed to the rear of a lower shelf, and set the temperature control to about 32 degrees (Fahrenheit). I find this temperature is also better for dairy products.

"Cook fish at a higher temperature for shorter time," recom-mends the nutritionist. "I preheat the oven to 450 degrees and bake for about 10 minutes for each inch of thickness. Comparatively. chicken will be prepared at 350 degrees for 30 or more minutes.

Americans have increased their consumption of fish by 24 percent over the past 10 years, to 16 pounds annually.

This is still low considering that the same person will consume 60 pounds each of beef and chicken each year," states Fletcher.

"Mature adults can take control of their health by eating more healthfully and by exercising more," says Fletcher. "You don't have to use a fad diet; you don't have to give up everything you really like. But, if you lower your intake of calories, saturated fat and cholesterol, you can start to turn your health around, and reduce or defer heart disease, cancer and other ailments once thought to be a negative part of

Anne Fletcher's research, recommendations and recipes are presented in her book, "Eat Fish, Live Better," published both in hardcover and paperback by Harper & Row. Her writing on nutrition appears regularly in Pre-vention magazine. She is actively touring the nation, speaking on nutrition to both trade and professional groups and to senior citizen meetings.

Can you eat healthfully and still have ice cream periodically?

"I do," states the nutritionist. "We need to have what we really like in our diet. Proper nutrition doesn't have to start and end with a list of things you 'can't do' any

Mainly for Seniors

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ANTIQUE

By James G. McCollam

Sofa originally had black horsehair covering

Q. When this sofa was pur-chased secondhand around the turn of the century, it had black horsehair covering. It was refinished and reupholstered in 1965.

Can you tell me when it was made and its approximate value?



A. This Victorian Louis XVI Revival sofa was made about 1875.

A dealer would offer something like this for at least \$1,000 in good condition.

O. The enclosed mark is on the bottom of a chocolate set consisting of a pot and six cups and saucers. They are decorated with pink and white roses with green

I would appreciate your esti-mate of the set's value and also its



A. Your chocolate set was made in Tiefenfurth, Germany, by the Donath Co. Most dealers would price it at about \$175 to \$200.

Q. I have a ceramic cup in the shape of a fox's head. There is no flat surface for it to sit on. It has a lot of hairline cracks and appears to be very old.

Have you any ideas about what this was used for?

A. Your description suggests that what you have is a stirrup cup. These were filled with wine and served to men on horseback at the start of a fox hunt.

Yours was probably made in the 19th century and might sell for about \$300.

Q. Please evaluate my countertop balance scale. It has a cast iron base with a brass beam and weights. It is marked "Empire Hardware Co., New York" and "Patented 1867."

A. Your scale was introduced in 1867 and could have been made in any time in the next 10 or 15 years. It would probably sell for about \$265 to \$285.

A patent is good for up to 17

Q. Can you tell me what my Wallace Nutting print is v.orth? I know that it was made early in the

It is titled "Camden Clouds" and measures 14 inches by 17 inches. It

depicts fishing boats in a harbor.

A. The latest sales price that I can find for this rare print is \$660 in good condition.

BOOK REVIEW

"Kovels' Antiques & Collectibles Price List," Crown Publishers Inc., 201 E. 50th St., New York, NY 10022, \$11.95 plus \$2 postage or at your local bookstore.

Here we have the 23rd edition of what is probably the most popular price guide on the market. It includes over 50,000 items described and priced together with hundreds of illustrations

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Can a cat eat too much tuna? We do not mind buying tuna for pe. if it is not bad for her.

fish, or fish-base foods is not recommended for cats. Cats fed exclusively on fish or fish oy-products often develop a disease called pansteatitis, steatitis, or yellow fat disease.

It is believed that an overabundance of unsaturated fatty acids in the diet, together with a deficiency of vitamin E, results in the defat tissue of the cat.

The fat tissue becomes inflamed and ultimately becomes filled with small abscesses. The fat of the chest and abdominal cavities is often involved. The fat just under the skin often appears to be granular or lumpy. The hardened masses of fat in the groin area may be mistaken for hernias.

