

In Two Sect

The Only Newspaper Printed and Published

Mid-Island Times & Levittown Times 35¢

Friday, August 2, 1991

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Vol. 49 No. 31

Special Recognition For Firemen



Nassau County Executive Thomas S. Galotta, right, presents check to Jericho Fire Chief Doug Heron, to reimburse the department for services rendered after the January 1990 Avianca Air Disaster in Cove Neck. The Jericho Fire Department was one of several fire departments which provided emergency care during the rescue operation following the air crash. The reimbursement was the result of an agreement between the County and Avianca Airlines, whereby expenses incurred by the County and emergency service units were reimbursed by the Airlines.

Concert Pops



Oyster Bay Town Supervisor Angelo A. Delligatti, third from right, Town Councilman Ann E. Ocker, Town Councilman Leonard Knudt, left, and Town Clerk Carl L. Marcellino were on hand recently at Bethpage Community Park to enjoy a performance by the Concert Pops of Long Island. Here they chat with founder/director Dean Karahalis, third from left, and tuba player Michael Salman of Plainview. The concert was part of the "Music Under the Stars" series sponsored by the Cultural and Performing Arts (CAPA) Division of the Town's Department of Community and Youth Services.

Library Presents Garden Workshop

On Monday, August 12, from 7:30 p.m. to 9 p.m., the Bethpage Public Library will present a workshop with Ronald Enners on fertilizing, nutrients, PH, mowing and watering. He will discuss products and methods as well as

pesticides - the good, the bad and the ugly.

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.

Summer Music For Children

Holy Trinity Episcopal Church located at the corner of Old Country Road and Jerusalem Avenue in Hicksville is offering a Summer Music Program for children between the ages of 8 and 12 under the direction of Mr. Kenneth Soule, Organist and Choir Director. The program will run for two weeks, Monday through Friday, August 12-16 and August 19-23, from 9:30 a.m. to 11:30 a.m. in the parish auditorium. The objective is to provide children with an entertaining and instructional music program including sight reading, basic characteristics of music notation, music rhythm, meter and improvising through the use of folk music and music games. All materials will be provided for a fee of \$15 per week or \$25 for the two weeks. Special consideration will be given to families with two or more children. Mr. Soule is especially skilled in the training of children. He is a certified music teacher having graduated from Hofstra University with additional graduate studies at the Kodaly Institute and the Organ School in Swabisch Gmund, Germany.

This should be an exciting program for young children and members of the community are invited to participate. Parents may register their children by calling the Church Office, 931-1920, between the hours of 9 a.m. and 12 Noon, Monday through Friday.

Book Sale At Library

The Hicksville Public Library has a continuous Book Sale. Stop in and see what is currently being offered on the Book Sale table near the entrance door.

'Dreams' Film At Beth Library

As part of the Friday night film series, the Bethpage Public Library will be presenting "Dreams" on August 9. The film will be shown at 8 p.m., is rated PG and runs for 120 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.

Labor Day Parade Plans Taking Shape

The Hicksville Fire Department will host its annual Labor Day Parade and Drill.

Chairman of the 1991 Labor Day Parade is Robert McAvoy; Honorary Grand Marshal - Joe Pollina; Co-Chairman - Tournament - William Schuckmann; Co-Chairman - Parade - Gilbert Cusick.

The Parade is scheduled for Sunday, September 1, at 5 p.m. Following it, there will be a Block Party on Barclay Street.

The Drill is scheduled for Monday, Labor Day, September 2, 10 a.m. Chief Anthony Wigdzinski will lead the 1991 Parade which will start at 5 p.m.

The Parade route is as follows:

From Hqts. Hicksville Fire House on East Marie Street.

West down East Marie St. to Jerusalem Ave.

South on Jerusalem Ave. to Old Country Rd.

East on Old Country Rd. to Broadway

North on Broadway to W. John St.

West on W. John St. to Newbridge Rd.

South on Newbridge Rd. to Barclay St.

Parade ends on Barclay St. where Block Party will take place.

Refreshments will be sold at the Block Party.

Local Physicians Open Cardio Care



A group of local physicians have pooled their talent to open a new cardiac rehabilitation center in the Town of Oyster Bay. CARDIO CARE REHAB has opened its doors to patients on Long Island who wish to prevent the progression, re-occurrence or occurrence of heart disease. The program is offered at 890 Old Country Road in Plainview, on the grounds of Central General Hospital. Pictured at the Grand Opening of the Center are, from left to right - Alan Binder, M.D.; Robert D'Avino, M.D.; Stephen Marcella, M.D.; and Thomas Todaro, M.D. Not shown in the photo are partners William Breen, M.D.; and Richard Maisel, M.D. The Doctors at CARDIO CARE REHAB said patients will not only benefit by the individually prescribed exercise program, but also, through the educational aspects of the program.

SAT Program At Library

On Saturday, September 21, at 2 p.m. the Young Adult Department of the Hicksville Public Library will present an SAT program.

A representative from the Princeton Review will cover such topics as an overview between the SAT and College admissions

including a detailed introduction to the way the SAT is constructed. A substantial part of this session will concern strategies for improving verbal and mathematics performance. Admission is free but sign up is limited, so register now at the Library's circulation desk.

FALL SCHOOL DIRECTORY
IN THIS ISSUE

Letters

Printed By Request

Dear Chief Wigdzinski:

I wish to thank the Hicksville Fire Department for its voluntary assistance in watering the curb side trees that were recently planted along Broadway in Hicksville.

The private contractor who planted the trees is obligated to maintain the trees one year following the plantings and replace any trees which may succumb to the initial shock of being replanted or this season's weather conditions. The firm has and is expected to continue watering the trees periodically. However, due to the unusually minimal rainfall and high temperatures this summer, these trees appear to require additional watering and we are grateful that the fire department is willing to address this need. Once again, we can count on the Hicksville Fire Department to come to the rescue!

Very truly yours,
Angelo A. Delligatti
Town Supervisor

In Service

Marine Cpl. James M. Fagan, son of James J. and Kathleen A. Fagan of 4080 Avoca Avenue, Bethpage, has been promoted to his present rank while serving with Marine Detachment, embarked aboard the aircraft carrier USS Abraham Lincoln, homeported in Alameda, Ca. He is a 1987 graduate of Bethpage High School.

LEGAL NOTICE
SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF NASSAU, Index No. 15653/88

NOTICE OF SALE
Dupont Mortgage Associates/ Plaintiff against James E. Meir, et al Defendants

Pursuant to a judgment of foreclosure and sale entered herein on April 10, 1989, 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 July 29, 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 Bethpage, Town of Oyster Bay, County of Nassau and State of New York, known and designated as plot No. 19 in Block No. 214 on a certain map entitled, "Map of Hempstead Health Estates, Section No. 1, situated at Bethpage, Nassau County, New York, August 1950 surveyed by Albert L. Loeffler, Licensed Land Surveyor" and filed in the Office of the Clerk of the County of Nassau on

George B. McPhillips, Esq.

Referee

Phillip Irwin Aaron, P.C.

Atty. for Plaintiff

115 Eileen Way

Syosset, N.Y. 11791

(516) 364-4500

(718) 463-8918

BN 3110

6X 6/28; 7/5, 19, 26; 8/2

Design Beautiful Nails At Library

Nail art and decoration is fast becoming the newest fashion - one that can be enjoyed by pre-teens, teens and women of all ages. However, as anyone who has had this service performed in a studio can attest, it is expensive.

If you want beautiful, fashionable nails but feel the cost is prohibitive, join us at the Bethpage Public Library on Tuesday, August 20, 7:30 p.m. to 9:30 p.m. You will meet Antoinette Brennan, a certified nail instructor who will teach you how to apply the various techniques of nail art to your own nails for a fraction of the cost.

The workshop includes instruction; demonstration and hands-on practice in the proper application of the many materials, such as glitter, lace and gemstones, which can be used in creating beautiful nail designs. It is limited to twenty participants. So sign-up as soon as possible at the adult Reference Desk. A fee of \$5 to cover materials is requested when you register.

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Some of the most important steps in any child's life are taken by the parents. Like buying U.S. Savings Bonds. That's why it's never too early to start building your tax free tuition fund. Buy Bonds at your local bank, or ask about the Payroll Savings Plan at work.

U.S. Savings Bonds



The Great American Investment

A public service of this publication.

U.S. Savings Bonds Are Now Tax Free For College. Good News Today. Better News In 18 Years.



If the cost of a college education seems expensive now, imagine what it will be in 18 years. That's why Bonds bought for your child's education can be completely tax free. Start buying Bonds today at your local bank, or ask about the Payroll Savings Plan at work.

U.S. Savings Bonds



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Certificate Of Appreciation



Oyster Bay Town Councilman Thomas L. Clark (R) presents a certificate of appreciation to Salvatore Spano, assistant manager of the Roslyn Savings Bank, which co-sponsored a recent performance by the American Concert Band at Syosset-Woodbury Community Park. Also on hand for the presentation were Town Clerk Carl L. Marcellino (L) and the band's founder and conductor, Dr. Kirby Jolly. The concert was part of the "Musical Under the Stars" series sponsored by the Cultural and Performing Arts (CAPA) Division of the Town's Department of Community and Youth Services.

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. Hawhurst, 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

LEGAL NOTICE

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

MIT 2484

LEGAL NOTICE NOTICE OF SALE

SUPREME COURT: NASSAU COUNTY. THE GREEN POINT SAVINGS BANK, Plif. vs. YOUNG H. CHUNG, et al, Defts. Index #19199/90.

Pursuant to judgment of foreclosure and sale dated June 17, 1991 I will sell at public auction on the north front steps of the Nassau County Courthouse 262 Old Country Rd., Mineola, N. Y. on August 22, 1991 at 10:00 a.m. prem. k/a 29 Beatrice Ave., Syosset, N. Y. Sold property located on the southerly side of Beatrice Ave. and west of the corner formed by the intersection of the southerly side of Beatrice Ave. and the westerly side of Humphrey Dr., being a plot 100 ft. x 75 ft. Approx. amt. of judgment is \$229,898.55 plus costs and interest. Sold subject to the terms and conditions of filed judgment and terms of sale.

Monroe Flak, Referee
Cullen & Dykman
Attys. for Plif.
2337 St., Garden City, N.Y.
Syo 8000

4X 7/19, 26, 8/2, 8/9

LEGAL NOTICE

SUPREME COURT: Nassau County. Citibank, N.A. Plif. vs. Robert White, et al Defts. Index #8666/90

Pursuant to Judgment of Foreclosure and Sale dated April 10, 1991, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N. Y. on August 14, 1991 at 9:30 a.m. premises known as 126 Southwood Circle, Syosset, N. Y. being on the south side of Southwood Circle, S40.46 ft. north of Candy Lane being a plot 103.80 ft. 65 ft. x 102.77 ft. x 65.01 ft. Upset amount \$114,400.00 per Plaintiff.

Sold subject to terms and conditions of filed judgment and terms of sale. Natalie Mutari, Referee. Rivkin, Radler, Bayh, Hart & Kremer, Attys for Plif. EAB Plaza, Uniondale, N. Y.

SA 7995

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

Hebrew Reading Crash Course

Congregation Shaarei Zedek, in conjunction with the National Jewish Outreach Program, is offering a Hebrew Reading Crash Course free of charge to our congregants and the local adult Jewish community beginning on Wednesday, August 7. Classes will be held on Wednesday, August 7. Classes will be held on five successive Wednesday evenings at 7:30 p.m.

Everyone is encouraged to take advantage of this excellent opportunity. Reservations must be made no later than August 1. To register call Howard Rabin, president of Shaarei Zedek at 496-7672 or leave a message at the synagogue office at 938-0420. Let's make this a meaningful new year!

Two Performances At Library

The Young Adult Department of the Hicksville Public Library presents two performances of the play "Geminina, Space-Age Cinderella" on Monday, August 5, at 2 p.m. and Thursday, August 8, at 8 p.m.

All are welcome to attend these free presentations.

"Space-Age Cinderella" is a modern musical comedy version of the classic Cinderella story. Story and songs by Mary Kay Strasek. Play by Mary Kay Strasek and Betty Conway. Producer and Music Director, Ben Arrigo, Asst. Director, John Arbucci. Performed by Hicksville Young Adults.

Mark a date on your calendar for some wholesome entertainment.

GET RESULTS! Place an ad in our Classifieds for reasonable rates and prompt results.
Call 931-0012 • 294-8900 or 746-0240 for more information....

Senior Golf Winners



Oyster Bay Town Supervisor Angelo A. Dell'Gatti, third from left, presents plaques to the winners of the Town's Annual Senior Golf Tournament. The winners included, left to right, Eric Roeckl of Hicksville, Claire Stern of Jericho, Irene Holland of Bayville, Walter Menzinger of Plainview and Jean Kohler of North Massapequa.

Youth Council Needs Your Help

By now you are probably aware of the woes of the Hicksville Youth Council. If you have not heard, we have come under the ax of the State Budget cuts. We are looking at a 20% cut in our state aid. This means that we are faced with finding alternative funding in the amount of approximately \$33,000.

To try to deal with this deficit we have gotten together with a group of concerned citizens and have formed a "Save The Hicksville Youth Council Fund Raising Committee." The first event that we are planning is a "Save The Hicksville Youth Council Weekend." This will consist of a Fair/Garage Sale/Bake Sale, which will be held on Saturday, in the Beacon Federal Savings Bank parking lot on the corner of

Old Country Rd. and Division Ave. in Hicksville. The hours will be from 2 p.m. to 8 p.m. We will be constructing the booths and games ourselves and are in need of supplies and talented people to help us construct them. If you can assist us in any way please call us at 822-KIDS.

On Sunday, August 18, we will be holding a giant Outdoor Flea Market on the Hicksville High School Soccer Field facing Newbridge Rd. The hours of the market will be from 10 a.m. to 6 p.m.

We are also accepting donations to our garage sale and to our bake sale. If you are interested in saving your Hicksville Youth Council please call us at 822-KIDS.

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1988 PLYMOUTH RELIANT, 4 Door, White, Auto, Fully Equipped, 23,950 miles.....\$5,895

1987 PONTIAC GRAND AM SE, 4 Door, White, Auto, 60,000 miles.....\$5,395

1986 CHEVY CELEBRITY EUROSPORT WAGON, Gray, Fully Equipped, 49,000 miles.....\$5,995

DOR BUICK 516-627-7755
1043 Northern Blvd., Roslyn, N.Y.

HBA All Stars News Update

The Hicksville Boys 10 year old All-Stars are having a fantastic season, after 11 games they are still undefeated.

7/22 this impressive team faced off against Plainview with a 18-5 victory.

The pitching was superb. Brian Boyle had the saving coming in in the last inning to strike out the final 3 batters 1-2-3.

The outfielders Peter Martin, Joey Caruso, and Adam Geslak did a great job making some difficult plays. We also had solid infielding with Anthony Vernace, Brian Boyle, Tommy Kessler, Chris Swier and Kevin Soper.

Batting was strong with Brian Boyle going 2-3 with a tremendous home run, Kevin Soper going 3-3, Adam Geslak 3-3, with a triple, Peter Martin going 2-2 and Joey Caruso 2-2 with a double.

The next conquest was against an aggressive Freeport team-final score 11-3 on 7/24.

Rob Normile and Anthony Vernace pitched an incredible game with 11 strikeouts and only 1 walk between them.

Keith Engelhardt and Chris Cannizaro did a solid job as catchers.

The team combined for 15 hits with Greg Economou going 2-2 with a double and Rob Normile 2-2 with a homerun and a double.

The next game was on 7/25 against a strong Levittown team.

Kevin Soper and Tommy Kessler came into pitch and were relentless with 10 strikeouts and only 2 hits.

Again strong fielding by this Hicksville team prevailed with some heads up fielding by Eddie Eichol', Greg Economou and Peter Martin.

The batting was awesome with a combined team batting average of .679. Kevin Soper went 3 for 3, Joey Caruso 3 for 3 with a double, Anthony Vernace 3 for 3 with 2 doubles, Keith Engelhardt 3 for 4, Christ Cannizaro 2 for 3, Brian Boyle 2 for 3 with a double and Adam Geslak 2 for 2.

One of the most exciting games of the season was played against

an unyielding Bethpage team on 7/27, with a final score of 2-1.

This Hicksville team just won't quit - down 1-0 until the 5th came back with Kevin Soper driving in the first run and in the 6th Keith Engelhardt drove in the winning RBI.

The fielding was excellent with no errors.

These Hicksville All-Stars definitely showed what they're made of with a fantastic come from behind victory on 7/28 against a very imposing Roslyn All-Star team.

Hicksville was down 3-0 in the sixth when Adam Geslak led off with a powerful single, Peter Martin then hit a driving double, Eddie Eicholz walked, Keith Engelhardt slammed a single driving in both Adam and Peter. Brian Boyle smashed a double sending Keith to third. Tension mounted as Tommy Kessler came up to bat. Tommy walked and with excellent baserunning caused Roslyn to make some overthrows sending Keith, Brian and Tommy home to win the game.

Fielding was super with a great catch by Chris Swier at second and an unbelievable game-saving catch by Tommy Kessler.

Great game Hicksville - Keep up the good work!

In Service

Airman Peter M. Peters has graduated from the communications-computer systems operations specialist course at Keesler Air Force Base, Biloxi, Miss.

Students were taught how to operate and maintain electronic data processing equipment, including software, tape and disk management, and other related tasks.

He is the son of Patricia M. Peters of Bethpage and Peter J. Peters of Masspeth.

The airman is a 1989 graduate of St. Francis Preparatory High School, Fresh Meadows.

LEGAL NOTICE

PUBLIC NOTICE is hereby given that sealed bids for the purchase and removal of three structures, including the house, garage and shed and all of the furnishings therein within ninety (90) days after the award of the bid, located at 161 Jerusalem Avenue, Hicksville, Nassau County, New York, Section 46, Block 263, Lots 12 and 13, and previously declared by duly authorized resolution of the Board of Trustees, Hicksville Public Library, to be surplus property, will be received by the Board of Trustees of the Hicksville Public Library, Hicksville, New York, Town of Oyster Bay, Nassau County, on Friday, August 23, 1991, at 2 p.m. at the library, 169 Jerusalem Avenue, Hicksville, New York 11801 and then at said time and place publicly opened and read aloud.

The contract for the purchase and removal of the structures will be awarded to the person or persons submitting the highest bid, or the proposals will be rejected within 45 days of the date of the opening proposals, subject, however, to the discretionary right reserved by the Board of Trustees of the Hicksville Public Library to waive any informalities in, reject any or all proposals, accept any bid, or to advertise for new proposals if, in its opinion, the best interest of the library will be promoted. This invitation is an offer to receive proposals for a contract of purchase and sale and not an offer of a contract.

The successful bidder will be required to furnish security of faithful performance in the form of a performance bond.

Each bidder must deposit bid security in an amount not less than five (5%) percent of the base bid, in a form acceptable to the Board of Trustees of the Hicksville Public Library.

No bidder shall withdraw his bid within 45 days after the date of the formal opening thereof.

