

In Two Sections - Forty Pages

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Senior Citizen Citations



Nassau County Executive Thomas S. Gulotta (center), presented Certificates of Merit to the Directors, Presidents and Leaders of Senior Clubs and Centers for the outstanding work that they have accomplished on behalf of the senior community. Joining the County Executive were: Clare Smyth, Leader of Mid-Island Seniors; Margaret Schoppmann, Leader of Senior Adult Club of St. Ignatius; Irwin Penzel, Leader of Senior Adult Club of St. Ignatius; Michael Kaczmaraki, Leader of Our Lady of Mercy Seniors; Myra Giannante, Leader of Our Lady of Mercy Senior Citizens; Irma Dostefano, Leader of Hicksville Mid-Island Seniors; Carmela DePace, Leader of Hicksville/Levittown Senior Citizen Club; Edna Crews, Director of the Hicksville/Levittown Senior Citizen Club.

Concert Pops At Bethpage Park

A performance by the Concert Pops of Long Island will highlight the second week of "Music Under the Stars" programs for Bethpage Community Park District residents, according to Town Councilman Leonard Kunzig. The program, entitled "Broadway to Hollywood," will be held at the community park on Thursday, July 18, beginning at 8:15 p.m. In the event of rain, the performance will take place in the auditorium of Bethpage High School, Cherry and Stewart Avenues.

"The Concert Pops of Long Island is like family, having been a regular part of the 'Music Under the Stars' series for many years," Councilman Kunzig stated. "Under the baton of director Dean Karahalas, the group presents a fine blend of

popular classics and Broadway show tunes displaying an incomparable musical virtuosity." For this performance, selections will include "On Broadway," "Superman," "Fame," "Sophisticated Ladies" and "Hooked on Hollywood."

Councilman Kunzig noted that the "Music Under the Stars" series is being sponsored by the Cultural and Performing Arts (CAPA) Division of the Town's Dept. of Community and Youth Services.

For children, CAPA will sponsor "Alice in Wonderland" on Monday, July 15, at 10:30 a.m. Councilman Kunzig commented that Plaza Theatrical Productions' adaptation this popular story features 10 actors in a fully-costumed and staged production.

American Legion School Awards

Twenty-three Hicksville public and parochial elementary school children had extra bright moments during their graduation and moving-up exercises in 1991 as they were honored with American Legion School Awards. Medals and handsome certificates presented by the Charles Wagner Post 421 were won by boys and girls excelling in social studies and who also exhibited outstanding school citizenship and service.

The American Legion awards are much desired, and for over 32 years have been a high point of Hicksville school commencement programs. Among the 1991 award recipients were: Burns Avenue School's Megan Connolly, Keith

Dubon, Michael Kennedy and Manoj Koshy; Dutch Lane School's Diana Fong and Synthen Wu; Lee Avenue School's Brian Tower and Denise Sebastiano; Old Country Road School's Emil Banga and Brian Soper; Willet Avenue School's Andrew Pfander and Margaret Wrzosek; Woodland Avenue School's Panagiotis Gasparatos and Sadia Riaz. The recipients' names from East Street School and Fork Lane School were not available at press time. Chairman of the Charles Wagner Post 421 American Legion school award program is Richard E. Evers. (Editor's Note: The Roman Catholic Diocesan schools, by school policy, do not engage in school award programs.)

Food Mart Permit Hearing

A request for a change of zone and a special use permit in Hicksville will be the subject of a Tuesday, September 17, hearing of the Oyster Bay Town Board, according to Councilman Leonard B. Symons.

"The applicants, Shell Oil Company and Josam Associates, are requesting a change of zone from Business "F" to Business "G" district and for a special use permit to demolish the existing gasoline service station and construct a service station and retail food mart," Councilman Symons said. "The property is located at the southwest corner of South Oyster Bay Road and Woodbury Road."

The hearing is scheduled for 10 a.m. in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay.

Nassau Pops At Park

A performance by the Nassau Pops Orchestra will highlight the second week of performing arts programs for Plainview-Old Bethpage Community Park District residents, according to Town Councilman Thomas L. Clark.

The show will take place at the community park on Sunday, July 21, beginning at 8:15 p.m. In the event of rain, the show will take place at John F. Kennedy High School, Kennedy Drive, Plainview.

"Founded in 1984 by conductor Louis Panacciuoli and Dawn Simmons, the Nassau Pops is devoted to the performance of popular and light classical music," Councilman Clark stated. "The group performs a full summer concert series as well as holiday concerts, and is a favorite with audiences of all ages."

Selections for this performance will include "The Thunder March," "St. Louis Blues," "Theme from Rocky," "Jack Tar March" and "Moon River."

'Roger And Me' Library Film

As part of the Friday night film series, the Bethpage Public Library will be presenting "Roger and Me" on July 19. The film will be shown at 8 p.m., is rated R and runs for 91 minutes.

The library is located at 47 Powell Avenue, Tel. 931-3907, two blocks west of Exit #8 on the Seaford-Oyster Bay Expressway, Route #135.

School Bd. Appoints New Supt. of Schools

By Maureen Traxler

Saying, "It's easier the second time around," trustee Carole Wolf took the seat of the Board President after being unanimously reelected at the reorganization meeting of the Hicksville Board of Education on Tuesday, July 2.

The reorganization meeting was immediately followed by the board's regular meeting at which the trustees unanimously appointed Sal Mugavero as the district's new Superintendent of Schools, effective August 1, 1991.

After thanking the board for their confidence, Mr. Mugavero stressed his philosophy that "the community is part of the process to make the schools what they are. In every district I have worked," Mr. Mugavero added, "excellence has been a key watchword." In the area of budgets and finances, uppermost on the minds of many associated with the school community, Mr. Mugavero said, "We will look at every segment...will review every aspect of this district," and in his efforts, he pledged to "include the public."

Mr. Mugavero abandoned five years of retirement in Florida to accept the position of Hicksville Schools Superintendent. Prior to retirement, he served nine years as Superintendent in Bellmore-Merrick Central High School District.

Employed in the education field for 27½ years, Mr. Mugavero began teaching social studies and serving as football coach in the Seaford School District. After just three years, he moved to administration, serving as a district director, department chair, Assistant Superintendent for Business, the position of Deputy Superintendent of Schools, where he handled curriculum, personnel and business matters.

Mr. Mugavero told the board and the residents in attendance that he never had a defeated school budget and that in a five-year span while he was Superintendent, the cumulative tax increase was only \$1.64. The Bellmore-Merrick Central High School District has an enrollment of approximately 7,000 students in three high schools and four junior high schools, fed by four elementary districts.

The board authorized President Wolf to sign the three-year contract with the new Superintendent, which will expire on June 30, 1994. The superintendent's starting salary is \$110,000, thereafter negotiated on an annual basis, with no succeeding year to go below the first year's compensation. Board Attorney Gregory Guercio noted that contract benefits "closely correspond to the present superintendent's," and that other terms are "standard for the district."

Asked by one resident to outline his goals, Mr. Mugavero gently declined to elaborate on this, the night of his appointment, but he stated this his goals would be forthcoming "within one month." He reiterated that "his door will always be open," and gave a glimpse of his personal penchant towards stressing "more repository and creative writing, more essay tests."

"Being able to write an essay, being able to write sentences, are key, and you cannot do anything until you have mastered those," he said.

In her final Superintendent's Report to the Board, Dr. Catherine Fenton beamed with pride as she announced the "record breaking accomplishment" of the Class of 1991 - 90% of the graduates have enrolled in post-graduate schools (colleges, technical schools and the military). Dr. Fenton also recalled her efforts to join all segments of the school community in the common cause of education, and she thanked "the Hicksville clan for pulling together, acting as one force for the good of the community."

In other matters: the board rejected by a 5-2 vote the extension of the Ideal Management food services contract and a-la-carte price list for the 1991-92 school year. Although the new contract showed only a 4% increase over the current fee, the prices on the a-la-carte menu increased between 8% and 15%.

With the defeat of the contract extension, Assistant Superintendent William Hall said that the district will go out to bid again as soon as possible "in order to have a service in place by September." He added that the price list is negotiable under contract.

"I have a hard time passing on these high prices to your youngsters," said trustee Arlene Rudin. "Nothing precludes them (Ideal) from bidding again," she added.

The board accepted the annual report of the Committee on Special Education and the Committee on Pre-school Special Education. The report reviews the status of programs, services and facilities made

Continued On Page 16

"There Ought To Be A Law"



Senator Kemp Hannon congratulates winners of his annual "There Ought To Be A Law" contest at ceremonies held recently at East Meadow Fire Headquarters.

Senator Hannon, a member of the Senate's Higher Education Committee, sponsors the annual law-writing contest as a means of introducing sixth graders in his Senatorial District to New York government and legislative process. This year, over 3700 sixth graders representing 34 public and private elementary and middle schools submitted suggestions for legislation.

Pictured are, l-r: Mrs. Koblan, Teacher, Mattlin Middle School; Rachel Rubin, Senator Kemp Hannon, Wes Lawrence Di Blaas, St. Plus X; and Wes's teacher Mrs. Schuessler.

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| August 14 | Lester Lanin |
| August 21 | Elwood Bunn and the Country Jubilee |
| August 28 | Gerard Carli and the All Stars |

Music at 7 p.m., gates open
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\$2.00 members and children.

This year there will be no raindates for Picnic Pops Concerts and we reserve the right to make substitutions should unforeseen situations arise.

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Letters

Dear Friends:

I would like to take this occasion to thank those of you that attended my retirement reception on Sunday, June 30 at Antun's.

It was an occasion that my family and I will never forget. The warmth and kind words and affection shown me and my family will always be a part of my memories on the School Board. You have all been a part of my life and I have had the privilege to talk to many of you in the community and it was that experience that gives me so much good memories and satisfaction in serving all of you. The reception of June 30th was the ultimate joy of my service on the Board of Education - and it is for this reason that I would like to share my appreciation and thanks to all of you in the Hicksville community.

I would also like to thank our County Executive, Mr. Tom Gulotta, our Town of Oyster Bay Supervisor Mr. Angelo Delligatti and Assemblyman Fred Parola for attending and saying such nice things about Hicksville, and my service on the Board. Our own Mr. John Budnick, of the County Board of Supervisors, was also on hand to represent the Town of Hempstead and the New York State Senate presentations. What a wonderful day it was for me and my family.

My thanks and appreciation goes out to the Concerned Citizens of Hicksville (CCH) that sponsored the entire affair, and they presented me with a beautiful plaque that I will cherish always. The CCH is destined to be one of the most influential organizations in Hicksville for they are made up of a cross section of Hicksville that are determined to serve this community with the best of intentions both for education and community service, and that is why I am a proud member of the CCH. community service, and that is why I am a proud member of the CCH.

Thanks again, and I will be pleased to be with some of you in the audience at our upcoming Board meetings.

Sincerely,
Bill Bennett

In Service



Airman John C. Viera has graduated from Air Force basic training at Lackland Air Force Base, Texas.

During the six weeks of training the airman studied Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

He is the son of Mr. and Mrs. John M. Viera of Chase Lane, Bethpage.

The airman is a 1987 graduate of Holy Trinity High School, Hicksville.

LILU Student Award Winners

Long Island Lutheran Jr./Sr. High School acknowledged the achievements of its outstanding students at its Annual Honors Banquet held on June 24 at the Swan Club in Glenwood Landing. Among those honored for their outstanding achievements was Jennifer Moran, a senior at Lutheran.

Alice Probst, daughter of Mr. and Mrs. Carl Probst, of Hicksville, received the National Honor Society Award.



Jennifer Moran, daughter of Mr. and Mrs. Thomas Moran, of Hicksville, received the Drama Co-curricular Award, and the Theatopian Award.



David Wenger, son of Mr. and Mrs. Paul Wenger, of Hicksville, received the Jr. High Citizenship and Athletic Award.



Sarah Wenger, daughter of Mr. and Mrs. Paul Wenger, of Hicksville, received the Student Life Primus Award.



Bonnie Pinkman, daughter of Mr. and Mrs. Christopher Aldrich, of Hicksville, received the Jr. High Athletic Award.



Genevieve Rickmeyer, daughter of Mr. and Mrs. Robert Rickmeyer, of Hicksville, received the Jr. High Citizenship Award.

Hicksville War Vets March In Parade

By R. Evers, Historian,
Gregory Museum

America's 215th Independence Day was observed with fervor by Hicksville war veterans groups this past Thursday. Leading off the day's rituals and ceremonies were the members of Charles Wagner Post 421 of the American Legion. Commander Richard Hochbrueckner and Post volunteers placed the national flags along Broadway as part of the Hicksville Chamber of Commerce long-sponsored holiday community decoration.

Participating later in the Annual Independence Day program sponsored by Town of Oyster Bay Bicentennial and Historical Commission, at Townsend Park, Oyster Bay, were numerous Hicksville veterans groups, color guards and members from: the American Legion, William Gouse Post of the Veterans of Foreign Wars, the Masonic War Veterans under Commander Edward Shirtzer, and various Ladies Auxiliaries. Richard Evers, Americanism Chairman, Hicksville American Legion, served again as Parade Marshal.

Dorothy Horton McGee, Commissioner of TOBAY's Bicentennial and Historical Commission, with the cooperation of the Town Parks Dept. and the Oyster Bay Community Band once again organized a fine commemorative program for the Fourth of July. A short parade of veterans groups, scouts and dignitaries preceded the varied, rousing ceremony at the Townsend Park bandstand.

A dual focus was day's theme: the Bicentennial of the United States Bill of Rights, and a welcome home and salute to young servicemen and women home from the Persian Gulf War. Principal speaker for the fete was U.S. Navy Commander Snodgrass, navigator of the aircraft carrier U.S.S. Theodore Roosevelt. Among the notable speakers was Town Supervisor Angelo Delligatti and William Johnston, Theodore Roosevelt biographer.



Members of the Charles Wagner Post, American Legion had the honor of decorating Broadway with Old Glory on July Fourth. L-R, front: Ronnie Spies, Betty Hochbrueckner, Julie Surico, Arthur Rutz, Steve Wladyka, and Commander Dick Hochbrueckner. L-R, rear: John Rizos, Ray Gamble, Lou Braun, Bill Gamble, Arlene Howard, and Gregory Bennett.



As the TOBAY 4th of July Parade was forming - l-r: Past Commander John Rizos, Commander Richard Hochbrueckner, and Past Commander Ray Gamble of the Charles Wagner Post 421, American Legion.



A large audience and many veterans groups were present as Program Chairlady and Bicentennial and Historical Commissioner Dorothy Horton McGee opened the ceremonies for Oyster Bay Town's Annual Independence Day Celebration at Townsend Park, Oyster Bay.



Among the numerous Hicksville veterans post and auxiliaries present for the TOBAY Independence Day parade and following services were Nancy Giacomelli and Frances Ferraro of the William Gouse VFW Post Ladies Auxiliary. Backing them up were the Masonic War Veterans, including Harold Johnson, left.



Navy Commander Dale Snodgrass, decorated airman and navigator of aircraft carrier U.S.S. Theodore Roosevelt, was the principal speaker for the TOBAY 4th of July services which honored Persian Gulf War veterans.



With the unit colors of the William Gouse Post, Hickville Veterans of Foreign Wars, center, are Michael Tisdale and Carmine Somma.



Among the Pearl Harbor Survivors Group in the TOBAY 4th of July Program was Mike Monteleone, center.



Oyster Bay Town Supervisor Angelo Delligatti speaking at the TOBAY Fourth of July observance. He noted that this year's theme recalled the Bicentennial for the Bill of Rights and honored the Persian Gulf War veterans.



East Norwich's Staff Sgt. Theresa R. Anderson, who served with the U.S. Air Force in the Persian Gulf, was a captivating speaker at TOBAY's Fourth of July program.

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Re-elected To G.S. Board



Diane Marks

Hicksville resident Diane Marks has been re-elected to the Board of Directors at Girl Scouts of Nassau County, Inc., at their Annual Meeting.

Ms. Marks, a Project Manager for Citi Corp Credit Services, has

been a member of Girl Scouts for 34 years, serving in many capacities - including Troop Leader, Trainer, Planning Board and on many Council committees and task forces.

Girl Scouts of Nassau County, Inc., serves more than 20,000 girls and young women with 3,400 adult volunteers assisted by a professional staff.

Today's Girl Scouts focus on the current issues affecting the lives of girls - eating disorders, peer pressure and peer leadership, boy-girl relationships and personal safety - and helps them face the challenges of today's complex society. For more information, call Girl Scouts of Nassau County at 741-2550.

New Phone For Bus. Inf.

The new telephone equipment capitalizes on the latest advancement in computer technology and integrated circuitry. Replacement of the existing outdated equipment is the first step in fully computerizing the BIC operation. The new computerized system will improve transit information to MSBA's customers by providing time schedules and trip

planning. The Metropolitan Suburban Bus Authority has installed a new state-of-the-art telephone equipment that will improve MSBA's efficiency in responding to customer calls. At the same time, in conjunction with the relocation of the Bus Information Center (BIC) to its new office in MSBA's Rockville Center depot, starting July 8, the new BIC telephone number will be 766-MSBA.

College Notes

Robert Bellmar, son of Charles and Audrey Bellmar of Roxton Road, Plainview, has been selected a Cornell Tradition Fellow for the 1991-92 year at Cornell University in Ithaca, New York. The Cornell Tradition, a nationally recognized undergraduate fellowship program, was founded in 1982 by alumni and friends of the university. The purpose of the Tradition Fellowship Program is to reduce the level of indebtedness for deserving undergraduate students. Robert is one of 150 freshmen selected for this program from more than 700 who were nominated from the incoming class of 2900 freshmen.

Students were nominated for the Tradition based on their work ethic, volunteer service/extracurricular activities and outstanding academic achievement during high school. Only 5% of the undergraduate population at Cornell University are selected to be Tradition Fellows. Students who are selected for the Tradition receive up to \$2500 per year in fellowship funds that replace a student loan. Since the program's inception more than \$8 million of loans have been replaced with Tradition Fellowships.

Robert Michael Hardwick of Plainview graduated June 2 from Lafayette College with an A. B. degree in Government and Law.

Gina F. Barbato of Smith Street, Hicksville, was named to the Dean's list at the State University of New York at Plattsburgh in recognition of her excellent academic work during the 1991 spring semester.

Wayne T. Costigan of Theodore Drive, Plainview, was named to

the Dean's list for academic excellence at SUNY at Plattsburgh during the spring 1991 term. He was a senior majoring in anthropology.

Recent honor graduate of the Watson School of Engineering of the University of Binghamton is **Glen Frey**, son of the Freys of Hicksville. Glen is starting a career in banking with J. P. Morgan in New York City.

Scott J. O'Callaghan, son of Mr. Donald J. O'Callaghan and Ms. Mildred M. O'Callaghan of Hicksville, graduated from Williams College with a degree of bachelor of arts at the college's 202nd Commencement exercises on Sunday, June 2. Guido Calabresi, dean of the Yale University Law School, was the Commencement speaker.

Nader Goubran of Bethpage graduated this spring from Virginia Tech, Blacksburg, Virginia.

Kelly G. Stocker of Melbourne Road, Bethpage, has graduated from Quinnipiac College in Hamden, Connecticut. She received a B.S. degree in Occupational Therapy.

Sharon E. Neumann of Bethpage has received her bachelor's degree from Fairfield University.

Patricia Enright, daughter of Mr. and Mrs. Martin J. Enright of Lynn Place, Bethpage, spent the spring 1991 semester studying at the Beaver College program in Galway, Ireland. Patricia, a junior at Trinity College in Hartford, Connecticut, is majoring in English literature.

LEGAL NOTICE

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU

Index No. 90-21645
Marine Midland Bank, N. A. Plaintiff

NOTICE OF SALE - against -
Carl F. Sacco, et al Defendants

Pursuant to a judgment of foreclosure and sale entered herein on May 31, 1991, I, the undersigned, the Referee in said judgment named, will sell at public auction at the North Front Steps of the County Court House, 262 Old Country Road, Mineola, New York, County of Nassau, State of New York, on August 8, 1991 at 8:45 a.m., on that day, the premises directed by said judgment to be sold and therein described as follows:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being at Hicksville, not in the Incorporated Village, in the Town of Oyster Bay, County of Nassau and State of New York, known as and by the lots numbered 11 and 12 in Block 13 as shown and designated on a certain map entitled, "Map No. 1 of property belonging to the New York Exchange and Investment Company, at Hicksville, L. I., dated November 30, 1891 by William E. Hawthurst, Surveyor" and filed in the Office of the Clerk of the County of Queens March 5, 1892, as Map No. 41 and filed in the Office of the Clerk of the County of Nassau as Map No. 21, Case No. 164.

Said premises being known as and by street address 52 Kuhl Avenue, Hicksville, New York 11801.

Said premises are sold subject to any state of facts an accurate survey may show, zoning restrictions and any amendments thereto; covenants restrictions, agreements, reservations and easements of record; municipal departmental violations, and such other provisions as may be set forth in the complaint and judgment filed in this action.

Dated: Syosset, New York July 2, 1991

Marvin Rachlin, Esq.
Referee

Phillip Irwin Aaron, P.C.
Attorney for Plaintiff
115 Eileen Way
Syosset, New York 11791
(516) 364-4500
(718) 463-8918

MIT 2484
4X 7/12, 19, 26; 8/2

Youth Council Jets Day

The Hicksville Youth Council will be attending the N. Y. Jets training camp on Tuesday, August 6 at 10 a.m. till 2 p.m. If you are a Hicksville Youth between 12-16 years of age and would like to go with the Hicksville Youth Council to watch the N. Y. Jets practice, see a football film, receive autographs, photographs and lunch, then contact John from the HYC at 822-KIDS!

LEGAL NOTICE

NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with Section 103 of Article 5-A of the General Municipal Law, hereby invites the submission of sealed bids on Food Management Services Program 1991/92:15 for use in the Schools of the District. Bids will be received until 2:00 p.m. on the 25th day of July, 1991, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

Specifications and bid form may be obtained at the Purchasing Office, Administration Building, Division Avenue at 6th Street, Hicksville, New York.

The Board of Education reserves the right to reject all bids and to award the contract to other than the lowest bidder for any reason deemed in the best interest of the District. Any bid submitted will be binding for ninety (90) days subsequent to the date of bid opening.

**BOARD OF EDUCATION
HICKSVILLE UNION FREE
SCHOOL DISTRICT
Town of Oyster Bay,
Nassau County, N. Y.**

**Marie Egan,
Purchasing Agent
Dated: July 8, 1991**

MIT 2485
1X 7/12

College Notes

Mary J. Olafsen of Dean Street, Hicksville, graduated this spring from St. Bonaventure University. She earned a degree in management sciences.

Dale P. Dimatos of South Oyster Bay Road, Plainview, has graduated from Quinnipiac College with a B.S. degree in Occupational Therapy.

Jonggu Moon of Anne Drive, Hicksville, has received his M.S. degree in Computer Science from Lehigh University.

Mary Anne Partill of Hicksville has been recognized for outstanding academic achievement for the 1990-91 year by Harpur College of Arts and Sciences at the State University of New York at Binghamton. She was an honors recipient in English, General Literature and Rhetoric. Students are recognized in this way for outstanding work on a thesis or in an independent study.

Gina F. Barbato of Smith Street, Hicksville, earned Dean's List standing for her excellent academic record during the 1991 spring semester at the State University of New York at Plattsburgh. Gina, a senior, was majoring in elementary education.

