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Hicksville In Review



A typical post-World War II housing development, the Hicksville Gables, erected by builder Anthony Villett, in 1948-49. The view is to the northwest from New South Road. The future LILCO property, sump and Old Country Road are at the bottom. East Street School, built in 1926-27, is visible in the photo center.

Photo is from "A Community Transformed: the Economic Evolution of Hicksville, 1961-1990," courtesy of the Gregory Museum Historical Collection.

Music Under The Stars



Oyster Bay Town Councilman Leonard Kunzig, second from left, and Town Clerk Carl L. Marcellino, second from right, join with members of the Northeast Winds before one of the Town's "Music Under the Stars" concerts at Bethpage Community Park. Members of the famous Irish singing group include, left to right, Allan McHale, Emery Hutchins and Taylor Whiteside. "Music Under the Stars" is coordinated by the Town's department of Community and Youth Services, Cultural and Performing Arts (CAPA) division.

Museum Grandparents' Day

The Hicksville Gregory Museum invites all grandparents, with or without their grandchildren, to a celebration of Grandparent's Day on September 8, 12 to 5 pm at the Museum.

The program will recall memories of old Hicksville. Refreshments will be served.

Reservations are suggested. A complimentary ticket for the \$600 Benefit Raffle will be presented to those reserving by September 6. Admission is free.

Challenge

The staff of the Hicksville Public Library has challenged the staff of the Farmingdale Public Library to a Softball game to be played on Tuesday, August 20 at 6 p.m. (Rain date August 27). The Middle School field on Fourth Street is the theater of operations. Everyone is welcome to come and cheer. Bring a chair.

R.R. Commuter Meters May Be Abandoned

A public hearing has been scheduled for Aug. 20 in Town Hall to do away with metered parking at railroad stations in Hicksville, Syosset and Bethpage. If the proposal is approved, parking stickers will still be needed to park in the fields. Residents of the Town are sold stickers for \$10 per year and residents of Villages are charged \$40. Non-residents are not allowed to park in the fields but may use two hour parking areas where designated.

The proposal to do away with the parking meters came from Supervisor Angelo A. Delligatti, who after years of hearing complaints from LIRR veterans about commuting problems - including the nuisance of parking meters - ordered a study to determine whether revenues from the meters justified keeping them.

The study was recently conducted by the town's Department of Public Works and indicated that money from the meters hardly pays for their upkeep - personnel and maintenance. The meters are located at commuter lots in Hicksville, Massapequa, Bethpage, Glen Head and Syosset.

Last year the town collected \$577,825 from the 12-hour meters. The projected cost of maintenance this year - including six coin collectors and a supervisor - is \$452,368. What helped officials decide the meters should go is that the state will be collecting a 4.25 percent tax on parking meter revenues from municipalities beginning this year, further reducing the income.

Tobay Games Participants



Oyster Bay Town Councilwoman Ann R. Ocker hands out commemorative hats to participants in the Annual Tobay Games conducted at Theodore Roosevelt Memorial Park in Oyster Bay. On hand for the event, left to right, were Kristi Walter of Hicksville, Janet Reynolds of Bethpage and Dundon Jorita of Plainledge.

Annual Bazaar



Oyster Bay Town Supervisor Angelo A. Delligatti, right, Town Councilwoman Ann R. Ocker, Town Councilman Leonard B. Symons, center, and Town Clerk Carl L. Marcellino, left, join with Father Hugh Cannon of St. Pius X Church in Plainview during the Church's Annual Bazaar and Carnival.

DeNicola Exhibits Art At Library

Hicksville Library has announced that the September Art Exhibit will feature artist Jim DeNicola. Jim DeNicola was born on Long Island in Garden City Park and has spent his entire family and professional life on the Island. He attended Syracuse University under a full-tuition scholarship. When he returned to Long Island after graduation in 1951, he secured his first teaching position at his Alma Mater, Sewanhaka High School. He remained in the Sewanhaka District for 39 years as an art teacher and department chairman until his retirement in June, 1990. Jim is currently

teaching on the part-time staff at Adelphi University.

Jim earned his Masters Degree in Studio Art at Adelphi University. With a desire to grow as an artist and teacher, he continued his Post-Graduate studies at Hofstra, C.W. Post and Hunter Colleges and the Art Students League in Manhattan. While at Hunter College, Jim studied with the renowned painter, Robert Motherwell and Master Printmaker, Gabor Petardi.

A self-proclaimed printmaker, Jim's accomplishments have not gone unnoticed. He has been the recipient of numerous awards as

an exhibiting artist. He is best known for his early work in woodcuts, cardboard embossments and collagraphs. While he continues to experiment with color prints from the press, he is developing a series of multicolor papercuts. This medium is unique, as the colors and images are revealed in overlapping layers of precisely cut large (19x22) sheets of colored paper.

The Hicksville Library show will include mainly papercuts with several woodcuts and embossments. Jim is delighted to have this opportunity to exhibit in the library as he and his wife Joanne, have been residents of Hicksville for 34 years. Their six children are all graduates of Hicksville High School.



"BIRD" by DeNicola

Medalists In Tobay Games



Oyster Bay Town Councilwoman Ann R. Ocker presents certificates and medals to participants in the Annual Tobay Games conducted at Theodore Roosevelt Memorial Park in Oyster Bay. On hand for the event, left to right, were Douglas Winn of Massapequa, Michael Shirdell of Oyster Bay and Jacob Mathis of Hicksville.

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College Notes



Tina Cottrell, of Hicksville, recently received a bachelor's degree with a major in Child Study from St. Joseph's College in Patchogue.

The Most Rev. John R. McGann, Bishop of the Diocese of Rockville Centre, awarded the degree.

Elks Ruler Honored



Nassau County Executive Thomas S. Gulotta, right, presented a County of Nassau Citation to John S. Francina, a Plainview resident, in recognition of his outstanding service to the Hicksville Elks Lodge #1931 throughout his tenure as Exalted Ruler.

Library Film On Aug. 23

As part of the Friday night film series, the Bethpage Public Library will be presenting "Driving Miss Daisy" on August 23. The film will be shown at 8 p.m., is rated PG and runs 99

minutes.

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

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Editor's Notebook

WARNING ON SCAMS BY D.A.

Nassau County District Attorney Denis Dillon has issued a warning to homeowners to be on the alert for flim-flam artists working on Long Island. Elderly people are usually targeted as victims by the con artists; however, all residents should be aware of the scams.

According to Dillon, "Often the con artist offers the target a variety of services, such as driveway or roof repairs, termite inspection and other home improvement work, at low prices. Initial contact may be by a child who says his father is in the area and can do the job right away. If you fall for the swindle, you'll end up paying more than a reputable company would charge for the same work and the top quality materials that are promised are usually a cheap substitute. On other occasions, deposits are taken for work never performed."

The DA gave as an example the recent case of a New Hyde Park senior citizen who was told by three individuals that they noticed sparks coming from her roof. She was told that water was leaking into the house and that if it wasn't repaired immediately her house could go up in flames. The subjects said they could repair the problem for \$6,000. The subjects drove the victim to the bank. She withdrew the money and gave it to the subjects who left the woman without doing any work.

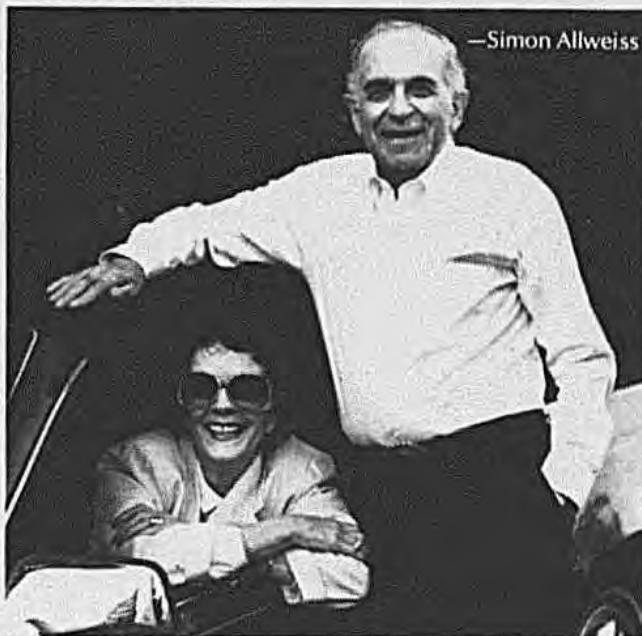
Dillon said other homeowners have been victimized by individuals posing as water company employees or electrical company workers to gain entry. Once inside, the con artists go in different directions to distract the homeowner and steal valuables. Before the homeowner realizes what has happened, the thieves have left the area.

The DA gave as an example an 87 year old woman from the area who was told by individuals that knocked on her door that they were from the water company to repair a leak. Once in the home the subjects went in different directions, distracted the homeowners, and stole valuables. Fortunately, these individuals have been apprehended.

The District Attorney said, "The con artists have been generally going out in groups to work an entire neighborhood. If you notice such activity in your area, contact your local police department. If you have any questions regarding a contractor, call the County Consumer Affairs Office. All contractors must be licensed in Nassau County."

"Remember to investigate before you invest your hard earned dollars. Deals which sound too good to be true usually are", said Dillon.