BOARD OF TRUSTEES HICKSVILLE PUBLIC LIBRARY

HICKSVILLE TOWN OF OYSTER BAY NASSAU COUNTY NEW YORK

Mr. Marc Herbst, President
 Dated: July 26, 1991
 MIT 2489
 4X8/2, 9, 16

LEGAL NOTICE NOTICE OF ADOPTION OF RESOLUTION

NOTICE IS HEREBY GIVEN that the Town Board of the Town of Oyster Bay, Nassau County, New York, at a meeting held on July 23, 1991, duly adopted the resolution published herewith subject to a permissive referendum.
 Dated: Oyster Bay, New York July 23, 1991

Carl L. Marcellino, Town Clerk
 Resolution No. 690A, 1991
 Bond Resolution Dated July 23, 1991.

A Resolution Authorizing the issuance of \$1,300,000 Serial Bonds of the Town of Oyster Bay, Nassau County, New York and the appropriation and expenditure of \$200,000 current funds of said Town to pay the cost of the acquisition of approximately 2.16 acres of land located in the Oyster Bay Harbor for general Town purposes of and for said Town.

WHEREAS, all conditions precedent to the financing of the capital project hereinafter described, including compliance with the provisions of the State Environmental Quality Review Act, have been performed; and

WHEREAS, it is now desired to authorize the financing of such capital project; **NOW, THEREFORE, BE IT RESOLVED**, by the Town Board of the Town of Oyster Bay, Nassau County, New York, as follows:

Section 1. For the specific object or purpose of paying part of the cost of the acquisition of approximately 2.16 acres of land located in the Oyster Bay Harbor for general Town purposes of and for the Town of Oyster Bay, Nassau County, New York, there are hereby authorized to be issued \$1,300,000 serial bonds of said Town pursuant to the provisions of the Local Finance Law.

Section 2. It is hereby determined that the maximum estimated cost of such specific object or purpose is \$1,500,000 and that the plan for the financing thereof is as follows:
 a) By the issuance of the \$1,300,000 serial bonds of said Town authorized to be issued pursuant to this bond resolution.

Further details concerning said bonds will be prescribed in a further resolution or resolutions of this Town Board; and

b) By the expenditure of \$200,000 current funds of said Town which monies are hereby appropriated therefor.

Section 3. It is hereby further determined that the period of probable usefulness of the aforesaid specific object or purpose is thirty years, pursuant to subdivision 21(a) of paragraph a of Section 11.00 of the Local Finance Law. It is hereby further determined that the maximum maturity of the serial bonds herein authorized will exceed five years.

Section 4. Subject to the provisions of the Local Finance Law, the power to authorize the issuance of and to sell bond anticipation notes in anticipation of the issuance and sale of the serial bonds herein authorized, including renewals of such notes, is hereby delegated to the Supervisor, the chief fiscal officer. Such notes shall be of

LEGAL NOTICE

such terms, form and contents, and shall be sold in such manner, as may be prescribed by said Supervisor, consistent with the provisions of the Local Finance Law.

Section 5. The faith and credit of said Town of Oyster Bay, Nassau County, New York, are hereby irrevocably pledged to the payment of the principal of and interest on such obligations as the same respectively became due and payable. An annual appropriation shall be made in each year sufficient to pay the principal of and interest on such obligations becoming due and payable in such year.

Section 6. The validity of such bonds and bond anticipation notes may be contested only if:
 1) Such obligations are authorized for an object or purpose for which said Town is not authorized to expend money, or

2) The provisions of law which should be complied with at the date of publication of this resolution are not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty days after the date of such publication, or

3) Such obligations are authorized in violation of the provisions of the Constitution.

Section 7. Upon this resolution taking effect, the same shall be published in full in *Massapequa Post, Mid Island Times, Syosset/Jericho Tribune, and Oyster Bay Guardian* the official newspaper, together with a notice of the Town Clerk in substantially the form provided in Section 81.00 of the Local Finance Law.

Section 8. This resolution is adopted subject to permissive referendum.
 MIT 2490
 1X 8/2

LEGAL NOTICE NOTICE TO BIDDER

Notice is hereby given that **Sealed Proposals** for the purchase of Sodium Hexametaphosphate will be received by the Board of Commissioners of the Hicksville Water District in the office of the Board at 4 Dean Street, Hicksville, New York, until 4 p.m. on August 22, 1991, proposals will be publicly opened and read at 7 p.m.

Bidders and Contract Forms may be obtained at the District Office, 4 Dean Street, Hicksville, New York.

Each Proposal must be accompanied by a Certified Check or Bid Bond in the amount of five percent (5%) of the bid amount payable to the Hicksville Water District as assurance that the bid is made in good faith.

The Board reserves the right to reject any or all bids, waive any informalities, and to accept such bid which, in its opinion, is the best interest of the District.

BOARD OF COMMISSIONERS, HICKSVILLE WATER DISTRICT of the Towns of Oyster Bay and Hempstead

Nicholas J. Brigandi, Chrm.
 Gilbert E. Casick, Treas.
 Richard A. Humann, Secy.
 Dated: Hicksville, N.Y.
 August 1, 1991
 MIT 2491

OLD WESTBURY GARDENS

"ONE OF THE GREAT GARDENS OF THE WESTERN WORLD"

PICNIC POPS CONCERTS

Produced by Duchin Entertainment Inc.

August 7

Bobby Rosengarden's Orchestra
 Conducted by Tony Sotos



August 14
 Lester Lanin

August 21
 Elwood Bunn
 and the Country Jubilee

August 28
 Gerard Carelli and the All Stars

Music at 7 p.m.,
 gates open at 4 p.m.
 for concert.

Admission \$6.00 adults, \$3.50 senior citizens,
 \$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.

PROFESSIONAL GUIDE

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ATTORNEY

James J. Daw, Jr.
Attorney at Law

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Louise E. Gregg Paula A. Iacovissi
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Woodbury M.D. Heads Med. Soc.



Dr. Leonard S. Weiss

Leonard S. Weiss, M.D., an orthopedic surgeon who resides in Woodbury, has been selected president of the 2,400-member Nassau County Medical Society. During his one-year term of office, Dr. Weiss wants to see more of the younger members assume roles of leadership in the society. He will also work to establish a stronger liaison between the society and state and federal legislators.

To complement this goal, Dr. Weiss says, "The public should have a better understanding of the complexities of the current health care delivery system, and the pros and cons of the many changes which are coming in the future. This knowledge will promote improved access and quality of care for everyone."

Dr. Weiss has practiced medicine in Levittown for 25 years. He is Chief of Orthopedic Surgery at Mid Island Hospital in Bethpage, and is an Attending Orthopedic Surgeon at Central General Hospital in Plainview. He is an Assistant Clinical Professor of Surgery at SUNY Stony Brook, and is Co-Chief of Spinal Surgery at Nassau County Medical Center. He is also affiliated with Winthrop University Hospital.

Receiving his medical degree from Washington University in 1957, Dr. Weiss took his internship and surgical residency at Upstate Medical Center. His orthopedic residency was at Western Reserve University Hospital. He is a Fellow of the American College of Surgeons, Fellow of the American Academy of Orthopedic Surgeons, and a member of the Scoliosis Research Society. Dr. Weiss is a frequent visitor to local junior and senior high schools, where he has conducted courses for nurse-teachers in scoliosis screening.

He and his wife Gloria reside in Woodbury, and have three children. Carl, an orthopedic surgeon, is in practice with his father. Lauren is a PhD candidate and Meryl is a college student.

College Notes

Nancy A. Strapyan, a graduate of the University of Rochester with a degree in music, has been named to the Dean's List for academic achievement.

She is a graduate of Syosset High School.

LEGAL NOTICE NOTICE TO BIDDERS

SEALED BIDS will be received by the Board of Fire Commissioners of the Syosset Fire District, Syosset, Town of Oyster Bay, County of Nassau, State of New York until 7:30 p.m., August 12, 1991, at which time they will be opened and read aloud for the purchase of the following:
25 Minitor Motorola Pagers #H04UMC1222 with R97 Dual Call Plus R522 Five (5) Year Warranty Plus 20 Chargers.
5 MT1000 Portables UHF H44GCU7100-N, with case, Speaker MIC NMN6156, Straps, Vehicular Chargers.
1 Maxtrac Mobile Radio UHF 2 Channel D34MJA73AS-K.

The Board of Fire Commissioners reserve the right to reject, in whole or in part, any and all bids, waive any informalities in the bid and accept the bid which it deems the most favorable to the interest of the Fire District.

**DATED: July 29, 1991
BY ORDER OF THE BOARD OF FIRE COMMISSIONERS,
SYOSSET FIRE DISTRICT
Peter J. Morley, Secretary**

SA 8008
IX 8/2

LEGAL NOTICE

NOTICE OF PUBLIC MEETING BY THE ZONING BOARD OF APPEALS

Pursuant to the provisions of Article I, Division 3, Section 67 of the Building Zone Ordinance, notice is hereby given that the Zoning Board of Appeals has scheduled a public meeting, which will take place in the Town Hall (East Building) Meeting Room, Audrey Avenue, Oyster Bay, New York, on August 8, 1991, at 7:00 p.m., to consider the following appeals:

Appeal No. 91-26 A/B-Hold-over Calendar Jericho

Martha D'Aversa; Variance to (A) maintain and existing above-ground swimming pool, with a raised, wooden pool deck attached to same, having less side setbacks and setback from street line than required for an accessory structure; and to (B) maintain an existing, six (6)-ft. high, wooden fence, encroaching into the front yard, exceeding the permitted height.

SW corner of Coleridge Rd. & Carlisle Rd., a/k/a 335 Coleridge R., Jericho, N.Y.

LEGAL NOTICE

Appeal No. 91-252 - Holdover Calendar Jericho

Herbert Muskin; Variance to maintain an existing, raised, wooden deck, having less than the required side yard; and to maintain an existing, detached, frame shed, having less side setback and less setback from street line than required for an accessory structure.

NW corner of Sullivan Dr. & Rockland Dr., a/k/a 2 Sullivan Dr., Jericho, N.Y.

Dated: July 29, 1991

**BY ORDER OF THE ZONING BOARD OF APPEALS
TOWN OF OYSTER BAY,
OYSTER BAY, N. Y.**

JNJ 7984
IX 8/2

LEGAL NOTICE

NOTICE TO BIDDERS

sealed bids will be received by the Board of Fire Commissioners of the Syosset Fire District, Syosset, Town of Oyster Bay, County of Nassau, State of New York until 7:30 p.m., August 12, 1991, at which time they will be opened and read aloud for the purchase of the following:
One (1) Four (4) Door Gas Driven 1992 Ford Explorer Four (4) Wheel Drive or Equivalent

Specifications and bid forms may be obtained from the undersigned at Fire Headquarters, located at 50 Cold Spring Road, Syosset, New York, Monday thru Friday, between the hours of 8:00 a.m. thru 4:00 p.m.

The right is reserved to waive informalities in relation to any bid, to accept the bid deemed to be in the best interest of the Fire District and to reject any and/or all bids.

**BY ORDER OF THE BOARD OF FIRE COMMISSIONERS,
SYOSSET FIRE DISTRICT
50 Cold Spring Road,
Syosset, N. Y. 11791
Peter J. Morley, Secretary**

SA8009
IX 8/2

College Notes

Jennifer N. Arena of Miller Boulevard, Syosset, was named to the Dean's Honor List at Utica College of Syracuse University for the spring 1991 semester. She achieved a grade point average of 3.49 based on a perfect score of 4.0.

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Fall School Directory



For the convenience of our readership we are presenting our Annual Fall School Directory. The following is a select group of schools on Long Island targeted to various age groups, professional and vocational interests.

1991 School Directory

Buckley Day School
 Canterbury
 CAPA
 Carousel
 German American
 Hicksville Co-op
 Just Wee Two
 LaSalle
 LI Peretz
 Molloy

Montessori
 Nassau Lutheran
 Red Robin Day School
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Fall School Directory

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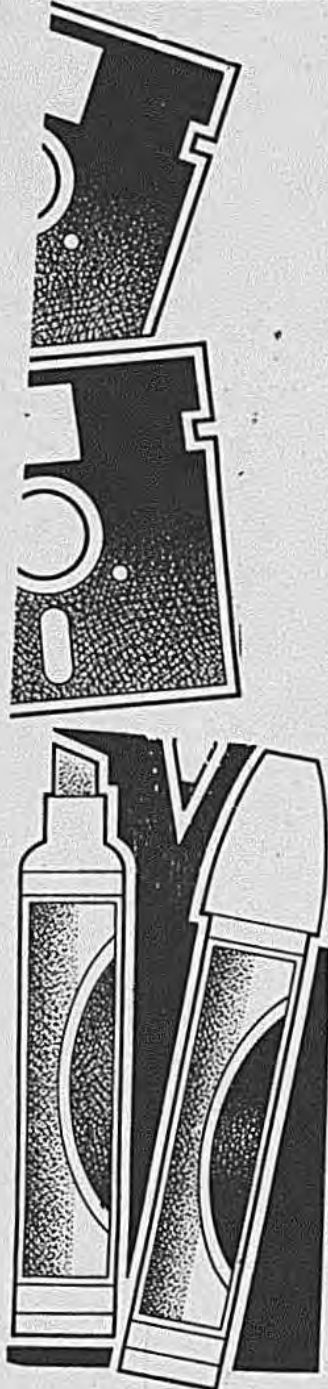
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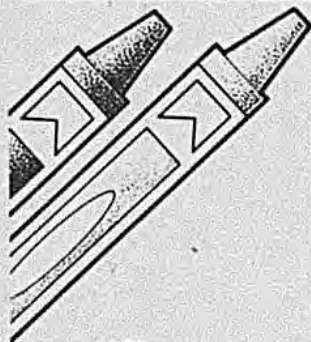
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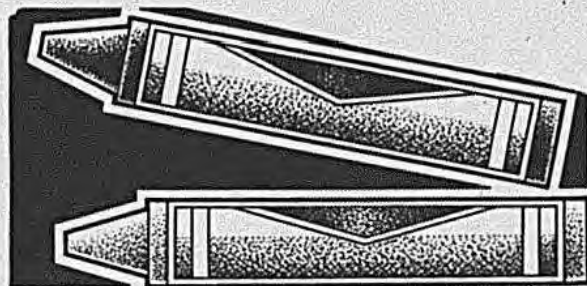
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If you want to be published and be part of an issue of Discovery, you may submit your article to: Litmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

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Singer, Accordion At Beth Park

A performance by singer Mary Mancini and accordionist Mario Tacca will highlight the fifth week of "Music Under the Stars" programs for Bethpage Community Park District residents, according to Town Councilman Leonard Kunzig.

The program will be held at the community park on Thursday, August 8, 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.

"Mary Mancini, who bills herself as a vocal artist, is equally at home performing opera, pop, Broadway and international music in seven languages," Councilman Kunzig said. "With accordionist Mario Tacca, she has appeared at concert halls, hotels and clubs" throughout the metropolitan area and recently completed a seven week tour of Italy."

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 Department of Community and Youth Services.

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August 20
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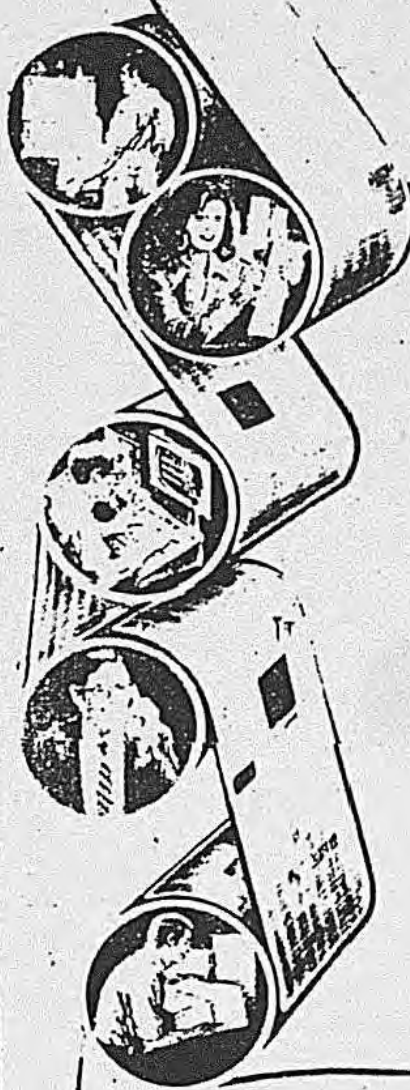
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Applications Now For Relay Race

The deadline for submitting applications to enter the sixth annual Spiegel Associates Ocean To Sound Relay, the country's largest and most prestigious relay running event, has been set for August 23, it was announced by Arthur Sanders, president of Spiegel Associates.

Net proceeds from this Long Island-based 50-mile race, to be held on Sunday, September 22 will be donated to the Aspire Program for the rehabilitation of young amputees. The event features squads consisting of eight members who each will run between five and nine miles.

This year, the Spiegel Associates Ocean to Sound Relay Race will be offering the highest

amount of prize money since its inception in 1986 - \$7,000 - \$2,500 going to the first place men's team, \$2,500 to the first place women's team, \$1,000 to the first place men's masters team and \$1,000 to the first place women's masters team. The relay race, open to men, women and children, will include competition in seven team divisions: Men's Open, Women's Open, Men's Masters, Women's Masters, Mixed (minimum of four women), Corporate and Physically Challenged.

The relay will start at 8 a.m. in Wantagh Park on Nassau County's South Shore by the Atlantic Ocean. The course will travel a scenic path through

the countryside of Long Island, meeting the Long Island Sound at Cold Spring Harbor, Lloyd Harbor and Oyster Bay. The race will continue towards central Nassau County and will finish on the track at the Mitchell Field Athletic Complex in Uniondale.

Patterned after the Edinburgh-to-Glasgow Road Relay in Scotland, previous Spiegel Associates Ocean to Sound Relay Races have attracted teams from all parts of the Northeast. The entry fee of \$220 per team includes a gala post-race buffet dinner with dancing at the Salisbury Restaurant in Eisenhower Park and a special commemorative T-shirt. Trophies also will be awarded to the top three teams in each

category. Race booklets will be sent to each team captain on or after August 1 (and thereafter on receipt of entry).

Spiegel Associates, the race's principal sponsor, has been one of Long Island's most prominent real estate acquisition, development and management firms for more than 40 years. Net proceeds from the race will be donated to "Aspire," the special program that has been set up in conjunction with Memorial Sloan Kettering and The Hospital for Special Surgery for young amputees. "Despite the economic downturn, Spiegel Associates still is dedicated to continue its involvement and association with this running event which will help provide many young amputees

who live and work on Long Island with essential prosthetic devices, physical therapy and rehabilitation," stated Sanders.

The Relay will be conducted under the direction of the Plainview-Old Bethpage Road Runners Club, with Alan End serving as the Relay Director.

For more information, runners should call Alan End at 735-0981.