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

LEGAL NOTICE

PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, N. Y., on Tuesday, July 23, 1991, at 10 o'clock a.m., prevailing time, in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering an application for a special use permit pursuant to the Building Zone Ordinance of the Town of Oyster Bay as follows:

PROPOSED SPECIAL USE PERMIT:

Petition of **MICHAEL R. SPINELLI**, Owner and **PERFORMANCE DP MOTORSPORT, INC.**, Lessee to maintain an existing 9,024 square foot motor vehicle repair shop on an approximately .47 acre site in a "H" Industrial District (Light Industry) located at Hicksville, on the following described premises: ALL that certain plot, piece or parcel of land situate, lying and being in Hicksville, Town of Oyster Bay, County of Nassau and State of New York, which is bounded and described as follows: A quadrilateral shared parcel having a frontage of 126.27 feet along the northerly side of Duffy Avenue with a depth of approximately 140 feet, located northeasterly of the intersection of Duffy Avenue and Underhill Avenue, and identified as 190 Duffy Avenue, Hicksville, New York. Said parcel is further identified on the Land and Tax Map of Nassau County as Section 11, Block G, Lot 145. The abovementioned petition and maps which accompanies it are on file and may be viewed daily (except Saturday, Sunday or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay and Massapequa. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

TOWN BOARD OF TOWN OF OYSTER BAY. ANGELO A. DELLIGATTI, Supervisor. CARL L. MARCELLINO, Town Clerk. Bay, New York.. MIT 2483 1X 7/12

In Service

Marine Pfc. Ronnie P. Vincenty, son of Ann M. Vincenty of Tudor Road, Hicksville, has completed the Radio Fundamentals course.

His training was centered on the functions of transmitters, receivers and antennas; and the techniques for operational texting and troubleshooting. He also received instruction on the use of Marine Corps supply and maintenance publications, the operation of maintenance shops and electronic theory.

He is a 1990 graduate of Uniondale High School, Uniondale.

Awards Assembly



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

County Executive Gulotta congratulated Community Service and Excellence Award recipient Craig Tellalian, third from right, in recognition of his outstanding service to his school and community. Looking on were Dr. John McCarthy, Principal; Sabrina Tellalian, Sister; Betty and Raymond Tellalian, parents.

Councilman Visits Rotary



Oyster Bay Town Councilman Leonard Kunzig (second from left) recently visited with members of the Hicksville/Jericho Rotary Club. On hand for the occasion (left to right) were Hicksville/Jericho Rotary Club President James Grossman, Vice President Thomas Howell, Secretary John Komara and Treasurer Ellen Bruwer.

Senior Citizen Award



Nassau County Executive Thomas S. Gulotta (left), presented Certificates of Merit to the Directors, Presidents and Leaders of Senior Clubs and Centers for the outstanding work that they have accomplished on behalf of the senior community. Joining the County Executive was Mary Bart, Leader of Bethpage Friendship Club.

Cited For Service



Oyster Bay Town Supervisor Angelo A. Delligatti (left) joins Nassau County Executive Thomas S. Gulotta (second from right) and New York State Assemblyman Fred Parola (right) in presenting a citation to Hicksville resident Bill Bennett, for his 14 years of service to the Hicksville Board of Education. Also on hand for the event was Bennett's wife Clara.

Science Project In Contest



Elizabeth Fichtner, a 10th grade student at Hicksville High School, explains the hypothesis behind her entry in Long Island Lighting Company' Energy and the Environment contest, to LILCO Judge Marty Trashansky. The event was part of the 1991 Long Island Science Congress held at the State University of New York at Farmingdale. Fichtner's project, explores the benefits of composting waste.

LEGAL NOTICE

Take notice that the Board of Commissioners of the Hicksville Fire District decided at its Regular Meeting held on July 9, 1991 to take the following alarm boxes out of

LEGAL NOTICE

service on or before August 13, 1991:
BOX # 124 W. NICHOLAI ST. AND CORNWALL LA.
BOX # 126 W. NICHOLAI ST. AND MAYFAIR LA.

LEGAL NOTICE

BOX 138 WASHINGTON ST. AND LEE PL.
BOX # 142 MCALLISTER AVE. AND BORDER ST.
BOX # 143 CHANCE ST. AND TINKER PL.
BOX # 216 ALBERT ST. MINEOLA AVE.
BOX # 316 LESLEY CT. AND ALLING ST.
BOX # 312 CHARLES ST. AND CLINTON ST.
BOX # 328 E. CHERRY ST. AND KRAMER ST.
BOX # 335 FIELD AVE. (CENTER)
BOX # 343 TUDOR RD. AND EATON LA.
BOX # 67 LOWELL ST. AND GARDNERS AVE.
BOX # 621 MYERS AVE. AND CALIFORNIA ST.
BOX # 634 GARDNERS AVE. AND PRINCESS ST.
BOX # 153 ARROW LA. AND ARCADIA LA.
BOX # 237 COTTAGE BLVD. AND JORDAN LA.
DATED: JULY 10, 1991

ATTEST:
DISTRICT SECRETARY
HICKSVILLE FIRE DISTRICT
MIT2486 1X7/12



Birthday And Anniversary Club

HAPPY BIRTHDAY

- July 1
Elin O'Callaghan
Jolene Anello
Cathleen Hattan
- July 2
Anthony W. Chayka
Robert Lichtman, Jr.
Matt Adelstein
Lauren Klein
- July 3
Fernando Camilo
Joe Pedone
Kyle Richards
- July 4
Thomas Mark Freda
Lisa Ann Koch
- July 5
Jody Durkin
Lauren Minichello
- July 6
Lynne Giris
Janna Jachniewicz
Joseph Brogna
Theresa Edwards
- July 7
Stephanie Matuza
Kevin Moscatiello
Pam Tringali

- July 8
Tommy Becker
Donna Neumann
Doris Quinn
Anthony Chayka
Terry Locke
Patricia Chepak
Maria Gargano
- July 9
Danny Carsten
George Nijboer
Robert Smith
- July 10
James Weber
Faith O'Fenloch
Brian Edwards
Doris Swanson
Charles Nass
Geraldine Seitz
Kristy O'Connell
Chris Connolly
Sue Klein
- July 11
Lisa Camilleri
Michael Auer
- July 12
Joan D'Auria
Frank Bubenick III
John Walker
- July 13
Arthur Uhlich, Jr.

- July 14
Jeanne M. Houser
Richard Coffey
Jeanne M. Smiley
- July 15
Matthew Snadecky
Stella Conte
Samantha Sicari
- July 16
Keith Klein
Theresa Marie Lewis
Glenn Ednie
- July 17
Richard Stampfl
Barbara Baker
Joe Smith
- July 18
Joseph Ciccura
- July 19
Frank Kern
Carrie Seier
- July 20
Nicole Germain
- July 21
Carmen Palmese
Thomas Sheedy, Sr.
Nevin Watson
Patricia Doherty
Bob Thurmbuchler
- July 22
Margherite Scheidert
Lynne A. Juhlin
Eileen Richards

- July 23
David Master
Peter J. Collins
Scott Burd
Warren Nelson
Carol Fayda
Kelly Marie Murphy
- July 24
Barry Adelstein
- July 24
Leslie Anne Lichtman
Peggy Gill
- July 25
Patricia Murphy
Janet Sullivan
Jennifer Abrahamson
- July 26
Christine Gaylor
Gerri Behan-Shayer
Robert Fayda
- July 27
Eva Staab
Ann Evers
- July 28
Carolyn Weber
- July 29
Tom Sullivan, Jr.
Ellen Mulligan
- July 30
Kurt P. Spiegel
Stephen Clark
Kyle M. Sluder
Ruth Schaeffler
Christine Doyle
- July 31
Jay Jabour
Bill Durkin
Richard Grand



From This Day Forward

HAPPY ANNIVERSARY

- July 1
Helen and Sam Bergholtz
- July 3
Edith and William Frohnhoefer
Camille and William Karl
- July 4
Dorothy and Thomas Gallahue
- July 5
Ralph and Diana D'Avino
- July 6
Joe and Roseanne Brogna
Mr. and Mrs. C. Sadowski
- July 7
Tommy and Cathy Snadecky
John and Rose Marie Walker
- July 8
Mary Ann and Lenny Zielinski

- July 9
Pete and Patty Johnson
- July 10
Pamela and Adam Geslak
- July 11
Loraine and Howard Kreinces
- July 15
Gerri and Andy Shayer
- July 16
John and Maureen Brannan
- July 17
Mary Ann and Lenny Zielinski
- July 18
Jeff and Maureen Clark
Harry and Irene Woods
- July 19
John and Rosemarie Jabour



- July 22
Sophie and Stan Macner
- July 23
John and Donna Sheppard
- July 25
Linda and Kenneth Uhlich
Barbara and Arthur Uhlich
- July 27
John and Donna Sheppard
- July 31
Charles and Lois Kraemer
Paul and Colleen Heller

HBA Weekly News Update

BOYS FARM DIVISION

To all the players of the Saints, Congratulations! The team sponsored by Old Country Deli, and managed by George Skace had an enjoyable and successful season. Your desire and effort throughout the season made me proud to be your manager. Hope to see you all next season!

The last game of the Giants' 9 and 3 season was on Saturday, June 22. The weather was cool with a slight overcast, and the Giants were going head to head with the Royals, Division 1's #1 team. Their record was 10 and 2 and it looked like it would be a tough game.

The Giants' starting pitcher took the mound for the first 3 innings and gave up one run on no hits. The infield and outfield kept their ground and stayed in the game even though the pressure was on. The Giants scored 4 runs on two hits in the same three innings.

Then the rains came in the second and caused a rain delay. The top of the fourth got the Royals another run, which made the score 4-2. When the Giants got up next, they got two more runs on two hits and our second pitcher did a great job holding the Royals to one run. The final score was Giants 6, Royals 2, which gave Division 2's first place Giants a 10 and 3 record for the season.

The manager, Mr. Sham, and coach Mr. Jamison, and all the players on the Giants wish to congratulate the Royals on an excellent season and their first place position in Division 1.

We, the manager and coach of the Giants, want to thank all the boys on the team for a great season. We are very proud of these kids. The team members are: John Cassagne-RCF and 3rd; Frank Danko-C and LF; Michael Chisone-LCF and C; Chris Jamison-P and 2nd; Mat Parmiter-C and FCF; Eric Pasquelli-P and 1B; Sheel Patel-RF and C; Paul Rikmeyer-C and LCF; Suraj Ram-S; Howard Sham-P and 1B; Michael Weber-3rd and 1B. Well done!!

On July 6, the Royals and the Giants met on trophy day, to play an exhibition game. There was a 2-hour limit and both teams played to the wire. It turned out to be a 5 inning game and the game ended in a hard pressure-filled 3-3 tie! Great game, Giants and Royals!

GIRLS MINOR DIVISION

The girls minor division was filled with great softball the second half of the season as the girls' skills all improved through practice and their games.

Team 2, the Kiwanis Club, had a really strong second half, compiling a 7-1 record after a disappointing 2-5 record the first half.

The remarkable finish enabled the Kiwanis Club to end the season in second place and start the playoffs on a positive note.

The first round was played Wednesday, June 26, playing against Team #6.

After a see-saw battle that saw each team take a lead and then lose it, the Kiwanis Club came up to bat in the bottom of the 6th and lost with the score tied 10-10.

With a runner on 2nd, Melissa McCarthy came up to bat. With a clutch single, the Kiwanis Club

won and went on to the second and final round.

With trophies on the line for the winner the Saturday, June 29th game had more excitement than some people could take. The Kiwanis jumped out to a 5-run lead with the big hit by Virginia Swierupski - a 2-RBI double.

But Plasterfuntime wasn't about to roll over and play dead. As they scored 5 runs of their own in the top of the third, Fancy Nicole Stergiopoulos in the final three innings had trouble for the Kiwanis as they saw their 6 run lead cut to one. Then Jill Levy drove in the tying run in the top of the fifth.

As the team faced extra innings the Kiwanis pushed across the tie game, with the winning run scored by Elizabeth Weber, who led off with her second single of the day. Theresa Lampert got the game-winning RBI by driving her great line shot through the middle.

It's unfortunate that somebody had to go home after this game because both teams showed amazing poise and skill. That is not ordinarily displayed by 8,9 and 10-year-old children.

From manager Mike Lampert, my congratulations to all and just remember - wait 'til next year! **BOYS MINOR DIVISION**

The Cubs, managed by Joe Caruso, ended their season in 4th place and what a season it was! I had the greatest bunch of kids anyone could have - they all played well together and displayed real sportsmanship, win or lose. As manager, I want to thank all of you for a great season. My team members were: Jason Basso, Chris Johnson, Joey Caruso, Adam Geslak, Mark McDonnell, Joe Restivo, Brian Walsh, Brett Langlois, Mike Kline, Sean Flynn, Bobby Price, Nikita Miglis and Matt Nathan.

I can't forget a great bunch of supportive parents which helps the season run smoothly. They were there cheering all the time, always made sure the kids made practices - which was quite often! Thanks for the drinks for the whole team! I appreciate your generosity.

I owe special thanks to helpers and coaches: Joe Restivo, Joe Basso, Frank Kline, Paul McDonnell and Pam Geslak for becoming the Cubs' official scorekeeper for many games.

My thanks to all. Have a great summer and see you on the ball field next year!

Resident Named LVA Volunteer

Norma Aschner of Hicksville was elected President of the Board of Directors of Literacy Volunteers of America - Nassau County at the affiliate's Annual Meeting on June 18. She began her term July 1.

Ms. Aschner joined this local affiliate in October of 1984 when she took a Basic Reading Tutor Training Workshop sponsored by Grumman Corp. Immediately following the last session she began to work with a student and continued tutoring for 3 years. In addition she has been a member of the Board for over 4 years, assuming the role of Vice President in 1989.

LVA-Nassau County is a non-profit, community service organ-

School Bd. Appoints New Supt. of Schools

Continued From Page 1

available by the district to children ages 3 to 21 throughout the 1990-91 school year.

In response to an inquiry by resident Joe Visconti, Mrs. Wolf said that the district should have an answer from the state shortly regarding the lease of Willet Avenue School. She added that the board expects to have a signed contract by August 1.

The board briefly discussed the State's proposed retirement incentive plan, an option open to school districts across the state. Trustee William Collins noted that 121 employees would be eligible at first glance. "Considering that we have a third year of the teachers contract...[the incentive] might be to our best interest," he said. But trustee Rudin countered that, looking at the list of employees who would be eligible, offering the plan "could wipe out whole departments." She said she "would like to wait to discuss it with the new Superintendent."

Attorney Guercio cautioned, "If you are considering this at all for the members of the Teachers Retirement System, it must be done before August 1, because they must have a 30-day window." (If the plan were offered with an August 1 deadline, this would give the district sufficient time to conform with teacher contract stipulations by August 31.)

"We must assess the benefits to the district. We're talking about a lot of money here," said trustee Richard Pfaender. The newly-installed trustee questioned the "feasibility" of offering the plan.

Board President Wolf said that the board would discuss the matter further at the July 3 executive session. (It was learned from Mrs. Wolf that the board decided "not to have another meeting" regarding participation in an incentive plan.)

Reorganization Meeting Agenda

At the Board of Education's annual reorganization meeting, the seven trustees took the oath of office, and officially welcomed Mrs. Helen Lafferty, who assumed the seat of retired trustee William Bennett. James Martillo was elected Vice President, and Arlene Rudin was elected Secretary to the Board.

In an unusual move, the board tabled the recommendation to designate a district independent auditing firm for the 1991-92 school year. The 4-3 decision saw the three new trustees - Pfaender, Black and Lafferty - join together in dissenting.

In moving to table, Mr. Collins cited the arrival of the new Superintendent. Dr. Fenton explained to the board that this would mean the district is without the services of an auditor until the board takes action, but Mrs. Wolf said that the board understands the ramifications of its action. Trustee Black noted that the agenda did not include the setting of the date for the district's annual meeting and budget vote. He proposed that the board hold its annual meeting on May 27, 1992, a date suggested for the May monthly meeting.

Mr. Martillo, following his opinion stated last year, said he would like to see the vote held later, and offered to amend the motion to June 17, the date of the proposed June meeting.

Noting that May 27 is two days after Memorial Day, 1992, Mrs. Wolf voiced objection, saying that she wished to see Memorial Day "reserved for the veterans" and to avoid any politicking on that day. Mr. Black shared her concern, and Mrs. Wolf suggested he change his motion to Wednesday, May 20. The new date was approved.

In addition to the reappointment of District Clerk Janet Ullrich and Board Attorney Gregory Guercio, the board approved appointments and official designations for: District Treasurer, Purchasing Agent, Assistant Purchasing Agent, Internal Claims Auditor, official bank depositories, and official insurance broker. It approved the bonding of official officers, adoption of board policies, authorization for membership in professional organizations and the schedule of regular Board of Education and Committee meetings for 1991-92.

The *Mid-Island Times* was approved as an official newspaper of the school district.

A special meeting was set for Thursday, August 1, at 8 p.m., in the Conference Room of the Administration Building. The next regular meeting of the board is scheduled for Wednesday, August 28, at 8:15 p.m. It is at this meeting that the board will accept the tax rate as set by the Nassau County Board of Supervisors.

Hicksville Singer To Perform

Hicksville native Katherine Luna has already established her reputation as one of the most popular and highly-regarded young sopranos on the American operatic scene today. On Saturday, July 27, she will perform the role of Floria Tosca, Puccini's patriotic and passionate opera singer at the Lakeside Theatre in Eisenhower Park, located off the Meadowbrook Parkway in East Meadow.

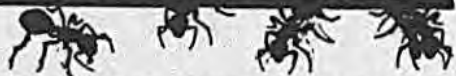
National Grand Opera is pleased to be presenting this Long Island native for the third time (she appeared as Gounod's Marguerite and Puccini's Mimi in past seasons) in a fully-staged and costumed production of "Tosca," directed by Roberto Stivanello. Also quite young, Mr. Stivanello brings years of experience to his directing, from a rich family heritage of several generations' involvement in theater on both sides of his family to his extensive work in all facets of opera production - as director, lighting designer, set designer, costume designer and technical director.

Maestro Anton Coppola also returns to NGO, subsequent to conducting performances nationwide from Hawaii to Louisiana, to making his international film debut, as a conductor of course, in his nephew Francis Ford Coppola's recent "Godfather III." Completing the lead cast is tenor Denes Striny in the romantic and revolutionary artist Mario Cavaradossi, and, repeating his highly-acclaimed portrayal of the sadistic chief of police Baron Scarpia, is Metropolitan Opera baritone Theodore Lambrinos.

"Tosca" is offered as a free production in the Nassau County Office of Cultural Development's "Summer '91 Performing Arts Series." Curtain is 8 p.m., and, in the event of inclement weather, the official rain date is Sunday, July 28, same time, same location. And don't forget, this is a BYOC event...bring yur own chair!

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Discovery!

Magazine

The newspaper edition that helps
discover new writers, new ideas
through Input and special
family features.



Friday, July 12, 1991



Summer...A 'Kinder,
Gentler' Season

SEE PAGE 3



THE QUESTION OF THE WEEK

An Ohio Company has dismissed an employee for smoking off the job because it affected its group health insurance. Does this violate civil rights?



Input Callers Against Minority Court Pick

Most callers to Input do not believe that race or minority status should be a criterion in filling a Supreme Court vacancy in answer to this question: "Do you think that the Supreme Court vacancy of Justice Marshall must be filled by a minority appointment?" Here are some of the answers:

ABILITY ONLY

I think that the only measure of whether someone should be on the Supreme Court is their ability to reason and apply legal principles to issues. I do not think, either, that personal beliefs should enter into a decision. It is too bad that the support has been so polarized and that decisions follow patterns. A new member of the court can come from a minority but it should have no bearing on decisions handed down. F.H.

NOT SINCERE

While President Bush has said that he is not filling the vacancy according to minority quotas his actions in nominating Clarence Thomas show that he is no more sincere about that than he was in saying to read his lips that there will be no increase in taxes. I do not believe that a black has to fill a vacancy of a black and if this is the case then we cannot really have anything but a political Supreme Court. L.F.

POLITICAL INFLUENCE

It is too bad that politicians have to be able to influence our top system of justice. What we are getting is no longer a court that views things with an open mind and considers the facts in a case but a group of higher politicians who can make new laws while passing its decisions off as interpreting the Constitution. H.G.

PRECONCEIVED VERDICTS

By no means should the court be made up of little jurisdictions filled by minorities or non-minorities. The court is supposed to be above all that. We send cases to the Supreme Court to have judgements made on the merits of cases and how they stand up against the Constitution. Now we have political people figuring angles so that they can get their platforms ratified by the Court. Our Legislative part of the government has plenty of authority to make laws, but it is afraid of doing unpopular things so it wants a loaded Supreme Court to take over its responsibilities. Minorities should have their voice in Congress and legislatures. We don't need a Supreme Court with a preconceived agenda. M.G.

NO SPECIAL HELP

At this time Pres. Bush has already made his selection for the Supreme Court. Justice Marshall has already said that it is not necessary to replace him with another minority appointment. I will be 40 years old this year and after spending most of my life in the Bronx with more minorities than this country has states I am appalled at the way this country has continued to use quota systems. When are we as citizens of the freest country of the world going to start recognizing people for their accomplishments and hard work instead of their race? Bleeding hearts keep crime rates, and unemployment high. If you want the job, work for it. Earn the right to be recognized for a job well done. Minorities are as American as the rest. C.A.C.

FAVORS MINORITY

I believe the Supreme Court vacancy should be filled by a minority. Democrats would have screamed their heads off if Bush had appointed a white man. R.W.

REQUIRES FLEXIBILITY

There should be no Negro, Catholic, Protestant seat on the Supreme Court. Bush's suggestion of Thomas, however, was an excellent choice and a decided improvement over Justice Marshall who lacked a judicial temperament. His career began as an advocate for the NAACP and an advocate he remained on the court. A judge should decide a case on its own merits regardless of how it accords with his own philosophical agenda. This requires flexibility. Unlike Marshall I believe Thomas is prepared to shift when the evidence so dictates. A.B.

PROVEN ABILITY

As far as I'm concerned, the most important qualification for a candidate to fill a vacancy on the Supreme Court must be his or her proven ability to be objective no matter what the circumstances and be equipped with sufficient education to apply well balanced and adequate reasoning to the solution of any Court problem without prejudice as to race, religion or a class trait of any kind. Mixed juries have been chosen although not deliberately designed to achieve a specified mixture. The fact is though, that fair decisions have been developed precluding any suspicion of a prejudiced rationale. From what I have learned of the proposed candidate to replace Justice Marshall, I believe that an objective appraisal of his qualifications clearly warrant his serious consideration for that responsibility. Frankly, I believe we would be doing a serious injustice to our entire philosophical concept of a free and democratic society were we to apply any other criteria in this particular case. P.G.S.

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Discovery!



Summer...A 'Kinder, Gentler' Season

By Lucia Fangmann

Seasons are like politics, in a kind of inverse of the analogy; they too, can swing back to a "kinder, gentler time." Although, we seem fully prepared for the onslaught of winter cold, fresh from the peace and happiness of the Winter Holidays - winter will be winter. Each year, as the first brave buds of the crocus find their way up from the frost, I breathe a sigh of relief. A promise of Spring and Summer returns.