"I TOLD MY WIFE WE WEREN'T TOO OLD FOR A NICE SPORTY MODEL."



-Simon Allweiss

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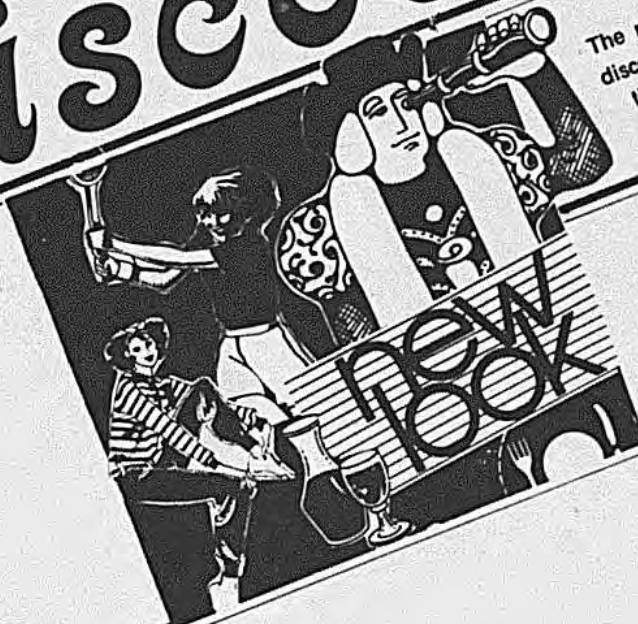
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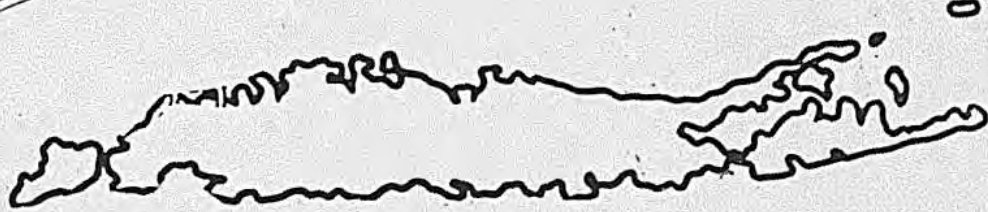


Discovery! Magazine

The newspaper edition that helps
 discover new writers, new ideas
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Friday, August 16, 1991



Growing Up On Paumonok

SEE PAGE 3



THE QUESTION OF THE WEEK

Should Congressional pay raises be put to a vote by the electorate?



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Input Callers Think We Should Depose Saddam

Most callers to Input think we should have taken more steps to deal with Saddam Hussein in answer to this question: "Did we make a mistake in not overthrowing Saddam Hussein?" Here are some of the answers:

WE WERE RIGHT

I think we did exactly right with Hussein. If we had gone into Iraq by now we would have been busy in rebuilding the country. And by all other criteria everytime we go into a country and try to build a government we come out looking bad. We got the oil property back and knocked over Saddam Hussein's potential for gas and nuclear war. That was enough. M.F.

LET HIS PEOPLE DO IT

I do not think we should have aimed to overthrow Saddam Hussein. If the people in the country want him out they will get rid of him in time. The U.S. is not running a world police force. We wanted to help stabilize the Middle East. It is hard to do but we may be able to work out a Palestine, Arab, Israel agreement that will solve the problems in that part of the world. Overthrowing Saddam Hussein would have delayed this. B.F.

MADE A MISTAKE

We do not learn from our mistakes or history. Saddam is obviously a man without conscience, a butcher. The Arab world will not let us put him on trial. His lies about his military and nuclear capabilities are proof of what he thinks about Desert Storm and its results. We should not have stopped until we destroyed all of the above or witnessed their destruction or his death. A.G.

WAS IT WORTH IT?

Desert Storm is over and it is hard to tell whether very much has changed. We were fighting to free Kuwait but that country is still a dictatorship. We were fighting to break the power-hold of Saddam Hussein but he is still there. About the only ones who changed are the Iraqi people who are poorer and in more hardship. I don't think we should have gone farther into Iraq. I wonder whether the war was worth it at all. M.T.

CHANGE DICTATORS

Most people think we should have gotten rid of Saddam Hussein and perhaps this would have been some help but I believe that we would have just put down one dictator to get another one. We did free Kuwait and that is probably all we could really do without getting tied up in a long term war that our people might have grown tired of and that we might have lost more lives without much to show for the effort. J.G.

HUSSEIN ON TRIAL

Yes, we definitely should have gone deeper into Iraq and we should have brought back Saddam Hussein to stand trial. He wrecked the oil fields in Kuwait. He plundered the country and he is still in power and his own personal fortune is still intact. We won but not very much. G.D.

NOT LAST

The American public is beginning to realize that the quick fix we did on the war is one that will not last. Iraq will build again and there will be no stability in the Middle East. We should have gone all the way since we put together the war machine and were doing such a great job. Now we do not know exactly what we won and whether even this small war was worth it. J.F.

U.N. SET THE GOAL

What a question! Of course we made mistake in not overthrowing Saddam Hussein. It really didn't need the Kuwait situation to give us the clue as to the kind of man we were dealing with. The war between Iraq and Iran provided sufficient evidence of the character of Saddam Hussein but in those days it obviously appeared to be clear that we should mind our own business. The attack on Kuwait was something else with a poor defenseless nation being raped by a powerful unprincipled aggressor arousing a conglomeration of nations through their representation in the United Nations to take remedial action. The policy of that organization had to be one of correction rather than meddling - to get Saddam out of Kuwait and return that nation to its own people. Clearly, through the entire episode the character of Saddam Hussein stood out loud and clear - somehow, he had to be disposed of and as quickly as possible. However, the fundamental principles of the United Nations intervention clearly precluded such a solution and we have paid the price ever since freeing Kuwait in the fear of reprisal by Hussein when he felt the time was right. There had to be a moment when a "mistake" could have provided the opportunity to overthrow the unprincipled "dictator" but the principles of our own relationship within the United Nations rigidly forbade such action. Unfortunately, that does not alter the fact that clearly a mistake had been made and some day we would have to pay the price for it.



Discovery!

Growing Up On Paumanok

By Elfin Snyder

The Indian name for Long Island was Paumanok. But no Indian, returning from that happy hunting ground in the sky, would recognize it today. Nor would any Rip Van Winkle who had fallen asleep in the nineteen thirties.

Growing up on the island, in the thirties, as children of the depression, our expectations were not lofty. The Long Island of this period was mostly middle class, and though many of our families were hurt financially, most of them managed to hold on to their modest homes and pay their modest taxes. Perhaps the impending war was more easily endured because we had been conditioned by the lean years preceding it.

So many things we took for granted speak to us now from another time. The uncrowded beaches that we drove to on unclogged highways, spending the day under a pre-cancerous sun after which we could plunge into an ocean free of industrial wastes. Some of us even enjoyed a cigarette in blissful ignorance, as we relaxed on a scratchy wool army blanket kept especially for the beach.

Popular songs of the day revealed much about us. "Just Picture A Penthouse Way Up In The Sky," expressed our fantasies, while "Brother, Can You Spare A Dime," our realities. We listened to the radio and picked up snappy sayings like, "Wanna buy a duck" from a popular comic, and "I see dis-gusted" from Amos and Andy.

Our chief occupation, however, was the movies, and everyone young and old alike went several times a week. Most of the local theatres were modest Art Deco affairs, but the larger first run houses resembled opulent palaces. The huge lobbies were heavily carpeted, and shimmering chandeliers hung from high ceilings. We were conducted to our comfortable seats by uniformed ushers, and if we looked up we might see twinkling stars in a sapphire blue ceiling that theatrically simulated the heavens. This somehow complimented the make-believe movie we were about to see.

There was always a double feature, and in the big theatres a stage show besides. The smaller movie houses played lotto and bingo, or else they gave away dinnerware. It was called *Fiestaware* and came in several different colors to be mixed or matched. If we went often enough we might have a complete set by the time we got married, and today these sets are collectors' items. If we got in for the early show, it was twenty-five cents, by mid-afternoon fifty or seventy-five, and by five o'clock to a dollar. There was no special prices for senior citizens, however; the phrase had not yet been invented, nor had the word teenager. People were not pigeonholed and labeled, and no one was allowed to hide behind comfortable euphemisms.

Some of us had part-time jobs, but getting through school was more important. Besides, we were discouraged from swelling the job market with so many family men out of work; so were women, but most of them seemed content to stay home and raise their children, and cater to their husbands. It was even considered an enviable state, and young women were encouraged to make the best possible marriage regardless of whether they had gone to college or not. It wasn't until the second world war that women really became emancipated.

When the World's Fair arrived at Flushing Meadows, and showed us the World of Tomorrow, we were enchanted. Electric dishwashers, televisions, central air conditioning - all just around the corner and a war away. So we continued to wash dishes and made do with our radios and fans. As for air conditioning, it was something we were just beginning to experience in the larger motion picture palaces, and it was not very satisfactory; a method of blowing air over ice that made us feel like a large ice cube that melted quickly and once we were back on the street, leaving us worse off than we were before.

The iceman did come several times a week, dripping his icy burden across the linoleum kitchen floor to the ice box. He was often the same person who delivered our coal down a coal chute on the outside of our house. Our houses were adequately heated, but we banked the furnace at night, and were encouraged to wear sweaters for coal cost money, it was eight dollars a ton.