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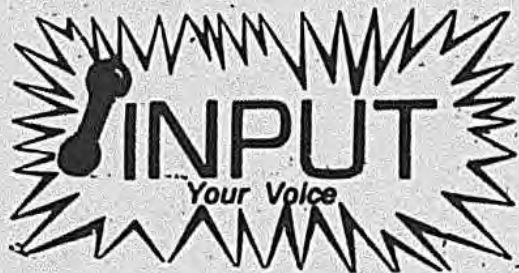


Friday, August 2, 1991

Going To College:
A New Beginning

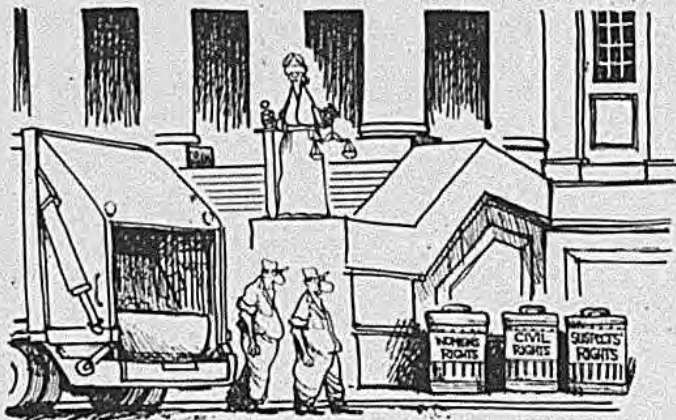


SEE PAGE 3



THE QUESTION OF THE WEEK

Should the name of the accused as well as the victim in sex cases be withheld?



"Isn't this wonderful? They've started separating trash here at the Supreme Court."

Input Callers Divided On Thomas Issue

Callers to Input were divided in their answers on Judge Thomas in answer to this question: "Should Judge Clarence Thomas have to give his stand on abortion in order to be confirmed to the Supreme Court?" Here are some of the answers:

NO SINGLE QUESTION

No. This single question has little to do with whether he meets the Constitutional requirements to be a Supreme Court Judge. What we should be interested in is how qualified he is to render decisions on evidence as presented to the court not on his personal opinions on any subject. To ask a candidate for the judgeship to pre-judge a question is completely out of the realm of what the Senate committee is supposed to do. N.F.

HIS REASONING

While it is unusual to ask a candidate for the Supreme Court about specific opinions on any subject, the abortion issue is one that perhaps would show his entire process of reasoning on Constitutional matters. The abortion issue is one that covers privacy and respect for individual beliefs. If Judge Thomas gives an answer on his beliefs he should also be pressed to explain the reasoning process he uses to come by those beliefs. In that we could better understand whether he is a good candidate for the Judgeship. M.F.

POLITICAL COURT

Unfortunately the Supreme Court has now become mired down in political beliefs. So now we are talking of balancing the court and pre-empting any decisions to be made. If we put people in on their predisposed beliefs and then expect them to react always along those lines, then we won't need a court to hear evidence anymore. The abortion issue is only one issue. It should not be a reason to disqualify someone because they do not agree with a position. We lost Bork in this foolish way and he was well qualified for the job. If we keep on throwing out people who cannot muster enough political votes, then we will have a light weight court. F.H.

SHOULD BE QUESTIONED

Before considering whether Judge Clarence Thomas should be questioned on his opinion on abortion, certain facts should be acknowledged, namely: 1. Women throughout the centuries have resorted to abortion for unwanted babies, and legally or illegally, women will continue this practice. 2. While most women personally would not choose to have an abortion, polls indicate that the overwhelming majority of women do approve of the right of women to choose abortion. 3. Since the Supreme Court legalized abortion, this has become not only an emotional issue but a political issue. Thus the Reagan-Bush administrations for personal reasons have undertaken the task of changing the character of the Supreme Court by appointing judges who will definitely overturn Roe vs. Wade. Therefore it is up to the Senate, based on the opinion of their constituents, to question Judge Clarence Thomas as to his stand on abortion, and to vote accordingly. C.K.

ALL ISSUES

I believe that if the nominee has to give his stand on abortion in order to be nominated to the Supreme Court, the person should have to give his stand on every other issue that might come before the bench. J.A.

SHOULD NOT ANSWER

Unfortunately I believe that Judge Thomas will be asked to give his specific views on abortion and it is possible that many people who are for abortion will be instrumental in having him disqualified. This is the last stand you would expect for so-called liberals to have, but I believe they will try to pull it off. No. He should not be asked and should not answer if asked. I.V.

SHOULDN'T TAKE A STAND

I see no reason why Judge Clarence Thomas should have to announce his stand on abortion in advance in order to be confirmed to the Supreme Court. What this would amount to is that those even less qualified than he would be sitting in judgment on his qualification to sit on the Supreme Court. I believe that over the years, Presidential nominees to the Supreme Court have justified the faith of the public in the wisdom and good judgment of the Nation's most responsible representative in this extremely critical appointment and that this candidate will do his utmost to arrive at objective decisions on the highly devious question of abortion as well as the vast number of sensitive issues facing this tribunal in the months ahead. P.G.S.

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Going To College: A New Beginning

By SSG Paul C. McDermott

Strains of the Cornell Alma Mater filtered through my mind as I entered the office of the Registrar at St. John's University. I was registering for the Fall semester, and to say that I was nervous was putting it mildly. Here I was in the hallowed halls of learning, from whence have come lawyers, doctors, and such. Moreover, this is the home of the legendary "Redmen."

My college educated wife and son have stood at the forefront of this campaign to have me obtain my degree.

Being a Nam Vet, and a Reservist, I have numerous educational benefits that I have never had time for.

Yet I aspire to be a writer. Those in authoritative positions, having examined my work, assured me that the potential is there with these words, "Return to school, Paul. Get the training and polish you need."

I have instituted proceedings to claim my rights under the GI bill. Moreover, my loving wife has made special financial arrangements to assist me with college expenses. My family was there to help me through the often difficult college SAT. With their help, I achieved the level of acceptance required by this revered University.

At the student admissions office I am summoned into the presence of a scholarly looking man with gray hair, glasses, and that look of educated distinction.

He extends his hand, smiling. "Good afternoon, Paul. Have a seat, and welcome to St. John's."

Before him on the desk lies the story of my life. My High School diploma, transcripts from Adult Ed. courses I've taken, a resume of my twenty-one years with the Town of North Hempstead, and a copy of my military record.

"Some of this can be converted into college credits," he says

optimistically. "Perhaps we can award you as many as twelve credits. I must warn you, however, the curriculum here is hard, and requires dedication. Study and perseverance are paramount if you hope to achieve your goal. He examines the registration card containing my course selections: English Composition, and English Lit.. "Very good," he replies, smiling. "You'll need more than English, Paul. Perhaps a Math to start the ball rolling in September."

I've always been a fan of the Redmen," I say brightly.

He leans back in his chair smiling. "There are plenty of activities to peak your interest, Paul. Being a Military man, I am certain that our ROTC program would surely benefit from your expertise. The varsity basketball team is only for our full time students, and a 'B' average is mandatory. Besides," he says, smiling, "you're too old."

The interview concludes with the setting of my fall schedule. I will take an English Composition and a Math course to start.

I spend yet another hour at the Bursar's office at which time I arrange to use the GI bill. Then I am counseled on other financial options open to me.

Before going home, I tour the majestic campus of this respected university, stopping to talk to the many students, both young and old. In September I would be one of them.

I have no idea what lies ahead, yet I feel that I am taking a positive step in the right direction. As I walk I feel a certain kindred toward the great names of literature. Men like Hemingway, Faulkner, and the immortal Poe. Perhaps some day I will measure up. Perhaps some day I will know the glory that was theirs.

Most certainly I am beginning that journey toward the realization of my dreams.

ABOUT THE AUTHOR

Paul C. McDermott lives in New Hyde Park and Ft. Totten. This is the first time he has submitted work for publication, although he has been writing for five years, mostly fiction, poetry and essays.

By profession, he is a soldier and a Vietnam veteran. "I have tried to write about my wartime experience," he says, "only to get bogged down in a quagmire of conflicting emotions."

Maybe someday he will be able to tell about Vietnam and in so doing come to terms with his own past.

DINING GUIDE

KITCHEN KIDS



By Rena Coyle
Ice cream or frozen yogurt has a special way of finishing off a hot sticky day. When scooping these frozen desserts at home, top them off with a homemade sauce to add an extra dimension to the evening's treat.

Ice cream toppings are often bought in jars, then heated. But a homemade topping adds a richness to the sauce that can't be found in any jar. Your family will be surprised to find just how easy it is to prepare ice cream toppings at home. It also is a great way to add a touch of homespun family time back into the evening ice cream ritual.

Whether your kids choose to make butterscotch, hot fudge or chocolate sauce at home, be sure that an adult makes the recipe with them for the first time. Each step is simple and very quick to do, but there are a few steps within these recipes that require an adult's help, particularly when the two pots of the double boiler need to be separated or removed from the stove completely.

If there is any ice cream sauce left over after all the sundaes have been made, put the remaining sauce in an airtight container and refrigerate. Then there will be sauce already made for the next time your kids have the urge to top off their ice cream.

OLD-FASHIONED HOT FUDGE

2 ounces semisweet chocolate
1/2 cup heavy cream
1/2 cup light corn syrup
1 tablespoon butter or margarine

Utensils: Double boiler, measuring cups and spoons, mixing spoon, cutting board, knife.

Yields about 1/2 cup.
Preparation time: 15 minutes.
Cooking time: 15 minutes.

Place chocolate on cutting board and carefully, using the knife, chop chocolate into smaller pieces. Put chocolate in top pot of double boiler.

Add heavy cream and corn syrup to pot and set it aside. Fill bottom pot of double boiler half full of water. Place it on stove and turn heat on medium high. Set top pot over bottom and let chocolate melt. This should take about 10 minutes. Give chocolate mixture a stir now and again until it is well-blended.

Once blended, turn heat off and put oven mitts on. Carefully remove top pot and add butter. Blend into chocolate mixture. Set pot aside. Put bottom pot on heat-proof surface. Let fudge sauce cool for a few minutes, but serve while it is warm. It will thicken once it is cooled.

KITCHEN KIDS

DINING GUIDE

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DINING GUIDE

Q. I do not understand why American restaurants continue to use French wording on their menus. Not long ago I ate in a place where various dishes were described as "a l'Espagnole", "a la Grecque" and "a l'Anglaise." Telling diners that the foods were prepared in the Spanish or Greek or English manner was not very helpful!

A. French cuisine is considered by many people to be the best in the world so it is not surprising that many terms dealing with food preparations are derived from the French!

Your waiter would have been pleased to inform you that a dish served "a l'Espagnole" is combined with tomatoes, onions and olives. One which is "a la Grecque" has a sauce of olive oil, lemon, spices and peppercorns. Anything served "a l'Anglaise" is boiled.

Don't be intimidated by French (or Italian, German etc.) expressions in menus. Those terms are not difficult to master and after a time you will begin to see they are a useful "shorthand" for the diner, telling him about methods of food preparation and ingredients.

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Fitness Forum

Continued From PAGE 12A

PART III

For this test, we're going to ask you to fill in the blanks. Answers may be more than one word.

A. In order to lose weight, you must burn more _____ than you consume.

B. You should always _____ before exercising and _____ afterward.

C. _____ types of vegetables are believed to help prevent intestinal cancer.

D. When reading a food label, you should always look for the amount of _____.

E. Diabetes is caused by too much _____ in the blood.

F. The most commonly performed general surgery in America is removal of the _____.

G. Antibiotics kill _____ but not _____.

H. The _____ is the largest internal organ in the body.

I. Bread labeled _____ is not necessarily a whole-grain product.

J. Health officials say both types of _____ are increasing at epidemic levels.

ANSWERS

Part I

- (c) antigens.
- (d) ligaments.
- (b) semicircular canal.
- (c) animal products.
- (b) blood.
- (d) high blood pressure.
- (a) neurons.
- (c) strain.
- (a) too near.
- (b) healing wounds.

Part II

- i.
- g.
- b.
- j.
- h.
- c.
- d.
- e.
- a.
- f.

Part III

A. In order to lose weight, you must burn more **calories** than you consume.

B. You should always **warm up** before exercising and cool down afterward.

C. **Cruciferous** types of vegetables are believed to help prevent intestinal cancer.

D. When reading a food label, you should always look for the amount of **saturated fat**.

E. Diabetes is caused by too much **sugar** in the blood.

F. The most commonly performed general surgery in America is removal of the **gallbladder**.

G. Antibiotics kill **bacteria** but not **viruses**.

H. The **liver** is the largest internal organ in the body.

I. Bread labeled **wheat or whole-wheat** is not necessarily a whole-grain product.

J. Health officials say both types of **skin cancer** are increasing at epidemic levels.

DINING GUIDE

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READER RATINGS



We have a truly great restaurant in Mineola, The Executive, on Mineola Boulevard. If you have not been there then I heartily recommend it. We were there a few nights ago and enjoyed a fabulous lobster dinner with linguine. My mouth waters just thinking about it.

You will enjoy the food, the warm, friendly atmosphere, and most of all you will be made welcome by Mr. Pavlovich or his son, Michael. The service is excellent, very attentive, and the prices are modest. We have been patronizing this fine restaurant for years, and I feel once you have dined there, you will plan a return visit.

H. E.

UNIQUE MENU

Monday night we dined at The Orchid Chinese Restaurant on Franklin Avenue in Garden City. We were delighted with this restaurant and heartily endorse it.

The ambience was both beautiful and restful with soft background music, and very attentive service.

It was by far the best Chinese food that we have ever tasted. The menu was unique and deliciously different. We chose two of the Jumbo Shrimp entrees which were superb. Looking over the interesting menu it was difficult to make a choice. Our remedy will be to make a return visit very soon. Incidentally they are open for lunch as well as dinner. We are pleased to have such a fine restaurant at practically our back door.

E. E.

NICE PLACE

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

J. F.

YOU CAN BE A RESTAURANT CRITIC

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



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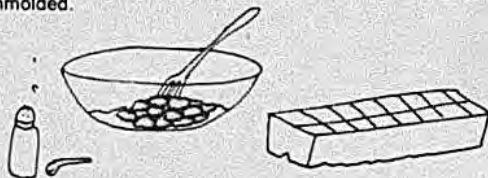
KITCHEN HINTS

You're suddenly going away

A dozen eggs sit in the refrigerator.

Here's the way to preserve them:

1. Break eggs into bowl; pierce yolks with a fork. Slowly stir to mix whites and yolks. Do not beat. Air bubbles would cause eggs to dry.
2. To stabilize texture, add 1/2 teaspoon salt or sugar to each cup. Freeze.
3. The mixture can also be frozen in ice cube trays, then unmolded.



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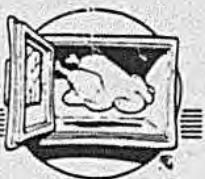


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(Guide to Good Dining)



By Desiree Vivea

Summer fruit goes skinny-dipping

Fresh summer fruits are yummy in fruit salads, pies, cobblers, compotes — and of course they're great to eat au naturel, with no other embellishment.

One easy way to dress up plain fruit that's sure to bring oohs and aahs is to accompany fruit with a microwaved fondue or dip. This makes an especially nice treat on those steamy days when you don't want to heat up the kitchen, or yourself, with a complicated dessert.

Cut larger-size fruit into bite-size chunks, or use a melon baller for melons. Smaller fruits, like strawberries, need no preparation beyond washing. Arrange fruit in a pretty bowl or on a serving platter. Make sure everyone gets a skewer, bamboo or small metal ones work fine, as do dessert forks and even toothpicks.

Almost any combination of fruits will do, as long as you aim for a variety of flavors, textures and colors: pineapple, strawberries, raspberries, bananas, melon, apples, mangoes, papayas, pitted cherries, grapes, sliced kiwifruit, nectarines and peaches — whatever you fancy.

Depending on the type of dip you serve, you might also include bite-size cubes of a firm cake — pound cake and angel food cake work well — that won't crumble into pieces in the dip.

Like cheese fondue, chocolate fondue melts smoothly when microwaved, doesn't burn and can be easily and quickly reheated whenever necessary. Microwave chocolate and butterscotch fondues in a container suitable for serving. If fondue becomes too firm, simply return to microwave for 30 seconds at MEDIUM-HIGH (70 percent power) setting, repeating if necessary. (Avoid overcooking, since this can make chocolate grainy.)

Chocolate-tipped strawberries make an attractive garnish for cakes, pies, puddings, ice cream and other desserts. And they're so easy to make in your microwave. Just select 1 pint of perfect strawberries with stems on; rinse thoroughly and set aside to drain.

In a 1-quart microwave-safe casserole melt 1 cup semisweet chocolate chips with 1 tablespoon vegetable shortening at MEDIUM-HIGH (70 percent power) setting 1 to 2 minutes (watch carefully). Stir well to smooth.

Dip strawberries into melted chocolate to coat all but stem end. Let cool on wax paper and refrigerate until ready to serve. (Or use chocolate to dip bite-size chunks of banana. Roll in chopped toasted almonds, then freeze. Kids love them.)

A hollowed-out pineapple makes a pretty container for cold

or non-cooked dips, like Tropical Cream Fruit Dip. Mound dip into one end of pineapple and fill remainder with fruit. Decorate with sprigs of fresh mint and maraschino cherry halves for a special presentation.

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

MICRO-TIP OF THE WEEK:

Fats and sugars absorb microwave energy easily and can reach high temperatures very quickly, so they cook faster than low-fat, low-sugar foods. Watch sweet fondues carefully to avoid overcooking.

TROPICAL CREAM FRUIT DIP

- 1 (8-ounce) package cream cheese
- ¼ cup powdered sugar
- 4 tablespoons frozen pineapple or tropical juice concentrate
- 1 tablespoon rum or brandy (optional)
- ¼ teaspoon vanilla
- ¾ cups (8 ounces) whipped topping
- Fresh mint leaves and maraschino cherries

Yields 10 to 12 servings.
Preparation time: 5 to 10 minutes.

Cooking time: 1 to 2 minutes.
Oven setting: MEDIUM-HIGH (70 percent power).

Unwrap cream cheese and place in a 1½ quart microwave-safe container. Microwave 1 to 2 minutes, or until cream cheese is softened. With electric beater beat in powdered sugar, concentrate, rum and vanilla. Fold in whipped topping, transfer to serving bowl, and cover tightly with plastic wrap.

Chill at least 1 hour before serving. Garnish with fresh mint leaves and maraschino cherries and serve with assorted fresh fruits.

SIMPLE BUTTERSCOTCH FONDUE

- 1 (6-ounce) package butterscotch chips
- ½ cup whipping cream
- 2 tablespoons light corn syrup
- 1 tablespoon rum (optional)

Yields 6 to 8 servings.
Cooking time: 2 to 4 minutes.
Preparation time: 5 minutes.
Oven setting: MEDIUM-HIGH (70 percent power)

Combine all ingredients except rum in a 1-quart microwave-safe casserole. Microwave 2 to 4 minutes, stirring every minute, until butterscotch chips are melted. Beat in rum. Serve immediately with an assortment of fresh fruits.

By Willard Abraham, Ph.D.

Dr. Abraham: Last summer I met a guy from Ireland. We had a girl stay with us from there, too. We were all involved in the Ulster Project.

It was love at first sight for me, and I finally got him to notice me. Two weeks before he went home, we really started to talk. It was very hard on both of us when he left.

It has been a year since I've seen him, but we wrote, called, and sent pictures of each other.

My sister went to Ireland to visit Clare (my Irish "sister"). He was to give my sister something to give me, but he said he forgot. It hurt me very badly because I really love him. I'm only 14 and he's 17, but everyone tells me he does care.

What should I do, forget him or write and ask what happened? He's coming back to Ohio next summer to see me and his friends.

We're also of two different religions. — Torn Between Two Countries, Ohio

Torn: Why not keep the correspondence going by writing to him, but not asking "what happened?" By next summer you will have had a continuing relationship with him through your letters, and will then have a chance to talk about a lot of things. What is on your mind now may not be later on. So a pleasant exchange of letters sounds like the way to help keep the relationship alive.