The sight of so many flags on Long Island and across the Nation, this winter, perhaps, emphasized the image of hope fighting through the cold. Even in the aftermath of the Persian Gulf War, the seasonal weather in the Middle East is greatly hindering desperate relief efforts. The Seasons will at times bend to man, but the sun is on a given course, and continues in its set ways.

We are indeed fortunate to be graced with the beaches of our "Island" that we enjoy so much each summer. They have seen many seasons, so many paths of man come and go. One hundred classroom hours, devoted to study, could not disclose nor reveal all the wonders of one walk upon the beach for a child. The beach in its wisdom teaches all, young and old, the lesson of mutability in a gentle fashion. As we watch with fascination the pounding waves upon the shore, our own footprints are also swept back into the waves. Yet, one does not feel a sense of loss exactly, but rather a sense of being an entity that has touched this great vastness of nature. One looks out upon the horizon of sky and seemingly endless stretch of water and does not fear the enormity of what is perceived. Nor is there a great effort to want to define that which is so beautiful rather,.... only to enjoy and to be at peace.

Perhaps, the greatest lesson of tolerance and acceptance can be seen in the layer upon layers of fossil shells that lay embedded within each other. Each shell, so different, is a treasured prize, on a walk upon the beach. Through the years that have worn the shells smooth, these ocean neighbors still co-exist peacefully. That is not to say that they have not lost some individual shape and diversity in the process. Such transformation is a necessity. Their essence remains the same, still and in many instances has been enhanced. Each remains a treasure to the wanderer who appreciates its natural value.

If a person is fortunate enough to find a horse-shoe crab shell, the antiquity of the ages permeates its very form. These ancient remnants could, perhaps, relate a great deal of man and Nature and the lasting

beauty of so many Summers. It is even possible that their acquisitions of wisdom and beauty may well be in our reach. All that is required is the vision to see beyond the waves of chores, responsibilities and sometimes tiring obligations of everyday life that often tire our energies. Sometimes even a memory or happy image is recalled by just a little thought given today when an unexpected event occurs. Such a day is like a day spent upon the beach.

I am reminded of one, beautiful Summer day last year when I was inundated with chores and household responsibilities. A peaceful image of the sun and sand could just not be brought to mind. Amidst the clutter, my young daughter burst in the front door. The Summer weather had just begun to arrive in these last school days in June. I looked with love upon the little radiant face before me, which had just announced, "My teacher said that I bring happiness to the other children because of my "sense of human." For a moment, this (Momentous) statement escaped my understanding, as I sorted through all the things, in my mind, yet to do that day. She tugged at my sleeve to turn my attention to her and her announcement. Repeating herself, for my benefit, I realized that she had mistaken the word "humor" for "human." Her bright, brown eyes dispelled any notion on my part of correcting her mistake. What a marvelous substitution she had conjured. It is our "sense of human" that must be tempered and helped out by humor.

Suddenly, it was like a day at the beach, with the brilliant Summer sun illuminating something for me; and the lesson was right at hand so simple.

So, indeed, Summer can be a "kinder, gentler" Season for all. The sun, the beach, the days of laughter are all with us, if only for a short time in the Seasons of Life. But the joys, the lessons of Summer... the mysteries revealed are with us, still with us... yet to be explored.

ABOUT THE AUTHOR

Lucia Fangmann lives in Syosset. This is her second contribution to *Discovery Magazine*.

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Wine Talk

Here are two fine reasons to love wine:

- You don't need to know anything about wine to enjoy it.
- If you do want to know more, there is no end to the learning.

Wine is as simple as the taste and smell of fruit and wood, and as complicated as computer graphics — a mixture of art and science. It is a subject that confuses everybody at times, and one where asking lots of questions — of a store clerk, a waiter, a hobbyist, a newspaper columnist — is par for the course.

Here are a few of the more common posers:

Why does American burgundy sell for \$3.99 and French Burgundy (or Bourgogne in French) sell for \$39.99? Is it worth the difference?

What seems like a foreign plot is actually an American plot. As with American "chablis" vs. French Chablis, there is virtually no relationship between the American type of "burgundy" and the French type except that they are both made from fermented grape juice.

The French wines come from traditional, closely regulated, centuries-old wine regions and are made exclusively from high-quality grapes (Pinot Noir in the case of red Burgundy, Chardonnay in the case of Chablis).

The American versions are made from very inexpensive grapes — whatever is available in quantity — typically from high-production vineyards in non-premium wine-growing areas. This doesn't mean they can't be decent drinks in their own right, but it does mean they're something completely different, trying to capitalize on the famous French name. This would be like a German Riesling calling itself "California Chardonnay." But that couldn't happen, since using another place's wine name is illegal in the European Community.

Does this mean that French wines are always better than California wines?

No, no and — let me emphasize this — no! Californian and other American wines regularly confuse, baffle and embarrass experts on both sides of the Atlantic who can't tell them in blind tasting from famous French classics. California makes wine that can stand a quality comparison with any wine region in the world, French, Italian or Norwegian.

Having said that, let's also say that the range of flavors, textures, aromas and pleasures out in the great world are a lot broader than those available just from California. If you like California red wine, try Spanish Rioja, Italian Dolcetto, Australian Shiraz — keep those taste buds on wake-up call.



Wine Talk

DINING GUIDE

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

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(Guide to Good Dining)

DINING GUIDE

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READER RATINGS



TRIP INTO PAST
 We always feel that we have a fine time and wonderful food when we visit George Washington Manor in Roslyn. It is like a trip into the past with modern food and service to visit the Manor.

They have a good menu of American food that is cooked just right. Last week we had a party of four people who visited the G.W. Manor and had entrees which included fish, beef, and veal. Every person in our group said that they thought this restaurant is one of the finest they had ever been to. We decided then that we should spread the word around and decided to make this call J.I.I.

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

G.W.

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READER RATINGS



TOPS IN DINNERS

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

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

Q. What is the policy of restaurants when a waiter spills something on you?

F.P. A. There is no set policy except that the management usually is very apologetic. Almost all places ask to assume the cost of cleaning your clothing. Others do this and void the check for the entire meal. On small splashes they usually do what they can at once to clean up the spot. Regardless of what else it usually requires the personal apology of the one in charge.

Q. When figuring the tip for service, how is it figured, on the total bill with tax or on the bill before tax?

E.R. A. Generally it is figured before the tax is added although the amount of a tip is a purely personal thing and it ranges from 15 to 20 percent. Usually where the service is great you compute it as high as 20 percent.

Q. When dining out I have often seen women wearing their coats to the table, then depositing the on back of their chairs. However I have never seen a man do the same thing with his overcoat. Is there really a difference in etiquette for men and women in regard to checking coats?

A. Yes, a man always checks his coat in a restaurant. But a woman has the option of checking her coat or bringing it to the table.

Q. There is a great catering place in my neighborhood which features wonderful food at moderate prices. However, dinners are always served "family style". Meat and vegetables are placed in large platters which guests pass around just as if they were eating at home.

There is one problem with this type service, though. I notice that some people take more than their fair share or perhaps take all white meat when turkey is served. What can be done about this?

A. There is really nothing that you can do under the circumstances. Family style dining is a nice idea, but it doesn't work unless all the guests are considerate.

Why not ask the manager to provide conventional service, in which food is placed on plates in the kitchen, for your next affair?

If you have questions about etiquette or dining out you may call them into WE 1-0027 and we will find the answer.

DINING GUIDE

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

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

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(Guide to Good Dining)

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RESTAURANT GUIDE

READER RATINGS



Q. What do you think of a mother who slaps her two-year old's hand and I mean hard when the youngster spills his milk? I saw that happen recently in a restaurant and frankly I was appalled!

A. I think we both agree it was not right for the mother to do what she did. It would have been far better to remove the child from his high chair without comment, sit him on his mother's lap, and signal for the waiter for a quick clean-up.

A baby of two does not have good coordination so he often has accidents. From that point of view, the toddler you saw in the restaurant was only exhibiting normal behavior. Mom should have shown more common sense (and kindness).

Q. Frequently I eat lunch in a pleasant little Italian place near my office. I am well known to the staff, so once in a great while when I get an emergency business call the waiter will call me to the phone. Naturally, in this situation I try to end the call as soon as I can, and this is sometimes hard to do gracefully! **A.** The best thing to do is to make it plain to the caller that you are in an awkward position and will call him back in a short time after you return to your office.

Incidentally, the restaurant staff is so exceptionally accommodating that you might consider leaving a bigger tip than usual in gratitude for this extra service.



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Beyond Irish stew, soda bread and coffee, not much about the cooking of Ireland is known this side of the Atlantic. The really sophisticated traveler could tell you about colcannon, that rustic mixture of potatoes, cabbage, milk and butter. And that's about it.

Word is being spread, however, and mighty tasty information it is. For years, Europeans have known of Myrtle Allen's exemplary cooking at Ballymaloe House, a large Georgian manor with 400 acres of surrounding fields and farmland.

At the beginning, Ballymaloe was a family residence and farm. As word of Myrtle's cooking skills spread, it was inevitable that there would be a restaurant. It opened in 1964. Later, rooms were added to give guests a complete and relaxed experience in this beautiful part of County Cork. Now there is a cooking school, too.

One recipe that everyone loves is Trifle. Despite its name, it's not an inconsequential dessert. This is a particularly fine example and gives a hint of what awaits you at Ballymaloe, either the manor house or the book.

TRIFLE

- 1 recipe Mrs. Lamb's Sponge Cake (in book), 1 day old, or 1-pound bought sponge cake layers
- 1 to 1 1/4 cups raspberry jam or preserves
- 3/4 cup sherry
- 1 recipe pastry cream*
- 1 1/4 cups heavy cream, whipped
- 8 blanched and skinned almonds
- 8 glace cherries
- 8 sticks of angelica

Yields 8 to 10 servings.

Slice cake layers horizontally with serrated knife and cut into large pieces. If raspberry jam is thick, thin it to spreadable consistency with 1 or 2 tablespoons sherry.

Spread jam over all cut surfaces of cake and arrange cake pieces, jam sides up, in layers in 2- to 2 1/2-quart attractive glass serving bowl. The cake should come within 3 inches of top of bowl.

Drizzle remaining sherry over cake, then spread with pastry

cream followed by whipped cream. Halve or quarter almonds and cherries, cut angelica into thin 1-inch-long sticks, and use these to decorate top of trifle.

Chill trifle, covered, for about 8 hours. To serve, spoon down through all layers.

*Pastry cream recipes (also known as custard sauce and creme Anglaise) can be found in all standard or dessert cookbooks.



DINING GUIDE

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By Desiree Vivea

Microwave an ice cream social

The good ol' summertime: burning pavements and long, lazy days in the sun. This is ice cream weather.

The creamy frozen concoction was introduced to America in the late 1700s, and by 1851 the first U.S. commercial ice cream factory had opened in Baltimore. More than a century later, we've come a long way.

The United States is now by far the biggest consumer of ice cream in the world, followed by Finland, then Australia, New Zealand and Canada. Americans consume 831 million gallons per year (I know I'm getting my share!), and the International Ice Cream Association says at least 98 percent of Americans eat ice cream.

If you own an ice cream maker, you know how much fun it is to mix up a batch of homemade summer ice cream. And if you own a microwave, you might be surprised to learn that it can help in preparation, too.

For instance, French vanilla ice cream is made with an egg custard base. The recipe below cooks the custard in your microwave before it's frozen in your ice cream maker.

Whether purchased or homemade, store ice cream at zero degrees Fahrenheit and place a piece of plastic wrap over surface after every use and reclose container tightly to prevent formation of ice crystals.

Our choices used to be limited to vanilla, chocolate and strawberry — but no more. There are hundreds of flavors out there today, including, according to the American Dairy Association, pepper, prickly pear, sweet potato and a "breakfast" flavor including eggs, cereal and granola. (I think I'll stick to Rocky Road, thank you.)

Ice cream is delicious plain, of course, but oh how much better with a gooey topping. The American Dairy Association is offering a 12-recipe booklet titled "Ice Cream Plus," which offers tips on embellishing ice cream. If you'd like a copy, send 25 cents plus a stamped, self-addressed business-size envelope to Ice Cream Plus, American Dairy Association, P.O. Box 760, Rosemont, IL 60018.

You can also use your microwave to quickly and easily heat commercial ice cream toppings.

Just pour topping into a microwave-safe dish or short pitcher. Microwave at HIGH (100 percent power) setting for 30 to 60 seconds, or until warm. Or microwave a sweet batch of tasty homemade toppings (see recipes below).

To host a midsummer ice cream social, line up napkins, serving utensils, an assortment of ice creams, and a variety of toppings. End with condiments:

whipped cream and small dishes of chopped toasted almonds, toasted coconut, fresh berries, sliced bananas, crushed pralines, candy sprinkles and cookies. Then simply stand back and let everyone make his or her own. It's a delightful way to cool down a hot summer day.

And if you feel you need an excuse to indulge in this favorite American treat, just tell yourself you're celebrating July 15, National Ice Cream Day. That's right. It was established in 1979, and in 1982 Congress declared it a national event. So get out your spoons and let the celebration begin!

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

MICRO-TIP OF THE WEEK

To soften hard-frozen ice cream for easy scooping, remove any foil and microwave at LOW/DEFROST (30 percent power) one to two minutes for ½ gallon, 30 seconds to one minute for 1 pint. Or microwave at HIGH (100 percent power) setting 20 to 30 seconds for 1 pint, 45 seconds to about one minute for ½ gallon, then let stand two minutes. Repeat, if necessary, watching carefully to prevent melting. Let stand several minutes, if necessary, before scooping.

FRENCH VANILLA ICE CREAM

- 2 cups whole milk
- ½ cup granulated sugar
- ½ cup light brown sugar
- ¼ teaspoon salt
- 2 large eggs, lightly beaten
- 1 tablespoon vanilla extract
- 1 cup heavy (whipping) cream
- 1 cup dairy half-and-half

Yields 2 quarts.

Preparation time: 10 to 15 minutes (plus freezing time).

Cooking time: 13 to 15 minutes.

Oven setting: HIGH (100 percent power); MEDIUM (50 percent power).

Stir together milk, sugars and salt in 2-quart microwave-safe bowl. Microwave at HIGH setting 3 to 4 minutes, or until very hot.

Drizzle 2 tablespoons hot milk into beaten eggs and beat with fork; add egg mixture to hot milk mixture, stirring well. Microwave at MEDIUM setting 10 to 11 minutes, until mixture boils, stirring halfway through cooking time. Beat lightly, then allow to cool completely at room temperature.

Fold in vanilla, cream and half-and-half. Freeze in ice cream freezer as directed by manufacturer.



FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: So many people use the expression "self-esteem" in some ways that seem to make no sense. Two girlfriends of mine try to act like they're smart when they mention their self-esteem, but I can tell that they don't know what they are talking about.

I try not to use words and stuff unless I'm pretty sure I know what they mean, so this one isn't on my list.

I can guess what it means, but because you use words so well I'd like to hear what you think it means. — Word Wise

Word Wise: Instead of guessing when it comes to "word questions," I open my Webster's Collegiate Dictionary and see what its experts say.

Even before I checked that dependable source, I jotted down my own definitions. They went like this: "Having a good feeling about oneself" and "not being perfect but able to feel that all is OK with one's personal world."

Webster's first definition cuts through with "self-respect," and that seems like a brief, good way to define it.

I went one step further to see whether there would be anything on this topic provided in Bartlett's Familiar Quotations. It was there, but only once in what appeared to be an obscure quote from the writings of John Milton, a famous author of the 17th century.

He wrote, "Oftimes nothing profits more than self-esteem, grounded on just and right, well managed." That seems to mean that feeling good about oneself is worthwhile, but only if a person is morally right or good.

Looking at and maybe even using Webster's and Bartlett's might be fun for some of you more scholarly kids.

Dr. Abraham: Why can't the medical researchers make up their minds? I mean, can't they decide once and for all whether oat bran is good for a guy or not? I try to eat stuff that's right for me, which isn't what my parents do. They gorge themselves on fatty and junk food, and I've even cut back on ice cream.

But that oat bran thing related to cholesterol really drives me up the wall. Eat the stuff, we were told, no question about it. Then later it came out that it wasn't worth much. Now another flip-flop, so go back to it.

It's nuts to me. How about to you? — Mystified

Mystified: Your facts seem to be about right, but maybe I can add a few. Although research results on food often come up with different answers, it may be because later studies were conducted on a larger or smaller group of people, the research techniques were better or worse, or there was a variation in the products studied.

On the oat bran issue, competent researchers were probably involved, including those who reported their findings in the *New England Journal of Medicine* and the *Journal of the American Medical Association*.

Further research may support or contradict their findings, so stay tuned. There is no assurance that you will be less mystified. "Final" answers aren't always easy to come by.

Dr. Abraham: What is there about this guy who seems to like me so much? It looks like he gets a thrill out of holding one of my hands, and he takes hold of it whenever we are together. No kisses, no other touching, no nothing, just holding my right hand.

He is always on my right side for some reason, and that is the one he grabs. Sometimes there is a little squeeze, sometimes he loosens up, sometimes his hand is a little sweaty, but always holding on.

I guess I could do without this, but not him. Well, it really isn't so bad what he does, just different, I think.

What do you think about this? — Hands On

Hands On: Feelings of and attitudes toward closeness with another individual differ from person to person. If you like him, his hand-holding doesn't really bother you much, and he enjoys it, you might as well hang in there. It's perhaps a compliment to you that you are the one he selects to be near.

More important than this symbol of his feelings toward you may be other ways in which he shows them and puts them into words. And maybe most important of all is how you feel about him as a total person.

FOR TEENS

Cooking Corner



Catch this combo — beans and seafood

By Linda Susan Dudley

About three years ago, pasta with beans and shrimp was the rage in Italy, one of the new-wave dishes.

The orecchiette is one of my personal favorites, and it's one of our best sellers now. People are very health-conscious, and seafood and beans are very good for you. The seafood is low in fat, and the beans have a lot of protein.

The following recipes provide a taste of what's on the front burners in restaurants today.

FIO'S ORECCHIETTE WITH SHRIMP AND BEANS

- 1 tablespoon extra-virgin olive oil
- 3 ounces medium shrimp, cleaned and deveined
- 2 ounces white beans (measure before cooking), cooked
- 2 ounces chopped prosciutto
- 1 tablespoon minced garlic
- Pinch of lemon zest
- 1 tablespoon butter
- 2 tablespoons white wine
- 4 ounces orecchiette pasta,

uncooked

- 2 tablespoons grated Parmesan cheese

Yields 1 serving.

In saute pan, heat olive oil until hot. Add shrimp, cooked white beans, prosciutto, garlic and lemon zest. Saute until shrimp turn pink.

Add butter and white wine. Reduce by 1/2.

Meanwhile, prepare pasta. Place water in saucepan, and heat to boil. Add orecchiette pasta, and cook until *al dente*. Drain.

Place drained pasta in sauce. Add cheese and toss briefly before serving.

UNION SQUARE CAFE'S SALAD OF WHITE BEANS AND SEAFOOD

- 8 ounces cannellini beans, soaked and cooked in water
- 12 mussels, cleaned and steamed open in mixture of 1 cup dry white wine, a few parsley stems, 1 sliced shallot and 1 clove pressed garlic
- 1 cup cooking water from beans, reserved
- 4 tablespoons extra-virgin olive oil
- 8 medium shrimp, shelled, deveined and halved lengthwise
- 8 medium sea scallops
- 2 ounces fresh squid, cleaned and cut into fine julienne
- 2 garlic cloves
- 2 tablespoons minced herbs (use tarragon, chervil, basil, parsley and chives)
- 2 ounces salad greens, washed and cut into small pieces

Yields 4 servings.

Reserve liquid from cooking beans and mussels.

Add reserved bean cooking liquid to mussel liquid and reduce both to about 1/2 cup. Strain through fine strainer and reserve.

Heat olive oil in saute pan. Add all seafood, and then press garlic cloves over the fish using a garlic press. Cook together, but do not allow garlic to brown.

When seafood has been lightly cooked, about 2 or 3 minutes, add cooked beans, reserved bean/mussel liquid and herbs. Toss well together over flame, and add salad greens, allowing them to just barely wilt.

Adjust seasoning with salt and freshly ground black pepper. Serve immediately in hot pasta bowls.

Follow this recipe to precook beans.

Larger beans — pintos, red kidneys and Great Northern white beans — need to cook 1 to 1 1/2 hours; smaller beans — navy beans and flageolets — are usually softened in 45 to 60 minutes.

Cooking beans in the oven guarantees more even cooking, but you can cook them over very low heat on top of the stove. After draining the beans, do not discard the cooking liquid — many recipes require that you use some cooking liquid as well as the cooked beans.

Pick over the beans before soaking them, removing any cracked or abnormally shaped ones and any foreign materials, such as stones.

PRECOOKING BEANS

- 1 cup dried beans, rinsed
- 4 parsley stems
- 1 bay leaf
- 1 thyme sprig
- 1 clove
- 1 medium onion
- 1 medium stalk celery, halved crosswise
- 1 medium carrot, halved crosswise
- 4 black peppercorns

Yields 3 cups.

To prepare: Put beans in large bowl with cold water to cover by 3 inches. Let stand 4 hours (or set aside at room temperature overnight); drain. Or, put beans in large saucepan with water to cover by 3 inches. Bring to boil, cover, remove from heat and let stand 1 hour; drain.

Tie next 3 ingredients together (or wrap in cheesecloth) for a *bouquet garni*.

To cook: Heat oven to 325 F. Put beans in 4-quart Dutch oven with water to cover by 2 inches. Stick clove into onion and add to pan, along with celery, carrot, peppercorns and *bouquet garni*. Bring to boil on top of stove, cover and transfer pan to oven.

Cook until beans are just tender, 1 to 1 1/4 hours for large beans, 45

to 60 minutes for small beans. Remove from oven; cool in cooking liquid. Remove and discard vegetables, peppercorns and *bouquet garni*. Drain beans, reserving cooking liquid, and proceed with recipe of choice.

(Cover and refrigerate in cooking liquid for up to 5 days.)

Perla Meyers, author of "The Seasonal Kitchen," offers these recipes that make it easy to experiment with seafood-and-bean combinations.

THYME-RUBBED MONKFISH WITH BEAN AND GARLIC PUREE

Bean and Garlic Puree:

- 3 cups precooked navy beans
- 2 1/2 cups cooking liquid (see recipe for precooking beans)
- 2 medium garlic cloves, minced
- 6 tablespoons butter, softened
- Salt and ground black pepper

Thyme-Rubbed Monkfish:

- 2 1/2 pounds monkfish, sliced diagonally, 1/4-inch thick, with outer membrane removed (or 1-inch swordfish steaks)

- 1 1/2 tablespoons minced thyme

- Salt and ground black pepper

- 1/4 cup olive oil

- 5 tablespoons butter

- 1 large garlic clove, sliced thin

- 2 tablespoons lemon juice (1 large lemon)

- 3 tablespoons minced parsley

Yields 8 servings.

Bean puree: Put beans plus 2 cups cooking liquid (reserve remaining 1/2 cup cooking liquid for monkfish), garlic and butter in food processor and puree. Season with 1 teaspoon salt and 1/2 teaspoon pepper or to taste.

Transfer bean puree to heat-proof bowl set over saucepan of simmering water. Cover, and keep warm. (Can cover and refrigerate overnight).