The cardinal sign of pansteatitis several weeks or months. is general soreness. Affected cats are often so sore that they cease to jump and climb. Some affected cats are very reluctant to move foods.

dled. In advanced cases, even a light touch causes intense pain.

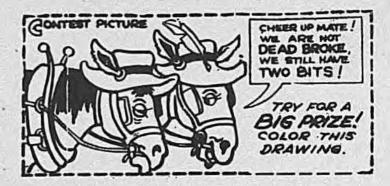
Most cats with pansteatitis have a fever and are unwilling to eat. If A. A constant diet of red tuna, the disease goes unnoticed and is left untreated, the cat eventually stops eating altogether. The cat becomes progressively weaker, le-thargic, and dies. Sometimes death occurs in a cat that is still in good flesh.

The diagnosis is usually based on the history of a diet rich in fish by-products and the signs seen in the cat. To confirm the diagnosis, position of yellow pigment in the many veterinarians study a biopsy of the fat tissue taken from the most sensitive area.

Treatment of pansteatitis usually involves removing the offending foods from the diet and administering vitamin E. Drugs to reduce the inflammation and pain are usually administered. Severely affected cats must be hospitalized. Full recovery often takes

Pansteatitis can be avoided by (Thanks for the great letter!) simply feeding a diet of commercially prepared complete cat

JUNIOR EDITION



Aunt Tilly's Corner

My family has a big friendly German Shepard dog. She is about six years old, and she loves to go for long walks in the field near our house. She runs around, nosing through the tall grass, sniffing after squirrels and rabbits. We bring dog biscuits whith us to feed her along the way. By the time we get home, she is so tired that she just lies down on the long for house services. rug for hours, resting. Do you have pets in your family? Write and tell me about them.

Aunt Tilly

P.S. This weeks contest winners were Chris and Peggy Casano.

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Here's all you have to do: 1. Contest is open to children 4 to

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itere is our precious, beautiful 14 month-old grandson, Joseph, who brings us so much Joy and happiness. He is the son of Linda and Troy Bergersen. We are the proud grandparents, Herman and Margot Graef of New Hyde Park.



My three granddaughters, Victoria 6, Tatum 4 and Amanda 3. They are pictured in their home at Cold Spring Harbor where they live with their parents Jeffrey and Bernadette Mason.

All three girls attend dance school and love to perform for all of our family gatherings.

Their personalities are as beautiful as they are.

YOUR ' SOCIAL SECURITY

How to get estimate of your benefits

By William M. Acosta

Q. I am 35 years old and plan to continue working for quite some

My financial planner has advised me to get an estimate of what my Social Security benefits would be. How do I get this information? - C.H.

A. Call your Social Security office and ask for a "Request for Earnings and Benefit Estimate Statement."

In response you will receive an estimate in today's dollar of how much you can expect to receive in monthly benefits upon retirement. In addition, you will be provided an estimate of what you would receive if you become disabled and what your survivors would get should you die.

Q. Please explain about quarters of coverage.

Does everyone need the same number of quarters in order to apply for Social Security benefits?

A. You must have credit for a minimum amount of work cov-ered by Social Security before any benefits can be paid on your record. This is measured in "quarters of coverage," also known as earnings credits.

The number of quarters of coverage you need to be eligible for benefits depends on your date of birth or your age when you became disabled or, for survivor benefits, your age at death.

Q. I currently receive Supplemental Security Income.

Based on some work I did last year before I became disabled I expect a small income tax refund. Will this count as income for SSI purposes? - O.J.

A. An income tax refund is not considered income for SSI pur-

In addition to items that are not income, there are other items that do not count in determining your payment amount. Contact your Social Security office for particu-

Q. I work for the federal gov-ernment and will be receiving a pension when I retire in two years.

Will I also be able to receive my Social Security benefits? - W.F.B.

A. If you expect to receive a ension from a job not covered by Social Security and you also have enough Social Security credits to be eligible for retirement, a modified benefit formula may be used to figure your Social Security retirement payment. The modified formula will result in a lower ben-

However, your pension from the job not covered by Social Security is not affected by this change. Contact your local Social Security office for additional information.