Two years is a long time in most people's lives, especially for teens, so cling to the hope that he will continue to feel the same way that you do.

Dr. Abraham: I'm having trouble with boys, especially one of them. I had a boyfriend who lives in another town not far away. We had been together for one year, three months and three weeks.

I really want him back. I'm hard-of-hearing and he is, too. We both go to the Illinois School for the Deaf.

I love him very much. It just seems that I can't get my mind off him. I wrote a letter to him, but he didn't write back. I miss him, and don't know what to do. — Courtney, Marselles, Ill.

Courtney: If he is back in school with you this fall, you will probably be able to tell whether your relationship is really "on" or "off" by the way he talks to and acts toward you.

If it is "off," it's better for you to look in other directions. It won't be easy for you to put him out of your mind, but time has a way of helping along.

Dr. Abraham: I just turned 15, and I asked my parents if I could talk to guys on the phone. They said, "No," but that isn't fair. Most of them are just friends, and I don't see why I can't.

They say I'm too young to talk to guys on the phone, but all my friends do. I feel like I'm the only person at my school and among my friends who can't.

Why don't they understand that I'm growing up and need to do more things? Like I can't date at all till I'm 16. Now that isn't fair either. I don't understand why they won't let me. Don't they love me or trust me enough to use my best judgment on my life? It seems like I'm being punished for something I did, but what is it?

They say I'll have plenty of time to date when I'm 16, but I don't want to wait that long. Then they say all the other kids in the family obeyed these rules, and so should I. That was like 10 years ago, so maybe the rules need to be altered a little.

Why can't they let me talk on the phone with guys and go places with them as long as one of our parents takes us and picks us up, and save car dates for me till I'm 16?

Are my parents right? Am I right?

We always fight, no matter what the topic is. I'm so confused that I cry every time I have a fight with my parents. — Desperately in Need of Help, East Liverpool, Ohio

Desperately: The kind of conflict you are involved in with your parents seems to be among the most common parent/teen differences of opinion that I hear about from people your age.

It isn't a matter of their not loving or trusting you.

Their concerns are probably based on love, although sometimes it doesn't look like they are. It is more a matter of communication.

There is a great need for a calm conversation and exchange of ideas in situations like these. Sometimes a teen and his or her parents can manage to handle the communication between them without outside help. In other families a school counselor or someone else who is respected by all of you may be helpful.

Please write again and let me know how you're getting along. Incidentally, it may help if your parents see your letter and my reply. They will probably get a feeling of how much you are hurting.

Cooking Corner



Rivalry provides chicken contest sizzle

By Linda Susan Dudley

LITTLE ROCK, Ark. — There was a cross-country rivalry at the May 16 National Chicken Cooking Contest.

The heat was on between San Diego contestant Kimberly Craig, 26, and the contestant from Chicago, Ill., Steven Craig, only five days her junior. The Chicago Craig is the brother-in-law of the San Diego Craig. (She's married to his brother, Doug, a 28-year-old Navy pilot.) Confused? Read on.

It all started last year when Steven Craig called his sister-in-law out West to tell her he was going to enter the chicken cook-off. (Cooks send in recipes and one winner is selected from each state and the District of Columbia.)

Neither home cook had ever entered a cooking contest before. He challenged Kimberly to enter, too. She did.

In January, Steven heard he had been picked as a finalist. He called Kimberly to gloat.

"Since I hadn't heard anything, I assumed I was out of it," Kimberly said as she prepared her dish in the cook-off. It wasn't until a month later that contest officials called Kimberly to tell her she, too, was in the competition.

During the cook-off at the Statehouse Convention Center here, both Craig contestants were media darlings. Steven showed up on television news that night, and Kimberly's photo was featured in the *Arkansas Gazette* the next morning.

At the cook-off, each finalist, working in his or her own kitchen, had to prepare the recipe twice, once for a panel of judges and a second time for display.

Kimberly was the only finalist using a microwave oven for her preparation. The recipe that won her the California title, Basil Rice Stuffed Chicken, calls for a whole, roasted chicken with a basil- and tomato-flavored rice stuffing.

Steven prepared leg-thigh combinations, stuffed with pesto and dressed with a honey mustard dipping sauce.

At the awards banquet in the Excelsior Hotel, cook-off headquarters, Kimberly and Steven ate dinner surrounded by family and fellow contestants. As the grand prize winner was announced, they clutched hands. That award, \$25,000, went to Ohio contestant Judith Markiewicz. Then they announced second place, a \$5,000 award.

"Illinois finalist Steven Craig." More winners followed but Kimberly didn't place.

Later, at a press conference, Steven called Kimberly forward to announce she would, indeed, be a winner, of sorts. He said he would split the winnings with her.

This was the first year the grand prize was raised from \$10,000 to \$25,000. The next biennial chicken cook-off will be held in 1993 in Richmond, Va. The contest is sponsored by the National Broiler Council, the trade association for the U.S. chicken-processing industry. It is one of the nation's oldest competitions, dating back to 1949.

This year, the ages of the finalists ranged from 22 to 83. Seven were men.

Nine of the finalists had competed in the cooking contest before. And then there was the Texas cook who won \$1,000 and fifth place on her fourth try behind a finalist's range.

Surprisingly, four of the five winning recipes call for dark-meat chicken or a mixture of dark- and light-meat chicken. White-meat chicken breasts are the favorite chicken part for consumers, according to a new survey on American chicken-eating practices conducted by the Gallup organization.

Results of the study were released to editors covering the 39th National Chicken Cooking Contest here earlier this month.

Information gained this year also was compared with statistics from a similar survey conducted in 1983 and there were differences but not too many surprises.

For example, consumers in the West use more herbs and garlic on their chicken. And — unlike the rest of the country — its low price is not a prime reason for buying it.

In 1983 fried was the most popular way chicken was prepared in this country. Today, baked is the most popular cooking method; followed by grilled; in a casserole; or mixed with vegetables, rice or pasta; broiled; and then, fried in fifth place.

In the West, however, cooks also stir-fried chicken as a regular cooking method — more so than any other part of the country.

The public opinion survey was also sponsored by the National Broiler Council and McCormick & Co., the spice company. The poll has a margin for error of plus-or-minus 3.1 percent.

Respondents in 1,004 households picked at random were surveyed.

In fact, Scott S. Ahlstrand, professional analyst for Gallup's Nebraska-based research group, called the changes in American eating habits since 1983 "a dramatic shift."

He added: "Americans are the most aware consumers. They have more of a heightened level of awareness of any country in the world at any time in history."

In 1983, 4 percent of consumers reported serving chicken four or

more times per week, but that figure was up to 10 percent in 1991. This year 77 percent of those surveyed said they usually had chicken prepared in their household at least once a week. Almost half — 49 percent — said they had chicken prepared in their homes usually two or more times a week.

While chicken is generally considered to be an economical dish, the survey showed that the higher the family income, the more times per month chicken is served. Actually, families with an income of more than \$75,000 serve chicken more than households with an income of less than \$20,000 a year.

A cook's age also plays a role in the popularity of chicken.

Consumers over the age of 55 serve it most often and consumers 34 and under serve it the least, according to 1991 results.

About six in 10 consumers surveyed said they usually served chicken with the skin removed and cooks most likely to do this included those over 55 years old, those with incomes of more than \$75,000, females, whites and those living in the south central or western regions.

This year's survey showed chicken breasts — either bone-in or boneless and skinless — were the part most frequently bought. These were followed by thighs, drumsticks and whole-leg quarters.

Minorities answering the survey differed, though. They said drumsticks were the most popular.

Whole chickens — although the most economical — were way down on the list of favorite ways to buy chicken. Older cooks were more likely to buy whole chickens and the purchase of whole chickens has dropped to nearly half what it was in 1983.

Not all the people surveyed cooked for families of two or more. In this year's poll, 18 percent, or 179 consumers, said they live in single-person households.

Thirty-six percent of the consumers queried, or 360 people, said there were children in the household.

Following are the top five prize-winning recipes. These cooks took home prizes ranging from \$25,000 to \$1,000 for fifth place.

SOUTHWESTERN OVEN-FRIED CHICKEN

- 3 slices white bread, torn in small pieces
- 3 tablespoons fresh cilantro leaves
- 2 tablespoons yellow cornmeal
- 2 tablespoons pine nuts
- 2 large garlic cloves, peeled
- 1½ teaspoons ground cumin
- ¼ teaspoon oregano leaves, crumbled
- ½ teaspoon salt, divided
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- 2 teaspoons egg white
- 2 tablespoons Dijon mustard
- 1 tablespoon water
- 2 teaspoons honey
- 4 chicken drumsticks, skinned
- 4 chicken thighs, skinned
- ¼ teaspoon pepper

Yields 4 servings.

In food processor container, place bread, cilantro, corn meal, pine nuts, garlic, cumin, oregano,

¼ teaspoon of the salt, cayenne pepper and ground cloves. Process to form fine crumbs. Add egg white and mix until moist.

Place mixture on a large shallow plate and set aside. In small bowl, mix together mustard, water and honey; brush evenly over chicken. Sprinkle chicken with pepper and remaining ¼ teaspoon salt.

Dip chicken, one piece at a time, in bread-crumbs mixture and press gently to adhere thin coating. Place chicken on rack in greased jelly-roll pan.

Bake in 400 F oven about 40 minutes or until chicken is crisp and brown and fork can be inserted with ease.

Grand-prize recipe from Judith Markiewicz of Canton, Ohio.

PESTO STUFFED CHICKEN LEGS

- ¾ cup sliced fresh mushrooms
- 1½ cups fresh basil
- 2 cloves garlic, peeled
- 1 tablespoon minced fresh ginger
- 3 tablespoons butter, divided use
- 8 chicken leg-thigh combinations
- Mustard Dipping Sauce (recipe follows)
- Cherry tomatoes for garnish

Yields 4 servings.

In blender container, place mushrooms, basil, garlic, ginger and 2 tablespoons of the butter. To make pesto, blend to smooth paste consistency.

Starting at thigh end, loosen top skin to create small pouch over thigh portion of leg. Fill pouch with pesto and pull skin back to original position. (To prevent skin from shrinking when cooking, pierce skin with tip of knife between pouch and leg bone.)

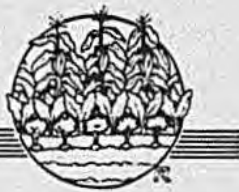
In baking pan with roasting rack, place chicken on rack and brush lightly with remaining 1 tablespoon butter, softened. Bake in 450 F oven about 35 minutes or until brown and fork can be inserted in chicken with ease. Brush lightly with Mustard Dipping Sauce.

To serve, line tray with fresh basil, placing chicken legs stuffing side up on top. Garnish with cherry tomatoes. Serve remaining Mustard Dipping Sauce in separate bowl.

Mustard Dipping Sauce: In small bowl, place 4 tablespoons dry mustard, 6 tablespoons lite soy sauce, 4 tablespoons cider vinegar, 2 teaspoons sesame oil and 1 teaspoon sugar; whisk to combine. Let rest 5 minutes before serving.

Second place winner from Steven Craig of Chicago





By Patrick Denton

Two books for gardening and cooking

Today I have a garden book and a gardener's cookbook to share with my green-thumb friends.

"Butterfly Gardening: Creating Summer Magic in Your Garden" (Whitecap Books, 195 pages, soft cover, \$22.95) is a creation of the Xerces Society in association with the Smithsonian Institution. The Xerces Society is an international non-profit organization dedicated to the prevention of human-caused extinctions of rare invertebrate populations and their habitats.

"Butterfly Gardening" combines the vibrant visual impact of more than 100 close-up color photos with solid information to form an inspiring book, one that adds a new lovely dimension to home gardening. Central to the book is concern for butterfly species that are quietly vanishing along with the habitats that support them.

In his introduction, Dennis Murphy, director of the Center for Conservation Biology at Stanford University, suggests that "the reintroduction of natural landscape elements into urban and suburban neighborhoods that are otherwise dominated by introduced species may be the greatest contribution to ecosystem conservation that we can make."

Just how to go about creating such needed havens for butterflies is fully explored in "Butterfly Garden Design," a chapter that gives a master list of butterfly plants and suggests layouts for large and small butterfly gardens. Complementing this chapter is an appendix of nectar plants for North American butterflies and moths. Another appendix lists North American butterflies along with their regional habitats and food plants.

Other chapters highlight the beauty and complexity of these creatures. Miriam Rothschild, in "Gardening With Butterflies," sees them as "dream flowers — childhood dreams — which have broken loose from their stalks and escaped into the sunshine."

"The Struggle to Survive" considers the many perils to survival faced by butterflies in all four of their life stages — egg, larva, pupa and adult. Their defense mechanisms are many. Some butterflies have eyelike spots at the lower corners of their wings. A predator aiming for the perceived "head" of its prey may well end up with just a few bits of wing as the butterfly escapes to live a little longer.

A section on the familiar cabbage white butterfly notes that "the pest of today becomes the rarity of tomorrow," and quotes from William Blake's "Auguries of Innocence":

"Kill not the moth or butterfly
For the last judgment draweth
nigh."

"The Elegant Onion: The Art of Allium Cookery" by Betty Cavage (Garden Way Publishing, 156 pages, soft cover \$6.95). This book is a gathering of more than 100 recipes for lovers of the alliums — aromatic onions, robust garlic, emerald chives, sweet scallions, redolent leeks and distinctive shallots.

Next to the table of contents is this snippet of Carl Sandburg philosophy: "Life itself is like an onion; it has a bewildering number of layers. You peel them off, one by one, and sometimes you cry."

An introductory chapter speaks of the honored place in history of the onion and other alliums, and their benefits to health. Here, too, are growing and cooking tips, including a section titled "Onions Without Tears."

Among the "Breads and Pastries" are recipes for a beer and onion rye bread ring, Scotch scallion scones and onion bagels. "Condiments" holds such delectable-sounding treats as Grandma's Old-Fashioned Chili Sauce, Bermuda Banana Chutney and British Pub Onions in a port wine sauce.

Baked red snapper with sherry onion stuffing, Garden Patch Lasagna and Onion and Sausage Toadie (toad-in-the-hole) are among the entrees. Alliums are combined with other vegetables in such recipes as Sweet and Sour Cabbage Combo and Onion and Potato Parisienne. The soup section, of course, includes vichyssoise, "a classic favorite — the real reason leeks were created."

As you watch your garden's edible alliums grow, keep this happy thought from "The Elegant Onion" in mind: "Archaeologists in search of King Tut's remains unearthed a profusion of garlic cloves entombed with the mummy to ensure his everlasting youth and sexual prowess in the great beyond."



Our Children

By Willard Abraham, Ph.D.



Avoid alcohol during pregnancy

Q. My wife is very stubborn, and I've never been so frustrated. We don't drink a lot, but we've always had at least one drink before dinner. It's a social kind of thing and very nice.

However, now she is pregnant for the first time, but she sees no reason to stop this practice. She keeps bringing up "moderation" as her reason for continuing and just won't accept the idea that "moderation" may be too much.

I've read several times that just as a teen should say "no" to sex, pregnant women should give the same response to even one drink.

I know you're not a physician, but you seem like a smart guy, so I'd like your opinion.

A. I'm with you all the way. To be completely safe, there should be no drinking during pregnancy. None at all, zip. There will be plenty of time for it later if desired, so why take a chance?

All women are certainly not the same, so the effects of even very limited alcohol intake can differ, doing damage to the fetus in some women while others luckily slide through.

Maybe she'll stop if you join her in not drinking during her pregnancy. Perhaps that's a sacrifice on your part, but it's worth considering.

Most physicians seem to support drinking abstinence. I hope yours does. Why not ask him or her?

Q. Our little boy is going to have some leg surgery in the near future, and my husband and I have a conflict on how to approach it.

He says we should be there because our son would get comfort from our presence and not feel he is being abandoned to strangers, even though they are competent physicians.

Perhaps I'm being selfish because I don't want to be there. I just can't stand the thought of seeing what our son will be going through.

Am I being unreasonable?

A. I think that neither you nor your husband is being unreasonable.

If the physician or physicians are competent in their human relationships as well as in their surgical skills, your son will be in the hands of one or more who will have already established a relationship with him. So your son won't be "abandoned" to strangers.

A possible compromise is to support your husband in his desire to be there and provide whatever

comfort he can, and for you to stay at home, near the phone and available if needed.

Dear Parents: Here is some information about the parent-child connection that hit the press not long ago. Perhaps it can provide an interesting topic for a conversation with your husband or wife, hopefully not a disagreement.

This research, which appeared in the *Journal of Personality and Social Psychology*, concluded that children whose parents held, cuddled and also showered them with warmth in other ways influenced their children's future behavior as adults. It seemed to contribute positively to their social adjustment. The conclusions applied to both parents, but especially to fathers.

Cold parents tended to lead youngsters in their families toward less successful social adjustment as adults.

In at least one way this seems to make good sense. Because parents provide a continuing model for their children, it appears to be logical that those with warmth tend to have children with the same characteristics. This conclusion can be contributed to by the family environment as well as by the genetic makeup handed down.

As with most research, let's be cautious about generalizing. Because there can be many other influences on children, every child will certainly not react to parents' actions in the same way.

This whole issue reminds me of those who wonder how children who are reared in the same family can sometimes differ so much from each other in their personalities. If you think about it for a moment, you'll probably agree that their family environment isn't really the same (for example, only one is the eldest, youngest or middle child), nor are their genetic pictures similar.

So, of course, there are many differences among siblings that parents usually learn to accept as normal.





Fitness Forum

Test your medical literacy

By Judy Miller

No other country on earth is as hungry for health news as ours. We crave information regarding nutrition, fitness techniques and overall medical care.

However, despite the medical world's outpouring of information and the media's ability to satiate — even overwhelm — us with health news, apparently we don't retain much of the information we demand.

Three recent surveys have discovered some disturbing news: We are becoming a nation of medical illiterates.

A survey of 2,000 Americans by the Public Opinion Laboratory at Northern Illinois University in DeKalb revealed that only about 25 percent knew that antibiotics could kill bacteria but not viruses.

A poll of 1,000 people by a research dietitian at Brown University for Nutri/System found American adults "lack a significant understanding of the most basic nutritional information."

Despite all the news linking heart disease and cholesterol levels, the Brown University survey showed that 48 percent of the respondents still don't know their cholesterol levels.

On the flip side, however, 72 percent knew that white streaks in meat are fat, compared to 61 percent in a similar 1989 survey.

Another poll, conducted for *Health* magazine, revealed that the other survey results were no fluke. According to the *Health* findings, most adult Americans would fail a human biology quiz geared to seventh-graders.

"Our national interest in health, it seems, is wide but not deep," said Bradley Bloch, author of *Health's* "Medical Illiteracy" feature. "We may walk the walk and talk the talk, but our actual understanding of bio basics is alarmingly poor."

We wondered if that's true. To find out, we devised a four-part medical literacy quiz.

There are no T-shirts, mugs or caps (or sweets) to win if you pass the quiz, but you might be relieved to find you are not among the medical illiterates. And, if you are among them, you might learn something.

Here's the quiz:

PART I

1. The body's immune system protects you against:

- (a) antibodies, (b) vaccines, (c) antigens, (d) allergies, (e) don't know.

2. The strong tissues that hold joints together are called:

- (a) muscles, (b) cartilage, (c) tendons, (d) ligaments, (e) don't know.