Monkfish: Sprinkle monkfish slices with thyme, 1/2 teaspoon salt and 1/2 teaspoon pepper.

Heat oil and 2 tablespoons butter in large skillet. Add garlic. Working in batches to avoid over-

crowding, cook monkfish slices over medium-high heat, turning once, until fish is lightly browned, about 4 minutes. Transfer monkfish slices to warm plate. Cover, and keep warm.

Drain skillet and discard contents. Add lemon juice and remaining 1/4 cup bean cooking liquid to skillet. Bring to simmer and whisk in remaining butter, 1 tablespoon at a time.

To serve: Warm bean puree in heat-proof bowl set over saucepan of simmering water.

Spoon portion of bean puree into center of each warm dinner plate. Arrange a portion of monkfish slices atop puree. Spoon sauce from pan over fish, sprinkle with minced parsley and serve immediately.

FLAGEOLETS WITH SCALLOPS AND BACON

- 8 ounces slab bacon, diced
- 3 tablespoons butter
- 1 tablespoon olive oil
- 2 medium shallots, minced
- 3 cups precooked flageolets (see recipe for precooking beans)
- 1/2 cup heavy cream
- Salt and ground pepper
- 1 pound small sea scallops, gristle removed
- 3 tablespoons minced parsley

Yields 4 servings.

Bring 2 cups water to boil in small saucepan. Add bacon. Cook over medium heat to partially render fat, about 3 minutes. Drain bacon, and discard cooking liquid.

Heat 1 tablespoon butter and 1 teaspoon oil in large skillet. Add bacon. Fry until lightly browned and almost crisp, about 3 minutes. Remove bacon with a slotted spoon. Drain on paper towels. Add shallots to skillet. Saute until softened, about 1 minute. Add flageolets, bacon and cream. Simmer to heat through, about 5 minutes.

Season with 1 teaspoon salt and 1/2 teaspoon pepper or to taste. Cover and keep warm. Heat remaining butter and oil in large skillet. Add scallops. Saute until lightly browned, about 4 minutes. Season with 1 teaspoon salt and 1/2 teaspoon pepper.

To serve: Spoon portion of flageolet mixture onto each warm dinner plate. Arrange a portion of scallops atop flageolets. Sprinkle with parsley and serve immediately.

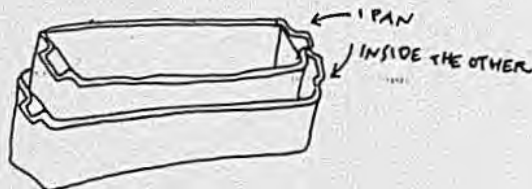
KITCHEN HINTS

You bake lots of muffins and loaves

But the crusts are too dark and dry.

Here's how to correct that:

1. Today's metal baking pans are thinner than they used to be.
2. To protect the crust from baking too quickly, stack two pans together before filling with batter.
3. This works equally for muffin, bread and cake pans.



Backyard Gardener



By Patrick Denton

Kudos for the trumpet lily

Of all the many flowers I treasure in my garden during July, the one I celebrate with the greatest passion is the trumpet lily.

These are imposing plants up to 6 feet tall, established plants bearing over a dozen huge, waxy flowers on each stem.

Even a few blooms are enough to send a warm, sweet fragrance through the entire garden as well as the neighbors' gardens on soft July evenings.

Regale is the best-known trumpet lily, a standard of perfection with pure white trumpet flowers, golden yellow in the throat and flushed rose on the petal exteriors.

Pink Perfection bears immense dusky pink trumpets. Golden Splendour is another personal favorite, very fragrant in deep gold.

The trumpet lilies represent in July the second wave of bloom among lilies commonly grown in home gardens.

Lower growing at 3 to 4 feet and flowering mainly in June, are the Asiatic or Mid-Century hybrid lilies. These lilies trace their origins to the state of Oregon, at the nursery of Jan de Graaf in the middle of the 20th century — hence the name Mid-Century. The sturdy stems of the Asiatics bear clusters of upward-facing flowers that bear no fragrance but come in a rich range of colors.

For many years the most popular among the Asiatic hybrids was the orange variety called Enchantment, a very easily grown and vigorous lily. Now, more lovely varieties are gaining in popularity — Connecticut King, a beautiful yellow lily; Peach Blush, in creamy pink and peach; Sterling Star, white with brown freckles, and many others.

Asiatic hybrids are well-suited to growing in a mixed perennial and shrub flower garden. Every few years I grow a collection of these compact lilies in pots for the patio.



Backyard Gardener

For August bloom there are the Speciosum lilies. These have large and fleshy, spotted, pendant blooms with reflexed petals and a delicious scent.

Rubrum, a rose pink and red lily spotted in burgundy, is probably the best known among these lovely lilies. Shooting Star is a spectacular crimson with darker spots and Uchida is pink with white spots.

The glorious Oriental Hybrids extend the lily season into September. These bear large, graceful flowers, mostly star-shaped with backward-curving petals tips. All these lilies are fragrant.

In this group are the Imperial lilies — Imperial Crimson, Imperial Gold, Imperial Pink and Imperial Silver — all with immense blooms on plants around 6 feet tall.

Star Gazer is pink, heavily spotted with red. Journey's End is bright fuchsia textured with burgundy dots and edged in delicate silver. Omega is an unusual bicolor with flared wine-red rays and dots on each snow-white petal.

Considering the lily's incomparably luxuriant perfection, one would almost expect the plants to require at least a little fussing. Yet given congenial growing conditions lilies are among the home gardener's most undemanding plants, continuing with each year to produce increasing numbers of flowers and requiring digging and dividing only when a clump outgrows its allotted space or becomes very crowded — a condition that can take many years.

The ideal lily site will enjoy a deep, well-drained soil that remains moist all year round and is amply supplied with organic matter. Lilies also do best with cool, shaded roots and sun on their upper regions. This makes them ideal for planting in ground covers or together with perennial plants whose growth will skirt the bases of the lily stems.

The lily's affinity for a cool, loose, humusy and perfectly drained soil makes it a natural associate for plants such as rhododendrons and azaleas. Like these plants, lilies benefit from a spring mulch layer of blended compost and damp peat.

I routinely prepare the soil for lilies with generous additions of peat and compost and a small handful of bonemeal to each planting site. I mix all this into the soil, working down to a depth of at least 12 inches.

Almost all lilies should be planted deeply, since they produce roots along the underground portion of stem above the bulb. A suitable depth of soil cover above the large trumpet lily and Oriental Hybrid bulbs is about 6 inches, while the smaller Asiatic hybrid bulbs will do with a cover of 4 inches.

Our Children

By Willard Abraham, Ph.D.



Instilling a love of reading in children

Q. We have an infant daughter, and among many other things, we hope she will enjoy reading as much as my husband and I do. His parents and mine were all great readers as children (and still are), and their love for reading was passed down to us.

Now we want it to rub off on our daughter. We also want to be sure that we don't pressure her, but that she derives pleasure from it.

We would appreciate any suggestions you can offer to us.

A. You have already taken the first and most important step toward your daughter's reading habit by providing a model that she will see from infancy on.

Here are some other avenues toward your goal that you might consider. They, of course, edge well into the future as implied by your request.

- Read to and with her, using colorful books with pictures, even in the early months.

- Continue this practice with her far up into the grades.

- When she can read, listen to her do so, talk about the content, and show enthusiasm for the entire process.

- When you're away from her, write cards and letters to her.

- If possible, work out a pen pal arrangement.

- Take her to a good library and bookstore, and let her participate actively in selecting reading materials.

- Let her subscribe to one or more magazines so that they are mailed directly to her.

- Preserve a family reading time on a regular schedule.

If reading is a happy experience for her, she will develop the habit. What a lucky girl she is to have parents who realize how important reading is as a contribution to a full life.

Dear Parents: A book that is due out this summer grabbed me because its title includes a term I hadn't heard before. It's "Kin Care," and the book's full title is "Kin Care and the American Corporation," written by Dayle M. Smith. It carries a subtitle of "Solving the Work/Family Dilemma."

Many parents will no doubt be interested in it, including those of the "Sandwich Generation" caught between kids at home and elderly parents for whom they are or feel they should be responsible.

Because the program described already exists in 100 large U. S.

corporations from Aetna Life & Casualty to Zenith Electronics, it obviously is based on a growing concern around the country. Care at or through the workplace for children, adult children and aging parents is a major worry. All of

these groups are part of the "Kin Care" picture.

As one employee noted on a survey form, "I like my job very much, but my family is and will continue to be my first priority. When and if push comes to shove, my family comes first."

When Du Pont surveyed 4,000 of its employees in 1989 they discovered that 25 percent of the men and 50 percent of the women had considered seeking another employer who might offer work or family schedule flexibility. (Du Pont is now on the list of 100 referred to above.)

The book indicates why kin care programs are an important benefit to employees who are parents, which ones can best help them balance work and family needs, how to evaluate their success, and where such programs are in effect now.

The biggest need seems to be for child care. As early as 1986, and probably more now, half of all employees across industries favored on-site near-site care centers for children, partial reimbursement for child-care costs, or flexible schedules to deal with child-care problems. If we add elderly parents and adult children to the picture, care and concerns become even greater as part of parents' burdens.

This book states that from the point of view of industry it "may well become the survival issue for our country's business interests in the 1990s and beyond."

So, working parents, if your employer hasn't caught onto this growing need you might consider passing on a hint about this "kin care" book. Its publisher is Business One Irwin, 1818 Ridge Road, Homewood, IL 60430.



Our Children



Fitness Forum

Author says fat is main culprit in our diet

By Janet Sutter

The diet talk began with a tray stacked with cookies.

Author Martin Katahn had a point to make. Two oatmeal raisin cookies, six fig bars and 12 ginger snaps. Three stacks of cookies, each containing 6 grams of fat.

Fat was the big subject here. And Katahn made it sound interesting. He even made dieting sound easy. Or at least possible.

The average American consumes 100 grams of fat a day. For men, the statistic should be 50 to 60 grams; for women, 40 to 50 grams, Katahn said. Cut down on fat, lose weight. It's that simple.

"We're talking about preventing heart disease and cancer, two main diet-related illnesses," he said. "It's fat that's the culprit. Fat is a very serious issue. We have about 20 million people in this country ill with diseases due to too much fat consumption. They don't need to be."

Don't try to take on a whole, big diet at a time, he advised. Do it "One Meal at a Time," which happens to be the title of his latest book.

Start with breakfast. Get five or six low-fat breakfasts figured out that you can live with, then binge on Sunday brunch if you wish.

For breakfast, consider grains (whole-grain or mixed-grain breads, English muffins, bran muffins), cereals (not sugar-coated cereals or granola, which tends to be high in fat), fruit, low-fat or skim milk, jam for breads instead of margarine or butter. If you have to have meat, try Canadian bacon or lean baked or boiled sliced ham. "One Meal at a Time" also offers recipes for low-fat French toast and pancakes.

To make the weight-loss experience more palatable, Katahn suggested a goal of eating low-fat foods just 80 percent of the time. Dieters can eat all the things they enjoy in moderation, he said.

SHOCKING NUMBERS

A clinical psychologist and author of "Rotation Diet" and "T-Factor Diet," Katahn recently retired as director of Vanderbilt University's Weight Management Program to have more time to write.

Though he stresses modification of behavior and lifestyle, not a gimmicky crash diet, as the way to lose weight successfully, Katahn uses statistics and diet lore for their shock value.

Some of his fat facts:

- Putting a croissant and a bagel side by side on a tray, he pointed out that the croissant had a whopping 15 grams of fat; the bagel only 7 grams. And a Danish? Twenty to 25 grams.

- Potato chips have 10 grams of fat per ounce, but pretzels have only 1 gram. Popcorn has only 0.3 grams of fat in 1 cup if air-popped, 2.0 grams if popped with oil, 3.0 grams for microwave plain, 4.5 grams for microwave buttered.

- Devil's-food cake has 15 grams of fat per serving; angel food cake has none.

- Beef sirloin with fat on it has 18.7 grams fat; a broiled T-bone has 26.5 grams; ribeye steak, 38.8 grams. And that's for a 3½-ounce portion, which is about the size of a deck of cards. Better choices would be flank steak, 8 grams; or eye of round, 4.2 grams. Katahn stresses trimming the excess fat from all meat.

- Pork spareribs have 35.0 grams of fat in six ribs; pork tenderloin has only 4.8 grams in 3½ ounces.

- Chicken fried in batter carries 17.4 grams of fat; a chicken breast roasted with the skin on has 7.6 grams; without skin, 3.1 grams. (All are 3½-ounce portions.)

- Ice cream can have more than 11 grams of fat in ½ cup, while non-fat frozen yogurt has 3 grams. (And who eats only ½ cup, anyway?)

- Fat should not be cut out completely.

"If you don't use any fat, you won't have a satisfactory diet," Katahn said. Fat brings out the flavor of other ingredients and makes food taste better.

In conversation and in his books, Katahn makes it clear that diet is a four-letter word.

"You should never consider you are going on a diet," he said. "Find a way to start with your next snack, your next meal. That's going to be the way you live from now on. It's a permanent change you're making. You are only going to make the changes you can live with."

Otherwise, dieters are likely to go back to their old ways, Katahn said.

"When you do that, you've probably done yourself some damage," he said. "The time the greatest cholesterol deposits are laid on your arteries is when you have added fat back to your diet, when you're gaining weight after you've cut back or lost weight. Those are most dangerous periods."

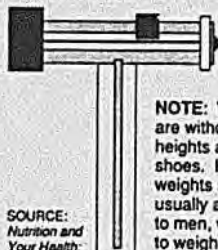
"The other warning I give people is, if you go on a low-calorie diet and stick with it for any length of time, more than just a few days, your body responds with a very strong protective reaction, so that a quick weight loss predisposes you to a quick weight gain."

HEALTH WATCH

New weight guidelines

New government guidelines suggest slightly higher weights than had been previously listed in 1985 may be acceptable, providing that higher weights do not aggravate any medical problems.

WEIGHT		
HGT.	Ages 19-34	Age 35 plus
5'0"	97-128	108-138
5'1"	101-132	111-143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111-146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194



NOTE: Weights are without clothes, heights are without shoes. Higher weights shown usually apply to men, who tend to weigh more because of denser muscle and bone mass.

SOURCE: Nutrition and Your Health: Dietary Guidelines for Americans

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Cajun cooking — but carefully

By Kit Suedaker

Cajun cooking, especially Paul Prudhomme's version, was a sensation a few years back. Blackened redfish set off smoke alarms in kitchens across the country. In fact, so much redfish went into hot skillet that fishermen complained the fish were running out, and cooks began to blacken everything else.

I confess I thought Cajun was a passing fancy, a blackened flash in the pan. Was I ever wrong! It's still with us, settled in as a recognized regional cuisine.

It turned out that everyone loved it and everyone tried to cook Cajun, buying special spices, even working with okra. Trouble is, Cajun needs butter, salt, duck fat, ingredients we don't even like to think about.

Well, along comes Enola Prudhomme, Paul's older and thinner sister, with "Low-Calorie Cajun Cooking" (Hearst Books). She developed the recipes in her restaurant, Prudhomme's Cajun Cafe, Carencro, La., because she needed to shed pounds. Customers and family loved them, and Enola put them all in a book.

Three traditional recipes follow, each cleverly adapted to '90s eating. Blackened Chicken saves the endangered redfish. New Orleans Crab Cakes beat out the Maryland variety for my money, and famous Louisiana bread pudding is updated here with meringue.

BLACKENED CHICKEN BREAST

- 1/2 teaspoon paprika
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground thyme
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon onion powder
- 1/4 boneless chicken breast, skinned

Yields 1 serving. It has 240 calories, 5 grams fat, 120 milligrams cholesterol and 350 milligrams sodium. To serve 4, use 2 whole chicken breasts and double rest of ingredients.

HEALTHY GOURMET



Preheat oven to 350 F. Heat medium cast-iron skillet over high heat for 15 minutes or until blazing hot. In small bowl, combine rest of ingredients, mix and set aside.

Spray 1 side of chicken with non-stick spray and sprinkle with half the seasoning mixture. Place in hot skillet, seasoned side down.

Sprinkle rest of seasoning on chicken and cook for 1 minute on each side.

Remove from skillet and place on baking sheet that has been sprayed with non-stick coating. Bake for 5 minutes.

NEW ORLEANS CRAB CAKES

- 1 tablespoon low-calorie margarine
- 2 tablespoons finely chopped onions
- 2 tablespoons finely chopped green onions
- 2 tablespoons chopped fresh parsley
- 1/2 pound fresh lump crabmeat, picked over to remove bits of cartilage
- 1/2 cup dry bread crumbs
- 1 tablespoon prepared mustard
- 1 tablespoon low-sodium Worcestershire sauce
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon ground red pepper
- 1 egg plus 1 egg white

Yields 4 servings. Each serving has about 80 calories, 3 grams fat, 80 milligrams cholesterol and 313 milligrams sodium.

Preheat oven to 375 F. In medium skillet over medium heat, melt margarine. Add onions, green onions and parsley and saute 3 minutes, stirring constantly. Add remaining ingredients except egg and egg white; saute 1 minute. Remove skillet from heat and let it cool slightly.

In small bowl, beat egg and egg white together. Add beaten egg to crabmeat mixture, stirring well to blend. Shape crabmeat into 6 crab cakes, about 1/2-inch thick.

Spray inside of shallow baking pan with non-stick coating. Place crab cakes in pan and bake 15 minutes. Remove pan from oven and turn cakes carefully with spatula. Bake additional 15 minutes or until golden brown.

THE HEALTHY GOURMET

New Orleans Crab Cakes

- Calories per serving: 80
- Fat per serving: 3 grams
- Cholesterol per serving: 80 milligrams
- Sodium per serving: 313 milligrams

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Here's How



By Gene Gary

You need professional help to fight termites

Q. Please consider a column on carpenter ants and termites, the damage they might do to a dwelling and how to eliminate or control them.

A. Would a professional pest-control service be necessary or could a home owner effectively combat them? — J.H.

A. Both termites and carpenter ants can do extensive damage to any wood structure. This is rarely a do-it-yourself job for the home owner.

To protect your property you should contract with a qualified pest-control firm for a thorough inspection. A professional firm will be able to properly analyze the extent of the infestation and recommend appropriate methods of extermination, which usually requires fumigation with toxic chemicals.

However, you can try a suggestion that recently appeared in *Popular Mechanics*. They recommended that as soon as you see any evidence of carpenter ants, spray the area with pesticide. Once all the ants have died, immediately sprinkle diazonion around the perimeter of the area to help stop re-infestation. Ortho Hornet & Wasp spray was named as a product effective in getting rid of carpenter ants.

Be sure that the problem is carpenter ants, not termites, and the area of visible infestation is in an exterior fence, deck or a structure that is not connected to the main house.

For your protection, I would certainly recommend contacting a professional if infestation appears in the main home structure.

Q. I have a copper covering at the top of my front door. It is about 20 years old and has turned green.



Here's How

I would like to know how to clean it, to get it looking like copper again. Once I get it clean, how can I keep it that way? — C.W.

A. Unfortunately, the sheen on your copper trim cannot be restored to look like it was when it was new. The copper has gone through a natural weathering process called oxidation.

Actually, the corrosion-resistant process is the very thing that

makes copper roofs and exterior trim so appealing and maintenance-free. Many people even

work to speed up this process artificially with an acid-based solution, which induces the final green stage.

It would be impossible at this stage to restore shine to your copper trim.

One of our readers writes: I read your article regarding home remedies to cure a smoking fireplace. I agree with all the suggestions you offered.

However, based on our own experience there is one cause that was not mentioned. The use of a range hood fan, a bathroom exhaust fan, a dryer, or any other appliance that draws air while the fireplace is in operation can have a very negative effect.

We have an all-electric house that is well insulated, and we discovered that the abovementioned fans pulled the smoke right out of the fireplace. — A.J.M.

Editors Note: Thank you, A.J.M., for pointing out this oversight.

It is very true that, in a tightly insulated home, fans can pull smoke right into the room from the fireplace, despite adjustments on the flue and fireplace damper.



NEW SLANT — Designer Margot Gunther tucks a bed under the eaves and uses a mobile closet with a quilt draped over the back to divide an all-in-one room.

Decor Score



By Rose Bennett Gilbert

Q. My younger sister has just separated from her husband and needs a place to live for a few months. Of course, we'll take her in, but our house has only three bedrooms and an unfinished attic. Since she'll be moving, we don't want to do any major renovations, so can you give us any easy ideas on how to make things nicer up there? — M.C.

A. Think paint, fabrics, color and comfort. Together, they can take the dreariness out of almost any space. I've seen it happen in the attic we show here.

Margot Gunther, ASID, a New York designer who often works in grander spaces, applied the magic-four formula to the attic of an old house in Nantucket — and I do mean old. It once belonged to a sea captain in the mid-1700s.

Gunther cherished the hand-hewn beams and original brick chimney too much to cover them up, so there are no dividing walls: Space flows throughout, encouraged underfoot by purple, spatter-painted floors and defined, psychologically at least, by the upright support beams.

In the photo, you can see through the beams from the "bedroom" into the sitting room beyond the large quilt-draped armoire she had built (on wheels for easy mobility). The armoire not only makes up for the lack of closet space, it also provides a feeling of privacy for the sleeping area.

A couple of other tricks worth pointing out:

- Tucking the bed under the eaves makes it cozy and frees up the center of the room where the ceiling is higher.

- A nearby beam is the perfect place to mount a bed lamp.

- Pretty prints on the bed, plus the quilt and area rugs in soft pastels, take the edge off the dark woods and make up for the limited natural light every attic suffers from.

Q. Because I've used the same rose-patterned chintz on the windows (there are three big ones), the sofa and two club chairs in my living room, I had the walls painted cream to match the background in the print.

I would really like wallpaper,

but I'm afraid there would be too much print. What do you think? — L.C.S.

A. I think there are three ways to go:

- Choose a wall covering with a subtle tone-on-tone pattern that adds more texture than design.

- Have your painted walls sponged, glazed or stria-painted, again to create a subtle dimension.

- Find a wall covering border that works with your pattern and colors, and hang it around the ceiling line only (stencil-painting could create the same effect: have the pattern taken from your rose print and painted in its same colors).

Q. When we had our family room painted dark green, someone called it "Billy Baldwin green." What did she mean? — A.S.

A. Billy Baldwin, perhaps the dean of male American interior decorators (he refused to be called a "designer"), launched the vogue for dark green walls with the New York apartment he did for himself just after World War II.

Baldwin's room was published in 1947 and soon everyone was living with a green he described as "the color of a wet gardenia leaf."

Actually, Baldwin said he was imitating the inimitable Elsie de Wolfe, who had used the color much earlier, but he still gets the credit.