There was usually only one car that was kept in our one-car garage and used only for special occasions and emergencies. If we didn't live within walking distance of the stores, it didn't matter since most everything was delivered. The grocery boy delivered the groceries and the milkman left milk, cream, and butter at the back door long before we were up; and he still used a horse-drawn wagon. Dugan and Krug dropped off bread and a variety of cakes, pies, and cookies for those too lazy to do their own baking. It was also possible to call the butcher up at five o'clock and have a meat order delivered in time for the evening meal - a meal everyone was expected to be present at, since most Fathers commuted to the city and seldom saw their families all together before the dinner hour.

Many other services were available. The laundry, the dry cleaner, both of which picked up and delivered. Three mail deliveries a day were the usual until after the war, and all major department stores gratuitously delivered the smallest packages in their own delivery trucks; it was not considered chic to be a bag lady. If we had a bad cold or fever, our Mother might ask the doctor to come to the house, but a house call cost five dollars and an office visit only three. Still, there were some people who would call for a phone consultation to avoid paying for either.

Some women played bridge in the afternoon, but only a small group played golf or tennis. Exercising wasn't deemed necessary for the middle aged or the middle class and was left for the young to indulge in. Besides our school activities, we swam in public pools, and played tennis at our county parks, and ice skated on our local ponds. After the war our generation continued these sports, and they were no longer just for the professionals or the wealthy.

An activity that was peculiar to Long Island was airplane watching. If we didn't personally remember Charles Lindbergh sitting on the porch of the Garden City Hotel, we had heard about it and took pride in the fact that it happened on our island. Whole families would drive out to Roosevelt Field to observe the aircraft shows put on by both professionals and amateurs; and some adventuresome ones would even go up for a short ride. However, it was only after Wiley Post and Harold Gatty equipped their plane with the new blind-flying equipment and raced across the world in nine days, that Nassau County provided the facilities to stimulate what would become its major industry.

Crazy fads came and went, but marathon dancing was the saddest manifestation of the depression. It pitted couples against each other to see who could stay out on the dance floor the longest, and sometimes it went on for weeks. More harmless pastimes were miniature golf that seemed to proliferate on every empty lot available, and proved to be quite a money maker. So did jigsaw puzzles that could be rented like a book, and was to be found in most everyone's home.

Jones Beach, a bastion of Art Deco by the sea, was built by Robert Moses and it was our country club. We could dance under the stars to a live orchestra and play pingpong or paddle tennis. A pitch and putt golf course introduced us to the game of golf and a wide selection of eating places satisfied our hunger. Every Saturday night there were fireworks, and sometimes we just drove down to watch them from our car in the parking lot. Jones Beach was so popular with young people, that some preferred it to going away on vacation with their families. It was so famous, that anyone coming to the New York area from other parts of the country, or even abroad, had it on their agenda to see.

Long Beach, our other playground, had a more carnival atmosphere. It was a small replica of Atlantic City with its boardwalk and wide stretch of sand. This rather raffish resort was, in the early nineteen hundreds, the epitome of a class community with wide boulevards and gracious homes of eclectic architecture. Though no one in those days had houses on the beach, a boardwalk was built where all could promenade and enjoy the ocean breezes. Nowhere on the Atlantic coast was there greater stretches of white sand than on the south shore of Long Island. When in nineteen hundred and seven, the Long Beach Improvement Company received title, they started dredging to fill in the meadows and swampy areas using elephants to help them with this herculean task. By the nineteen thirties, however, it had taken on a more rowdy look with rides and concessions to amuse us, and an arcade where we could have our fortune told by a mechanical gypsy fortune teller. For a penny we could also look at "naughty" moving pictures on a hand operated machine. It was considered an inexpensive date unless we stopped off at a roadside Rest on the way home to eat delicious greasy hamburgers and dance all night.

So many things, like bittersweet denials and self-discipline, now seem a formula for success, but of course it wasn't. We simply coped, as everyone across America was doing, and along the way we enjoyed the small pleasures of our particular time and place. We desired money more than power, security more than risk, and we hoped for a reasonable fulfillment in our chosen field. But most of us were not obsessed by greed, nor were we eager for recognition at any price. We had a great desire to disengage from our families as all generations before and after us have, but only to emulate them from a distance, not to disclaim them.

It is only with nostalgic hindsight that our memories emerge and fold softly into the background of our mind. It was a golden era in which we floated on our hopes of the future. A lost but not forgotten Long Island, a time capsule of our youth.

ABOUT THE AUTHOR

Elfin Snyder comes from Garden City. This is her first contribution to *Discovery*. The story reveals further information about the author.

DINING GUIDE

KITCHEN KIDS



By Rena Coyle

There is nothing like fresh fruit in summer. I wait all year for my favorite summer fruits to appear alongside year-round favorites. As the nectarines, peaches, plums and cherries emerge, I can't be trusted to eat one piece. Instead, I always have at least two, and my excuse is that they're small!

I'm not alone when it comes to enjoying fruit. In fact, fruit is the No. 1 food your kids reach for as a snack at home. Though there is probably no better way to eat fruits than just as they are, sometimes it is fun to turn them into other kinds of snacks and desserts.

BAKED PEACHES

- 2 teaspoons butter
- 6 ripe peaches
- 6 vanilla wafers
- 1/4 cup sliced almonds
- 3 tablespoons raisins
- 1/4 cup sugar
- 1/4 teaspoon ground cinnamon
- 1/2 cup apple juice
- 1 cup vanilla yogurt or whipped cream

Utensils: Paper towels, 8x8-inch baking pan, kitchen towel, cutting board, knife, waxed paper, rolling pin, mixing bowl, measuring cups and spoons, mixing spoon, aluminum foil, oven mitts, cooling rack, serving spoon, serving dishes.

Yields 6 servings.

Preparation time: 20 minutes.

Baking time: 15 minutes.

Preheat oven to 350 F. Dab butter with paper towel and rub evenly over sides and bottom of baking pan. Set baking pan aside.

Rub skin of peach with kitchen towel. This will remove fuzzy layer of the peach. Place 1 peach at a time on cutting board and, holding it steady, carefully cut each peach in half. Pull stone out, or if it is hard to remove, scoop it out with a spoon. Scoop a little bit of peach flesh out and place in mixing bowl.

Tear off a piece of waxed paper and place it on the counter. Using rolling pin, crush cookies. Add cookie crumbs to bowl. Add almonds, raisins, sugar and cinnamon. Pour in half the apple juice. Blend together with mixing spoon.

Spoon out enough stuffing to fill peaches. Place them in baking pan with stuffed sides up. Pour remaining juice into pan.

Tear off a sheet of aluminum foil, enough to cover baking pan. Cover pan and fold foil around edges of pan. Put on oven mitts and carefully place baking pan into oven and bake 15 minutes.

Turn oven off and, with oven mitts on, remove baking pan and place it on cooling rack. Take foil off, undoing foil farthest away from you first. Serve peaches either hot or cold. Spoon them out into serving dishes and serve with some yogurt or whipped cream.

KITCHEN KIDS

DINING GUIDE

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"New Dynasty's Mongolian barbeque, a favorite of mine, allows you to pick and choose what you want to eat and having it prepared as you like it, right in front of your eyes!" exclaimed long-time New Hyde Parkite Gaspar "Slim" Giarratani, a prominent Manhattan insurance broker, who is Assistant Vice President, Accounts Service Division, of Manhattan headquartered over 100 years old, Frankel & Company, Inc., international insurance brokers.

"We try to dine here every week!" enthused Gaspar's lovely wife Annette, recently re-elected New Hyde Park-Garden City Park School Board No. 5 Board of Education Trustee.

The dynamic duo is also absolutely wild about the nationally known New Hyde Park Wildcats Soccer Club to which they have dedicated many years of their lives. Annette is a long-time member of the prestigious club's board of directors and handsome hubby Gaspar has also

served with great distinction as the club's Intramural and Travel Team Coach.

New Hyde Park Elks Lodge No. 2107 notables Bobbie and Ray White also hold the New Dynasty in high esteem. They were seen dining there recently with Queens County POW/MIA Chairman Tom and Mona Claraletta and

Queens County American Legion Vice Commander Tony Bonanno and lady friend Therese Ray, who also serves as a local Vice Commander, was recently sworn in as Commander of Maspeth American Legion Post No. 783. His wife Bobbie most successfully served as QCAL Auxiliary Past President and Sergeant-At-Arms. J.DeG.C.

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Fitness Forum

Continued From PAGE 12A

trusting of their processes to regulate the whole feeding process.

"Parents can't control exactly when children eat from the foods that are on the table. They can't control how much the child eats, and they can't control how the child's body turns out."

"Genetics is the single greatest determinant (in a child's physical characteristics)."

This emphasis on division of responsibility between child and parent comes at a time, Elkind points out, when, "on every measure we have, children are doing less well."

"We see eating disorders, teenage pregnancies, drug abuse. In little children, we see an upsurge in all kinds of pediatric disorders," he said. "When you cut out a lot of the overprogramming these kids engage in and reduce their busy schedules, a lot of that behavior drops off."

To reinforce this, contends Elkind, "we have to assert our adulthood."