3. Which part of your ear helps you maintain your balance?

- (a) outer ear, (b) semicircular canal, (c) eardrum, (d) ear canal, (e) don't know.

4. Dietary cholesterol is present in:

- (a) grain products, (b) fruits and vegetables, (c) animal products, (d) soft drinks, (e) all of the above, (f) don't know.

5. Oxygen is distributed throughout the body by the:

- (a) nerves, (b) blood, (c) lungs, (d) lymph system, (e) don't know.

6. Hypertension describes a condition. What is it?

- (a) excess stress, (b) tension headaches, (c) hyperactivity, (d) high blood pressure, (e) don't know.

7. Active cells of the nervous system that transmit and receive messages are called:

- (a) neurons, (b) opiates, (c) dendrites, (d) lipoproteins, (e) don't know.

8. An injury that damages a muscle is called a:

- (a) sprain, (b) shin splint, (c) strain, (d) spasm, (e) don't know.

9. People who are farsighted have difficulty seeing things that are:

- (a) too near, (b) too far, (c) poorly lit, (d) bright in color, (e) all of the above, (f) don't know.

10. Many myths surround vitamin C. Which of the following does vitamin C actually do?

- (a) reduces cholesterol, (b) aids in healing wounds, (c) prevents colds, (d) aids in curing infections, (e) all of the above, (f) don't know.

PART II

Here is a list of medical words. Match the word with the meaning.

1. oncology
 2. pillion
 3. chilblain
 4. anomaly
 5. nostrum
 6. ataxia
 7. carpus
 8. phlebology
 9. macule
 10. glossodynia
- a. discolored spot on skin.
 - b. inflammation of outermost extremities due to frostbite.
 - c. failure or irregularity of muscular coordination.
 - d. joint between the arm and hand; the wrist.
 - e. the science of the veins and their diseases.
 - f. pain or inflammation of the tongue.
 - g. temporary form of artificial leg.
 - h. a quack remedy.
 - i. branch of medicine dealing with tumors.
 - j. deviation from normal.

Continued On PAGE 6A

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THE HEALTHY GOURMET



By Kit Saedaker

The Lodge at Cordillera, a small, 28-room resort in the mountains of Colorado, has a distinctly European air. Cross-country is the way to ski here, but guests come as much for the spa and the food as the snow.

They come all year, playing tennis, hiking and mountain biking in the summer, skiing and snowshoeing in winter. Or for body treatments and fitness classes in the spa anytime.

Machines in the exercise room are air-powered. Never mind adding weights, just push a button for more resistance. Treadmills, LifeCycles and StairMasters are all just steps away from a lap pool.

On the outdoor terrace, I saw two people soaking in a steaming Jacuzzi watching a child build a snowman a few feet away.

But the European heart of the place is its dining room. Chef Philippe Van Cappellen manages to turn out both triumphant four-course meals with wine matching each course as well as some of the best spa cuisine in my palate memory.

Scallop salad with baby greens, salmon with English peas and rare duck breast with red onions were proud to be on the same menu with skinny steamed vegetables in a tomato coulis and chocolate mousse with orange zest.

Van Cappellen, who was trained in Europe, serves game in the winter.

"I order supplies," he says, "and then I make up my menu. I cook to preserve the taste of everything. That makes it easy to use less oil, eggs and cream."

For more information write Cordillera, Box 1110, Edwards, Vail Valley, Colorado 81632 or phone (303) 926-2200. For firsthand taste of Van Cappellen's talents, try the recipes below.

SALADE DE POULET

4 6-ounce boneless chicken breasts

1 tablespoon low-sodium chicken bouillon granules
1½ cups water
2 tablespoons wine vinegar
1 teaspoon mustard
Freshly ground black pepper

1 cup olive oil
1 head of romaine or butter lettuce

Yields 4 to 6 servings. Each has about 350 calories, 15 grams fat, 75 milligrams cholesterol and 150 milligrams sodium.

Remove skin from chicken breasts and place in ovenproof dish. Dissolve chicken granules in water and bring to boil. Pour over chicken. Bake, covered in oven preheated to 300 F until lightly firm, 15 to 20 minutes. Remove chicken with slotted spoon and pour broth off into saucepan.

Over high heat reduce chicken stock to ¼ cup. Combine this chicken stock with wine vinegar, mustard and pepper in blender and process on low. Slowly add oil in thin stream until mixture thickens and all oil is emulsified.

Slice chicken on diagonal to make wide, thin strips. Place these fanned out in casserole and cover with chicken stock/vinegar/oil mixture. Cover and refrigerate overnight.

Clean lettuce and break into bite-size pieces. Scrape some vinaigrette off chicken onto lettuce and toss. Arrange lettuce on serving plate and cover with chicken slices. Serve at room temperature or warm in oven preheated to 350 F until chicken is barely warm. Serve immediately.

CHOCOLATE MOUSSE WITH ORANGE ZEST

Zest and juice of 1 orange
Water
2 tablespoons gelatin
One-third cup water
½ cup cocoa
4 egg whites
1 tablespoon sugar
Juice of half a lemon

Yields 4 to 6 servings. Each serving has about 380 calories, trace of fat and cholesterol and 40 milligrams sodium.

Grate orange and squeeze out juice. Place small saucepan of water on stove and when it boils, add zest. Allow to boil for a minute, remove from heat and pour through strainer.

Add blanched zest to orange juice. Put One-third cup water in mixing bowl and sprinkle gelatin over it. Allow to soften. Heat orange juice in saucepan and add softened gelatin, stirring to dissolve.

Remove juice from stove and add cocoa, whisking until all lumps are gone. Beat egg whites in clean, dry bowl until frothy. Add sugar and continue to whip until stiff. Fold in lemon juice. Fold in cocoa mixture, spoon into individual serving dishes and chill overnight.

THE HEALTHY GOURMET

Salade de Poulet

- Calories per serving: 350
- Fat per serving: 15 grams
- Cholesterol per sandwich: 75 milligrams
- Sodium per sandwich: 150 milligrams

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HEALTH WATCH

Most women feel they are healthy

A recent survey of American women revealed that most, 88 percent, felt that they were healthy.



SOURCES: Ortho Pharmaceutical Corp. survey of 821 women

Q:

How can I lower my high cholesterol in just 10 minutes a day without drugs?

A:

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

This breakthrough program is currently being used at Harvard Medical School's Lipid Treatment Program. Fast, easy and effective, takes just 10 minutes a day and you can still eat your favorite foods.

CHOLESTEROL REDUCTION PROGRAM CASE STUDY

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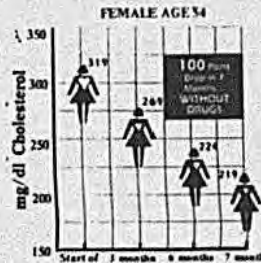
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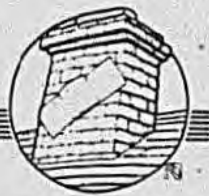
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Here's How



By Gene Gary

Q. I am an elderly widow. My kitchen linoleum is old and has holes. I have to put a small rug on the floor to cover these holes. I want my son to install self-sticking tiles. I feel that we should first cover the older linoleum with plywood before the new floor installation. He disagrees. What advice do you have?

A. There is an important reason for installing a plywood underlayment over the older flooring. It is very likely your older flooring contains asbestos. The plywood subflooring will encapsulate this older flooring and prevent any adverse effects from the asbestos.

Your only other option would be to have the existing linoleum checked for asbestos content by professionals. If it does contain asbestos, removal must be done by licensed professionals as it can be a dangerous health hazard.

Installing a new plywood underlayment over the older linoleum is much less expensive than removing a flooring that contains asbestos. You should not consider leaving the flooring as is. If the older

linoleum does contain asbestos, the eroding areas of the surface could begin to release fragments of the asbestos (usually contained in the felt backing) into the air, and this is a health hazard.

If the older flooring does not contain asbestos, you could remove the existing linoleum and glue residue. Your new floor would then be glued directly onto the current subflooring.

Do not glue the new tiles directly to the older flooring. This would not sufficiently encapsulate a flooring with asbestos content. And the deteriorating older linoleum is not a suitable surface for the bonding and durability of the new flooring.

Q. I own an adobe home approximately 30 years old. The exterior brick has always been painted. The last time we painted was a little more than five years ago. Recently we have been having a problem with the paint peeling off in rather large sheets near the foundation of our home. The original adobe is now exposed in these

areas. What would you suggest we do to protect the bricks; paint does not seem to want to adhere to the rough surface, and I am concerned about moisture invading the bricks and weakening them.

A. It sounds like you have a moisture problem at the foundation. When your home was constructed, the contractor should have waterproofed the foundation walls. Even though the foundation was waterproofed, the coating may have grown brittle and cracked. As a result, considerable seepage often enters through the seams, cracks or porous sections of the wall. This would cause the paint to peel.

Inspect the lower section of the wall for any cracks or damaged sections. These can be repaired by special hydraulic patching cements. These cements enter the concrete pores, expand and harden to form a waterproof plug. They harden in minutes, which makes it possible to patch leaks even while moisture is present.

For added insurance against seepage, paint or cover the foundation wall with a masonry sealer. For the adobe brick you may have to use a special kind of block filler for sealing the brick. Older adobe brick required this. However, newer bricks are manufactured with a filler already in the adobe to prevent moisture problems.

Most of the above information

assumes that you have a raised foundation rather than a cement slab for construction. If your home is built on a cement slab, the moisture problem could be due to a lack of proper perimeter insulation.

There should be a belt of insulation around the outer edge of the slab, and if possible between the slab and the footing wall. I also highly recommend that you consult a building contractor in regard to installing perimeter insulation.

Usually this consists of slabs of waterproofing insulation, such as Styrofoam slabs, around the edges of the floor and is exceedingly effective at preventing moisture penetrations at these critical points.

Another important factor is to assure that all drainage of water is away from the foundation and that the gutters on your roof extend over the exterior walls far enough to assure that excess water is carried away from the house rather than dumped at the foundation level.



Decor Score

By Rose Bennett Gilbert



Q. My mother always taught me that furniture should go at right angles to the wall. She said catercornering was tacky. I'd love to put the bed at an angle in the corner, but even though she's no longer around to scold me, I feel insecure. Can you get me over this? — M.G.

A. If I couldn't, no less a top designer than Bill Blass should offer assurance that today catercornering furniture gets no catcalls. The photo we show here was taken in Blass' own New York penthouse bedroom for the book "Manhattan Style" (Little, Brown).

His paisley-upholstered bed is angled neatly into a corner, leaving as much wall space as possible free to hold Blass' collection of master drawings, prints and paintings. Actually, the bed looks — and performs — like a sofa. With the antique desk, side table and upholstered chairs, the room itself is more like a library than a bedroom, another idea for creative space use from a designer who has indeed mastered all the angles.

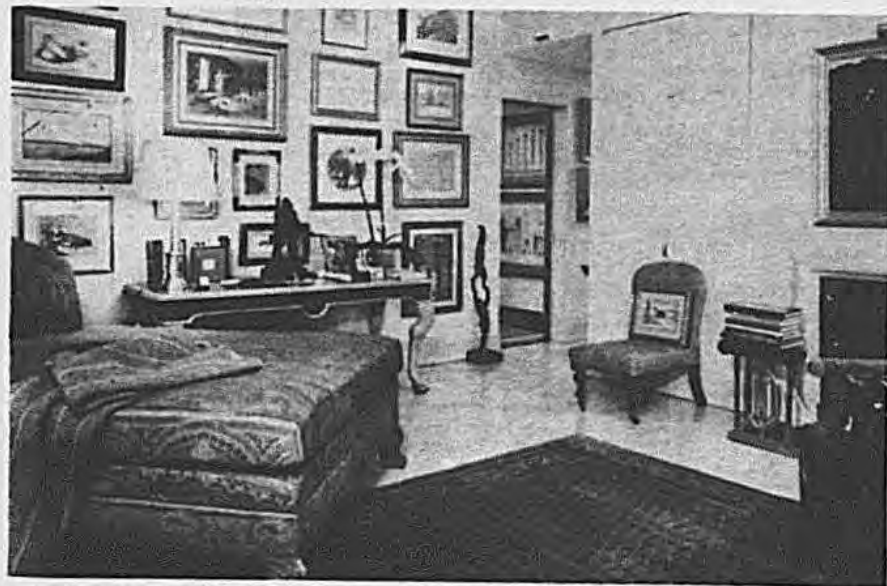
Q. We have just bought a reproduction pencil-post bed. I think it looks very pretty without any canopy at all, but my husband is

insisting that I make a canopy for it. Can you suggest something that's easy and won't glom up the Shakerlike simple look I love? — E.H.G.

A. Use a sheer or solid-color fabric, say, a crisp chintz or taffeta, and keep your canopy as straightforward in design as possible. One solution that couldn't be simpler: Toss a generous length of dotted swiss, for example, over

the rails at the head of the bed so it hangs to the floor on both sides. You can leave it straight or make grosgrain ribbon tie-backs.

You might also gather a panel of fabric and staple it to the wall just behind the bed head. It will provide the illusion of a canopy and satisfy your husband's atavistic longings.



MASTERING THE ANGLES — Designer Bill Blass catercorners the upholstered bed and hangs art from the floor to the ceiling in his own New York City bedroom.



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Help Wanted

TYPIST, IMMEDIATE. Permanent Part time. Mon.-Tues.-Wed. 9-5. Call 931-0012. htfn

RELIABLE & RESPONSIBLE care giver wanted for children 5 & 8 yrs. old. Tues.-Fri., noon - 6 p.m. in my Garden City home starting Aug. 19 thru school year. Flexibility desirable for non-school sessions periods. Own transportation preferred. References required. Call after 6 p.m. 248-1279. gcAg1

LEADING GARDEN CITY REAL Estate office seeks professional sales person or broker for full time associate to earn large commissions. Please call Joanne at Hubbell & Klapper 747-2900. hag1

PART TIME ASSISTANT FOR modern professional office. Great staff, salary + benefits. Training provided for this wonderful opportunity. Ask for Lila, (516) 775-3940. wA1

REAL ESTATE SALES position in very active office. Seeking ambitious, self-starters to earn big commissions. List, Sell, Rent, Atanas Realty, 747-3701. wA1

CHILD CARE/LIVE IN, non-smoker, English speaking female needed to watch 2 & 5 yr. olds in my New Hyde Park home. Full time position, good salary, references required. Call after 7 p.m. 437-8694. gcag3

PAPER HANGER WANTED. Must be neat & clean. References a must. Experienced only apply 248-3045. Painter's helper also wanted, part time. wfn

MATURE BABYSITTER Housekeeper needed to watch 2 school age boys. Live in/out. Must speak English & have references. Call after 6 p.m. only (516) 889-9578. gcag4

Help Wanted

COMPETENT SELF STARTING clerical part time with good typing (possibly shorthand) skills able to follow systems. Must be reliable, steady no special time off person, able to assume responsibility. Pay commensurate with ability. Send resume to Litmor Publications, Box L, 81 East Barclay St., Hicksville, N.Y. 11801. htfn

REAL ESTATE SALES. WELL established real estate office looking for sales agent. Experience preferred but not necessary. Ask for R. Valentine. Valentine Agency, 746-7200. wo2

P/T LEGAL SECRETARY FULL Days, good skills, litigation experience. \$100 per day. 746-3340. gcAg1

BABYSITTER WANTED Sundays 8 a.m. - 4 p.m. for two children, ages 3 & 5. Long term position. Call 746-3141. gcag4

RELIABLE & RESPONSIBLE Full Time housekeeper/child caregiver for children 9 & 6 yrs. old, Mon.-Fri. in my Mineola home starting Sept. thru school year. Own transportation. Call 747-4192, leave message. wA4

SECRETARY POSITION - Knowledge of Word Perfect 5.0 Microsoft Word required, dictating machine, short hand. Salary commensurate with experience. Legal background helpful. 742-7601. gcag1

TEACHER SEEKS CHILD CARE & light housekeeping. Responsible, loving, out-going. 3 children, Mon.-Fri. in my Franklin Square home. Non-smoker. Experienced, references. Begin Aug. 26, 437-2693. gcag4

BABYSITTER/HOUSEKEEPER P/T or F/T. Live in or live out. 3 small children, my Garden City home. References. Call 739-1610. gcag4

Help Wanted

LOCAL LAW FIRM NEEDS full time calendar/ebt clerk. Must be organized and detail-oriented. Legal experience as clerk helpful, but not necessary. Call Ruth at 248-1200. wal

RELIABLE & RESPONSIBLE Child Care for children nine and six years old. Mon. thru Fri., 3 p.m. to 6 p.m., in my East Williston home. Starting Sept. thru school year. Flexibility desirable for non-school sessions. Own transportation. Call & leave message, 742-0556. wA3

POSTAL JOBS \$11.41 TO \$14.90/hr. For exam & application information call 219-769-6649 ext NY180 8 a.m. - 8 p.m., 7 days. ha4

EXPERIENCED, NON-SMOKER woman needed to care for children in my Mineola home. 8am-2pm, 2 to 3 days a week. Begin Sept., Refs. 889-7946 wa2

REAL ESTATE SALES POSITION in very active office. Seeking ambitious, self starters to earn big commissions. List, Sell, Rent, Atanas Realty, 747-3701. Wagi

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

DENTAL ASSISTANT WANTED to join our friendly orthodontic staff. New modern office, benefits. No experience necessary. We will train right person. 746-3204. Wagi

WARM, RESPONSIBLE Person wanted to take care of my 3 & 5 year old children in my West Hempstead home. P/T afternoon and evening hours. Excellent salary, references required. 481-9772. gcAg3

COLLEGE STUDENT WANTED to care for my 3 and 5 year old children in exchange for room. P/T afternoon and evening hours. References required. 485-9070. gcAg3

WEEKEND RECEPTIONIST wanted Saturdays and Sundays. No typing necessary. Pleasant Albertson office. Mature person preferred. Also need math and science teachers. Call 741-3550. wal

LOVING, RESPONSIBLE woman needed for my 2 children, ages 6 & 8 in my home 3 afternoons per week. Flex. hrs., own transportation. Call 621-4232. wa3

Help Wanted

REAL ESTATE SALES. Active Garden City office seeks motivated self starter. Experience preferred. Call Ed Keusey Real Estate, 745 Franklin Ave., Garden City, 747-1300. gcO4

BABY SITTER/HOUSEKEEPER Permanent live-in or out. Monday -Thursday. Driver's license preferred. References required. 485-4979. gcAg3

Situations Wanted

HOUSECLEANING, EXPERI-enced, own car. References. 338-5970. wa2

POLISH WOMAN WITH EX-perience looking for live in housecleaning position. (516) 942-5390. gcag4

HOUSEKEEPER AVAILABLE IN Your Garden City home. References 739-1610. gcag4

BABY SITTER AVAILABLE P/T Every day after 6 p.m. Reliable, excellent references & experience. Own transportation. Call Masha (516) 741-6234. gcag4

MATURE WOMAN SEEKS JOB as nurse's aide, companion or homemaker. References available. Call Hortense at 379-4677. gcAg4

YOUNG POLISH LADY can clean your house or take care of elderly person. Experienced, references. Call 589-6776. Ask for Anette or Ted. gcAg4