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\$8/hour. 746-3340. gcj2

WANTED. SECRETARY
full time in active Real Estate
office. Experienced preferred in
Word Perfect, bookkeeping, light
steno and good organization
skills. Call 9-10 a.m. for confiden-
tial interview. Dougall Fraser
248-6655. gcj2

Help Wanted

F/T DICTAPHONE TYPIST.
Speed important, non-smoker.
Williston Park Law office. 741-
7575. wjy2

WEEKEND RECEPTIONIST
Wanted Saturdays and Sundays.
No typing necessary. Pleasant
Albertson office. Mature person
preferred. Cal 741-3550. wjy2

LOVING MOTHER OR GRAND-
mother to babysit a month old
infant, part time flexible hours.
Non-smoker, starting end of
summer. Williston Park. New
Hyde Park area. (718) 961-8755.
wal

Situation Wanted

EXPERIENCED IRISH WOMAN
available as nurse's aide/
companion for elderly. Kind &
considerate. Day or night duty.
Reasonable rates. Call Mary
354-1938. gcj3

HOUSEKEEPERS/DAYWORK-
ers. Windsor Employment
Agency, 1 Cutter Mill Rd., Great
Neck. Mrs. Schuster. Licensed
owner. 487-2818. hjy4

COMPANION AIDE WITH
Experience available full time.
Live in or out. References. (516)
795-6629 or (212) 992-6256. wal

A TUTOR FROM SUNY WITH
Experience in Math & science
wants to teach middle, high
school or college students. Call
(516) 248-4029. gcg1

EF AU PAIR. CHILD CARE
affordable, European, live-in
child care - 12 months legal
program. Weekly average \$165.
Call today for our next monthly
arrival. 1-800-333-6056. h3

I NEED HOUSEKEEPING
job and to take care of elderly,
weekends only. Also babysitting.
718 525-6315 or 718 341-1089.
gcj2

HOUSECLEANING - MATURE
woman with own transportation,
very reliable, very good refer-
ences & experience. 292-9328.
gcj2

HOUSECLEANER AVAILABLE!
Good references. Please call after
5 p.m. Irma, 489-4610. gcj2

HOUSECLEANER AVAILABLE
every day. Experienced. 481-
0625. gcj4

A NURSE'S AIDE WITH
Experience of hospital, rehab. &
private wants to take care of
elderly & sick person. Very kind
personality. P/T or F/T (516)
248-4029. gcg1

Situations Wanted

I WILL CLEAN YOUR HOME OR
office every day, any time, any
job. 7 to 10 hrs. daily. \$7 per hr.
plus transportation, or live-in.
Call Mon., Tues., Wed., 5 p.m. to
8 p.m. 933-7523. Ask for Ala. hjy2

CERTIFIED HEALTH HOME
Aide looking for work as Aide or
companion. Non-smoker, 7 yrs.
experience. Have references &
transportation. Call Marie 483-
4617. gcj2

RELIABLE ENGLISH SPEAK-
ing French student seeks
babysitting/companion to the
elderly evenings & weekends.
Call Natalie 248-9348 after 6 p.m.
gcj2

31 YEAR OLD MALE LOOKING
for a job in Garden City/Mineola
area. Mailing & filing skills
available. Willing to learn new
things. Own transportation. Re-
sume & references upon request.
747-8439. Ask for Larry Farrell
anytime. gcj3

EXPERIENCED WOMAN
seeking to take care of sick or
elderly. Call 798-4548 any time.
gcj4

HOUSECLEANING AVAILABLE
Own transportation, reliable,
experience. Please call 867-4814.
gcj4

EXPERIENCED IRISH CLEAN-
ing lady looking for houseclean-
ing in Garden City area. Excellent
references. Leave message 747-
8756. gcj4

HOUSECLEANER IN MORN-
ings, babysitter at night. Good
references, good service, own
transportation. Call 746-1249 (1-5
p.m.) 483-8617 (5-11 p.m.). Ask
for Karin. gcj4

IRISH GIRL SEEKS EMPLOY-
ment. Live in babysitter/house-
keeper. Phone 9 a.m. - 5 p.m.
Mon -Fri. 826-1500. gcj4

FRIENDLY EXPERIENCED
Irish home health aide companion
available to care for elderly.
Honest and reliable. Checkable
references. A.M. hours preferred
Driver's license. Call Mary
796-9416, 10 a.m.-7 p.m. gcj4

NURSE'S AIDE FULLY
experienced in hospital, nursing
home and private duty. We will
work day shift or overnight shift.
References. 475-7966. gc1

WE DO WINDOWS & MORE
Professionally cleaned windows &
gutters. For college grad services
call 741-3465. Our third year in
business. gcj2

Situations Wanted

HOUSEKEEPERS/DAYWORK-
ers. Windsor Employment
Agency, 1 Cutter Mill Rd., Great
Neck. Mrs. Schuster. Licensed
owner. 487-2818. hjy2

HOUSECLEANING AVAILABLE
Mon.-Fri. 292-3212. Please leave
message. gcj4

BABYSITTING - GARDEN CITY
mother with older children
wanting to babysit occasionally.
Preferably daytime. Thank you.
248-5896. gc4

DEPENDABLE PERSON IS
seeking job to take care of elderly
or baby sitting. Contact Vilma
Cameron at 691-3687. gcj3

I AM A YOUNG CHRISTIAN
woman looking for work as
companion or nurse's aide. I can
live in and work Mon. to Sun.
Good references are available.
Please call Angela at 718-318-
3432 Mon. to Sun. gcj3

OPEN MINDED WOMAN
looking for work in the area of
cooking or home care for elderly
or infant. N.Y. State certified.
Excellent reference. English
speaking, non-smoker, own
transportation. Call evenings.
489-8218. gcj4

RESPONSIBLE 19 YR. OLD
college student seeks position as
babysitter or mother's helper.
Experienced with infants &
toddlers. Has Garden City pool
pass. 248-6279. gcj4

ENERGETIC HOUSECLEANING
woman with excellent personality
seeking day work. Prefer Garden
City area but will work in other
vicinities. English speaking, non-
smoker, own transportation. Rea-
sonable rates. References on
request. Call 489-8218 evenings.
gcj4

POLISH GIRL LOOKING FOR
Housecleaning job. Live out.
775-8578. gcg1

HOUSEKEEPER/HOUSE-
cleaner. Looking for a job.
available week days. Excellent
references, own transportation.
Call (516) 868-4790. gcj1

HOUSEKEEPING, EXPERI-
enced, references. Available any
day. Call 483-3877 after 4 p.m.
wal

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. wfn

Situations Wanted

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. gcj2

LADY WISHES TO CARE FOR sick or elderly. Live in or out. Non-smoking. References. Please call 775-3089. gcjy3

RELIABLE, MATURE WOMAN wishes to assist elderly person. I am a good cook. References available. 489-9198. gcjy3

HOUSECLEANER & BABY-SITTER available Mon.-Fri. Own transportation, reference & experience. Please leave message 741-0815 Beatriz. gca1

LOVING MOTHER WILL watch your child in my home. FT/PT. Excellent references. 746-7469. gcjy3

HOUSECLEANER AVAILABLE. Experience & references & own transportation. 2 days a week. 742-9175. gcaG1

POLISH WOMAN IS LOOKING for a job as housekeeper. Experienced & own transportation. 676-6791. gcag1

POLISH WOMAN IS LOOKING for job as housekeeper. Experienced. 564-9148. gcag1

HONEST, RELIABLE PERSON needs a job as companion to elderly person(s) or as a babysitter or housekeeper. Will live in or out. Please call 564-8520. gcag1

HOUSE CLEANING OR APARTMENT cleaning available. If you are interested in someone who is honest & reliable please call 231-4212 & ask for Margaret. gcjy3

HOUSECLEANING: NEAT, reliable & sweet young lady available to clean your house or babysit (spare time). Good experience & own transportation. Call 775-4467. gcjy3

HOUSECLEANER & BABYSITTER available. Mon.-Fri., own transportation. Reference & experience. Please leave message. 294-4825 Leila. gcjy3

RESPONSIBLE RELIABLE Nurse's Aide with experience will take care of sick, elderly people. Excellent references. 326-2917. gcjy3

COLLEGE STUDENT SEEKING babysitting job. Flexible hrs., own transportation, pool pass. Call 746-3068. gcjy3

COUPLE WISHES TO DO house cleaning. Home or office. Own transportation, experienced, references. Call Hilda or Joe, 294-4341. wjy3

COMPANION: LONG TIME Garden City resident with nursing aide certificate & excellent references seeks home care position locally. \$10/hr. 328-1212. gcjy3

Situations Wanted

EXPERIENCED COLLEGE student 21 yrs. old looking for mother's helper position. Driver's license. Call 746-3612. gcjy3

CHILD CARE AVAILABLE IN my Garden City home. Mon.-Fri., experienced & references. 294-6393. gcjy3

COUPLE SEEKS HOUSE TO clean, 3 to 5 p.m. \$45. Offices to clean in the evenings. Please call 221-4652. hjy3

Real Estate For Sale

CUTCHOGUE - NASSAU PT. Waterfront, unique, charming 3 BR. 2 baths, cabin, cool breezes, special views of cove & open bay dock. First offering by owner \$349,500. Days 212-938-7133; weekends 516-734-5977. gcAg1

GARDEN CITY LARGE BRICK Cape. LR/fpl, DR, EIK, 4 BRs, 2 baths, deck, sprinklers, oversized property, mint. Principals only. \$350,000. 775-4113, 212-988-8088 gcag1

ST. MAARTEN, NETHERLAND Antilles Time Share: Third week of Aug. Pelican Bay Resort & Casino. Ability to trade worldwide. \$5000, negotiable. Evenings 746-6194. hga1

GARDEN CITY ESTATES Ranch, 4 BRs, 3 baths, EIK, LR/fpl, huge fin. bsmt. Beautiful yard, 2 car garage, 80x110. \$495,000. 742-8868. gcj2

GARDEN CITY DRASITC PRICE reduction. Won't last. Owner relocating. Northeast Split. Move in condition. Low taxes, aluminum siding, CAC, 3 BRs, 2 baths, 60x125. \$275,000. Principals only. 746-7281. gcAg1

GARDEN CITY 4 BRs, 2 BATHS Western Section. Fieldstone/brick Cape. LR/fpl, FDR, renovated EIK, move-in condition, gas heat, low taxes. Walk to RR, church, stores & park. Relocating. 326-9294. Negotiable \$299K. gcag1

BEST BUY IN HEART OF Garden City Estates. Charming solid brick Colonial, 1/3 acre, Central air, 3 BRs, 1 1/2 baths, LR/fpl, formal DR, kit, sun porch, low taxes. Principals only. Asking \$295,000. 741-1429. hjy2

GARDEN CITY PRIME ESTATE section split, 3 BRs, 2 baths, LR/fpl, FDR, EIK, paneled playroom & lower basement, oversized 1 car garage, patio, 2 zone gas heat, walk to schools & RR. \$300's. Owner 747-3882. gcjy2

EAST WILLISTON COLONIAL. 18 yrs. young. 4 BRs, 2 1/2 baths, large country kit, den/fpl, CAC, sprinkler & alarm system. \$400K firm. Owner. 747-8145. wjy2

NORTH FORK WATERFRONT Condo on private golf course (membership included), 2 BR, 2 baths, jacuzzi, LR/fpl, spectacular views of L.I. Sound, pool, tennis & clubhouse. \$149,500. 775-7507. gcjy4

Real Estate For Sale

ALBERTSON/ROSLYN HTS. Adult Condo - 1 BR, living/dining area, 1 1/2 baths, 4 closets, own laundry & storage rm. Indoor parking, terrace, walk to all. 6 yrs. old. Asking \$185,000; Owner 747-4221. gcjy2

SOUTH JAMESPORT. ALL round custom built 1,800 sq. ft. Ranch on 1/3 plus acre. Deeded rights for a lovely, white, private, sandy beach on Peconic Bay. Spacious 7 rms includes 3 BRs, LR/DR, 2 baths, great fam. rm., large Country kit, laundry alcove, all appliances including a/c s. Front portico & beautiful foyer, 11x25 foot screened patio. Oversized garage, beautiful landscaped grounds & much more. Reduced to \$175,000 by owner. 722-4158. gcjy4

GARDEN CITY ESTATES The perfect location. Center Hall, spacious LR/fpl, FDR/fpl, magnificent den, sun room, EIK, powder rm., 4 large BRs, 2 baths on second. Attic maid's rm. Enjoy privacy in oversized backyard, 2 car detached garage. \$599,000. Principals only. By owner. Call evenings 741-0084, Please leave message. gcjy3

ESTATES OLD WORLD TUDOR on beautiful Whitehall Blvd. Gracious center hall, grand foyer, sunken LR with stone fl. 6 BRs, 4 1/2 baths. Principals only. Call 741-6675 for appt. \$950,000. gcjy3

EAST WILLISTON COLONIAL 18 yrs. young. Large Master BR w separate dressing area plus 3 large BRs, 2 1/2 baths, Ceramic tile large country kit w Bay Window, LR formal DR, den/fpl, private yard w covered Patio, attached garage, CAC sprinkler & alarm system \$400K. Owner 747-8145. wal

ROCKY POINT. ADORABLE mint summer, starter or retirement getaway house. Large & airy, LR, kitchen-dining area combo, one queen size BR & bath, 20 x 100 easy to maintain property. Quiet street leads to beautiful LI Sound. Perfect swim-sail. Open house, Sun., June 30, 12-4 p.m. 61 Sycamore Rd. Must see, must sell. Owner. \$89,990. 821-2177 or 746-4680. hjy3

GARDEN CITY 5 BR EXPAND- ed Ranch. Fam. style kit 12 x 22, 2 1/2 baths, FDR, fin. bsmt., gas heat \$329,000. Principals only 747-2473. gcjy3

GARDEN CITY ESTATES Elegant, beautifully decorated and renovated Dutch Colonial. Center Hall, 5 BRs, 3 1/2 baths, LR w/fpl with authentic Dutch tiles, formal DR, Sun Room, fin. bsmt. Brass light fixtures, Laura Ashley curtains & wallpaper throughout. Hardwood floors, new EIK with cherrywood cabinets & top of the line appliances, two car garage. New furnace & water heater. House surrounded by dozens of azaleas. Excellent location, within half mile from Mineola & Hempstead train lines. Tullamore Park, Homestead & Stratford schools just around the corner. By owner. \$495,000. 742-4271. gcjy4

Real Estate For Sale

SOUTHOLD BAY FRONTAGE 3/4 acre, private park area, 20 mile panoramic views. Year round 7 rm. home plus guest cottage. Modernized to like new condition. Asking \$620,000. Call 765-2963 for details. No brokers. gcjy2

MATTITUCK. CHARMING 2 BR house. 600 ft. Peconic Bay beach suitable for retirement or starter house. Great area, quiet, relaxing. 1/2 hr. to Hamptons. Also for rent, monthly or weekly. 722-4901. gcAg1

SAG HARBOR, N.Y. LOVELY High Ranch in desirable Redwood Island area. Water access, 4 BRs, 2 baths, 2 car garage, fam. rm., deck, walk to village. Possible owner financing. \$239,000. 725-0558. gcAg1

HEMPSTEAD OVERLOOKING Golf course. Dutch Colonial 4/5 BRs, lg. EIK, LR/fpl, FDR, den, fin. bsmt., full attic, fenced yard, pool, alarm. Owner \$189,000. 485-4280. gcAg1

MINEOLA, LOVELY ATTACH- ed Tudor, all brick. Large LR with fireplace, banquet sized DR, EIK, 3 BR, 2 full baths. Finished basement with office. All vinyl windows, new roof, patio. Maintenance free. Owner. \$197,500. 742-0717. wal

GARDEN CITY. MAKE OFFER on all new 2 BR Condo. Beautiful court yard view. Walk to all. Reduced to \$189,000. Owner 742-8337. gcjy3

MINEOLA - LEGAL TWO family. 2 BR & 3 BR apts. Fireplace, new kit., closets galore, 50 x 100, detached garage. Close to RR & hospital. 746-3141. \$239,000. wjy2

GARDEN CITY SPACIOUS home on large property. 5 BRs, 3 baths, screened porch finished rec. room. Walk to RR. By appointment. Asking \$315,000. Principals only. 775-5974. gcjy4

NORTH FORK - RETIREMENT Special - Looking to cut down on your living space, housework & maintenance? This near new home was built with retirement in mind. 6 comfortable rooms, 3 BRs, 2 tiled baths, basement, deck, garage, small garden plot. Deeded beach rights. Just reduced to \$165,000. Bookmillers Real Estate 722-4423. gcjy2

GARDEN CITY ESTATES Beautiful English Tudor. 3 large BRs, new oak skylit kit., LR/fpl, FDR, den, gorgeous sheet rocked finished basement. Expandable 3rd floor. \$335K Owner 747-1922. gcjy3

GARDEN CITY WESTERN Section. Large Cape, 4 BRs, 2 baths, LR/fpl, FDR, EIK, fin. bsmt., sprinklers. \$360,000. Owner 775-8208. gcjy3

GARDEN CITY EASTERN SECT. young 3 BR Colonial, 1 1/2 baths, new EIK, LR/fpl, DR, den, basement, screened porch, 60x125, alarms. Walk RR, mint condition. \$269,000 neg. Owner 747-7645. gcjy2

Real Estate For Sale

GARDEN CITY VICINITY The Atrium. 1 BR Condo, CAC, washer/dryer, large yard, free indoor parking. Maintenance \$115. Owner anxious. \$99,000. 538-8380. gcjy4

GARDEN CITY. A MOTT Colonial. 4 BRs, 2 1/2 baths, LR/fpl, DR, EIK, fam. rm., sun room, CAC, burglar & fire alarms. Newly decorated/landscaped. 1 1/2 detached garage. \$440,000. Principals only. 877-1052. gcag1

HELGA CROSBY'S BEST BUY. Seek and ye shall find - out that finding your dream house isn't all that easy. That's where I come in to edit, to save you time, energy and money. As a 20 year veteran of real estate (working with all budgets) and loads of references, why not give me a try? Helga Frankwich Crosby, Studwell 746-7077. After 6 p.m. 746-0563. gcjy2

STEWART MANOR 4 BR CAPE 2 baths, family rm w FPL, EIK, DR, detached garage, 60 x 100. Asking \$270's. Principals only. 516-437-6498. haul

GARDEN CITY ESTATES Full Ranch on exclusive Whitehall Blvd. 3 BRs, LR, DR, den, 2 baths, gas heat, large plot, 5 min. walk to LIRR. By appointment only \$390,000 firm. 746-1121. gcjy3

FLORAL PARK VILLAGE custom Cape. 6 large rms, 3 baths, fin. bsmt. with bar, appliances. Extra lot. Owner. Low \$220's. 488-2180. gcjy3

EAST WILLISTON DUTCH Colonial. LR, fpl, DR, EIK. Three BRs, 1 1/2 baths, den. Low taxes, walk to RR. Principals only. Low \$300's. 741-3936. wjy3

GARDEN CITY RANCH. 3 BR, 2 bath, DR, LR/fpl, fin. bsmt., 2 car garage, CAC, sprinkler/alarm \$349,000. Principals only. 354-8962. gcjy2

GARDEN CITY. MAKE OFFER on all new Estates Split level - 3 BRs, 2 baths with fam. rm. on 60 x 110. Asking \$389,000. 742-4249. gcjy3

GARDEN CITY ESTATES FARM Ranch. 5 BRs, 2 baths, DR, fin. bsmt., garage, 60 x 110. Low taxes. Walk to school & RR. Owner asking \$345,000. 741-8745. gcjy4

CUTCHOGUE WATERFRONT - 2 BR, 1 1/2 bath, enclosed porch, expansive bay views, new dock. Asking \$259,000; SOUTHOLD - immaculate 2 BR, 2 bath Ranch, deeded beach & boating \$165,000; SOUTHOLD - Young 2 story Contemp. features master br. suite plus 2 additional brs & bath. LR/FPL, DR, EIK, large family room, decking, walk to beach. Just listed \$299,000; NASSAU POINT WATERFRONT - Privacy plus, Unique Contemp. on shy acre. 4 BR, 3 Baths, LR/FPL, DR, EIK, steps to beach. Reduced to \$497,000; SOUTHOLD - Exclusive. Walk to sandy bay beach, 3 BR, 2 bath, LR, DR, EIK, screened porch, tree lot \$187,000. Burt Lewis Real Estate 298-4600, 734-5533, 765-5810. gcjy2

Real Estate For Sale

HICKSVILLE: 4 BR LEVITT Ranch. New Euro kit & bath. 60x100. Taxes \$2600. 2 zone heating & ceiling fans throughout the house. Asking 165K. Principals only. 735-0793. gtfm

NORTH FORK - NEW FREE List of summer specials all at reduced prices. Vacation, permanent, waterfront & water view houses & lots. Call for your free copy today. Bookmillers Real Estate 722-4423. gcjy2

LAUREL - SUMMER CHARMER with deeded bay beach. Large LR, enclosed porch, kitchen, 3 BRs, 1 bath. Lovely private yard, garage \$179,000; SOUTHDOLD - WATERFRONT Revel in the sunrise & splendid sunsets from this solid 1 story home full of surprises. LR, DR, EIK, porch, 3 BRs, 2 baths. Large deck. Inviting price \$250,000. SOUTHDOLD - Wonderful family style home situated on a creek. Formal LR & DR, EIK, large den/FPL, 1 Br down, 2 extra large BRs up. A total of 2 1/2 baths, 2 car garage. A great place to raise a family. \$259,000; PECONIC - Secluded soundfront. Fabulous location, sensational sunsets. Summer cottage is loaded with potential. \$275,000. Marilyn Lang Realty 734-6690, 734-6472. gcjy2

LAUREL BAYFRONT Compound - Sandy beach on 1 plus acre, 3,000 square foot contemp. Main house features 4 BRs, 3 1/2 baths, LR/FPL, large family room plus den, European kitchen, laundry room, CAC, professionally landscaped. 3 car garage with loft plus separate guest house. \$895,000. By owner 298-5593. gcag1

GARDEN CITY - ELEGANT Tudor on park-like grounds. Numbered street, 4/5 BRs, 5 1/2 baths plus detached carriage house with 1 BR, 1 1/2 baths. By owner \$799,000. 722-3510 or 742-5149. gcag1

GARDEN CITY WESTERN section corner Split. 3 BRs, 1 1/2 baths, LR/fpl, DR, kit, den, bsmt, patio, CAC, 1 car garage. \$325,000 negotiable. 488-4796. gcjy2

GARDEN CITY ESTATES SECT. split, 3 BRs, 2 baths, LR, full DR, EIK, panelled playroom, full bsmt, 2 zone heat, 2 car garage, walk to RR & schools. By owner \$310,000. Call for apt. 747-2633. gcjy2

CUTCHOGUE: NASSAU POINT vicinity. Prime waterfront summer home, minutes to Peconic E y waters. New carpeting, some antique furnishings included. Possible owner financing. \$279,000. Also Mattituck acreage available. \$119,000. 584-9126. gcj14

GARDEN CITY ESTATES brick center hall Colonial. 3 BRs, 3 baths, LR/fpl, FDR, den, bsmt rec room, screened porch, attached 2 car garage. \$400's. Owner 248-8425. gcjy4

E. WILLISTON STARTER: 2 BR, 1 1/2 baths, LR, DR, Wheatley School Dist. Move-in condition. Roslyn Rd., north of Hillside Ave. Low taxes, low \$200's. 248-2379. wjy3

Real Estate For Sale

WILLISTON PARK OVERSIZED English Tudor: LR/fpl, FDR, EIK, five extra large BRs, playroom, maid's rm., all new appliances. Move right in. Mint condition. Newly decorated. Two car garage. Principals only. \$389,000. Call owner 746-0944. wagt1