"We've abrogated our responsibility to children and youth by assuming they are competent and ready and able to handle all of life's vicissitudes, he said. "Young people need adults. They need limits, they need values, they need controls."

And ultimately, perhaps, they need less parental pressure and more realistic expectations.

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

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(Guide to Good Dining)

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READER RATINGS



Q. What is the proper way of addressing a waiter in a restaurant?

A. My own preference is "Sir", rather than "Waiter" because it shows more courtesy and people do like to be treated with respect. For a waitress I prefer "Miss" to "Waitress" for the same reason.

Q. When arriving early for a private party in a restaurant, who should do the seating when there is no waiter or captain on hand?

A. The man is expected to seat his woman companion. If he is accompanied by two or more women, he would seat his wife last.

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

A. Either way is correct, but my own preference is to transfer the vegetables with a serving spoon onto the main dish. The waiter can then be asked to remove the serving dishes, thus ridding the table of a great deal of clutter.

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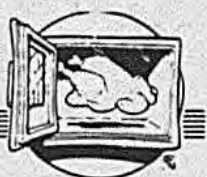


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By Desiree Vivea

How sweet it is!

Is there really such a thing as a "sweet tooth"? It seems there is. Researchers have found that newborn babies prefer a sweet taste to a sour or salty one. Of course, it's not a tooth, but the taste buds around the tip of the tongue that are sensitive to sweetness.

As adults we don't outgrow our taste for sweets. The American child now consumes about 9 tablespoons per day, and it's estimated that Americans average about one-quarter of our calories from sugar.

That's not just the sugar that you add to coffee or sprinkle on foods. Sugar is often invisible; in fact, it's the leading ingredient added to processed foods today and is found in cereals, baked goods, canned goods — even hot dogs!

Your mom always told you that sugary sweets were "empty calories," and she was right. White granulated sugar contains virtually no nutrients — only carbohydrates, which translate readily into calories.

Fortunately, we now have alternative sweeteners sans calories, or containing only a few. Aspartame, marketed as NutraSweet, actually contains 4 calories per gram — the same as granulated sugar — but it is about 200 times sweeter than sugar, so very little is needed to satisfy a sweet tooth. Made of amino acids (the "building blocks" of protein), it is a natural, not an artificial, sweetener.

Health food proponents frequently advocate honey as a healthier alternative to refined, granulated sugar. Formed by an

enzyme acting on nectar collected by bees, it does indeed sound "natural."

Yet honey consists almost entirely of sugar and water, so again, there's no real nutritional value here. Some people believe that honey is easier to digest than table sugar, but your body doesn't differentiate between sugars; both are digested and enter the bloodstream within minutes.

Some honey disciples point to the longevity of beekeepers as evidence that honey contains some as yet unidentified beneficial ingredient. Still, there is a danger associated with even this natural sweetener.

Honey can contain botulism spores. While perfectly safe for most adults, infants under 1 year of age have not yet built up a tolerance, so avoid feeding honey to young family members.

Is it possible to get nutrition and sweetness from a natural sweetener? Brown sugar and molasses do offer some nutrients along with their sweetening power.

For instance, molasses contains some minerals — the darker the molasses the more minerals. Blackstrap molasses (made from the final boiling of sugarcane) has a little more iron, calcium and phosphorus than lighter colored molasses. But you'd have to eat lots of it to derive any real nutritional benefit, so it's best to look to other foods to provide these nutrients.

Still, molasses and honey can add a distinctive flavor to foods, unlike granulated sugar, so enjoy — but in moderation.

Because all sugars can promote dental caries (cavities) and can lead to weight problems, it's best to limit your sugar intake — in any form. To protect your teeth, brush immediately after eating sweets and floss regularly.

Remember that young adults have twice the ability to handle sugar in the blood as older people, which accounts for increased glucose intolerance in middle age and beyond. So it's a good idea to decrease sugar intake as you age.

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

MICRO-TIP OF THE WEEK

To decrystallize honey, place jar in a bowl of very warm water until it dissolves, or microwave 1 cup at HIGH (100 percent power) setting 2 to 3 minutes, stirring every 30 seconds, until liquid and clear. Do not overheat.

SUGARLESS CHOCOLATE PUDDING

2 tablespoons unsweetened cocoa
4 packets sugar substitute
2 tablespoons plus 1 teaspoon cornstarch
Dash salt
2 cups milk
1 teaspoon vanilla
Fresh strawberries

Yields 4 servings.

Preparation Time: 10 minutes.

Cooking Time: 4 to 4½ minutes (plus cooling and chilling time).

Oven Setting: HIGH (100 percent power).

In a 1-quart microwave-safe bowl combine cocoa, sugar substitute, cornstarch and salt. Toss well with fork to blend. Add milk and stir well.

Microwave 2½ minutes; stir well. Microwave 1½ to 2 minutes longer, or until mixture thickens.

Beat in vanilla. Let cool for 10 minutes. Turn into serving dishes,

cover with plastic wrap and refrigerate until serving time. Serve well-chilled; garnish with fresh strawberries, if desired.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: For a long time I've had a feeling that my mother doesn't like me, and now I know it's true because she actually told me. She put it into words, but I wasn't surprised.

She said she never wanted to have a son (I have three sisters, no brothers), and then I came along as the last kid in the family.

I think the problem is that she just doesn't like men. How do I know? Here's how. She is lousy to my father, hates her two brothers and argues all the time with my grandpa. I wonder why she ever got married.

Until I realized all that, I thought there was something wrong with me. Now I know it's all her because I don't have strange likes and dislikes like hers.

I think I'm normal, but she isn't. What's to do about it, though? This is probably a strange one to throw at you. — Unwanted

Unwanted: Yes, it is. I'll admit that.

Perhaps a conversation with your dad first, and then with his help try to get her the professional help she seems to need. Your school counselor may have a recommendation.

Your home environment certainly doesn't sound pleasant, so if college is in your present or future plans, you might want to consider one away from home.

Will you write to me again to give me an update? I hope so.

Dr. Abraham: I'm a 16-year-old boy, and I've never had a girlfriend. A few months ago I met a girl who seemed kind of special and different to me, but one thing has turned up that worries me.

She told me she is 15 years old, but now I found out that she isn't. She is only 13 and in the eighth grade.

When I told her what I now know, she began to cry. And when I asked her why she lied, she said that if she told me the truth, she was afraid I'd run away from her.

Now I don't know what to do. I still like her a lot, but then look how young she is although she does act older. See my problem? — Wondering

Wondering: Usually when something disturbing happens to us, regardless of our age, it seems wise to try to calm down and let time help us make decisions.

Although three years often seems like quite a gap when a boy and girl are 16 and 13, it frequently appears to be less drastic when they are 19 and 16 or 21 and 18.

If the age difference continues to bother you, that may point in one direction. If it doesn't seem as important as the feelings you have toward her, that's different. But it may require a "cooling down" or "on hold" period because she is so young.

Another factor to keep in mind is that when you are the age when you can drive and for other activities, she won't have reached it yet.

Dr. Abraham: I'm 16 years old, and I like this girl who broke up with her boyfriend of two years about one month ago.

I'm best friends with her boyfriend. I started becoming friends with her before they broke up. Now I like her a lot, and we're really good friends. I want to date her and have asked her, but she doesn't want to date because she wants us to stay great friends.

Could I do anything to convince her to date? Is there anything I can do to stop liking her so much? Please advise me what to do. — Infatuated

Infatuated: Your best approach may be to agree to go along with her "great friend" idea. If she continues to enjoy your company, perhaps she will agree to take the next step into a dating relationship. Time could certainly be on your side.

As far as to "stop liking her" is concerned, why do you want to do that? It sounds as though you are very fond of her, so to do anything to turn off your feelings doesn't seem sensible, not right now anyway.

Dr. Abraham: I don't know why this terrific girl I really love brought up a subject like this, but she did. We're not planning to be married or anything like that, so maybe it was just out of curiosity. I really don't know.

Somewhere she picked up the idea that guys who smoke (which I don't) have a good chance of having kids with terrible problems like brain damage or leukemia.

Is there any truth in that? — Wondering

Wondering: There seems to be, but it is based on a small study, and the researchers feel large numbers of people need to be studied to verify such claims.

It is all part of a picture that indicates that smoking by either parent may affect their babies' health.

So pat yourself on the back and try to stick to your non-smoking habit. I hope your girlfriend is on your wavelength, whether or not you get married some day.

Cooking Corner



New ways with cool yogurt

By Charles Britton

"Frozen yogurt? It's ice cream without guilt," said a friend of mine as, during the late '70s, he considered financing one of the first stands in the Los Angeles area. Ultimately, he decided against the deal, probably a wise choice because the product went through a rapid initial boom-and-bust cycle before it made a roaring comeback that continues apace today.

His observation about frozen yogurt remains acute. I would go further: Yogurt in general is not only food without guilt but a source of positive virtue in the diet.

It shows up in any course, from appetizer to dessert, and always it bestows a kind of nutritional benediction. It's the ingredient of choice for converting a fattening recipe into a dish you can eat with a clear conscience. Yogurt has become a talisman of health, warding off all sorts of dietary evils.