HOUSEKEEPERS/DAYWORK-ers. Windsor Employment Agency, 1 Cutter Mill Rd., Great Neck. Mrs. Schuster. Licensed owner. 487-2818. haaz4

HOUSEKEEPER/HOUSE-cleaner. Looking for a job, available week days. Excellent references, own transportation. Call (516) 868-4790. gcag1

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. gcag1

31 YEAR OLD MALE LOOKING for a job in Garden City/Mineola area. Mailing & filing skills available. Willing to learn new things. Own transportation. Resume & references upon request. 747-8439. Ask for Larry Farrell anytime. gcag3

POLISH WOMAN WITH experience looking for housekeeper position. Every day of the week. 424-2480. gcag2

Situations Wanted

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

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

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. gcag1

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. hs3

ATTENTION - ENERGETIC Housecleaning Woman with excellent personality wishes to offer a proposal to residents of Tudor Gardens. If you are special and take pride in your condo, I may have availability to offer my cleaning service to you. Reasonable rates. All my work is superb. Call evenings or before 8 a.m. Thank you. 489-8218. gcAg4

IRISH GIRL AVAILABLE FOR childcare position. Will also consider taking care of the sick or elderly. Experience and references available. Please call Maureen (718) 347-7103 Live out. gcAg4

IRISH CERTIFIED NURSE'S Aide available to care for the sick or elderly. Checkable reference available. Live out. Please call Ann 437-5320. gcAg4

RELIABLE, MATURE WOMAN wishes to babysit or assist elderly person. Experienced/references. 489-9198. gcAg4

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

SEEKING POSITION TO TAKE care of elderly. Experience. 379-0380. gcag2

SPAN'S CARPENTRY CO. IS looking for private contracts to do work as a carpenter in schools or hospitals. Licensed & bonded. Call V. Wright, 564-0447. gc52

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 you pet lots of TLC. Fenced in yard. 352-9113. gcS2

HOUSECLEANING AVAILABLE I do housecleaning. 5 yrs. experience, own transportation. English speaking, with very good references. Call me after 3 p.m., please. 292-1307. gcAg2

DEPENDABLE PERSON SEEKING job to take care of elderly person. Contact Fay Dawkins at 378-0462. gcAg2

HOUSECLEANER & BABYSITTER available Mon.-Fri. Own transportation, reference & experience. Please leave message 741-0815 Beatriz. gcAl

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

POLISH GIRL LOOKING FOR Housecleaning job. Live out. 775-8578. gcAg1

HOUSEKEEPER AVAILABLE Live-in or out, days. 7 years experience. Garden City references. 623-5954. gcAg4

HOUSECLEANER AVAILABLE Monday-Friday. Good references, own transportation, experienced. Call 546-0625 after 4 p.m. gcAg4

EXPERIENCED PERSON SEEKS position to work as a babysitter with light housework. Take care of elderly, weekdays or weekends or day's work. (718) 465-1731. gcAg4

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. Reasonable rates. References on request. Call 489-8218 evenings. gcS3

NURSE'S AIDE AVAILABLE day or night. Twenty years experience. \$10/hour. Good references, own transportation. Please call 718-476-0379, anytime. hAg3

EXPERIENCED PERSON FOR babysitting or night housework or aid elderly person. 538-1320. gcAg3

HOUSECLEANING MONDAY through Thursday. References available. Own transportation. 564-4508. Call anytime. gcAg3

Situations Wanted

LOOKING FOR HOUSECLEANING job. Sleep out. 3 yrs. experience. 358-9656. gcAg3

HOUSECLEANING AVAILABLE Hard working with good references, own transportation. Call after 7 p.m. 564-4122. gcAg3

HOUSECLEANER AVAILABLE Mon.-Fri. Own transportation. Good reference. Excellent worker. Call evenings. 483-3886. gcAg3

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

HOUSECLEANING FOR Monday and Saturday. Experience and references. Call 292-3074 after 6 p.m. gcAg3.

TEACHER & MOTHER WILL babysit in your home or mine. References available. Call after 1 pm 486-2826. wag3

HOUSECLEANING AVAILABLE 2 yrs. experience. Garden City, Mineola area preferred. Call anytime. 481-1448. gcAg2

LOVING MOM WILL CARE FOR your child in your own home F/T or P/T. Reasonable rates. Please call 437-7829. gcAg3

HOUSECLEANING JOB wanted. Experience & references 718-658-5960 after 6 p.m. gcAg2

LOVING MOM WITH 3 1/2 YEAR old boy and newborn girl would love to watch your children. Full or part time. Your home or mine. Reliable, references available. Please call 489-1621. gcAg3

EXPERIENCED CLEANING person available. References, own transportation. Available Monday-Friday 489-6936. gcAg3

GARDEN CITY NURSE will babysit children or care for elderly parents locally. P/T, \$8 an hour. Call 352-0608. gcAg3

FEMALE COLLEGE STUDENT 20, available Aug. 1-23 to babysit, run errands, clean, office work, waitress. Own transportation. 742-0562. gcAg3

HOUSECLEANING JOB wanted. Good references and experience. Call after 6 p.m. and ask for Angela. 538-6399. gcAg3

GOOD HOUSECLEANER WITH experience and own transportation looking to work days. Call after 5 p.m. and ask for Gloria. 485-6108. gcAg3

Real Estate For Sale

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. wa2

GARDEN CITY 5 BR EXPANDED Ranch. Fam. style kit 12 x 22, 2 1/2 baths, FDR, fin. bsmt., gas heat \$329,000. Principals only 747-2473. gcAg3

Real Estate For Sale

ALBERISON/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. gca2

NASSAU POINT OPEN HOUSE Sat., Aug. 3, 12-4 Nassau Point Rd., Cutchogue - Follow the signs. Only steps to sandy, bay beach from this spacious CH Cape Cod, LR/fpl, large EIK, DR, three very large BRs, 2 baths, CAC, Waterviews & private dock. Exclusively ours. \$425,000. Nassau Point Exclusive - Hand-some, private 4 BR Contemp. Airy sun room overlooks super deck and secluded pool. LR/FPL, large kitchen, CAC, garage. Great at \$439,000.

Mattituck - Establish your own individuality in this adorable 2 BR 1 story home. Rear yard is secluded. Short walk to bay beach. \$179,000.

We have many great retirement homes under \$200,000. Call for free listings. Marilyn Lang Realty, 734-6690, 734-6472 gcAg1

GARDEN CITY DRASITIC 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

GARDEN CITY ESTATES Old World Tudor on beautiful Whitehall Blvd. Gracious center hall, grand foyer, sunken LLR with stone fpl, 6 BRs, 4 1/2 baths. Principals only. Call 741-6675 for appointment. \$950,000. gcAg3

WILLISTON PARK - LEGAL 2 Family Expanded Cape. Upstairs = 2 BR, LR/DR combo, full kitchen and bath. Ground floor = lg. BR, LR, FDR, EIK, Fin. basement, 1 1/2 baths, Parklike grounds, owner 741-9263, leave message. \$325,000, or rent downstairs \$1150+. hAG4

GARDEN CITY ESTATES Ranch. 4 BRs, 3 baths, EIK, LR/fpl, huge fin. bsmt. Beautiful yard, 2 car garage, 80x110. \$485,000. Mint cond. 742-8868. gcAg2

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. \$465,000. 742-4271. gcAg4

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

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 ATTACHED 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

SOUTHOLD. 1 PLUS WOODED Acre. Walk to bay beach, deeded marina rights, underground utilities. Cobblestone lined street. Terms. \$125,000. 765-1594. gcAg3

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. wa2

SOUTHOLD BAYFRONT Private park community with deeded boat mooring rights, protected harbor within 500 feet. Year round home, 20 mile panoramic views, 1/2 acre, cathedral ceiling. LR/FPL, family room with wood stove, FDR, new EIK, laundry, Master BR with bath & dressing room. 2 additional BRs with bath & jacuzzi, OHW, low taxes, heated guest cottage with bath, outside bath's shower & dressing room, garage. All above in turn-key condition. Immediate occupancy. ASKING \$595,000 neg. Call (516) 765-2963 for details & photo brochure. NO BROKERS. gcAg2

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. gcAg4

OPEN HOUSE 88 MAYFAIR Avenue, West Hempstead - Saturday, August 3, 2-4 p.m. Situated on over 1/2 acre just over Garden City border. Brick/stone contemp. with lots of curb appeal. 3 BR, 3 Baths, LR, Fieldstone fpl, DR, large Family Room. Call for directions.

HUBBELL & KLAPPER
65 Hilton Ave.
Garden City
747-2900
hAg1

Real Estate For Sale

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

GARDEN CITY SIDE HALL Colonial. 4 BRs, DR, LR/fpl, EIK, gas heat. Mint. Move right in. Owner. \$279,000. 488-4868. gcAg2

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. Onwer 747-8145. wal

REDUCED - REDUCED - PRICE Slashed \$35,000. Garden City Western section corner Split. 3 BRs, 1 1/2 baths, LR/Fpl/DR, Kitchen, Den, Basement, Patio, CAC, 1 Car Garage. \$290,000. 488-4796, by appointment. gcAg3

GARDEN CITY ESTATES 4 BR CH Brick Colonial. Large Country kit with breakfast rm., beamed fam. rm., LR/fpl, FDR, maid's rm., huge fenced in backyard. One block to RR. \$459,000. 248-7292. gcAg3

LAUREL - WELL CONSTRUCTED 2 BR, 1 Bath Ranch, EIK, LR, enclosed and heated breezeway. Secluded property, deeded beach rights. \$179,000.

Mattituck - The glamour and style of yester year is found in this authentic Carriage house. Extra large living and dining area. 3 BR, 2 Bath, solid wood doors, plank flooring plus deeded right and separate guest cottage. \$192,000.

James Port Bayfront - Traditional Cape Cod on 1 acre. Large LR/Fpl, Family room with deck, EIK, 3 BRs plus Master suite, 2 1/2 baths. Sandy beach boat house. Views forever....\$560,000.

Nassau Point - Revel, relax and rejuvenate in this bayfront home with open floor plan. Lr with fieldstone fpl, family room, 3 plus BRs, 2 Baths, plus maid's apartment. Expansive sandy beach. Room for pool & tennis \$695,000. Marilyn Lang Real Estate 734-6690 - 734-6472.

BERKSHIRES, COLUMBIA County - Rt. 82 Ancran, Gallatin, N.Y., near Taconic State Park and Catamount ski area. New England Ranch on hilltop on 7 acres. Beautiful view, 3 BR, modern kitchen with ceramic floor, picture window. LR/stone fireplace, both rooms paneled with beam ceilings, 5 appliances, great well with ample water. Full dry bsmt, oil heat, 2 car insulated garage, screened breezeway. Fully furnished. \$165,000. Lease/purchase option. Surrounding this home additional 50 acres with stocked fish pond, great deer and turkey hunting. Call collect, 407-498-3462. hAg4

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

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. htfn

GARDEN CITY BRICK/STONE 5 BR expanded Ranch on John St. 3 baths, CAC, den, Anderson windows, 1/2 acre \$550,000. Owner 741-0451. gcag2

NASSAU POINT/CUTCHOGUE Private community with beach & mooring across the street. 3 BR Ranch, 2 baths, large kit, LR/fpl, 2 car attached garage. Full attic & bsmt, plus 2 story barn with workshop area & extras. \$290,000 734-5203. gcag2

GARDEN CITY ESTATES CH Colonial, brick/slate, fully renovated in/out, new appliances, 4 BRs, 2 1/2 baths, EIK, LR/FPL, DR, Den, CAC & sprinklers. Owner Reduced to \$525,000. Call after 6 p.m. 742-0740. gcAg3

GARDEN CITY WESTERN Section 3 BR Colonial. New kit, FDR, LR/fpl, rec. rm. Mint condition, nice yard, low taxes. Reduced to \$315,000. Principals only. 775-5049. gcag2

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-WALK TO RR. Lg. 3 BR, 2 1/2 baths, LR/FPL, DR, den, fin. Basemt., new gas heat, EIK, 2 car, fenced yard. Many great extras! Low \$300's Owner (212) 473-0526. gcag2

GARDEN CITY ESTATES - 5 bds, 4 1/2 baths Oxford Boulevard Colonial on 1/2 acre. Price reduction plus flexible owner financing. Monthly payments as low as \$3,000. Owner/broker 248-2450. gcag2

GARDEN CITY ESTATES SECT. split, 3 BRs, 2 baths, LR, full DR, EIK, paneled playroom, full bsmt, 2 zone heat, 2 car garage, walk to RR & schools. By owner \$310,000. Call for apt. 747-2633. gcag2

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. gcag4

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 \$380,000. firm. 516-746-1121 gcag3

Real Estate For Sale

SOUTHOLD CALIFORNIA Ranch. Prestigious, private wooded area, 3 BRs, 2 1/2 baths, Country kit, fam. rm/fpl, CAC, fin. bsmt., 2 car garage, 20 x 40 heated in-ground pool or walk to resident beach. Auto watering system. Listed at \$289,000. Neg. by owner. 765-9247. gcag3

GARDEN CITY ESTATES Split level, maintenance free Contemp. featuring cathedral Living Room ceiling, EIK, Dr, den, 3 BRs, 2 1/2 baths, gas heat, 2 car garage, basement. Principals only. \$395,000. Call for appointment. 747-0774. gcAg3

SOUTHOLD BY OWNER Remodeled with new addition. 3 BR, 2 Bath Ranch. Walk to sandy beach. A/C, new appliances, beautiful Florida room. Oversized detached garage. Priced to sell. ow 200K. 765-5496. gcAg3

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. wagl

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) 326-7847 gcag1

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

GARDEN CITY WESTERN Beautiful Jefferson Street, 3 bedroom Colonial, formal dining room, living room with fireplace, large enclosed porch. Move in condition, 60 x 100, low taxes, reduced to \$315,000. Walk to everything. Principals only. 775-1133. wA3

SOUTHOLD - WALK TO BAY beach from this spacious Ranch. 3 BRs, 2 1/2 baths, large finished basement, IGP on lush park-like 1/2 acre. A Home For All Seasons. \$289,500. Southold-2 story, 6 BR, 2 bath home (4 BRs need spackle and paint). Good location, near beach & town. Perfect large family home. Asking \$195,000. Mattituck- Sprawling custom Ranch features large rooms with FDR, LR, family room/FPL, IGP. Just listed at \$240,000.

Southold- Walk to LI Sound beach. Large & lovely Ranch on wooded acre. 3 BRs, 2 baths, family rm/FPL plus studio apartment. Perfect M/D. All the amenities of North Fork. \$279,000 Southold Waterfront- Deluxe Country Home on manicured shy acre in most prestigious area. 3/4 BRs, 3 baths, deck, brick patio, dock & glorious views. Our exclusive. \$595,000. Marion King Realty. 734-5657. gcag1

Real Estate For Sale

GARDEN CITY CAPE Meadow St. Must see. 3 BR, 2 baths, EIK, LR, DR, den, fin. bsmt., principals only. \$235,000. 742-2782. hAg2

SUPERB GEORGIAN COLONIAL 4 BRs, 3 1/2 baths, family room, all new kitchen & baths. Joan Hazleton, Prudential L.I. Real Estate. 345-6500. gcag1

GARDEN CITY NEW LISTINGS - Western Colonial-large LR/FPL, DR, 3 BRs family room, landscaped property. Low \$300's. Estates Tudor-Charm & property- 5 BRs, 3 1/2 baths, family room. \$500s.

Estates CH Colonial- 6 BRs, 3 1/2 baths, modern EIK, family room, oversized property. \$700s Central Section- Expansive property- 5 BRs, 4 baths, family room. \$800s. Numbered Street- Circular staircase, 1/4 acre, 6 BRs, 4 1/2 baths, family room, \$1,000,000 plus.

Garden City South- Great find! Stone & brick Colonial, oversized property, 3 BRs, den, Florida rm., 2 car gar. Low \$200s. Vera Atamian. 354-1994 gcag1

HELGA CROSBY'S BEST BUY Just listed exclusive. Adorable, stone cottage. Ideal candidate for a Laura Ashley look. LR/FPL, FDR, 3 BRs & screened-in-porch. Walk to all. Stewart Manor \$219,000. Helga Frankelwch Crosby-Studwell-746-7077. After 6pm 746-0563. gcag1

SOUTHOLD - 5 YEAR OLD absolutely mint Contemp home with many extras in beautiful neighborhood. Walk to bay beach. For sale by owner. \$299,000. 765-2720. gcag4

GARDEN CITY VICINITY - Large 1 BR modern Condo. Move in cond. Washer/dryer, CAC, indoor parking, park-like grnds. Maintenance \$115. Owner pays first year. Anxious. \$99,000. 538-8380. gcag4

ROCKVILLE CENTRE SCHOOLS Spacious 2 story, modern brick & shingle. 4 BRs, 3 1/2 baths, den, sun deck, LR/FPL, DR, EIK, full finished basement. 1/4 acre. By owner \$185,000. 485-5098 gcag4

NORTH FORK - SUMMER cottage, rustic. Just steps to private beach/boating. Open LR/DR, 3 BRs, kitchen, bath. Just reduced to \$120,000. New Suffolk-4 BR, 2 bath Cape. Hard to find home in this desirable vacation area. Abundant, comfortable living space in its 7 spacious rooms. Gas heat, 100% insulation, FPL, basement, patio, gar. Won't last. \$159,000. Bookmiller Real Estate 722-4423. gcag1

GARDEN CITY CAPE 3 BR, 2 Bath, LR/FPL, DR, Den, EIK, 16 x 18 deck, basement, gas heat, garage. Maintenance free exterior. \$375,000. Principals only. 294-0124. gcAg3

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. gca2

Real Estate For Sale

ESTATES CH COLONIAL Showcase Colonial interior. Surprisingly spacious rooms with all the amenities. LR/FPL, FDR, ultramod. EIK, sunny den, 4 large BRs, 3 1/2 baths, bsmt, playroom, alarm, brick patio. Beautiful perennial garden. Mid \$400's. Principals only. 248-4881. gcag2

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. hAg1

SOUTHOLD WATERFRONT lots- 2 plus acres, 100 feet sandy beach, 1/2 acre with 160 feet on inlet to bay. All offers considered. Southold- 3 BRs, 2 1/2 baths on wooded acre. LR/FPL, DR, family room, CAC, professionally landscaped. \$199,000. Mattituck Creek Front- Privacy plus 3 BRs, 2 baths, LR/FPL, large family room, IGP, plus guest house, deep water dock, \$359,000.

Cutchogue- Post & beam, 3 BR, 1 1/2 bath on treed hilltop site. Deck, Winter wat. view. \$205,000 Mattituck- Immaculate 3 BR Ranch. LR, DR, EIK, full basement, OHW heat on treed lot. Reduced to \$175,000. Nassau Point Waterfront- New 2 story Contemp. LR/FPL, DR, large EIK. Master BR/Jacuzzi plus 3 BRs, 1 bath. Docking for boat, bay views, sandy beach. Reduced \$850,000.