HUTCHINSON ISLAND - Indian River Plantation 4th floor. 2 BR, 2 bath condo overlooking golf course. View of Indian River. Short-walk to ocean. Full resort development with adjacent 4 star hotel offering room service, 4 restaurants, entertainment, planned activities, marina & cruises. Private condo pool. Distressed sale \$134,900 furnished. Will consider 4 month season rental \$10,000 (516) 742-5252. gcag1

ESTATE RANCH - PRICED TO Sell 6 BRs, 3 baths, Florida room, 2 car low \$300's; OVERSIZED SPLIT brick & stone 4 BRs, 3 1/2 baths, family room, large secluded property. Low \$500's; IMPRESSIVE TUDOR - Central section 6 BRs, 3 1/2 baths, family room, 1/2 acre \$800's; GARDEN CITY SOUTH - Great buy - Double plot, 3 BRs, large EIK, family room, 2 car. Low \$200's. Vera Ataman 354-1994. gcjy2

STEWART MANOR DUPLEX Colonial, den, LR/FPL, FDR, EIK, 1 1/2 baths, 3 BRs, finished basement. Walk to all. Mint condition. Low taxes. Principals \$200's (516) 325-7847. gcag1

CUTCHOGUE (FLEET'S NECK) Great home for an active family. Plenty of room & close to private bay beach & boating. 4 BR, 2 1/2 bath 2 story in excellent condition on oversized lot. Just reduced to \$250,000. LAUREL - Walk to private bay beach from this 3 BR, 2 bath home. Features include OHW heat, full basement & garage. Just listed at \$169,000; CUTCHOGUE WATERFRONT - Exclusive - Excellent vacation home with boating & swimming. Nicely treed lot in beautiful area. Asking \$279,000; SOUTHDOLD - 2 plus acre bayfront lot in exclusive area. All permits, exquisite house plan, deep water boat basin. Owner financing \$275,000; SOUTHDOLD WATERFRONT - Most prestigious area. Distinctive Colonial with deep water dock, 3 BRs, 2 1/2 baths, amenities galore. Yours for \$639,000. Marlon King Realty 734-5657. gcjy2

GARDEN CITY CO-OP - 2 BR second floor unit. Center of Village. One block to LIRR & all shopping. Refinished floors, new windows. Owner \$143,000. 873-9469, leave message. gcjy3

GARDEN CITY, MAGNIFICENT duplex Co-op. 2BR, 2 new baths, new kit, completely renovated to prime condition. \$260,000 includes underlying mortgage. 747-6614. hjy4

GARDEN CITY/HEMPSTEAD Cathedral Gardens. 1 BR Co-op for rent with option to buy. Assumable mortgage, low/no down payment. Immediate occupancy. Nice building. Owner 565-4117. gcjy4

GARDEN CITY 3 BR CO-OP ON 7th St. Oversized LR & DR, fpl, Country EIK, 2 full baths, foyer, washer/dryer, a/c, new windows. Walk to RR, shops, schools. Mint condition. Must sell. \$219,000. Call 742-1268. gcjy3

G.C. HAMILTON GARDENS Gorgeous, oversized 1 BR Co-op. Quiet corner apartment totally renovated, new Euro style EIK, separate DR, new bath, refin. hardwood floors. California closets. Extra large rms., heated garage. Close to all. Reduced to \$115,000. 747-3607. gcjy3

FLORAL PARK FLOWER VIEW Gardens. Newly renovated 1 BR Co-op. Mint condition. Walk to RR, bus & stores. Asking \$92,000. Low maintenance. Call after 5 p.m. 775-7820. hjy3

ROSLYN GARDENS CO-OP & free car. Large 1 BR, private entry, new bath/kit, a/c, w/w, mint. Bonus - free 1986 Hyundai Excel. Perfect condition to buyer. \$96,000 484-7197. gcjy3

Real Estate For Sale

MINEOLA: HORTON HOUSE 1 BR, large LR, secure building. Convenient to RR, hospital, stores. Must sell \$79,000. By owner, 747-8711. (gcjy3

MINEOLA GARDEN PLAZA Madison 1. Large 1 BR, wall to wall, mod. kit. & bath. Owner anxious. Asking \$110,000. 742-5265. gcjy2

MANHATTAN 34th & PARK Ave. Newly renovated Contemporary Studio. A/C, 24 hr. elevator & concierge. Washer/dryer in building. Furnishings optional. Close to transportation. \$117,000 by owner. 728-6104. gcjy3

1 BR CHERRY VALLEY CO-OP. New appliances, carpeting, oak floors, a/c. Some furniture available if interested. \$105,000 neg. 516-741-9550 evs, 212-527-8367 days. gcag1

GARDEN CITY CHERRY Valley Co-op. Second floor, wall to wall carpeting, washer/dryer, new EIK & bath. Many extras. Court yard location. \$95,000. 248-6738. gcag1

MINEOLA-GARDEN PLAZA: 1 BR Co-op. Immaculate. Mirror-ed closets & wall, 2 ACs, new wall to wall, verticals, walk RR. 24 hr. security. \$118,000. Owner. 742-7882. hjy2

MANHATTAN EAST 73 STREET 1 BR, renovated, sunny, new windows, oak floors, high ceilings air conditioner, dish washer, intercom building, 65% tax deductible, \$79,000/best offer. Owner 741-6401. gcjy2

GARDEN CITY CO-OP - 2 BR second floor unit. Center of Village. One block to LIRR & all shopping. Refinished floors, new windows. Owner \$143,000. 873-9469, leave message. gcjy3

GARDEN CITY, MAGNIFICENT duplex Co-op. 2BR, 2 new baths, new kit, completely renovated to prime condition. \$260,000 includes underlying mortgage. 747-6614. hjy4

GARDEN CITY/HEMPSTEAD Cathedral Gardens. 1 BR Co-op for rent with option to buy. Assumable mortgage, low/no down payment. Immediate occupancy. Nice building. Owner 565-4117. gcjy4

GARDEN CITY 3 BR CO-OP ON 7th St. Oversized LR & DR, fpl, Country EIK, 2 full baths, foyer, washer/dryer, a/c, new windows. Walk to RR, shops, schools. Mint condition. Must sell. \$219,000. Call 742-1268. gcjy3

G.C. HAMILTON GARDENS Gorgeous, oversized 1 BR Co-op. Quiet corner apartment totally renovated, new Euro style EIK, separate DR, new bath, refin. hardwood floors. California closets. Extra large rms., heated garage. Close to all. Reduced to \$115,000. 747-3607. gcjy3

Real Estate For Sale

2 BR GARDEN CITY CO-OP. First floor, 3 exposures onto inner courtyard. One of a kind unit with custom EIK. Loaded & available this summer. Super tax break. Owner 742-0359. gcjy2

GARDEN CITY CHERRY Valley 1 BR Co-op, first floor. Walk to LIRR & stores. \$93,000. Principals only. 294-9556. gcag1

CHERRY VALLEY 1 BR MINT condition. New kit & bath, wall to wall, ceiling fan. Walk to LIRR & stores. Maintenance 81% deductible. Owner anxious. \$85,000. 294-7889. gcjy2

MINEOLA:HORTON HOUSE 1 BR, large LR, secure building. Convenient to RR, hospital, stores. Must sell. \$79,000. By owner. 747-8711. gcjy3

MINEOLA. LARGE 1 BR, 1 bath, ultra mod. kit & bath. Convenient to RR, hospital & stores. Asking \$97,500. Broker. Call Chris. 747-4045. gcag1

Real Estate For Rent

GARDEN CITY ROOM FOR RENT. Non-smoker, walk to station, share bath. \$500. 742-7706. gcag1

WEST HEMPSTEAD. LARGE, sunny room, semi-furnished, quiet, gracious home. Share kit/bath. Career/student. Non-smoking female only. \$64-0216. gcjy4

WILLISTON PARK LARGE 3 BR, 1 1/2 baths, formal DR, EIK, LR, fin. bsmt., washer/dryer, huge yard, walk RR, transportation, shopping, quiet street, 997-9456. Owner. hjy4

TWO BEDROOM APT: LR, dinette, full bath, skylight, private entrance. Half mile from Southern State Pky. Sunset City area of N. Babylon. \$765 includes water, gas, use of yard. Across from Belmont State Park. 254-0428. hjy4

NEW HYDE PARK. EXCEL-lent one BR apartment. All appliances including sofa bed & kitchen set. Walk RR, bus, all stores. Available July. \$625. Call 775-2456. wjy4

GARDEN CITY. LARGE RM IN quiet area. Prefer mature person to share bath with gentleman. No drink, nor smoke. Telephone interview. Best call after 6 p.m. 742-2728. gcjy4

MINEOLA/WESTBURY/ Garden City/New Hyde Park. Beautiful apartments for rent. Studios from \$550; 1 BR apt. from \$600 a month; 2 BR from \$750 a month. Nice & secure buildings. 3 BR apt. private homes available for rent. Royal Int'l. R.E. Days 742-3355; 795-7707 weekends or evenings. wjy3

WILLISTON PARK. 3 rms, private building, parking, walk all, \$700's. Garden City Vicinity Studio & 1 BR. Parking, walk all from \$500. No fee Owner 747-1300. gcjy2

Real Estate For Rent

FLORAL PARK 5 RM APART-ment, second floor. 2 BRs, large LR, DR, EIK, balcony, 1 car garage. Walk to RR & shopping. \$1,000 plus security. 354-6170 after 6 p.m. gcjy3

W. HEMPSTEAD 3 SPACIOUS bright rooms, second floor, legal 2, private entrance, lots of closets, full bath, \$700 plus electric. No smoking, no pets. 483-8919. gcjy2

3 BR COLONIAL HOUSE bordering Franklin Square. 2 bths, wall to wall carpeting, a/c's, appliances, full finished basement, patio. Move in condition. 24 hour street parking. \$1250 per month. No pets. Mature adults only. 437-1595 leave message please. gcjy2

GARDEN CITY HOUSE TO share. Kit., LR, DR, laundry, near RR. Professional female, non-smoker preferred. 437-8001 or 747-6420. gcjy3

ROOM TO RENT - WESTBURY. \$300/month plus 1/3 utilities, phone, cable. Ideal for college. Male, non-smoker preferred. Available August. Leave message 997-7814. wal

FLORAL PARK. 60 PLAINFIELD Ave. Renovated 1 BR apt. Large LR, new kit. Immediate occupancy. Below market rent of \$635 per month. No fee. Owner 538-0757. gcjy3

GARDEN CITY HOUSE TO share. Large Garden City house, steps to LIRR, washer/dryer, full use of house. Mature, single business person only. \$375, all. 775-4256. hjy3

APARTMENT/GARAGE FOR Rent - Williston Park, bright, modern, 3 large rooms, private entrance, EIK, dishwasher, a/c, large storage area. Use of back yard. \$800 plus gas & electric. Garage \$80/mo. 248-8563 evs. gcag1

EXCELLEN ONE (1) br apt. All appliances including sofa bed & kitchen set. Walk RR, bus, all stores. Available July 1 \$650. Call 775-2456. wjy3

EAST MEADOW NEWLY decorated furnished or unfurnished rooms, new bath, private entrance. Call 221-0940. gcjy2

NEED NON-SMOKING FEMALE to share quiet upstairs apartment in Garden City. Separate entrance, separate rooms, share bath. Near RR. Clean & beautiful. 354-5064. gcjy3

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

EAST WILLISTON - CHARMING Three Bedroom home. Well located. Available Sept. 1 \$1,000. Call R. Valentine for details. Valentine Agency. 746-7200. gcjy2



Real Estate For Rent

HONEYMOON COTTAGE 3
Rooms on 1/2 acre, perfect for 1 or 2 working people only. Cat O.K. Immediate occupancy. \$675 per month. Call owner 579-4186. gcag1

FLORAL PARK. 4 MODERN
rooms, 2 BRs, EIK, fully decorated, garage, parking, large storage area. Use of yard, convenient to shopping & transportation. No fee \$995. 354-2926. gcjy2

WEST HEMPESTEAD/GARDEN
City. 2 furnished rms w/bath second floor in private home. Refrigerator, micro wave & A/C non-smoking, single male preferred. Security & references a must. \$500 monthly plus utilities. 489-5941. gcjy2

GARDEN CITY FURNISHED
Studio room available for rent. Private entrance, private bath, parking. No kitchen. 741-3791. gcjy2

HEWLETT. 1445 BROADWAY
1 BR. LR/fpl, mod. kit. Move-in condition. \$750 per month. No fee. Owner 538-0757. gcjy3

SHARE ENTIRE HOUSE, YARD
and garage. Walk to everything/RR. \$450 includes all. Male/Female. 248-5278. Call days or evenings.

Vacation Rental

MATTITUCK. CHARMING 2 BR
house 600 ft. Peconic Bay beach. Seasonally monthly or weekly. Great area, quiet, relaxing, 1/2 hr. to Hamptons. Also for sale. Suitable for retirement or starter house 722-4901. gcag1

SANIBEL ISLE, FLORIDA
Large 2 BR, 2 bath Condo in small complex. Tennis, pool, beach access to gulf. Reasonable summer and fall weekly rates. 747-7482. wjy4

RENT OR SALE - HAMPTON
Bays Contemp., 3 BRs, 1 1/2 baths, in ground, lighted, fenced, pool with 17x29 cedar deck, skylights, front deck, back covered patio & lots/glass on cil de sac. 2 miles to beach. Perfect 3 couples or family with young adults. Monthly rentals. For sale by owner \$185,000. 579-4186. gcag1

KIAWAH ISLANDS. CAROLINA
21 miles from historic Charleston, Ocean woods, lagoon view, 175 yards to ocean. Walk to pool & playground 2 BRs, 2 bath house with large deck. Call owner 803-577-2068. gcjy2

VERO BEACH, E. COAST.
Florida: New immaculate furnished 2 BR, 2 baths Condo in lovely parklike setting. Enclosed Florida rm. Lots of closet space. Wall to wall air condition, paddle fan, olympic size swimming pool, tennis courts, shuffleboard, exercise rm in clubhouse. Full time security in a warm & friendly community. Six months rental from Jan. 1, 1992 to June 1, 1992 \$1200 per mo. Owner. 352-9113. wjy3

Vacation Rental

MT. SNOW/HAYSTACK
Large fully equipped 4 BRs plus loft, 2 1/2 baths w/color TV, VCR, microwave. Weekly/monthly. Beautiful views, privacy. Near golf, tennis & lakes. 466-6120. gcjy3

BEST OF ORLANDO. BRAND
new lakefront luxury furnished 2,334 SF condo, 10 min. to WDW, 4 min. to Seaworld, convenient shopping, 3 BRs, 3 baths, large LR, den, sunroom, plus porch. Facing 3 waterfountains, back sitting on huge Spring Lakefront. \$2,400/mo. minimum 3 mos. Long term rental preferred. Owner 466-9604. hjy3

CHARLESTON, S.C. QUIET
island, miles of beaches, front beach homes & villas. Daily & weekly. Golf packages available. 1-800-476-0400. gcAg5

SOUTHAMPTON TRADITIONAL
summer house on Shinnecock Bay. 4 BRs, 3 baths, appliances, fpl, Aug. 15-Sept. 5 \$2900. (Also July week available). 212-254-4859, 516-283-6678. gcjy2

JAMESPORT, BEAUTIFUL
Peconic bayfront. 4 BR, 3 Baths. Private beach, float, decks, den, laundry, plus. Balance July, Sept. Weekly or month. For sale also. 482-7790, 722-3854. wal

MT. SNOW, VERMONT.
Beautiful 3 BR, 2 baths, fully equipped Condo. Large deck with privacy & beautiful view. Golf, tennis, lake, horseback riding, mountain biking & boating nearby. Indoor clubhouse on premises with racquetball, gym & swimming pool. Fine dining & cultural events. Daily or weekly rentals. Call 741-1824. gjy3

SOUTHAMPTON ON LITTLE
Peconic bay beach. Great view, clean, deck, fpl, 3 BRs, 1 1/2 baths, sun porch. Private beach community. Reasonable 747-6392. gcag1

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. ges2

Real Estate Wanted

MATURE, RESPECTFUL
male desires a single furnished rm. in a large private home in or near Garden City providing modest kitchen use & parking. Please call 742-3265 evenings & weekends. Ask for Andy. leave message. gcjy4

FAMILY IN CONTRACT LOOK-
ing for house in Garden City. Western or Estates Section, up to \$400,000. 3/4 BRs. Principals only 718-470-0473. Please leave message. gcjy2

GARDEN CITY RESIDENT
employed lady seeks furnished rm. in Garden City. Kit privileges. Walking distance #40 &/or #15 bus line & 7th St. stores. Call 222-7432. gcjy3

FLORAL PARK 5 RM.
Apartment, second floor, 2 BRs, large LR, DR, EIK, balcony, 1 car garage. Walk to RR & shopping. \$1,000 plus security. 354-6170 after 6 p.m. gcjy2

FORMER GARDEN - CITY
couple wishes to rent or house sit Garden City home for July. Flexible, small house ok. Call or leave message 212-222-4355. gcjy2

QUALIFIED BUYER SEEKS
Garden City 3/4 BR Colonial or Dutch Colonial home. Preferably 2 car garage & bath on first level. Willing to renovate. Days 718-990-7963, Eves 516-538-2756. gcjy2

RENTAL WANTED BY GARDEN
City family. Option to purchase preferred. Estates, Central or Western Sections. 3-4 BRs, 2 baths. Up to \$2000 monthly. 437-3605. gcjy4

YOUNG PROFESSIONAL
couple seeks to rent 3/4 BR near train under \$2,000 by Aug. 15. 516-365-2628 or 212-509-3370. gcjy4

YOUNG WORKING COUPLE
looking for home in Garden City. Up to \$325,000. Principals only. 718-229-4532. gcjy3

Car For Sale

1982 BERLINETTA CAMARO
Burgundy, V-6, a/c, automatic, stereo/cassette, mag wheels, excellent condition. \$2500. 922-8173. gcag1

1987 SAMUARI SUZUKI, 5
speed convertible. Excellent condition. 227-2976 days, 261-5513 eves. gcag1

1982 CELICA GT. 5 SPEED,
loaded, good body, excellent mechanical condition. \$1200. 742-8037. gcag1

1980 DATSUN 210; 4 DR
automatic, 60K miles. \$350. 741-8594. gcjy3

Car For Sale

MUST SELL 1985 SAAB 900T,
61K, 5 speed, 4 door, slate blue. Must see \$5700. 1988 Jeep Cherokee Ltd. 54K, automatic, excellent condition. Full warranty \$13,200. Call Ron. Work: 745-0023; home: 742-3297. gcjy2

1981 MAROON CAMARO. NEW
engine/new brakes. Good condition. \$1100. 746-3694. wjy4

74 MGB CONVERTIBLE
Red with black interior. Top & interior new. Runs great. \$3500. 997-4071. wjy4

ULTRA VAN 85 CHEVY C20.
Totally unique. Oak fin. interior, leather seats, TV, VCR, CB, bar, lighting system, too many extras to list. Over \$30,000 invested. Price \$14,500. 997-4071. wjy4

FORD TEMPO 89, 4 DR, 5
speed, 30K, power locks, power windows, AC, white with red pinstripe, grey interior, mint. Must sell. \$6900. 997-4071. wjy4

1984 PONTIAC SUNBIRD, 4 DR,
4 cyl, AC, automatic trans., buckets, 85 K. Very good running condition. \$1495. 352-9025. wjy4

'88 ELDORADO BIARRITZ,
triple white, 32,000 miles, garaged, one owner, non-smoker. Mint condition. \$14,500. Call John 481-1467. gcjy4

BARGAIN. CHEV NOVA '64, 4
door, needs work, cheap. J. Harvey 212-682-4567 (M-F, 9:30-8:00, leave message) Garden City location. gcjy2

1988 CHEVY CAVALIER -
Auto, 4 door, a/c, p/s, p/b, Benzi stereo cassette, new tires, 53,000 miles, metallic blue. Excellent condition. \$5,000 437-1546. gcag1

'81 VW RABBIT, DIESEL,
4 door, hitchback, 76K, radio/cassette, a/c, manual transmission. Excellent condition. \$700 neg. 741-6254. gcjy3

VOLVO 240DL WAGON, 1985,
82K miles, very good condition. \$5100, neg. Evenings 746-6194. hag1

1976 CORVETTE STINGRAY 350
auto, fully loaded, white/red interior. Many new parts, must sell. Best offer. Getting married. 931-3023 days, 437-2515 eves. gcjy2

1986 BUICK SKYHAWK 2 DOOR
a/c, automatic transmission, sun roof, original owner, 63,000 miles. Excellent condition \$3750. 746-2797. gcjy2

1981 VW RABBIT, DIESEL, A/C
5 speed standard, new brakes, new battery & new exhaust. Pioneer AM-FM cassette stereo in Bensi Box. Runs great, ready to go \$700. Call 248-3045. wfn

1984 FORD LTD., 6 CYLINDER,
4 door, body in good condition. Tilt wheel, AM/FM, cruise control, a/c. Needs work. \$700 or best offer. 775-4711. gcag1

Wanted

WANTED TO BUY. CADILLAC.
large size, 2 door, low mileage. 747-6341. gcjy4

LONG ISLAND MOTOR PARK-
way porcelain license plate Robert Sisler, 105 Laurel Lane, Port Jefferson, N.Y. 11777. 473-0550. hjy3

ANY TYPE ANTIQUE
Victorian or other furniture wanted. Also cut glass, silver, jewelry, paintings, bronzes, dolls, frames, clocks, rugs, linens, trunks, china, lamps. Will call for any time, any place. Call Kay & Tom, Westbury, 334-4117. geal

OLD GUNS, SWORDS,
Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hjy3

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hjy3

INTERESTED IN PURCHASING
Old "King Edward" pattern Gorham sterling. 223-8382. gcag1

USED NORDIC TRACK CROSS
Country ski machine (Pro) model or better. 354-0519. gcag1

Services

FOOD FOR LIFE DIET.
Complete nutrition in 3 delicious snacks a day, 330 calories a day plus 1 meal. Call Food For Life counselor at 354-1721. gcjy2

LEAKS & SQUEAKS HANDY-
man Service. No job too small, old house specialist. General home repairs, 15 years experience. Day & evening hours available. Call Jim 868-4984. gcag1

MARIO POLITO'S COMPLETE
home remodeling. I do everything from ceilings to floors & lots more. All types of carpentry, ceramic tiles, painting, etc. Free estimates. 538-2273. License #HO 418010000. gc53

TELEPHONE INSTALLATION &
repair: TV cables & modular jacks installed. Electrical wiring & fixtures. Prompt, reliable & reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al Byrnes. 481-4665. gcag3

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

We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

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

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COMPUTERIZE YOUR MAILINGS. Save time & effort. Let me put your customers on my computer & print your mailing labels. Free consultations. Call Bob at 718-261-6300. hag1

JAMES F. MENTZ CARPENTER-ROOFER Skylights Installed Carpentry-Alterations Slate Roof Repairs Roofing-Gutters-Leaders Kitchens-Attics-Basements LIC #401750000 593-2933 gcj2

GUTTERS CLEANED, REPAIRED, replaced, installed, painting, trim, windows. Other handyman jobs. Call Joe 735-6349. hs2

CORNERPLACE CATERING Beautiful and delicious food for luncheons, brunches, dinners, showers, cocktail parties, Communion, etc. Select from food "dropoff" to full party service. Flexibility's our middle name. 997-2504. hly3