Since 1970, yogurt consumption in this country has increased six-fold, and it is growing at about 10 percent annually, according to the California Milk Advisory Board. Californians eat more than their share, 6.6 pounds per person in 1988, compared with the national average of 4.6 pounds.

Right now, the action concentrates on frozen yogurt, for which sales figures make heady reading. The product has shown an 800 percent gain in the past five years to an estimated total of \$1.2 billion. Industry analysts predict a total of \$2.6 billion in 1993.

Major chains such as McDonald's, Baskin-Robbins and International Dairy Queen have joined in the scramble for the frozen-yogurt dollar, and dispensers turn up in an increasing number of supermarkets. Packaged frozen yogurt, as yet a minor factor overall, is the fastest-growing item in the freezer case, up 280 percent last year.

Humans have been eating clabbered milk products for almost as long as they have been gathering milk from animals. Leave raw milk at normal air temperature for a few hours, and it will ferment into a tart, thickened mass. Today we know that the process is caused by several bacilli ubiquitous in the environment, primarily *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

The food must have seemed like a gift from the gods. The clabber kept much better than liquid milk, and it was less likely to make you sick. Folklore linking fermented milk to good health and longevity goes back to time immemorial.

The same idea is conventional wisdom in much of America and Western Europe today, thanks to advocates who have attributed the supposed longevity of Bulgarians and other remote peoples to the happy effect of ingesting *Lactobacillus bulgaricus*. Modern science holds a much more skeptical view, but no one doubts that yogurt is a very good food.

"Yogurt in and of itself is a healthful food," said Isabelle Hunt, professor in the University of California at Los Angeles School of Public Health. "Low-fat yogurt — or better still, non-fat — is a great source of nutrients such as calcium, and it's convenient."

It's also a dairy food that can be eaten by a large number of people who cannot tolerate the milk sugar lactose.

"When yogurt is being fermented, about 70 percent of the lactose is converted to lactic acid," said Genevieve Ho, home economist and nutritionist with the UC Cooperative Extension in Los Angeles. "That's not 100 percent OK, but most people can tolerate it."

It may well have been the reduction of lactose that gave yogurt much of its reputation as a remedy for chronic indigestion. Another reason would be its antibiotic qualities. The bacilli that cause milk to ferment into yogurt aggressively repel other microbes that could cause disease.

Advocates of yogurt frequently have claimed that the friendly bacilli keep up their good work while in the human system. "Have you had your *Lactobacillus bulgaricus* today?" asks the National Yogurt Association.

Mainstream science has long scoffed at special health claims being made on behalf of yogurt, but recent research suggests there may be something to the idea. Yogurt and other forms of cultured milk may help fight disease, studies indicate, and thereby could enhance life expectancy.

Several theories link fermented milk foods and cancer prevention, while other researchers see evidence that such products enhance the immune system and combat maladies from vaginitis to dysentery.

Whether such effects make a significant difference remains to be seen, and it's worth noting that none of the nutritionists I contacted — including one who worked for the dairy industry — was aware of any special virtue in yogurt aside from the widely agreed nutritional value.

The supposed benefits of *Lactobacillus bulgaricus* and the other benign microbes in fermented

milk products raise the question of whether that dish of frozen yogurt, enjoyed as a healthy dessert, really was yogurt.

The first boom in frozen yogurt petered out when customers tired of a taste that many found too sour or even bitter. The second wave, which started in the mid-'80s and has yet to crest, began to roll when manufacturers came up with new and more popular formulas.

These, critics charge, are really ice milk products with a bacterial cultures added at the end. The U.S. Food and Drug Administration is working on a formal definition of frozen yogurt that could, in principle, deny the name to many such products now on the market. Most industry observers believe that the agency will end up sanctioning whatever the market now allows.

Whether true yogurt or not, the frozen product is being pressed by new competition by reformulated ice milk products that appeal to customers looking for a guilt-free treat, low in fat and cholesterol.

These brands, sold by the package in freezer cases, are too new in the market to have made much of an impact, but some industry observers believe they could provide tough rivals for frozen yogurt.

So-called yogurt candy is another product made from essentially unfermented milk solids with some bacteria added. Yet other products begin with a true cultured milk but kill the bacilli with heat treatment at the end of the manufacturing process; these can not offer the benefits, such as they are, of a live culture.

In many European countries, heat-treated products cannot be called "yogurt." The U.S. government, so far, is more tolerant, although the Food and Drug Administration does require labeling as "heat-treated after culturing" in these cases. Yogurt with live cultures will carry the words "with active yogurt cultures" or similar language.

RECIPES

People have been making yogurt for millennia, and many keep up the custom today. You begin with pasteurized milk, heated until tepid, and add a prepared bacterial culture. Or you can stir in a few spoonfuls of commercial yogurt or buttermilk as a starter. Fermentation should take place in a few hours.

Those interested in trying the process would be well advised to follow instructions with the culture, available at health-food stores. You also can find specialized equipment for keeping the mixture at a temperature favorable to fermentation.

Most cooks will be satisfied to use yogurt in recipes, which exist today in multitudes. It's fair to say that the product has become a standard ingredient in the American kitchen.

We can begin a yogurt menu with a yogurt spread. In this case, we turn yogurt into a simple cheese by draining it of its whey. For other uses, the yogurt industry recommends stirring back in the whey that separates from yogurt as it stands — the thin liquid contains nutrients.

SOUTH-OF-THE-BORDER YOGURT SPREAD

- 2 (8-ounce) containers plain non-fat yogurt without gelatin (see note)
- ¼ cup reduced-calorie mayonnaise
- 2 tablespoons chili powder
- ¼ teaspoon salt
- Dash red pepper

Yields ¼ cup.

Line large strainer with double thickness of cheesecloth; set over large bowl. In another bowl, combine yogurt, mayonnaise, chili powder, salt and red pepper. Turn into prepared strainer. Pull up corners of cheesecloth and twist so that mixture is completely covered.

Refrigerate until mixture has drained and taken on spreadable consistency. Turn mixture into small bowl. Serve with vegetables or crackers.

Note: Yogurt sometimes contains gelatin to give it more body; it will be listed on label. Gelatin will inhibit necessary drainage.

Using same technique, you can make a yogurt cheese to be flavored as you like.

Yogurt Cheese: Simply turn yogurt into strainer, lined as in preceding recipe, and allow it to drain, refrigerated.

Blue Cheese Dip: Fold 2 tablespoons crumbled blue cheese into 1 cup yogurt cheese.

Fruity Yogurt Spread: Fold ½ cup jam into 1 cup yogurt cheese. Spread on muffins, toast or the like.

In the Middle East and India, yogurt is often cut with iced water to make a drink. Sometimes, fruit, such as mango, is added. This is an American adaptation of that idea.

YOGURT SHAKE

- 1 cup plain yogurt
- 1 small banana
- 1 tablespoon frozen orange juice or apple juice concentrate (or sugar or honey)
- 4 ice cubes

Yields about 2½ cups.

Place all ingredients into blender or food processor. Whirl until smooth.

Variations: Instead of banana, use 1 cup cubed melon, ½ cup fresh or frozen berries, ½ cup pineapple, 1 peeled and chopped kiwifruit or ½ peeled and cored apple.

This simple uncooked sauce goes with poached salmon or other simply cooked fish.

YOGURT DILL SAUCE

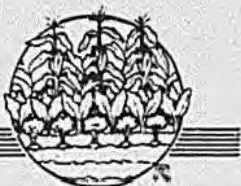
- 1 cup plain yogurt
- 1 tablespoon chopped fresh dill
- 1 tablespoon Dijon-style mustard
- 1 teaspoon lemon juice
- ½ teaspoon red pepper sauce (or to taste)

Yields about 1 cup.

Mix together all ingredients.

Backyard Gardener

By Patrick Denton



Summer cuttings make pretty winter plants

During August, before days shorten enough to slow root development and plant growth, it's prime time to take cuttings.

My first August foray for cutting will be made among some of the summer's most colorful flowers — zonal geraniums and impatiens, fuchsias and fibrous begonias, for example. Young plants made now from cuttings will be convenient, space-saving specimens for overwintering.

In a sun porch or at a fully sunny window (or under plant lights), the young impatiens, fibrous (wax) begonia and zonal geranium plants will bloom most of the winter and provide many cuttings in late winter for more plants to set outdoors in the spring. Young cutting-grown Martha Washington geraniums and fuchsias need humid, cool but frost-free wintering conditions such as one might find in a cool greenhouse or a bright unheated basement or attic room.

It's fun to experiment in August with cuttings from other summer flowers that we commonly grow as annuals, but are, in fact, perennials in their native habitats. It used to be quite common to find petunias blooming in bright places in homes during the winter.

The compact double-flowered forms are especially useful for potted indoor flowers. This summer I have a fence-box planter filled with the fully double Glorious Mixture, an old favorite tunic that I've returned after a lapse of many years, trying a few cuttings of these for winter flowers in my light garden.

Heliotrope and Datura (Angel's Trumpet) are two more old-fashioned, fragrant parlor plants that are possible to produce from cuttings taken from summer plants outdoors. I'll be taking cuttings from the best garden plants among them both.

I seem to recall my mother rooting a little scarlet salvia shoot one August. The plant bloomed at a sunny window almost all winter long, causing much comment from visitors to our house, who thought it must be a very rare and expensive tropical house plant. I can remember the thing was just about scalped for cuttings to satisfy the many requests for them.