Southold Bayfront Ranch. Immaculate cond. with spectacular views. LR/FPL, DR, 3 BRs, 2 baths, plus separate guest quarters. Room for pool. Professionally landscaped. \$495,000. New Suffolk- 4 BRs, 2 baths Cape on 1/2 acre, gas heat, LR/FPL, low taxes. Walk to beach. \$159,000. Cutchogue- Colonial 4/5 BRs, 2 baths, LR/FPL, DR, EIK, library. Walk to beach. \$225,000. East Marion- Year round cedar Contemp. 3 BR, 2 bath, within walking distance of golf course, sandy association beach & boating facilities. \$275,000. Greenport- 3 BR, 2 1/2 bath Townhouse on Peconic Bay with 42 foot boat slip. \$375,000. Burt Lewis Real Estate. 298-4600. 765-5810, 734-5533. gcag1

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CATHEDRAL GARDENS. 2 BRs, LR, DR, large patio. Below market. Owner anxious. \$72,500 neg. 292-8898. gcag2

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. gcag3

Real Estate For Sale

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. hAg3

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. gca2

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

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. gcag3

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

EAST 56TH STREET-MANHATTAN. Large, sunny alcove studio, CAC, 24 hour doorman. Best offer or \$1200 rental. 746-5194. gcag2

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

2 BR GARDEN CITY CO-OP First floor, 3 exposures onto inner courtyard. One of a kind unit with custom eat-in-kitchen. Loaded and available this summer. Super Tax Break. Also available for 12 month rental w/option. Owner 742-1359. gcAg3

GARDEN CITY / CHERRY Valley Co-Op. 2 BR, second floor end unit. Owner relocated. Asking \$118,000. (703) 527-1397. Leave message. gcAg3

SOUTHAMPTON CO-OP - LR, DR, kitchen, 2 BRs, 2 Baths, fully furnished, newly decorated. Skylight, 1,100 sq. feet of living space, swimming pool & tennis courts, Maid service available. 5 minutes to private bay beach, 10 minutes to ocean. By owner, handled by on site broker. Ask for Evelyn at 283-7600. \$119,000. gcAg3

GARDEN CITY, 2 BR CO-OP New kitchen/bath, wash/dry, dishwasher, A/C. Mint. \$124,000. 741-4248 gcAg3

GARDEN CITY CHERRY Valley co-op. 2 BRs, CAC, new EIK, updated bathroom, second floor. Move in condition, walk to LIRR. \$136,000. 747-8850 or 747-1771. gcag2

GARDEN CITY/HEMPSTEAD Investment. Owner will sell & lease back this 1 BR Co-op on the Garden City/Hempstead border. Unit was recently remodeled, like new. Enjoy the tax benefits of real estate ownership with a guaranteed rental income. Low maintenance. \$79,900 neg. 489-9666. gcag2



Real Estate For Sale

CO-OP IN HOLLISWOOD
Gardens. 2 BR. 5 rms, quiet courtyard convenient to N.Y.C./L.I. 2 AC's deluxe kit & bath, financially secure building. \$90,000. Owner 718-479-0231. wa3

MINEOLA CO-OP LINCOLN
Arms. Top floor, 1000 sq. ft., 1 BR, 1 1/2 baths, security building. \$92,000. Days 663-2579, eves 742-3599. gcAg4

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

GARDEN CITY 3 BR CO-OP ON
7th St. Oversized LR & DR. fpl. Country EIK, 2 full baths, dryer, washer, dryer, a/c, new windows. Walk to RR, shops, schools. Mint condition. Must sell \$219,000. Call 742-1268. gcAg4

MINEOLA - HORTON HOUSE
1 BR large LR, secure building. Convenient to RR, hospital, stores. Must sell. \$79,000. By owner. 742-8711. gcAg4

FLORAL PARK - BIGGEST
1 BR corner unit in complex. 2 exposures, modern kitchen — bath. Mint condition. Low maintenance \$70,000. Eileen Kane, Tulp Real Estate (516) 354-0500. gcAg1

GARDEN CITY 2BR CO-OP ON
Seventh Street for sale by owner. Close to all, low maintenance. Must sell. 294-9318. Asking \$137,000. gcAg4

MINT 1BR ALL NEW KITCHEN
and bath. Ceramic tile foyer and kitchen. New wall to wall. Move right in \$99,000.

GARDEN CITY / HEMPSTEAD
Cathedral Gardens - 1 BR Co-op. Assumable mortgage. Low down payment. Priced to sell. Owner 565-4117. gcAg4

GARDEN CITY - HEART OF
Village- LR/fpl, DR, EIK, 2BRs. \$145,000, 741-9659. gcAg4

Owner Moving South & must sell
second floor Co-Op. Priced to sell fast. \$79,000. Joan Hazleton, Prudential L.I. Real Estate. 354-6500. gcAg1

BEST 3 BR, 2 BATH
in town. FDR, kitchen, LR/FPL, view of Stewart Ave, Christmas tree. Maintenance, \$990. 71% tax deductible. \$265,000. Day (212) 841-7887, eves, and weekends (516) 746-4165. gcAg4

Open HOUSE

GARDEN CITY SOUTH - OPEN
House. 325 Euston Rd. So., Sunday August 4, 1-3 p.m. On the Garden City border. 4 BR, 2 baths, new kitchen, 2 car garage, walk to shops and railroad. \$229,000

Hubbell & Klapper
65 Hilton Avenue
Garden City
747-2900

hag1

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

NEED NON-SMOKING FEMALE
to share quiet upstairs apartment in Garden City. Separate entrance, separate rooms, share bath. Near RR. Clean & beautiful. 354-5064. gcAg3

NEW HYDE PARK APT.
3 BRs, Kitchen, LR, Bath. Own utilities, no pets. \$1100. 328-7059. gcAg3

COMMERCIAL LARGE GAR
age type building. Heated, private driveway, overhead door plus three single adjacent garages - same driveway. Will rent as one unit or divide. Suitable storage or work area. Vic. G.C. Park. 746-1160. ha2

GARDEN CITY ROOM FOR
rent. Non-smoker, walk to station, share bath. \$500. 742-7706. gcAg1

GARDEN CITY FURNISHED
Studio room available for rent. Private entrance, private bath, parking. No kitchen. 741-3791. gcAg2

FLORAL PARK 5 ROOM
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. gcAg2

GARDEN CITY/HEMPSTEAD
Studio apartment for rent on prestigious Cathedral Ave. Full kit, bath, wall to wall, laundry facilities in basement. \$600 owner. 354-8579. gcAg3

REAL ESTATE FOR RENT
WILLISTON PARK, HILLSIDE Avenue, second floor, room for rent. 1/2 bath, walk to station, \$400/mo. Owner-Mr. Cavalieri 627-8866. wag2

GARDEN CITY SOUTH-NASSAU
Blvd. Large 6 rm. apartment, 3 BRs, LR, FDR, EIK, bath, terrace. Walk to LIRR, shopping. Business couple. Adelphi students. \$1,000/mo plus utilities. Call 486-1868 or 248-0753. gcAg2

MINEOLA/WESTBURY/
Garden City/New Hyde Park. Beautiful apartments for rent. Studios from \$575; 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. wa1

Real Estate For Rent

GARDEN CITY BORDER
Luxury apartment building. 1 & 2 BR apartments, new kitchens & appliances. A/C, bright, large rooms \$750 & \$825. No fee. 481-7745 or 489-3010. gcAg2

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 eves. gcAg1

PSYCHOTHERAPISTS & R
elated professionals - individual office for rent by month or longer lease. Furnished or unfurnished, parking. \$600/mo., 2 Hillside Ave., Williston Park. Call after 6 p.m. 944-7730. wa2

FLORAL PARK - 4 BRAND NEW
rooms. 2 BRs, LR, large EIK, full bath. Walk-in-closet plus large closet, parking available. Walk to all \$1,000 neg. plus utilities. 358-9072 Call 9 a.m. - 11 a.m. or 6 p.m. - 11 p.m. gcAg3

STEWART MANOR - 3 BRs
LR, DR, EIK, Garage. Walk to everything. Available Sept. 1. \$1,350 per month. One month's security. Rental includes heat. 488-1770. gcAg3

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. wa1

ROOM FOR RENT WEST
Hempstead. Prime President's area. Furnished, cheerful room for quiet, non-smoking female. Share bath, kitchen privileges. \$75 a week. 292-0582. gcAg3

HILLSIDE AVE./NEW HYDE
Park. \$1,350 per month plus utilities. 4 BR brick house, attached garage, patio, LR/fpl, DR, EIK, full bsmt. Also option to buy. Principals only \$229,900. Excellent professional location. 747-6759 after 4 p.m. gcAg3

WILLISTON PARK. 3 RMS.
private building, parking, walk to all. \$700's. Garden City/West Hempstead. Studio & 1 BR, parking included. Near all from \$500. No fee. Owner. 747-1300. gcAg4

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. hag3

Real Estate For Rent

GARDEN CITY 2 BR, 2
bath duplex. Huge rooms, new kit, new baths. Mint. Available Sept. 1. \$1650. 747-6614. wa2

3 BR COLONIAL HOUSE
bordering Franklin Square. 2 baths, 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. gcAg2

FLORAL PARK APARTMENT
2 BRs, 1 bath, kitchen, dinette, porch, attic for storage, garage. Oct. 1. \$940 plus utilities. Owner. Leave message. 746-6345. gcAg4

GARDEN CITY / HEMPSTEAD
Cathedral Gardens. 1 BR Apartment for rent, fully renovated. Immediate occupancy. By owner. 565-4117. gcAg4

EAST WILLISTON STUDIO
Studio Apartment for rent. Generous, airy space, good storage, convenient location. \$400. 378-3739 early A.M. or after 6 P.M. gcAg4

1 BR 1 BATH, TUDOR GRDNS
elevator building. \$1,200/mo. Avail. Aug. 15. Day (212) 841-7887, eves. & weekends (516) 746-4165. gcAg4

GARDEN CITY ROOM FOR
rent. Nice area, \$85/week. Female only. Please call eves. 741-4865. gcAg4

OFFICE SPACE, CARLE PLACE.
2,700 square feet, ground floor. 300 yards to RR station. Move part of your office here and use the RR for tie-in with your NYC office (516) 338-4600. gcAg1

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

WEST HEMPSTEAD APT.
1 BR, LR, EIK, Bath. Private entrance, near all. Ideal for one or two. Child OK. \$600, all. No smoking, no pets. 292-3901, leave message. hAg4

ELMONT SECOND FLOOR
apartment. 1 BR, LR, EIK, bath, own entrance. Mature business person, no children or pets. \$625 including utilities. 437-0820 gcAg2

TWO BEDROOM APT - LR,
dinettes, full bath, skylight, private entrance. Half mile from Southern State Park. Sunset City area of N. Babylon. \$765 includes water, gas, use of yard. Across from Belmont State Park. 254-0428. hag4

NEED NON-SMOKING FEMALE
to share quiet upstairs apartment in Garden City. Separate entrance separate rms., share bath. Near RR. Clean & beautiful. 354-5064. gcAg3

CHERRY VALLEY - 2 BR, FIRST
Floor, GAC, EIK, garage available. Convenient to all. Available Sept. 1. \$1,100 per month. Call 294-0229. gcAg4

Real Estate For Rent

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. wag1

MINEOLA. 4 RMS. CLEAN,
new windows, stove, refrigerator. Near Mineola Blvd., train, hospital. \$850 plus fee. 747-6392. gcAg2

WILLISTON PARK 3 ROOM
apartment with storage, newly renovated, near RR. \$750. 741-6144 or 742-5393. wa4

Vacation Rental

RENT OR SALE-HAMPTON
Bays Contemp., 3 BRs, 1 1/2 baths, in ground, lighted, fenced pool with 17 x 29 cedar deck, skylights, front deck, back covered patio & lots/glass on cul de sac. 2 miles to beach. Perfect 3 couples or family with young adults. Weekly rentals for August. September is beautiful in the Hamptons. Call for weekly & weekend rates. Also for sale by owner \$185,000. (516) 579-4186. gcAg4

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. wa3

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. gcS2

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

MT. SNOW, VT. - BEAUTIFUL
fully equipped Condo, sleeps 8. Large deck with privacy. Golf, tennis, indoor Clubhouse on premises with racquet ball, gym & swimming pool. Short or long term rental for fall foliage and ski season. Call 741-1824. gcSc3

Find A Bargain
IN THE CLASSIFIEDS



Vacation Rental

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. wag3

POCONOS/SAW CREEK - 3 BRs Fpl, deck, microwave, jacuzzi, pool, tennis, horseback riding. Weekly, monthly. 489-7351. geAg3

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. gcg1

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. gcg3

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

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

POCONO COUNTRY HOME 2 1/2 hrs., resort community. Three lakes (beaches & life-guards), tennis courts. Kitchen, LR, 1 1/2 baths, 3 BRs. Many vacation activities & restaurants in area. \$350/wk. 352-3345. gca3

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. ws3

Real Estate Wanted

GENTEEL, PROFESSIONAL lady seeks apartment in house in Garden City to share with same, \$350 to \$375 monthly. Call office at 877-1000 ext. 256. gcg2

GARDEN CITY FAMILY looking to buy 4/5 BR house on quiet street with den & larger property. Have already closed on our house. Up to \$700's. 742-8441. gcg2

GARDEN CITY COUPLE seeking house to rent with option to buy. Estates or Western Sections only. One child, no pets. Call 326-7864. gcS3

SEMI RETIRED GENTLEMAN, 30 year resident of Garden City, seeks private room & bath or small apartment with very affordable rent for use when working P/T on Long Island. Also needs parking. Quiet, neat, non-smoker. Married. Excellent references. 747-4861. gcg3

Real Estate Wanted

3 BR, WASHER/DRYER hook up preferred. Use of yard 9000 a month. Prefer Garden City, Williston Park, West Hempstead, Franklin Square. 221-3070. Ask for Denise. gcAg4

WILLISTON PARK RESIDENT of 20 yrs. seeks garage space to rent to store car. Car is used very infrequently. You will not even know car is in garage. Please call Rich 248-8424. gcg3

Car For Sale

1988 CHEVY CAVALIER - Auto, 4 door, a/c, p/s, p/b, Benzi stereo cassette, new tires, \$3,000 miles, metallic blue. Excellent condition. \$4300. 437-1546. gcg1

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. gcg1

1989 ISUZU TROOPER, 5 SPEED 4 wheel drive, V6, A/C, AM/FM stereo. 19,000 miles. Excellent condition. \$9,400; 1981 DODGE ARIES, 4 door, automatic, 4 cylinder. Good condition. AM/FM stereo. \$900 352-1392. gcg1

1985 MERCURY MARQUIS, 4 door, A/C, Power Windows. Full Front Seat. Excellent condition. 78k, \$3,500 neg. 364-2916. hfn

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

1989 CADILLAC COUPE DE Ville, 8 cylinder, leather, highway mileage, loaded, excellent cond., \$18,000. 741-6655, 9-5. wa4

TWO CLASSIC CARS: 1964 Lincoln Continental. In storage for 12 years. \$3,000 recently spent mechanically. Excellent condition. \$5,000. Also, 1968 Cadillac Fleetwood, always maintained. \$2,500. Both original owners. Estate Sale. 759-4444. gcg2

OLDS 1984 TORONADO. Loaded, 69,000 miles, garaged. Original owner. Superb condition. \$3,975 (516) 764-6371. gcg4

MUST SELL THIS WEEK!! 1985 Saab 900T, 61K, 5 speed, 4 door, slate blue. Must see \$5,700. 1988 Jeep Cherokee Ltd. 54K, automatic, excellent condition. Full warranty \$13,200. Call Ron. Work 745-0023; home 742-3297. gcg2

1990 FORD BRONCO II 14,500 miles, a/c, power windows, power locks, great condition. \$12,500. 485-8346. hag4

'87 TOWN & COUNTRY Wagon. 50,000 miles, original owner. Good condition. \$5,000. 352-4454. gcg4

77 BUICK REGAL, 4 DOOR, V8, AC, reliable vehicle. Recently replaced alternator, battery, brakes, belts, hoses, fuel pump, oil pump, water pump & starter. \$1000. Call 294-7759 after 5 p.m. (718) 830-5584 before 11 am. wa4

Car For Sale

1972 BMW BAVARIA four door, automatic, excellent in and out. Maroon and tan. \$1795. 741-8402. hag4

'82 FORD MUSTANG-2 DOOR hatchback, 60K. Very Good cond., a/c, sun roof, AM/FM cassette, automatic. \$1100. 248-2819. gcg4

1985 PONTIAC GRAND AM LE 2-door, automatic, sun roof, fully loaded. 48,000 miles. \$4,500 or best offer. 746-2625 after 4, wa1

1985 CHRYSLER NEW YORKER Turbo, 63K, clean, excellent condition. Asking \$3200. Call 935-6094. ha4

1959 CORVETTE, EXCELLENT condition. Trophy winner! Must see. Asking \$33,000 or best offer. 919-637-6770. gcg4

1983 GMC FULL SIZE, 4 WHEEL Drive, black/silver, 83,000 miles. Running board, tow package, push bar, air horns, tinted windows. Excellent condition. \$5,800. 285-8430. gcg4

MERCEDES BENZ RARE 1984 51-5 speed, 2+2 leather rear seats with belts, full MB-AMG spoiler package, 3 part BBS rims and high performance tires, a/c, rd/tan leather, 2 tops. 25,000 miles. Third owner. Mint. \$28,000. 746-2586. hag4

'88 VW JETTA, RED, AM/FM cassette, A/C, new exhaust, brakes, tires. Body very good, mechanically excellent. All service records. 134K highway miles. \$2,250. 741-5748. gcg4

STATION WAGON BUICK 1983. Power steering, power windows. Very good cond. \$2,900. Chevrolet Malibu Gd. Cond. \$350 741-7750. Call afternoons or evs. gcg4

1990 HONDA ACCORD EX Coupe-5 speed, silver/red, loaded, cellular phone. Security Lock. 19,000 miles. \$14,500. 747-8210. gcg4

1983 OLDSMOBILE DELTA '88 Cruise control, a/c, 70,000 miles. Good, safe college car. \$2,800 neg. 742-3248. gcg4

1984 CUTLASS SUPREME - 4 door, original owner. 96K, good body, new transmission. Good station car. \$1,500 742-4749 gcg4

1978 CHEVROLET IMPALA V8 - Tilt wheel, solid transportation, looks and runs great. Just tuned, new battery. \$975. 775-6035 gcg4

1985 LINCOLN TOWN CAR. Excellent condition. 63,000 miles Alarm system. Loaded. Rosewood exterior, burgundy interior. Original owner. \$6850. 747-3533. wa3

Car For Sale

1978 DODGE ASPEN. GOOD running condition. \$450 negotiable. 352-4156. wa2

'81 BMW 320i SILVER w/blue interior. High mileage, garaged, excellent running condition. \$3200 neg. Call 212-505-9795. Leave message. gcg3

LOADED '86 SUBARU GL-10, 4 wheel drive, turbo wagon. Automatic. Mint condition. 292-1551. gcg2

1982 BERLINETTA CAMARO Burgundy, V-6, a/c, automatic, stereo cassette, mag wheels, excellent condition. \$2500. 922-8173. gcg4

1987 SAMUARI SUZUKI, 5 speed convertible. Excellent condition. 227-2976 days. 261-5513 evs. gcg1

1982 CELICA GT. 5 SPEED, loaded, good body, excellent mechanical condition. \$900. 742-8037. gcg1

1988 CELEBRITY. CRUISE, tilt, AC, AM & FM stereo, power windows, power locks, new tires & muffler. 55K, excellent cond., maintenance record available. \$5,700. 747-0593. wjy4