LITE MOVING & STORAGE Very reasonable. Call day or night. Long & short term storage. Local/long distance. Will beat any price. Free estimates. \$10 off with this ad. 599-0996. gcag1

THE CUISINE SCENE Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings, my specialty including beautiful cakes. Professionally trained staff. Call Susan 747-1956. gcs2

LADIES, RELAX & ENJOY your next party. Catering & experienced professional services for assisting preparation serving & cleanup before, during and after your party. Bartenders available. Call Kate at 248-1545 or 746-8264. wfn

BRAIN CLINTON MOVERS. Licensed & insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place. License #F11154. gcag3

PAINTING & CARPENTRY No job too small. Free estimates. Call Bob of Bellerose. 718-343-4843. wjy4

CHRISTOPHER TREE SERVICE All aspects of tree cutting and stump grinding. Fully insured. For free estimates call Christopher, 868-3456. hJy4

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We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

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

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PRICE RITE PAINTING Residential & Commercial. Interior, exterior, restorations. We move all furniture. All work satisfaction guaranteed. Free estimates & fully insured. 887-6076. gc53

VINCENT NASO PAINTER & paperhanger. Serving Garden City for 25 yrs. Neat, clean & finest work. Free estimates. Call any time. All work guaranteed 100%. 328-0028. gcag3

BASSINET & CRIB ENSEMBLES Quality custom work, your own fabric. Bassinet liner, skirt & quilt. Crib comforter, dust ruffle, bumpers, sheets, diaper bag, pillows. Curtains, valances, balloons for the baby's room. Call 483-7419. gc53

HANDYMAN. QUALITY HOME repairs: plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences. Doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe 746-7517. ws3

ALL PHASES OF CARPENTRY. Attics, fin. bsmts, bathrooms, kitchens, doors, windows, etc. All work guaranteed. Licensed & insured. References available. Free estimates. Call Mike any time. 352-5783. gcjy4

UPHOLSTERY, DRAPERIES, window treatments, vertical & soft pleated shades, upholstery repairs. Call McLeer Interiors, 516-CUSHION. gc52

For Sale

POOL TABLE - REGULATION Size, legs fold, 9 cue sticks & bridge with stand, balls, rack \$500 complete. Call 746-0906 or 742-5134. gcag1

DINING ROOM SET CIRCA 1920. Carved oak refectory table opens to 8 feet, 66 inch buffet, 36 inch server, 6 chairs. \$1,600. 747-8613. gcag1

GARDEN CITY HOUSE Contents for sale. DR, BRS, various odd pieces & bric-a-brac. Must be sold. 292-1841. gcjy3

FLUTE - EXCELLENT Condition, carrying case & cleaning stick. \$140. Call eves 354-5039. gcag1

OMNI ELECTRIC RUN TREADMILL by Mac Levy. Like new. Call Frank. \$500. 747-0320. gcag1

WALL UNIT - 3 ILLUMINATED Sections, traditional cherry veneer. Good condition. Best offer over \$200. 742-8272. gcag1

For Sale

EVERYTHING MUST GO Girls yellow & white Thomasville BR set. Double dresser/mirror/desk/bookcase. Kitchen farm house, table & chairs 6 mos. old; 4 sets X-Country skis with poles & boots. Call after 6:00 p.m. 746-3694. wjy4

LIGHT PINE DR SET. 54" round table with captains chairs. Large hutch with amber glass doors. \$900. Antique mahogany curve glass china cabinet, mirrored back. \$1200. 5 piece Danish walnut BR set \$500. Hand carved red brocade fabric & matching chair \$800. Call any time. 747-7482. wjy4

LIKE NEW. ARISTOCRAT POOL 15'x4' round. Price includes Diatomite filter new liner, lyfgard ladder, skimmer - cover. Priced to sell \$500. neg. 248-4283. gcjy4

MOVING SALE. TOP QUALITY furniture, 2 pc. sectional sofa, sleeps 2, 2 BR sets - 1 king size, 6 pc. Mediterranean, other 4 pc. teenager-light color. Round inlaid coffee table, assorted lamps. Call 747-2049. hly4

CHERRY DINING ROOM SET Table with pads, 4 chairs, china closet with light. 718-347-6570. gcjy4

TWO SILVER TRUMPETS Schilke B5 \$800. Getzen Eterna \$300 746-0551. Please leave message. gcjy2

TEN LIGHT WATERFORD Crystal chandelier. \$950. 747-6247. gcjy2

BRAND NEW COMMODE & Walker. \$50. ea., both \$75. 739-0078. wjy2

FLUTE - ARMSTRONG. Excellent condition. \$90. 354-2579. wjy2

LOWERY ORGAN. TWO KEYBOARDS, 25 note pedal board & stereo cassette recorder. Negotiable. 741-5028. hly2

GIANT, SOLID ALUMINUM (no rust) plant stand (30x60x28 high), lower shelf 9x39, floral design top, Victorian leg, white finish. K.D. regular \$280 list, discontinued model. Yours for \$99.95. 741-3982. G.C. gcag1

NEW SOLID OAK WFO WALL unit. Asking \$200. Also Contemp solid off white sofa \$200 & love seat, same, \$150. Both mint condition. 294-4857 day or evening. gcag1

SOLID WOOD (walnut) queen size BR set. Includes headboard, two night tables, triple dresser & mirror. Excellent condition. Originally \$4000; selling for \$500. Call 667-1655. gcag1

For Sale

MOVING SALE. MUST SELL piano, sofa, stereo, china cabinet, coffee table, chest of drawers, dresser, full size & twin size beds, etagiere, desk, lamps, radio cassette, crafts, other miscellaneous items. Call 741-8346. gcjy3

DINING ROOM SET. TABLE, 6 chairs, buffet, breakfast. \$400. 437-0137. hly3

BR SET. GRANDFATHER clock, desk, chandelier, etc. 489-9410. gcjy3

JAWA - BABETTA MOPED Needs tuneup. 746-5293. wjy3

CHAMBERS STOVE FOR SALE. Must sell. Negotiable. 437-9106. wal

ORIGINAL SIGNED LITHO-graphs, water colors, prints & paintings. Very low prices. 487-5585. Lists available. hly2

MOVING SALE - BRAND NEW Thomasville bedroom, amoire, dresser, night tables, triple mirror, queen Sealy mattress/frame/headboard. Contemporary living room, 4 Bistro chairs, table. Take all or separate. 354-8960. gcag1

TWO LOUNGE CHAIRS. CHEAP Call 741-8063. wjy1

Lost & Found

FOUND. BLACK FEMALE CAT Mid June on Hoffman Rd., New Hyde Park. 746-6680 days, 354-1533 evenings. gcjy4

Instructions

SAT SCORES NEED A BOOST? Personal instruction & preparation in your own home. Certified career High School English teacher with years of SAT experience. Also basic & advanced English skills 423-1967, day. eve. hfn

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

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

Instructions

MUSIC STUDIO. RITA & Janet Lucy - Piano, violin, viola. Emphasis on theory & harmony. Every student excels. Four years old & up. All levels. Thirty years in Garden City. Video tape of student recital available. 248-7379. gc01

PIANO & GUITAR LESSONS. All levels, all ages. 20 years experience. N.Y.S.S.M.A., L.I.M.T.A. Member. Call 354-1721. gcjy2

ENJOY PIANO LESSONS WITH Hofstra music graduate & professional musician in Garden City area. Can teach both classical & popular styles at affordable rates. Call 747-8542. gcag1

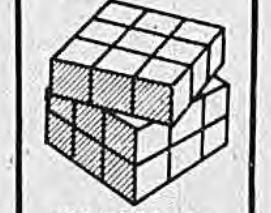
CREATIVE WRITING: FINDING your own voice in Poetry, Prose, Plays. 10 week workshop starts in the Fall. Weds., 7:30 p.m. to 9:30 p.m. led by Margaret Steiler & MaryAnne Weinstein. Call 437-0529 to reserve space in workshop. hly3

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Sell Your Home Call 931-0012 - 746-0240 or 294-8900 TO PLACE YOUR CLASSIFIED AD

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SATURDAY, JULY 13, 9 A.M. - 1 P.M., 193 Stewart Ave., Garden City (corner Sackville Rd.). Many & varied items for all. gcjy2

WILLISTON PARK GARAGE Sale. Saturday, July 13, 10 to 3. Furniture, three piece Childcraft bedroom set. Credenza with mirror, desk, toys. 24 Campbell Ave., off Hillside Ave. wjy2

FRI. & SAT., JULY 12 & 13, 9-6. 12 Kenwood Rd., Garden City. Handmade cards & much more. Rain date July 19 & 20. gcjy2

TAG SALE - GARDEN CITY - Must sell entire contents of interesting home. 3 floors filled with furniture, furnishings & old bric-a-brac plus old contents of doctor's office. 6 piece Thonet furniture, jewelry (some 14 K) Lalique figurine, Llardo, Hummels, china, child's antique roll top desk, small frames, bronzes, Murano glass, 1950s dining room, old dolls & toys. Unusual old American Flyer trains, Grandma's baby gear, hundreds of books & classical LPs, moose head, Commodore 64 printer, walnut antique shell unit, answering machine, patio furniture, exercise, VCR & much more. Please join us at 16 Osborne Rd. (off Washington) Saturday, July 13, 9 a.m. - 2 p.m. gcjy2

TAG SALE - GARDEN CITY - Must sell many old & antique items in old house. Loads of antique china, glass & crystal. Noritake dinner service, silver-plated flatware set, figurines, Lenox, pictures, paintings & frames. Linens, books, garden tools, lawn furniture, 1930's china closet & buffet & many other old surprises. Please join us at 44 Meadow Street (off Washington St.) on Friday, July 12, 9 a.m. - 2 p.m. gcjy2

TAG SALE GARDEN CITY - Relocating, selling contents of charming home. Many lovely mahogany pieces, BRs, tables, console tables, desk, breakfront, lovely mirrors, Limoges, interesting old bric-a-brac, ornate brass sconces, pair of figural antique clocks, silver, fireplace equipment, many books, linens, pictures, frames, area rugs, captain's bed, old quilt, classic cedar chest, roll away bed, World Book, sewing machine, man's formal wear, exercise & much miscellaneous. Please join us at 112 Brompton Rd. (off Stewart Ave. west) Sat., July 13, 9 a.m. - 2 p.m. gcjy2

FRI. & SAT., JULY 12 & 13, 10-4 p.m. at 18 Hawthorne Rd., Garden City (Tanners Pond Rd. to Fenimore to Hawthorne). Household, books, clothing, furniture & much more. Rain date Sat., July 20. gcjy2

GARDEN CITY MOVING SALE After 30 yrs. many "treasures" at bargain prices. Some furniture. Come & see. 230 Kensington Rd. (north of Merillon) Sat., July 13, 9:30-4. No previews. gcjy2



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Novenas

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads so that I can obtain my goals. You who give me the divine gift to forgive & forget all evils against me & mine that in all instances of my life you are w/me. I want in this short prayer to thank you for all things & to confirm once & again that I never want to be separated from you in spite of all material illusions. I wish to be w/you in eternal glory. Thank you for your mercy towards me & mine. Say 3 days, after 3 days your recourse will be granted even if it seems difficult. This prayer must be published immediately after prayer is granted w/out mentioning the favor. T.S. wjy2

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. D.J.K. gcjy2

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. M.E.D. gcjy2

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. R.K. hjy2

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. R.K. hjy2



GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmor Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

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SMALL SPACE ADS SELL BIG SERVICES

These 'little bits' have enormous impact! Look for more in future issues.

Kids Home Newspaper



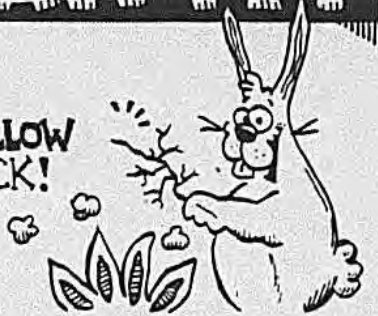
Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose

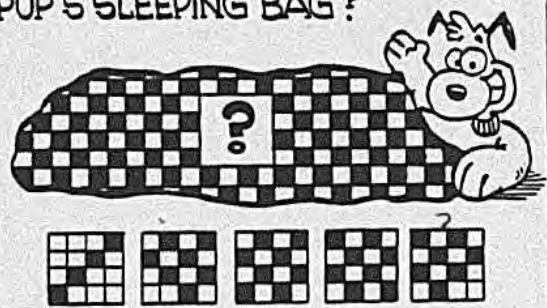
Friday, July 12, 1991 SOMETHING FOR EVERYONE

DRAW IT!

**DRAW A
MARSHMALLOW
ON THE STICK!**



**WHICH SQUARE CORRECTLY COMPLETES
PUP'S SLEEPING BAG?**

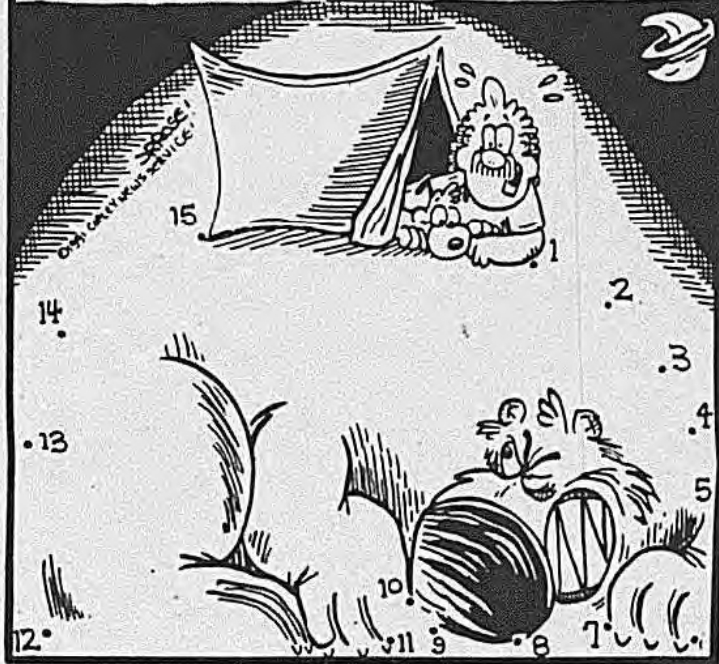


MEMORY TEST

**STUDY ALL THE OBJECTS SHOWN
BELOW VERY CAREFULLY. NOW
COVER THEM WITH A SHEET OF PAPER
AND SEE HOW MANY YOU REMEMBER!**



**WE'VE PICKED OUT OUR OWN CAMPSITE.
IN THE DARK, WITHOUT A LIGHT!
JOIN THE DOTS AND YOU WILL TELL
THAT WE DID NOT DO TOO WELL!**

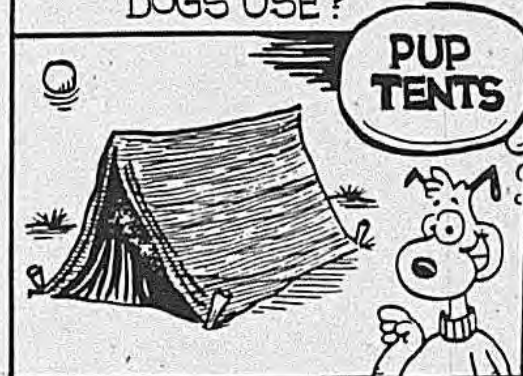


WRITE US!

**IF YOU HAVE ANY FUN
GAMES OR JOKES SEND
THEM TO :**

Litmor Publications
81 East Barclay Street
Hicksville, N.Y. 11801

**WHAT TYPE OF TENTS DO
DOGS USE?**



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For information about advertising on this page, call 931-0012

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ANTIQU OR

By James G. McCollam

JUNQUE

Your jardiniere was made in England



Q. This Royal Doulton jardiniere on a pedestal is marked Rd. No. 37487 and Rd. No. 38366.

Please advise as to age and value.



A. Your jardiniere on a pedestal was made in Burslem, England, between 1920 and 1940.

It would probably sell for about \$500 to \$600.

Q. This mark is on the bottom of a 12-inch bowl with a picture of a man and woman in old-fashioned clothes. The edge is trimmed with rose and yellow borders.

Can you tell who made it, when, and its value?



A. This porcelain bowl was made by the C. Tielsch Co. in Altwasser, Germany, during the late 1800s.

It would probably sell for about \$100 to \$125 in an antique shop.

Q. Can you establish the vintage and value of my porcelain figurine of a nude girl marked "Goldscheider, Austria"? She is standing with her arms folded in front of her and she is 14 inches tall.

A. The Goldscheider family operated a factory in Vienna and ultimately established one in Trenton, N.J., at the beginning of World War II.

Your figurine was made in the early 1900s and would probably sell for \$700 to \$800.

Q. I recently discovered an old magazine, *Official Detective Stories*, December 1936. The cover is a picture of a woman attacking another woman with a dagger. Does it have any value?

A. All old detective magazines are collectible because their stories are based on real crimes. This one would probably sell for about \$10 to \$15 in very good condition.

Q. I have a cast-iron bank labeled "Always Did Spise a Mule," and marked "J. Stevens & Co." When the mule kicks up his heels, a coin is deposited in the slot.

Can you evaluate this for me? When was it made?

A. Your mechanical bank was made around the turn of the century and would probably sell for \$800 to \$900.

BOOK REVIEW

"Tomart's Price Guide to Golden Book Collectibles" by Rebecca Greason; A Wallace-Homestead imprint of the Chilton Book Co., Radnor, PA 19089; \$21.95 plus \$2.50 postage, or at your local bookstore.

This is a complete and concise guide to Golden Books and related items. It contains collecting tips, historical details and pricing information. It is profusely illustrated in color and black and white.

Send your questions about antiques with picture(s), a detailed description, a stamped, self-addressed envelope and \$1 per item to James G. McCollam,

McCollam is a member of the Antique Appraisers Association of America.



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Baldwin 623-8351 (alt. call 599-4567) Lorraine Chip

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Points on Pets

By R.G. Elmore, D.V.M.

Zinc pennies can poison dog

Q. Our son recently fed our 3-year-old dog a penny. It apparently did not cause her any immediate problem.

Is it likely that the penny eventually will harm our dog?

A. Ingesting pennies can be harmful for your dog.

When pennies are ingested by your dog they do not pass through the intestinal tract. Instead, they stay in the stomach where they are digested by the stomach acids.

Pennies minted after 1982 are 96 percent zinc. The action of the acids on the zinc produces a toxic poison that destroys the dog's red blood cells.

Signs of poisoning due to inges-

tion of zinc pennies include vomiting, yellow discoloration of the skin and membranes and labored breathing. Dogs seen swallowing pennies or dogs exhibiting these signs should be examined and treated by a veterinarian.

Pennies that were made prior to 1982 are 96 percent copper. These pennies do not react with the stomach acids and do not poison the dog.

Coins should not be left where pets can get to them. You should warn your children of the dangers of feeding their pets things other than food.

JUNIOR EDITION

TRY FOR A BIG PRIZE!
P PRINT A LETTER OVER EACH DASH TO COMPLETE THE NAMES OF 4 GAMES. THEN COLOR THIS ENTIRE CONTEST ENTRY.

1. _UGBY
 2. _OCKEY
 3. _OLF
 4. _OCCER

Aunt Tilly's Corner

RULES

BOYS AND GIRLS

Here is your chance to win One Dollar. (\$1.00) - to spend or to save.

Here's all you have to do:
 1. Contest is open to children 4 to 12 years of age.
 2. Entries must be received by Friday, July 19

3. Paint, watercolors and crayons must be used on the above.
 4. Decision of the Judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
 105 Hillside Avenue
 Williston Park, N.Y. 11596

Now that July 4 has come and gone, and schools have finished for the year, there is just the long, hot summer ahead of us. Are you going away on a vacation with your family? I'd love to get postcards from you if you are.

My family probably will just go away for a few days. We might go to the beach and learn to sail a windsurfer. A few years ago I went to Disneyland for a summer vacation.

I hope you have a good time wherever you spend your summer, even if its in your own backyard.

Your friend,
 Aunt Tilly

P. S. This week's coloring contest winner is **Sabrina Clark**.

The World's Most Beautiful Grandchildren



Here is our grandson, Bryan William Gill. He is now two years old and is our pride and joy. His parents are Phyllis and William Gill of New Hyde Park. His proud grandparents are Viola Maurerl of New Hyde Park and Madeline Gill of New Hyde Park.



This precious 10-month old is Erik VandeStouwe. His grandparents are Millie and Frank SanSeverino of Bayside and Dorothy and Bob VandeStouwe of Mineola. Parents are Lisa and Rick. Lisa is an R.N. at Long Island Jewish Hospital, and Rick is an attorney with Feldman & Rudy of Westbury. They reside with their delightful son in Williston Park.

YOUR SOCIAL SECURITY

You need SS card for verification

By William M. Acosta

Q. I am a small employer and plan to hire new employees.

I understand that the Immigration Reform and Control Act requires me to verify a person's Social Security number.

How is this done? — W.P.

A. The only official document that should be used to verify a person's Social Security number and employment authorization is the Social Security card.

A job applicant who has lost his or her Social Security card should apply for a replacement. At the time a person applies for a replacement card, the Social Security office can issue a receipt confirming that he or she has applied for a card.

Q. I have been paying into Social Security for a number of years. Recently I noticed that my pay stubs show Social Security Tax rather than FICA. Is this one and the same? — C.J.

A. Yes. On some pay stubs the tax is called FICA, which stands for "Federal Insurance Contributions Act," the law that authorized payroll deductions for Social Security.

About 95 percent of all American workers pay Social Security taxes. Your employer matches your tax payment, dollar for dollar.

Q. I know that you can become eligible for Supplemental Security Income if you have limited income.

Would the small pension check that my father receives count as income? — P.K.

A. Pensions from any government or private source, annuities, workers' compensation, unemployment insurance benefits, black lung benefits and Social Security are considered income.

Your father should call the Social Security office to discuss his particular situation.

YOUR SOCIAL SECURITY

Q. Does Medicare provide any kind of health care in a person's private home? — L.R.

A. If a person is confined to his/her home and requires treatment for an illness or injury, Medicare hospital insurance or medical insurance can pay the full approved cost of medically necessary part-time skilled nursing care, physical therapy, and speech therapy provided by a home health agency.

Medicare can also cover part-time services of home health aides, occupational therapy and medical supplies and equipment.

SUMMER HEALTH, HAPPINESS, FITNESS



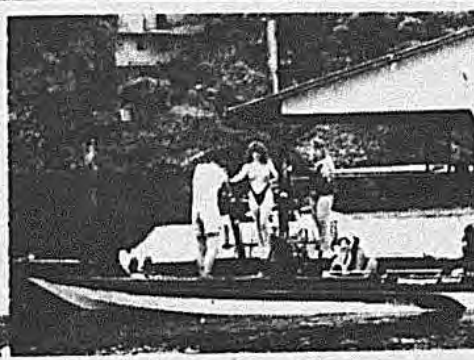
Friday, July 12, 1991

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

FITNESS FALLACIES Experts dispel myths about sports shape-ups

By Dean Carroll

"Go for the burn," and, "No pain, no gain," were yesterday's battle cries when it came to shaping up with one's favorite sport.

Today, many fitness experts cringe when they hear these phrases, along with many of the other fitness fallacies that abound.