Coleus is a flamboyantly tropical sort of decorator foliage plant that can be easily recycled via cuttings for winter color in the house. As with all cuttings, gather them from the most healthy and well-shaped plants bearing the colors that you find most attractive.

The first step in taking cuttings is to decide upon the plant or plants you wish to duplicate. But before removing pieces from the plants, prepare and fill the pots to receive them. Use either 4-inch-wide pots for single cuttings or set four or five cuttings of one type around the edge of a shallow azalea- or bulb-style pot 6 inches wide.

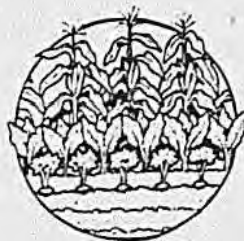
Scrub the containers clean and fill them with a purchased or homemade lightweight, sterile, open-textured mix. The medium most often recommended for cuttings is a blend of equal parts damp peat and either coarse sand or perlite. I prefer a blend of equal parts sterilized sandy potting soil, damp peat and perlite with a little bonemeal mixed in (about a teaspoonful to each 4-inch pot).

Remove shoots 4 to 5 inches long from the selected parent plant, and then recut each piece immediately below a leaf joint. This should reduce the cutting's length to the ideal 3 or 4 inches. Remove the leaves at the bottom half of the cutting.

Stick a pencil or chopstick into the mix to make a hole to receive each cutting. For softwood cuttings, first dip the cutting into a rooting hormone powder and tap off any excess. Stick the cuttings about halfway into the rooting mix and firm them in well. Water the containers, label the cuttings and set the pots inside clear plastic bags with sticks or wire hoops to hold the plastic above the cuttings. Don't enclose geraniums like this, though. They'll rot in the high humidity.

Set the enclosed containers in warm and bright light, but out of direct sun. Open the bags daily to let in some fresh air and maintain the mix a little on the dry side during rooting. Don't let it dry out, though.

Once new growth shows in the cutting, you'll know you've got fresh plants started. At this point, uncover the cuttings and plant those grown communally in individual 4-inch pots. Set the new plants in their fall and winter quarters by a bright window.



Our Children

By Willard Abraham, Ph.D.



Fireworks pose an annual hazard

Q. It is too late to do anything about an often misused holiday this year, but I can't help thinking about some recent fireworks tragedies in our town due to parental neglect. They happened to three little kids, and all were burned so badly that they required hospital treatment. Two of them will carry the deep scars their entire lives.

I wonder how their parents can be so stupid. Can you explain that to me?

A. That's not so easy, but what to do about such carelessness might be possible, especially with the help of a professional organization that is always alert to childhood dangers.

In a recent release of the reputable American Academy of Pediatrics, its members urged that public sales of all fireworks should be prohibited because of the threat of severe injuries.

"The considerable losses of life, health and money are almost entirely preventable by removing all fireworks from the hands of everyone but professionals," stated their Committee on Injury and Poison Prevention.

The academy included these so-called "safe and sane" fireworks on their dangerous list: fountains and candles that shoot out sparks or flaming balls, bottle rockets, other rockets, sparklers, smoke devices. They feel that parents should be encouraged to attend public fireworks displays rather

than to purchase them for home use.

Members of the AAP believe that education isn't enough for decreasing injuries; banning the dangerous types is more effective.

Here are a few scary facts on this subject:

- In 1988, it was estimated that 20 people died as a direct result of fireworks or the fires they caused.

- Hands, legs and eyes are the bodily parts most frequently involved.

- About one-third of fireworks eye injuries result in permanent blindness.

- Burns are the most common fireworks-related injury.

Can we add parental common sense to the prevention approach? I think we should.

Q. My two kids have become real radio fans lately since we clamped down on so much television watching. We've selected some pretty good radio programs for them (with their help), but

thought we'd ask if you know of any you'd like to suggest.

Would you please do that for us?

A. For a long time I've been sold on public radio stations I've tuned into, either at home, in my car or in other communities that have them. They almost always provide good programs for adults, children or both.

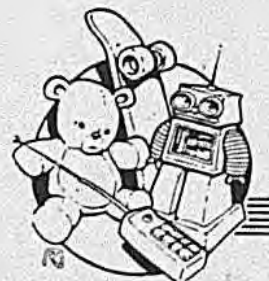
Included among the 1991 Corporation for Public Broadcasting Public Radio Awards were these programs prepared especially for children:

- "Pickleberry Pie," a series that celebrates the joys of childhood, aimed at children ages 3 to 7.

- "Class of 2000: The Prejudice Puzzle," a series that provides an opportunity to listen to how young people develop thoughts about other cultures and people.

Even though I don't know the ages of your youngsters, I can at least mention two others you might want to consider if you can locate them: "Louis Armstrong: The First 90 Years — The Kid from Algiers" and "The Imagination Workshop," a series of original comedy sketches and comic plays.

I hope there is a public radio station where you live or nearby. Their personnel can probably tell you if and when the ones I've mentioned are available and suggest other programs that would be enjoyable for your children, and maybe for you, too.



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Fitness Forum

Why kids aren't physically fit

By Jack Williams

Sometimes, in an age when the impact of technology can redefine our priorities, we forget that children are issued from the womb — and not from computers programmed for academic and/or athletic excellence.

The result? We may be producing a generation of children subjected to too much, too soon. And force-feeding them — both at the dinner table and on the playing field — to the detriment of their natural gifts and inclinations.

"We attribute competencies to them that they don't have and don't attribute competencies to them that they do have," said David Elkind, Ph.D., professor of child study at Tufts University.

Elkind was speaking recently at the annual Dairy Council Nutrition Press Conference in Costa Mesa, Calif., where he and other members of the Coalition for Healthy Children examined a number of issues facing the child of the '90s — including inappropriate expectations.

The expectations, it seems, apply directly to nutrition and physical activity, often afterthoughts to those weaned on MTV and Nintendo.

In order to build a foundation of fitness, children must realize that play is fun, said Dr. Stephen G. Rice, director of Athletic Health Care System, Division of Sports Medicine, in the Department of Pediatrics and Orthopedics at the University of Washington School of Medicine.

Said Rice: "The parent should investigate where is my child developmentally, what are safe, appropriate activities for my child, and then create a menu to offer the child and say, 'Now it's your turn to choose which and how much. What we're looking for is not whether you win or lose, but how hard you try and the best effort you give.'"

Only by offering children variety and withholding pressure to win can we effectively address some of the following dilemmas, said Rice.

- Forty percent of children ages 5 to 8 either have elevated blood pressure or cholesterol or don't exercise at all

- Kids are watching 24 hours of television per week, "and we know that for each additional hour you watch of television, the incidence of obesity goes up 2 percent."

- U.S. children score about one-quarter to one-third as well as European children on many fitness tests.

Children who take part in physical activities they enjoy, said Rice, exhibit less stress, better

self-esteem and fewer weight problems than either underactive children or the "overactive" child who is pressured by his parents to train and excel.

Left to their own devices, Rice noted, children naturally improve until about the age of 10 in most physical performance parameters.

"We see," he said, "that when you start to go through puberty, if you don't continue your training, you begin to decline. It really becomes a 'use it or lose it' (situation)."

"This is why we stress so much the need to learn to love activity and to be interested in what you're doing so that when you have to deliver, from adolescence into adulthood, you like enough activity to continue on your own."

So the emphasis, said Rice, should be on "fun and fundamentals: motor skills, social skills, things that are enjoyable and pleasurable that will carry over later in life."

As for competition, Rice noted, "psychologists tell us that it's not until about age 13 that kids really care enough to be interested in winning or losing."

A recent survey by the Athletic Footwear Association indicated that having fun is the No. 1 reason youngsters participate in sports. Winning ranked No. 10.

If choice and variety are offered on the playing field, it also should be provided at the dinner table, contends Elynn Satter, a registered dietitian and specialist in eating disorders in Madison, Wis.

Satter emphasized that there should be a division of responsibility among parents and children from infancy to 10 years old to determine the optimal diet. While parents determine what, when and where foods are offered, the children should determine what foods are selected and how much is eaten. And:

- The quality of a child's food intake should be evaluated over a few days rather than for one meal or one day.

- Eating should not be used to manipulate or control behavior.

- Studies at Duke University show the more restraint in feeding, the greater the obesity.

"You see children being very erratic in their eating," acknowledged Satter. "Some days they eat a little, some days a lot, some days they enthusiastically eat vegetables and other days they just turn them down cold."

"You have to be flexible and relax with children, and be more

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Continued On PAGE 6A

THE HEALTHY GOURMET



By Kit Snedaker

Sometimes a simple stuffing makes a mediocre dish exciting. Peppers benefit beyond belief from a stuffing, but a surprising number of other dishes become equally dramatic — turkey, veal, eggplant. Any vegetables with natural hollows can be stuffed, but the hard ones, such as squash, must be partially cooked first.

Best of all, stuffing doesn't have to add calories. The recipes below are plain dishes made fancy without extra fat, salt or calories.

Use the stuffings given here in anything that strikes your fancy. Make up your own dishes or find one great stuffing and use it in a variety of places.