Wanted

LONG ISLAND MOTOR PARK- way porcelain license plate Robert Sisler, 105 Laurel Lane, Port Jefferson, N.Y. 11777. 473-0550. hag3

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. gal

INTERESTED IN PURCHASING Old "King Edward" pattern Gorham sterling. 223-8382. gcg1

USED NORDIC TRACK CROSS Country ski machine (Pro) model or better. 354-0519. gcg1

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hag3

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hag3

KEYBOARD PLAYER & guitarist for new band. Some original music & rock demo. Being considered by Warner Bros. Deer Park area. 427-2520. gcg2

Wanted

LOOKING TO BUY USED SET golf clubs. Men's regular shaft 3-PW; 1, 3, 5 wood putter & bag. Pref. investment cast, perimeter weighted. Mary Lynn 481-7476 or John 718-261-2787. gcg3

Services

COMPUTERIZE YOUR MAIL- ings. 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 State Roof Repairs Roofing-Gutters-Leades-Kitchens-Attics-Basements LIC #401750000 593-2933 gcg2

TELEPHONE INSTALLATION & repair: TV cables & modular jacks installed. Electrical wiring & fixtures. Prompt, reliable & reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential Business systems. Call Al Byrnes, 481-4665. gc3

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

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. gcg1

COMPLETE HOME REMODEL- ing. All small & large home improvements. Quality workmanship. References available. Licensed & insured. Free consultation & estimate. Call Craig of Ponderosa Contracting 489-6813. leave message. gcg1

BUILD WITH BRICK Stoops*Fireplaces*Patios *Driveways*And all types of Brick & Stone Work Quality Workmanship at Reasonable Prices Satisfaction Guaranteed No Job Too Small*Waterproofing Slate Roofs Repaired Estimates 538-3813 LIC#H1735940000 gca5

PRICE RITE PAINTING Residential & Commercial. Interior, exterior, restorations. We move all furniture. All work satisfaction guaranteed. Free estimates & fully insured. 887-6076. gcS3

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. gcg1

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

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or 294-8900
TO PLACE YOUR CLASSIFIED AD



Services

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

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 118010000. gc53

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

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

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

THE CUISINE SCENE
Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings, my specialty including beautiful cakes. Professionally trained staff. Call Susan 742-1956. gc52

HELPING HANDS: OUR WAITRESSES, waiters and bartenders are available to help at your party. Please call 775-7440. rcAg2

EXPERIENCED TYPIST/ Secretary seeking work at home assignments. Typing, phones, filing, etc. Reliable and professional, references available. Negotiable rates. Call Linda at 248-5487. Wag4

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

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

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

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

DARK PINE DR SET: Table, chairs & hutch, \$750 negotiable. Call 773-3337 evenings & weekends. hAg1

For Sale

MOVING SALE-DINING ROOM circa 1925, walnut, 10 pieces. Library table, mahogany, 2 pianos, kitchen bench & table, 4 piece wicker, gate leg table, trunks & more. 766-8496. gcag2

CHAMBERS STOVE FOR SALE. Must sell. Negotiable. 437-9166. wa1

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. gcag4

PIANO FOR SALE. GOOD condition with bench \$500. 746-2809. gcag2

OPEN DINING ROOM HUTCH 48x72, light pine with drawers & doors for silverware & dishes, with dry sink. Mint condition. Like new. Rolling Ethan Allen tea cart. Tiffany chandelier. \$1600 value. Take all for \$350. 775-5743. ha2

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

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

OMNI ELECTRIC RUN TREAD- mill by Mac Levy. Like new. Call Frank, 5500. 747-0320. gcag1

SELLING BABY STROLLER, Infant car seat, playpen, port-o-crib, port-o-chair, etc. Excellent condition. Please call 437-7829. gcAg3

PLAYER PIANO, MODERN Danish style with old & new piano roll music with a tug on a lever, harsichord music can be played. \$600. 747-4861. gcag3

TELESCOPE CELESTRON 8 inch diameter. Schmidt-Cassagrein with equatorial mount & 2 oculars. \$650. 358-7654. gcag3

MOVING SALE, EXCELLENT condition items. Oak dining room set includes 6 chairs, china base with hutch, server, pads. Table opens to 8 1/2 feet. Living room set: 7 ft. couch, 2 cane sided recliners, coffee & lamp table. 741-5581. wa3

PIANO WITH BENCH, CON- sole. Hobart M. Cable, walnut, excellent. \$1700. 3 piece rattan set. \$175. Call 625-0026. wa3

COLLEGE DORM REFRIGERA- tor, like new, \$50. Commodore 64 computer, printer, color monitor, games, programs. Asking \$150 all. 248-9744. wa3

SURF BOARDS. NEW & USED, custom made, reasonable. 742-4396. gcag2

For Sale

BOY'S RED, 2 SPEED, POWER wheels motorcycle, 2 new batteries, \$60. Boy's/Girl's Ross 20 inch red bicycle with training wheels, \$40. 742-7763. wa4

HONEY PINE DINING ROOM set, 54" round table with captains chairs. Large hutch with amber glass doors. \$900, negotiable. Five piece Danish walnut BR set, \$400. Forties hand-carved, dark red brocade fabric and petite point matching chair, \$700. Victorian hand-carved organ, \$700. Call anytime, 747-7482. ws2

GOING OFF TO COLLEGE ? Need a love seat? One brown vinyl, one yellow floral. Good condition. Cheap. Also, exercise bike, two 26" bikes and one "dirt" bike. 248-9286. wag4

BEDROOM SET-DANISH WAL- nut. Triple dresser with large mirror. Man's dresser. Two night tables and king sized headboard. Asking \$700. Please call 746-4352. wa4

GARDEN DUMP CART, 2 CU. ft., \$30. Garden 5 H.P. shredder, \$295. 4' wide wall mirror, \$95. Oak rocker, \$85. D.C. lights generator 500 W, \$125. 488-6261. wa4

VERY BEAUTIFUL EARLY AM- erican table and four hard rock maple chairs. Three Windsor, one captain's chair. Rich grain, lovely. Asking \$500. 485-0752. gcAg4

MOPED-PUCH MAXI-LUXE 1 HP*79. Excellent condition, original owner, only 2200 miles. Asking \$250. 741-5820. gcAg4

REPLACEMENT WINDOWS- Aluminum, double hung with tilt feature. Three at 49 1/2 x 31 5/8, two at 37 1/2 x 23 5/8 and two at 49 1/2 x 27 5/8. Like new. Reasonable. 775-5281. gcAg4

Boat For Sale

17 FT. SPORTCRAFT & Trailer. Evinrude, 50 hp. Needs some work. \$900. 358-9832. gcag2

1983 GMC JIMMY FULL size, 4 wheel drive, black/silver, 83,000 miles. Running board, tow package, push bar, air horns, tinted windows. Excellent condition. \$5,800. 285-8430. gcag3

CHRIS CRAFT 1986, 33 foot Commander T-350. Sleeps 6. 6.5 KW generator. Full canvas, radar, low hours. Excellent condition. \$54,000 or best offer. 765-1594. gcag3

Lost Pets

LOST DOG-GARDEN CITY Adult female, on Thursday, July 11, beagle/fox terrier mix, brown & white, medium size, white on tail & neck. Has red collar and answers to "Phoebe". Reward. 354-2401. gcag2

See Our New
DISPLAY CLASSIFIED
Section for more Help Wanted

Lost Pets

OWNER HEARTBROKEN. LOST 7/8/91. Dark brown & light grey, copper eyes. 9 mos. old. Female Persian cat lost in vicinity of Beach Rd., Great Neck. Please call 718-347-6876 or 516-482-2141. Reward or kitten of your choice. ha2

FOUND - BROWN/TAN COLLIE July 25 on Franklin Ave. No ID. Taken by Animal Control Division 785-5220. gcag4

Instructions

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. hag3

TUTORING - EXPERIENCED Elementary school teacher with Master's degree, all subjects. References. Call Karen 799-1625. gcAg1

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

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. gcO1

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



VENDORS WANTED FOR Craft Fair to be held at St. Joseph's School, Garden City on Sat., Oct. 19. For information & application call 741-7407 or 248-4881. gcAg5

MODEL TRAIN, TOY & DOLL Show. Miniatures & craft extravaganza, baseball memorabilia. Sun., Aug. 4. Free parking. St. Vincent de Paul auditorium, 2 floors fun & bargains. 1510 de Paul St., Elmont, NY. 10 a.m. - 4 p.m. Buy, sell, trade. Breakfast, lunch. Admission \$4, senior citizens \$2. Early admission 9 a.m. \$6 person, children under 12 free with parent. Raffle door prize. 200 dealers. Operating layouts. Information call 352-2127. gcag1

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

Garage/Tag Sale

MULTI-FAMILY GARAGE SALE Saturday, August 3. 172 Whitehall Blvd., Garden City, 10 a.m. - 3 p.m. Something for everyone. Cash only. hAg1

FRIDAY, AUG. 2 & SAT., AUG. 3, 9-2 at 142 Brompton Rd., Garden City. Moving sale - many household items, glassware, china, books, chairs, tables, misc. gcag3

HUGE GARAGE SALE New blouses, plants, cosmetics, \$2 each. Men's clothing, china, glass, bathroom brass and wicker. 38 Pasture Lane, Roslyn Heights (off Roslyn Rd.), Fri., Sat., Sun., Aug. 2nd, 3rd, 4th. wa1

GARDEN CITY - MOVING 108 Meadow Street, Fri., Aug. 2 and Sat., Aug. 3. Rain date Aug. 9 & 10, 10-4. Antique secretaries and stone benches. Victorian sofa. Much, much more. Call after sale date 741-6807. gcAg1

SATURDAY, AUGUST 3, 9-2 p.m., 6 Middleton Road (corner Vassar St.), Garden City. Many unused items, years of belongings. Something for everyone. Raindate: Saturday, August 10. gcAg1

GARAGE SALE, SATURDAY, August 3, 10 a.m. - 5 p.m. Baby clothes, toys, costume jewelry, books, household items, glassware, bric-a-brac. Low prices. 32 Indiana Street, Hicksville. hAg1

GARDEN CITY - 9 MIDDLETON Rd., Garden City (Cor. Dartmouth St.) Friday, August 3, 9 a.m. Clothing, glass & baby equipment. gcag1

SAT., AUG. 3, 9A.M.-3P.M., 222 Lexington Ave., West Hempstead (West on Hempstead Tpke., right on Mayfair, left to Lexington). Antiques, curios, art work, rock records, magazines, movie posters, memorabilia, much more. gcAg1

An Experience in Good Taste.

DINING GUIDE

In the Discovery Section of this Newspaper

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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Novenas

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. E.P.C. gcag1

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. P.M.L. wal

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. J.T.S. gcAg1

Strict school rules



School means different things to different people. Grown-ups usually say that school days are the best days of your life, although they might not always seem like it!

Just imagine, however, if you went to Tokyo's biggest secondary school, which has a 28-page rule book! Here are some of the rules:

- Long hair and curls are not allowed and any students with naturally curly hair must produce proof that they were born that way.
- When a pupil is spoken to by a teacher of the opposite sex, the distance between them must be more than eight inches.

- Pupils must march to assembly, with eyes turned towards teachers.
- The length of toilet paper used must not exceed 11.8 inches.
- If a pupil wishes to talk with a friend of the opposite sex, he or she must fill out an application form.
- The number of pleats in a girl's skirt must not exceed 24.
- When standing to attention, toes should be angled between 45 and 60 degrees and fingers should be extended straight with the palms touching the body.
- When bowing, the upper body should be inclined forward at 30 degrees and held rigid before resuming an upright posture in a smooth manner.

All these rules probably make your school rules seem a lot more lenient.

How long does it take to travel the world?



- If the earth were completely dry, with no oceans separating the continents, you could walk around our planet, traveling by day and night, in less than a year.
- If you were a tidal wave, you could cross the earth in 60 hours.
- If you were a Boeing 747 jet and could fly non-stop around the earth, your trip would take around 44 hours.
- If you were a speeding bullet, shot with enough force, you would make the trip in 14 hours.
- If you were a beam of light, then your trip would take only a tenth of a second!

Why the human body needs its layer of skin

Have you ever wondered why we have skin? You probably just take it for granted, in the same way that you accept that you need ears, eyes, nose and mouth.

And if you have ever thought about skin at all, you probably thought it was there just to hold the rest of you together.

Well, in fact your skin has other uses. For a start, it enables us to sense touch, pain, cold and heat, which means we are able to take action to protect ourselves before any further damage is done.

Eyelids

Skin also helps us to regulate our body temperatures by allowing us to sweat.

The skin on a normal human body varies in thickness in various places. The skin of our eyelids, for example, is less than one millimeter thick, whereas on the soles of our feet it can be up to three times as thick.

Skin is practically waterproof, which is why the insides of our body — which are mostly liquid — are able to live and survive

and function in dry air.

In addition, skin is able to support hair growth, although the hair on a human being has little practical purpose. Most of the human body is covered by hair, although it is often so fine that you can see it only by using a magnifying glass.

Even with a magnifying glass, however, you won't find hair on the palms of your hands or the soles of your feet.

Cells

Skin consists of not one but many layers. The top layer — the stratum corneum — itself has about 20 layers of cells, the top one of which is continually flaking and being replaced by another below.

One of the skin's main functions is to warn us about changes in temperature. Your skin will begin to feel cold, for example, long before a fall in temperature will do the rest of your body any real harm.

Skin remains taut and supple for most of our lives, but begins to sag in old age when our muscles start to slacken.

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ANTIQU OR



By James G. McCollam

JUNQUE

German punch bowl is a valuable gift

Q. Enclosed is a picture of an old punch bowl that has been in our family for years, a gift from an old German family.

We get great pleasure from using it as a wassail bowl at holiday times and would like to know something of its origin and value.

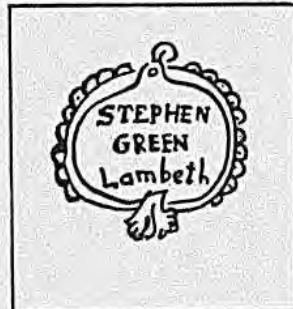
It is marked "Villeroy & Boch — Mettlach — 3037."



A. Your punch bowl with underplate was made in Mettlach, Germany, by Villeroy & Boch during the late 19th century. It is a choice antique and would be worth \$700 to \$800.

Q. I have an old stoneware bowl with straight slanted sides. It is 11 inches in diameter and 4 inches high. On the bottom is the enclosed mark.

Can you tell me anything about its vintage and value?



A. Stephen Green made everyday stoneware in Lambeth, England, during the mid-19th century. A bowl such as yours would sell in the \$125 to \$135 range.

Q. When we went through my grandfather's things, we found an old copper powder flask. It is embossed with three horses' heads. It cleaned up beautifully and the spout works well.

Can you provide some information about its age and value?

A. This would probably date

back to the early 1800s and might sell in the \$125 to \$135 range.

Q. We have what appears to be a very fine viola. Inside it is branded "G. Pyne — London — 1914."

Does that suggest anything about its quality or value?

A. George Pyne did make very fine violins, and most of them sell in the \$2,500 to \$3,500 range.

BOOK REVIEW

"The Guide to Wallace Nutting-Like Photographers" by Michel Ivankovich, Diamond Press, P.O. Box 2458, Doylestown, PA 18901, \$9.95 plus \$2 postage, or at your local bookstore.

The growth in the popularity of Nutting's hand-colored photographs has led to the developing market in the work of his contemporary competitors.

This book broadens the field from Wallace Nutting photography to collecting hand-colored photography of the early 20th century.

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

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



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Points on Pets

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

Q. Is it normal for people to grieve over the death of a pet? We recently lost a pet, and our whole family is having difficulty getting over this loss.

A. It is normal for people to experience intense grief following the death of a beloved pet. In most situations the death of a pet severs a strong relationship. Grieving often includes a feeling of loneliness, the urge to cry, feeling of shock, loss of appetite and being unable to sleep. Sometimes these occurrences last for only a short period. However, other individuals grieve for weeks.

Many methods to lessen or overcome intense grief following the death of pets have been advocated by grief experts. Talking about the pet's death openly is extremely important. Each family member should feel free to express his or her sense of loss.

Parents should answer children's questions regarding their pet's death. Generally, the death of a pet should not be hidden from a child. They need to know the truth regarding their companion. Children need to express their feelings to understanding adults. It is sometimes helpful if the child actually participates in the burial of the pet.



Aunt Tilly's Corner

Last week's heat wave finally came to an end when there was a terrible storm on Tuesday. The sky turned black in the middle of the afternoon and the rain came down in buckets all at once. It must have been scary for anyone caught outside. Many people lost their electric power when winds blew down branches and power lines.

Were you safe at home? Were you scared when the thunder and lightning got very loud? Were your dogs or cats upset? Write and tell me.

Your friend
Aunt Tilly

P.S. This week's coloring contest winner is Katie Shaughnessy.

RULES BOYS AND GIRLS

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

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1. Contest is open to children 4 to 12 years of age.
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The World's Most Beautiful Grandchildren



My youngest grandchild, Mysti Meredith, was born on October 24, 1986, to Mark and Michelle Rosenthal of Raleigh, N.C.

She is sweet, good, outgoing and intelligent. Besides her good looks, she is a most pleasant child to have around, loved by all who meet her.

Proud Grandmother
Anne Rosenthal



Our grandson, Luke, has given us joy, happiness and much pleasure the short time he has been with us!

He is a child of love, fun and completely makes everyone happy. His smile is contagious, you smile with him and are happy to be around him.

He is the beautiful son of Michael and Debra Letosky. Adoring grandparents are Andrew and Dolores Lyons and Michael and Mary Letosky of Mineola.

YOUR SOCIAL SECURITY

SSI payments when you go abroad

By William M. Acosta

Q. Can a person still get Supplemental Security Income checks if he or she leaves the United States? — T.A.

A. If you plan to leave the United States, tell us before you leave. We need to know the date you plan to leave and the date you plan to return. Usually, if you leave the United States for 30 days or more, you can no longer get SSI. Once you have been outside the United States for more than 30 days in a row, your checks can't start again until you have been back in the United States for a least 30 consecutive days. Call Social Security for more information.

Q. I currently receive Social Security disability benefits. I would like to try to go back to work, but I would hate to have my checks stop. Are there any rules that apply to my situation? — O.K.

A. There is a special rule, called a trial work period, that lets people test their ability to work or run a business for nine months (not necessarily consecutive) in spite of their disability. They continue to get full benefits during the trial work period, no matter how much they earn. After the trial work period, the Social Security Administration evaluates the work to see if it is "substantial." Call your local Social Security office for details.

Q. I have Medicare. However, my son was telling me that I should get "Medigap." Exactly what is "Medigap"? — W.H.

A. Medicare provides basic health-care coverage, but it can't pay all of your medical expenses, and it doesn't pay for most long-term care. For this reason, many private insurance companies sell insurance to fill in the gaps in Medicare coverage. This kind of insurance is often called "Medigap" for short.

Q. How often does Social Security review disability cases? I have been told that all cases are reviewed every two years. Is that true?

A. The frequency of the reviews depends on the expectation of recovery. If medical improvement is "expected," the case will be reviewed within six to 18 months. If medical improvement is "possible," the case is reviewed after three years. If medical improvement is "not expected," the case is reviewed after seven years. However, when we receive information about medical improvement or a return to work, we review a case at the time we receive the information.