Our fitness-infatuated society is saturated with information about exercise and sports. But fiction often creeps in with the facts, and many exercisers once accepted these myths without question, even if they meant overly strenuous workouts and frequent injuries.

Back on the right track, fitness experts and a not-so-naive public are dispelling many of the myths. Here are a few of the most popular myths and questions, followed by responses from the experts.

If you don't feel a burning sensation when exercising, the work isn't doing any good.

Not so, says author Judi Shep-

pard Missett in "The Jazzercise Workout Book" (Charles Scribner's Sons; \$12.95). Missett, founder of the worldwide Jazzercise program, says the burning sensation is a sign that muscles have a shortage of oxygen and a buildup of lactic acid. Stopping for a minute until the sensation disappears, then continuing, is the best way to improve muscle strength and endurance. The long-term goal of exercise, Missett says, is to work efficiently and avoid fatigue so you can eventually do the most work possible in the time you spend exercising.

If you stop exercising, your muscles will turn to fat.

Muscle and fat are two entirely different tissues, Missett says. When a person stops exercising, the muscles may eventually shrink in size. But the amount of body fat always depends upon the amount of calories consumed compared to the total amount of calories expended.

Exercising is too expensive.

A club membership or fancy new workout outfit isn't required to start an exercise program, says Jacki Sorensen in *McCall's Sorensen*, the originator of aerobic dance, says just about everyone owns tennis shoes, the only equipment needed for a brisk walk. Other low-cost suggestions include a television exercise class, illustrated exercise dance book or even borrowing a child's jump rope.

Most sports injuries aren't serious and don't need much attention.

False, say William Southmayd, M.D., and Marshall Hoffman in their book "Sports Health: The Complete Book of Athletic Injuries" (Perigee; \$15.95). They recommend the RICE treatment for almost any athletic injury, be it a sprained ankle or pulled muscle.

RICE stands for:

— Rest: Continued exercise or other activity could extend the in-

jury. Stop using the injured part as soon as the pain starts;

— Ice: Using ice will decrease bleeding from the injured blood vessels because it causes them to contract. The less blood in the wound, the faster it will heal;

— Compression: Compression limits swelling, which if uncontrolled, could slow down healing;

— Elevation: Elevation of the injured part to above the level of the heart uses the force of gravity to help drain excess fluids.

A doctor is probably not needed in the case of a minor sports injury.

Use your own intuition, Southmayd and Hoffman suggest. Strongly consider a trip to the doctor if:

— The injury causes severe pain;

— The injury involves a joint or ligament;

— There is loss of function of the injured part;

— Pain in the joint or bone per-

sists for more than two weeks;

— An injury doesn't heal within three weeks; or

— An infection in or under the skin is manifested by pus, red streaks, swollen lymph nodes or fever.

Cellulite is a different type of fat.

Experts say cellulite, or the lumpy "orange peel" skin, is no different from any other type of below-the-skin fat. It is just more dense.

Sport checklist for sun safety

By Kate Molloy and T.M. Luna

Summer used to be every sports enthusiast's favorite season.

Big, frothy waves beckoned to surfers, tennis buffs relished long hours on the courts. Fishermen, sailors, water skiers, hikers, baseball players, swimmers and golfers looked forward all year to summer's sporting fun.

But medical research says afternoons between June and September, along with long outdoor exposure in wintertime, are hazardous to the athlete's health. According to dermatologists and beauty experts, the results of excessive sun exposure are, at best, premature aging of the skin. At worst, they say, the burning power of the sun's ultraviolet rays can lead to skin cancer.

Statistics support their findings: the incidence of skin cancer among Americans is rising, and most at risk of developing the disease are those who regularly spend long hours outdoors. An estimated 500,000 new cases will be detected in 1986, all of them due to overexposure to the sun.

Many athletes are responding to these findings with a newfound caution. Some people are using electronic ultraviolet sensors that tell them when they've had enough sun. Other people simply cover up.

But for some active athletes, these options are unrealistic. One major league baseball team keeps a tough sun block on hand since baseball players must be out in the sun for hours at a time.

"Tanning is just the skin's response to ultraviolet injury," said Dr. Mark Green of the National Cancer Institute. "It's the skin's way of trying to protect itself from further damage."

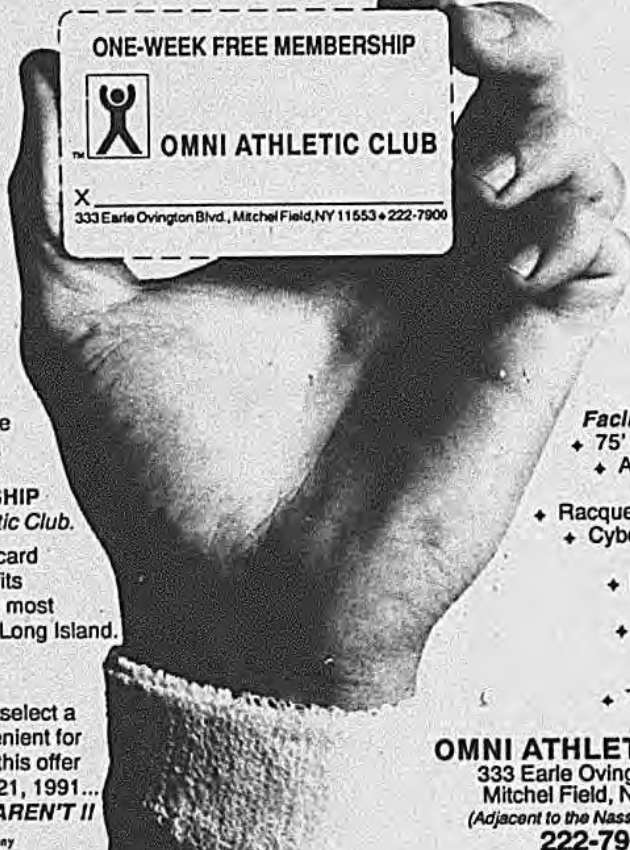
Along with the immediate risk of a severe burn, exposure to sunlight has a cumulative effect. An outdoor buff's risk of cancer doesn't go back to zero with the fading of each summer's tan. It increases year after year.

Although everyone must take into consideration such factors as eye, skin color and heredity, these basic rules should apply:

— Whenever possible, avoid the sun's peak power hours: 10 a.m. to 3 p.m. That means shifting your playing time to either early morning or to late afternoon and early evening.

— Take care not to bank on cloud covering as an adequate protection against the ultraviolet rays. Between 70 and 80 percent of the sun's burning power penetrates clouds, and the rays travel as far as three feet into the water. They also bounce off sand, snow, water, cement and boat decks.

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By Gregg Howard

Just about anyone who isn't a professional athlete can use a little help when it comes to improving his game.

After all, it takes more than a few hours on the court every other weekend to achieve a respectable backhand or serve. And when time for practicing isn't at a surplus, many weekend athletes get discouraged and embarrassed by low scores, poor performance and slow reflexes. Some even drop out.

This is not good news for the \$600-million-a-year sporting goods industry, and many companies are fighting back with high-tech equipment that makes training and playing sports a bit easier.

The concept is known in the sporting goods industry as G.I. Gear, or Game-Improving Gear, according to an article in *American Health* magazine.

Tennis is a tough game, especially for amateurs. To help, several manufacturers are now making oversized tennis rackets. The standard-size rackets used to have a playing head of about 85 square inches. Now, there are rackets with head sizes of 110 and even 125 square inches.

Some companies are marketing golf clubs with larger striking heads and "hot" baseballs and softballs, marketed as being easier to hit. Some are even coming out with specially weighted footballs, said to be easier to toss in a perfect spiral.

Wilson has come out with a bigger tennis ball and a basketball that's said to be easier to grasp.

The Rally tennis ball is 7 percent larger in diameter than conventional balls. A bigger ball means more wind resistance, Wilson says, so the ball is slower in flight and easier to hit.

The outdoor basketball, The Grabber, has 9,500 tiny raised triangles on its orange surface. Wilson says the triangles make the ball easier to hold and more durable.

The new Look bicycle pedal integrates the speed safety and convenience of a ski-type binding in bicycling. Riders mount a cleat on their cycling shoes and step into the pedal/binding. The cleat locks into place, so there's no slipping while going uphill or sprinting, no toe straps to pinch or cut off circulation. Feet can be removed from the pedal with a firm, lateral twist.

As well as correcting certain problems, sporting goods companies are aiming for overall improvement of their equipment with high-tech materials.

One of the breakthroughs in tennis is the coming of ceramic, which boosts strength without stiffness, absorbs vibrations and offers durability. Several companies like Yamaha will soon market ceramic rackets.

The real improvement in a sport comes with practice, of course, and many sporting goods companies want to make that easier and more enjoyable with gadgets and specialty equipment.

Those training indoors on their bicycle can get a cool breeze with Kreidler's Headwind station-

ary trainer. It provides pedal resistance as it rewards efforts with a directable air flow.

The Ultra-Rope by Garney, Inc. is a balanced, weighted rope that works the calves and thighs as well as arms, shoulders and chest while it conditions the cardiovascular system. The jumper develops endurance by jumping slowly and simulates sprinting by jumping quickly.

The Pulsecount 6 by Anchor Technology beeps at the start and end of six second to let aerobic dancers take their pulse rate. They count the number of beats during the six seconds and then add a zero for an accurate heart rate.

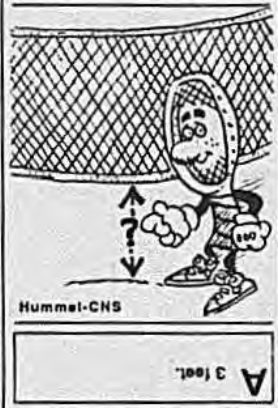
Even kids can have it easier when training. RagBall baseballs, softballs, soccer balls and footballs are soft textile athletic balls designed for training and development. The balls perform like regulation counterparts, except they give an impact for safer practice.

SPORTS TRIVIA

Q What golf club is called a "niblick"?

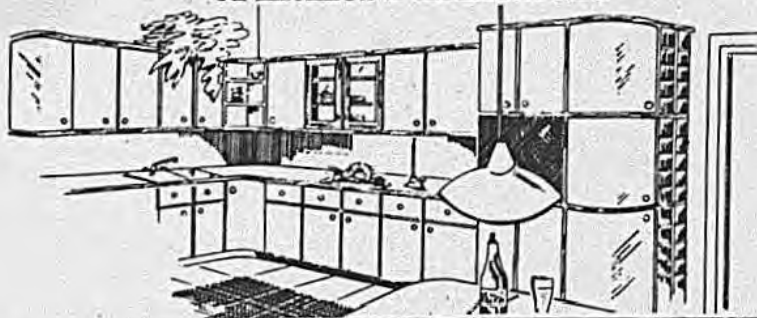


Q How high is a regulation tennis net at the center?



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PEP PILLS Know your body's needs before popping vitamins

By Carol Roberts

No more stress or PMS. Better athletic performance. Immunity to colds. Can a little vitamin pill do all this?

That's a lot to ask, experts say. Unrealistic expectations from vitamin supplements can lead to unwise choices and uninformed practices. Yet, the promise of better health and relief from specific ailments is enough to send many consumers to the nearest health food store to stock up on their vitamin B6.

Vitamins are essential for the maintenance of tissue functions, growth and repair, largely by regulating, assisting and facilitating specific metabolic functions. Most experts believe the best way to get these vitamins is from foods in a balanced diet.

But lifestyles and eating habits, such as dieting, meal skipping and the consumption of "empty calories" may work against achieving good nutrition through diet.

How can vitamins help? Supplements can be valuable when used judiciously to fill gaps in the diet or boost intakes during periods of increased needs, according to the Nutrition Information Center. But they are not cure-alls.

With vitamins, more isn't better. Once deficient levels are brought up to where they should be, excessive intake of vitamins can do no further good. In fact, in some cases too many can be harmful, since a high intake of some vitamins can have a drug-like effect on the body. The U.S. Recommended Daily Allowance should be used as a sensible guideline for vitamin intake, according to the NIC.

Before taking vitamins, evaluate your diet to determine whether you are eating a variety

of foods from the basic four food groups. Consult with a registered dietitian or a physician if you're in doubt about missing anything. A health professional can help you adequately assess the multiple factors needed to make a correct decision, such as dietary habits, medical and other aspects of lifestyle that affect nutritional well-being.

At the vitamin counter, be sure to read the labels before you buy and ask your physician or dietitian about any questionable ingredients. Here are some tips from the NIC:

- You can group vitamins into two categories: fat soluble (vitamins A, D, E and K) and water-soluble (vitamin C and eight B complex vitamins — thiamin, riboflavin, niacin, B6, pantothenic acid, B12, biotin and folic acid). A vitamin supplement should contain balanced amounts of multiple vitamins. Unless the supplement is recommended to treat a specific deficiency or correct a specific defect, it is usually not necessary to take a product containing only one vitamin.

- "Natural" or "organic" vitamins are not superior to synthetic vitamins. The body does not recognize the difference.

- In most cases, it's best for a multivitamin product to contain no more than 100 to 150 percent of the U.S. RDA for any one nutrient. Be alert for insignificant amounts of some nutrients; when these are present only in token quantities, they add to the cost but not to the nutritional value.

- Choose brands bearing expiration dates.

- Beware of extra ingredients. These are likely to increase the cost of the product while adding no known benefit.

Help Your Heart

American Heart Association

Heart Attack Warning Signals

During a heart attack, your body usually sends out warning signals that your heart is starving for oxygen. An uncomfortable pressure, fullness, squeezing or pain in the center of your chest for more than two minutes is one signal. Chest pain that spreads to your shoulders, neck or arms is another. Dizziness, fainting, sweating, nausea or shortness of breath may also occur. Sometimes the signals may subside, only to return later.

Help your heart! Learn to recognize these signals and take fast action. Remember that each year 350,000 Americans die from heart attacks before reaching the hospital. So don't ignore the warning signals. Act immediately.

If you are having chest discomfort that lasts for two minutes or more, call the emergency rescue service. If you can get to a hospital faster by car, have someone drive you. Find out which hospitals in your area offer 24-hour emergency cardiac care. Select in advance the facility nearest your home and office and tell your family and friends so they will know what to do. Keep a list of emergency numbers next

to your telephone and in a prominent place in your pocket, wallet or purse.

If you are with someone who is experiencing the warning signals, and if



they last for two minutes or longer, insist on taking prompt action. Expect the person to deny the possibility of anything as serious as a heart attack. Call the emergency rescue service, or get to the nearest hospital emergency room with 24-hour cardiac care. Give mouth-to-mouth breathing and chest compression (CPR) if it is necessary and if you are properly trained.

By Marcia Powell

If the dreps of winter leave you out of sorts, or extra pounds must be shed before bathing suit weather, a fitness escape could be the ideal prescription.

Where to go? A health and fitness resort where you can revitalize your sagging spirits and tone your sagging flesh. However, the variety of choices available can be confusing.

In your pursuit of the perfect health resort, be sure to comparison shop. As with any important purchase (you're investing in your mental and physical well-being, after all), explore your options. Here's a checklist to help you find the right healthy escape for you:

- Talk with friends who have been to a fitness resort, remembering their tastes, temperaments and needs may not coincide with yours.

- Consult a travel agent (or several to compare suggestions), and write or phone for brochures and other information (many resorts have toll-free 800 numbers).

- List your priorities — weight reduction, toning and losing inches, stress relief, learning how to live a healthier life, breaking bad habits (alcohol, drug or tobacco abuse), temporary escape from reality. Consider each place in terms of what's most important to you.

- Is a minimum stay required? Can you choose how long you want to stay? Must you arrive and depart on a certain day, or can you come and go on the dates that suit you?

- What are the qualifications of the staff, especially in your priority areas? What's the ratio of staff to guests?

- What's included in the price? Accommodations, meals and exercise classes are basics in all fitness resort packages. Individual counseling, massages, skin care treatments, manicures and pedicures aren't always included. If these items will cost extra, consider how much they'll add to your bill when comparing prices.

- Another money matter is the "plus plus" system followed by most health resorts. Both local taxes and a 15 percent to 20 percent gratuity for all or some services will be added to your bill.

- Is transportation to and from the airport, train or bus station included in the price, or are these extras? How convenient (and costly) is transportation if you want to explore the local area?

- Will you have sufficient exercise choices for your fitness level and interests? What will be

expected or required of you?

- Does the diet plan appeal to you and is there flexibility to accommodate individual dietary requirements?

- What pampering services and facilities are offered: massages, herbal wraps, whirlpools, saunas, steam rooms, facial treatments and makeup, hair care and styling, manicures and pedicures?

- What kind of counseling is available: medical problems, diet and nutrition, exercise and fitness, lifestyle changes, stress, wardrobe or skin care?

- Are there full-time medical personnel on staff? What additional medical supervision is provided?

- What is the physical layout of the resort? If the facilities also include convention space and non-spa restaurants, are these separated from the fitness areas? Are the health resort buildings enclosed or do windows open to the outdoors?

- What accommodations are provided? Will you be able to get a single room? Can someone not interested in the fitness program accompany you?

- Does the resort welcome male guests and children — or it is "women only"?

- What should you bring — totally casual attire or a mix of casual for day and dressy for dinner? Sometimes sweatsuits, togas, robes or leotards are provided for fitness activities.

- What activities are provided in the evenings? You may be satisfied to curl up with a good book or television, or you may want some mental stimulation following your day of physical activity.

- Are there interesting side trips in the area? Does the resort offer day tours to local sight-seeing attractions?

- What's the weather usually like at the time of year you'll visit?

- In what kind of setting is the resort located?

To give you an idea of what some health and fitness resorts offer, here are a few major attractions of several facilities in different areas of the United States and one abroad.

Canyon Ranch: Nestled in the foothills of the Santa Catalina Mountains, Ariz., Canyon Ranch attracts guests from throughout the United States and Canada. New western-style buildings mingle with older structures left from this spa's former life as a dude ranch.

Exercise classes range from the easier stretch-and-flex and aqua trim sessions to "killer" aerobics in one of the pools or gyms. Circuit weight training and yoga for intermediate and advanced levels also are included. Hikes and bike tours through scenic Sabino Canyon are among the favorite outdoor activities. Depending on the type of plan you've selected, you'll receive several massages, an herbal wrap, one facial, a choice of

manicure, shampoo/set or make-up application and a choice of one health service (wellness consultation, nutrition lifestyle counseling or biofeedback session).

La Costa: Just north of San Diego, La Costa offers the benefits of Southern California's year-round ideal weather. In addition to the world-famous spa, the resort facilities provide five restaurants, a championship golf course, 25 all-weather-surface tennis courts, three swimming pools, a 200-seat

theater for nightly films and music for dining and dancing each evening.

Accommodations for spa plan guests are clustered around the full-service men's and women's spa facilities. In addition to a range of exercise classes, you can attend makeup and skin care classes. Interspersed with all this activity, you'll have massages, facial treatments, herbal wraps, whirlpool baths, saunas and steam



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IN THE SWIM Plunge into water workouts for fitness

By Dean Carroll

Runners and aerobic dancers love their respective sports, but sometimes the aches and pains are just too much.

A torn ligament here, a twisted ankle there mean less time exercising, more time in the hot tub and on the couch.

Instead of logging in weeks of inactivity, many injured athletes, as well as those who want a "softer" sport for workouts, are getting into the swim of things.

Swimming is a soft exercise, but soft doesn't mean ineffective. It can be the means for a hard workout, one that works the cardiovascular system as effectively as running, one that provides a powerful workout for the legs and upper body without a lot of pounding.

Some athletes benefit from swimming regimens when they've been injured in their regular sports. They swim to maintain cardiovascular fitness while injuries heal. Swimming lets them push themselves without pushing their injuries.

Others work it into their training programs to supplement their sports. In his master's project in the 1950s for the University of Oregon, Bill Bowerman found runners actually improve their performance when they swim. After that, Bowerman, who was head track coach, included swimming in every runner's workout, according to an article in *American Health* magazine.

Some swimmers simply love the sport. And they're not just kids or Olympic athletes. Many energetic adults throughout the country belong to the Masters Swimming Program. Masters swimmers compete in local, regional and national swim meets where they earn medals and ribbons for winning times.

If you join a Masters program, you can expect some good conditioning results. *Health & Living* magazine says masters swimmers generally have blood pressure lower than the mean for their age, resting pulse usually about 55 beats per minute, and exercise tolerance well beyond the mean. The heart and lungs will also function more effectively and there are the psychological benefits that come from exercising.

Other swimmers join health clubs with year-round swimming facilities or take advantage of public pools or YMCAs where they can swim laps.

You'll find more people dancing in the water, too. Not water ballet, but aqua aerobics.

This underwater dancing is softer since gravity relinquishes 90 percent of its hold in the water. Participants can do all the moves with less risk of injury.

Dance Exercise Today magazine says the water acts as a cushion to protect your weight-bearing joints and internal organs from jolting. Plus, the water will resist the exerciser in every direction, allowing development of a strong, flexible body without soreness.

Those who swim for an aerobic

workout might be surprised that they should aim for a lower pulse rate than they normally would with a "land" aerobic sport. You use a different formula to calculate your heart rate — simply subtracting your age from the number 205, says *American Health*. Aerobic benefits occur when you maintain at least 70 to 85 percent of that maximum for 20 minutes, three times a week.

The reason? Swimming uses a small muscle mass, and the horizontal position of swimming allows the heart to pump more blood with each beat, as opposed to the way blood has to pump up hill when you're standing. The heart also slows down in cold water, *American Health* says.

But a lower heart rate doesn't mean less of a workout. *American Health* says the volume of blood the heart pumps is more important than the number of beats in determining aerobic fitness levels.

Some swimming enthusiasts might want to go as far as installing their own lap pools. For optimum exercise, a lap pool should be at least 10 meters long (37 and one-half feet) and 6 to 7 feet wide. Depth should be at least 3 and one-half feet to accommodate flip turns and the outstretched arms of swimmers.

Shorter lap pools (10 to 12 feet) can be fitted with special heavy duty jets that work like a treadmill, allowing people to swim virtually in place.

Water exercises can indulge in a number of high tech accessories to aid their workouts. The Web, made by Webco of San Bruno, Calif., is a glove with webbing between the fingers. Made of Lycra and nylon, it increases pulling power for strength and cardiovascular benefits.

Swimming tethers, made by SwimEase of Houston, let swimmers swim freely in place, even in pools too small for lap swimming.

There's even a swim vest on the market that will help swimmers stay suspended in deep water while going through a series of water exercises.

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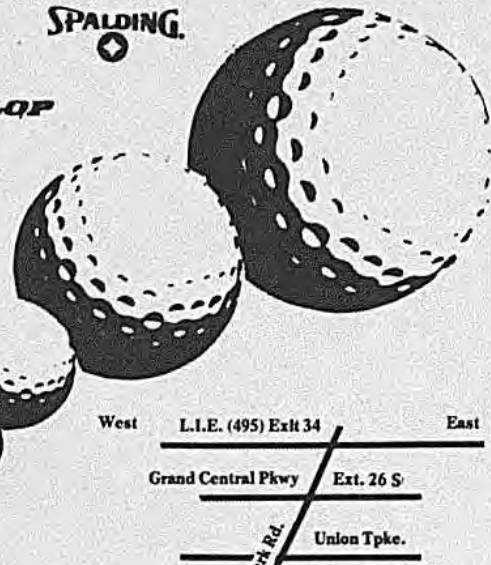
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