VEAL STUFFED WITH EGGPLANT

- 1 small eggplant (about 12 ounces) unpeeled
- 1 1/4 tablespoons olive oil
- 1 small onion, finely chopped
- 1/4 teaspoon dry sage
- 1 clove garlic, minced
- 2 cups chopped spinach leaves
- 1/2 cup soft bread crumbs
- 1/4 teaspoon ground nutmeg
- 1/4 cup grated Parmesan cheese
- 1/2 cup white wine
- 1 1/2 pounds boneless veal round steak (about 1/4 inch thick) trimmed of fat
- 1 1/2 to 2 tablespoons flour
- 6 ounces mushrooms, sliced thin

Yields 4 to 6 servings. Each serving has about 232 calories, 8 grams fat, 94 milligrams cholesterol and 125 milligrams sodium.

Cut eggplant into 12-inch cubes. Spread in greased shallow baking pan coated with non-stick spray. Bake in oven preheated to 425 F until browned (20 to 25 minutes).

Meanwhile, heat 1 tablespoon olive oil in skillet. Add onion and sage. Stir over medium heat until onion is soft. Stir in garlic and spinach and cook until spinach wilts (about 1 minute).

Remove from heat and mix in eggplant, bread crumbs, nutmeg, cheese and 2 tablespoons of wine. Set aside.

Cut veal into 12 pieces. Place each between sheets of plastic wrap and pound with meat mallet or rolling pin until double in size. Put 2 tablespoons of eggplant mixture on each piece of veal, tuck in sides and roll up compactly. Fasten with toothpicks or skewers. Dust each roll with flour.

Heat last 1/2 tablespoon olive oil in skillet coated with non-stick spray. On medium heat, brown veal. Add mushrooms and rest of wine. Cover, lower heat and simmer until veal is tender (about 20 minutes).

Remove from heat, lift out veal and keep warm. Put skillet back on high heat and boil liquids in pan until slightly thickened. Spoon this sauce over veal before serving.

STUFFED PEPPERS

- 6 large green bell peppers
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1/2 pound turkey sausage
- 1 cup white rice
- 1 cup crushed tomatoes with their juice
- 1 1/4 cups low-sodium chicken stock
- 2 tablespoons chopped fresh basil (1 teaspoon dried)
- 2 tablespoons chopped fresh parsley
- Freshly ground pepper
- 1/4 cup grated Parmesan cheese

Yields 4 to 6 servings. Each serving has about 260 calories, 9 grams fat, 26 milligrams cholesterol and 280 milligrams sodium.

Preheat oven to 350 F. Coat square baking dish with non-stick spray. Cut thin slice from top of each pepper and core.

Heat oil in skillet and add onion and garlic and cook, stirring until soft. Add turkey sausage and brown, breaking up lumps and stirring for about 8 minutes. Add rice and stir to coat. Pour in tomatoes with juice and stock. Add basil, parsley and pepper. Reduce heat to simmer, cover and cook until rice is tender, 15 to 20 minutes.

Pack each pepper with cooked turkey/rice mixture. Put peppers into baking pan. Extra stuffing can be spread among peppers in bottom of pan. Sprinkle grated cheese over everything and bake 20 minutes or until peppers are soft when poked with fork. They should still have shape and be golden brown.

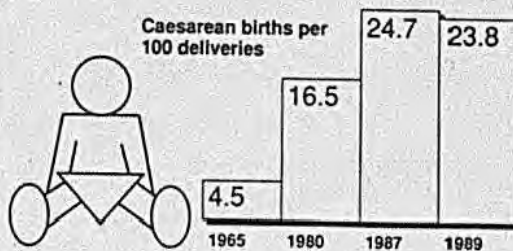
Veal Stuffed With Eggplant

- Calories per serving: 232
- Fat per serving: 8 grams
- Cholesterol per serving: 94 milligrams
- Sodium per serving: 125 milligrams

HEALTH WATCH

Caesarean births level after 20-year rise

The percentage of births by Caesarean section has leveled off during the last five years when compared to the steep increase in use of the procedure during the previous 20 years.



SOURCE: National Center for Health Statistics

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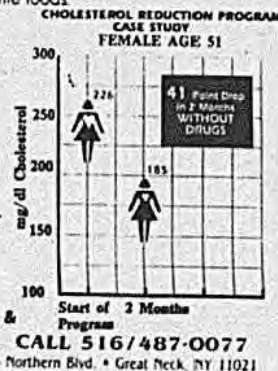
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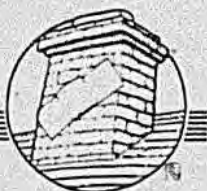
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Here's How

By Gene Gary



Q. We need information on deadening sound between our condo and the next unit. We share common walls.

A. A quick way to improve the sound resistance is to use a manufacturer's recommended adhesive to attach a second layer of drywall over the original (preferably your neighbor's side of the wall as well as yours).

If the first layer of drywall was installed vertically, install the new layer horizontally, and vice versa. You also can include the installation of a sound-deadening board under the drywall.

A better way is to build a free-standing wall two inches away from the existing one. This will require about 5 to 6 inches of floor space. It is important that there is no connection between the second wall and the first wall.

The framing of the second wall should be from wall to wall and ceiling to floor, leaving 1 to 2 inches of dead airspace as a buffer for sound transmission. A blanket of insulation between the framing

members also will help.

Additional sound resistance can be obtained by installing resilient metal channels to the studs on the new (second) wall. These channels are installed horizontally and screwed to the studs. The drywall is attached to the opposite side of the channel.

Although builders use these frequently, they are not readily available in hardware or some supply stores. You may have to check with a building supply dealer.

Q. We are considering building a patio during the remodeling of our home. Much of the remodeling and new look will be in the Southwest look. We would like to use Mexican tiles, the ones that look like adobe. However, I am uncertain as to the type of care these require. What would you advise?

A. The tile you are describing is terra cotta, which is often referred to as Mexican pavers.

This is a very porous tile and usually a system of penetrating

Mexico, most tile dealers recommend one coat of penetrating sealer be applied prior to the setting of the tile (sealing both the top and the underside of the tile).

Tiles that have been manufactured in the United States (and even some imports) may already be sealed. On these tiles additional sealers are not usually recommended.

It is best to check with your tile dealer for detailed information on color staining that can vary the color tones of the tile, as well as recommended sealers and protective coatings for the product you are buying.

One word of caution. Mexican pavers will always look rustic with various degrees of uneven shading. Be sure that this is the look you want. If you prefer a higher gloss and color consistency on your tile, you may want to reconsider your selection and go with a regular ceramic tile instead.

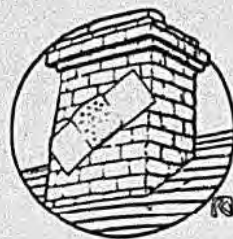
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One of our readers writes:

A recent letter in your column asked about a rub-on stick used to cover scratches in furniture. Although you provided several help-

ful suggestions, you did not mention Zenith Tikit Almond Stick.

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Decor Score

By Rose Bennett Gilbert



Q. We have what I think is called a "Pullman" kitchen, that is, it's long and narrow with all the cabinets, sink, dishwasher and refrigerator lined up on one wall.

We can't afford to remodel, but I would appreciate any ideas you can give me to add some personality to the space. The rest of our house is country French. — L.B.

A. You need to pull some of the attention away from that strung-out work space and onto the other wall. If there's floor space, bring in a mobile butcher block counter to create the kind of triangular work arrangement that saves steps and the cook. A narrow table, perhaps a drop-leaf, will also do the trick, even though it may be too low, at dining height, for comfortable use standing up.

Designers TuttoBene of Warrenton, Va., faced the same challenge when they did over the show house kitchen in this photograph: All the work and storage space was lined up like boys at a junior high dance against one wall. Some of their antidotes might work well in your kitchen.

• A table-cum-desk brings activity to the other side of the room. Adding a lamp makes it especially important, visually speaking, and balances the dark line of wooden cabinets.

• A wall-hung shelf of colorful accessories also draws the eye without consuming floor space. You could use such a shelf for practical storage, as well.

The standing screen is always a brilliant addition where you need a decorative touch that takes very little space. This one works especially well with its almost lifesize *trompe l'oeil* painting adding a "window" to the lifeless wall.

• The custom vinyl floor, inset with bright red squares (both from Armstrong) punches up the color scheme without being intrusive.

• Other personality-imparting

ideas include the curtain fabric repeated inside the glass-fronted cabinet and such Mediterranean-flavored accents as the copper molds, hanging herbs and exposed brick-and-stucco walls.



KITCHEN UPDATE — Warm woods, a witty painted screen and custom vinyl floor add Mediterranean spice to a once-bland kitchen.



LOCAL READER

CLASSIFIED ADS sure to get results

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

DEADLINE
TUESDAY
12 NOON

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

Garden City News • Call 294-8900
Great Neck News
Mid Island Times • Bethpage Newsgram
Syosset Advance • Jericho News Journal
• Call 931-0012
Williston Times • Mineola Edition
New Hyde Park Herald Courier
• Call 746-0240

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

Help Wanted

TYPIST, IMMEDIATE, PER-
manent Part time. Mon.-Tues.-
Wed. 9-5. Call 931-0012. htfm

SEEKING DAY CARE FOR MY
Locust St. school Kindergarten
3 days per week. Locust school
vicinity. References. Garden City
News, 821 Franklin Ave., Garden
City, NY 11530, Box #H. gcag5

WANTED PART TIME MALE/
female Deputy Code Enforcer for
Inc. Village of Williston Park. 16
hrs. per week, hours flexible.
Senior or retired person welcome.
Applications available at the
Village Hall, 494 Willis Ave.,
Williston Park, NY, Mondays
thru Fridays, 9:00 a.m. to 4 p.m.
wa5

SEEKING MATURE, ENER-
getic, loving woman to care for
infant in my RVC home. School
days/live out. Light housekeep-
ing, non-smoker, English speak-
ing, references required. 766-
0923. gcag5

CLARK BOTANIC GARDEN IN
Albertson seeks a part time
instructor to conduct "hands-on"
school workshops. Experience in,
or knowledge of, environmental
education is helpful. Call Elaine,
621-7568. wa3

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. wtfm

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. htfm

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, salary open. gcag3

F/T LIVE IN HELP WITH
lots of energy to help with 4
young children & house in
Garden City. Call for an interview
evenings 288-6891. gcag5

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

GAL FRIDAY. EFFICIENT,
energetic. Physician's office,
assist billing, handle records,
correspondence, Apple 2C.
Hours, salary neg. Non-smoker.
References. 747-7925. gcag3

TEACHER SEEKS CHILD CARE
& light housekeeping. Respon-
sible, loving, out-going. 3 chil-
dren, Mon.-Fri. in my Franklin
Square home. Non-smoker. Ex-
perienced, 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

PIANIST REQUIRED TO PLAY
one day a week commencing in
Sept. Hours 4-7:30 p.m. Must
sight read. Excellent pay. Please
call 248-1864. gcag5

DELI POSITION OPEN 8-2,
Mon.-Fri. Call Rob after 3 p.m.
741-0224. gcag3

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

DENTAL ASSISTANT/
Receptionist. P/T, experienced.
New Hyde Park area. 23 hours.
Write P.O. Box 3841, N. New
Hyde Park, N.Y. 11040. gcAg3

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

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

HIGH SCHOOL TEACHERS
wanted to tutor: biology, chemis-
try, earth science, mathematics,
social studies, AP history. Call
741-3550. ws1

DENTAL ASSISTANT WANTED
to join our friendly orthodontic
staff. New modern office, bene-
fits. No experience necessary. We
will train right person. 746-3204.
Full time. wa3

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

FILE CLERK FULL TIME.
Large insurance agency, excellent
benefits. Mitchell Field area.
745-0800, ext. 307. wa5

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

P/T LEGAL OFFICE MINEOLA
seeks mature person/returnee to
job market. Pleasant phone
manner, good organization skills
& attention to detail. Flexible
hours, non-smoker. Call 746-
8800. gcag3

Help Wanted

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

SECRETARY F/T. PLEASANT
working conditions, good pay.
Albertson. Non-smokers only
please. Call 741-6000 for ap-
pointment. Ask for Lance. gcag5

GAL FRIDAY. PHONES,
errands, filing, etc. Car neces-
sary. Garden City law firm.
\$8/hour. 746-3340. gcag3

TEACHER ASST. P/T. 3-6
daily. After School Program in
Roslyn with children ages 6-12.
Ideal for high school senior or
college student. For further
information call 484-9150, 10-4, or
488-4317 evenings. ha4

DENTAL ASSISTANT/
Receptionist. P/T, experienced.
New Hyde Park area. 23 hours.
Write P.O. Box 3841, N. New
Hyde Park, N.Y. 11040. gcAg3

GAS ATTENDANT P/T WEEK-
day nights; week-ends days &
nights. Prime location. Old
Country Rd. in Westbury. Ideal
for college student. 334-1918.
gcag3

GARDEN CITY PUBLIC
Schools has a vacancy for an
Assistant in its After School Child
Care Program starting Sept. 4,
2:30-5:30 p.m., 2-4 days a week.
(high school diploma & 1 year
related experience). Salary
\$8.50/hr. Call 294-3020. ha4

SMALL LAW FIRM P/T
Mineola - typing, bookkeeping,
reception. Experience preferred.
248-1220. gcag4

RELIABLE & RESPONSIBLE
child care for my 3 school age
children & one toddler in my
Garden City home. Mon. 8:30-
3:30 & Thurs. 8:30-6:30. Some
flexibility. Own transportation,
non-smoker, References. 739-
1802. gcsl

TEACHER NEEDS BABYSIT-
ter Wednesdays & Fridays
approx. 1:30 to 5 p.m. in my
Herricks home (or yours if close
by). Will consider a mom,
grandma or high school/college
student (addl. hours possible if
desired). Please call 741-5419.
ws1

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

RN NEEDED P/T 1 OR 2 DAYS
a week Garden City pediatric
office. Call Mon.-Fri. 746-2272.
gcag3

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.
717-5350. wtfm

BABYSITTING - GARDEN CITY
mother with older children
wanting to babysit occasionally.
Preferably daytime. Thank you.
248-5896. gcag4

COMPANION AIDE WITH
Experience available full time.
Live in or out. References. (516)
795-6629 or (212) 992-6256. wa5

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. Reason-
able 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 refer-
ences 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

NANCY CABRERA IS AVAIL-
able for housecleaning daily or
sleep out. Has references. 481-
7570. Call after 2 p.m. gcag5

HOUSECLEANER, HOUSE-
keeper looking for job. Experi-
ence, references & own transpor-
tation. Call 868-4790 or leave
message. gcag5

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

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 your pet lots of TLC. Fenced in yard. 352-9113. ges2

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 489-6776 Ask for Anette or Ted. gcAg4

CHILD CARE AVAILABLE IN Garden City home. Former nurse's aide, reliable, responsible & experienced. Reasonable rates. References available. Call 294-6393. gcAg5

LOOKING TO TAKE CARE of elderly person during the day. Sleep out. Please call Mrs. "J". 485-7017. gcAg5

RESPONSIBLE, RELIABLE Nurse's Aide with experience will take care of sick, elderly people. Excellent references. 326-2917. gcAg5

LOOKING FOR POSITION AS babysitter or housekeeper. Please call 718-485-3400. Ask for Lucinda. gcAg5

HOUSEKEEPER AVAILABLE - Honest, hard worker looking for daily housecleaning position. Experience & references. Call any time 483-5815 or 489-7166. Susann. gcAg5

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 HOUSECLEAN- ing 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

I'M LOOKING FOR HOUSE- keeping/Babysitting job. Experience & references. 293-8424 or 997-4221. gcAg5

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

BABY SITTER AVAILABLE P/T Every day after 6 p.m. Reliable, excellent references & experience. Own transportation. Call Masha (516) 741-6234. gcAg4

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

POLISH WOMAN WITH EX- perience looking for live in housecleaning position. (516) 942-5390. gcAg4

HOUSECLEANING JOB wanted. Experience & references. Good rates. 481-7355. Ask for Sandra or Byron. gcScl

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

COMPANION FOR ELDERLY. Live out. Experienced, reliable. 718-327-1550. wa5

POLISH WOMAN LOOKING for job as housekeeper in Garden City. 565-1751. Ask for Agnes. gcAg5

HOUSEKEEPERS/DAYWORK- ers. Windsor Employment Agency, 1 Cutter Mill Rd., Great Neck, Mrs. Shuster. Licensed owner. 487-2818. hag4

Situations Wanted

AFTER SCHOOL CHILD CARE offered by energetic, dependable, loving Mom in my Garden City home. Available also during school holidays. Excellent references. Please call 873-1636. gcAg5

31 YEAR OLD MALE LOOKING for a job in Garden City/Mincola area. Mailing & filing skills available. Willing to learn new things. Own transportation. Resume & references upon request. 747-8439. Ask for Larry Farrell anytime. gcAg3

HOUSECLEANER WILL KEEP your house in good condition. Call after 5 p.m. 742-4566. wsl

NURSE'S AIDE LOOKING FOR 4 days work (Monday - Thursday) 564-8520. gcScl

HOUSECLEANING - GARDEN City resident wants to help her cleaning woman find a cleaning job. She's reliable, a hard worker & trustworthy. Call 741-0337. Ask for Donna. GCSc1

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References. 475-7966. GCN1

LOOKING FOR WORK 4 nights a week as companion to elderly. Tuesday - Friday, 785-2014, 378-8771. gcScl

NURSE'S AIDE LOOKING FOR WEEK-END JOB OR 3 DAYS A week. Please call 379-7521. gcScl

POLISH LADY LOOKING FOR housecleaning &/or ironing. Good references and experience. Please call 489-8006. gcScl

EUROPEAN HOUSEKEEPER available to clean your house. Reliable, experienced & meticulous. Available Mon., Tues., & Wed., Excellent references. Josephine 437-2084. gcScl

HOME ATTENDANT very responsible with some nursing skills, available to care for sick/elderly patient. Hours to discuss, pay neg. Verifiable references. Please call 294-3454 between 9-5. gcScl

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

NURSE'S AIDE LOOKING FOR 4 days work (Monday - Thursday) 564-8520. gcScl

HOUSECLEANING - G.C. resident wants to help her cleaning woman find a cleaning job. She's reliable, a hard worker and Trustworthy. Call 741-0337. Ask for Donna. gcScl

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References. 475-7966. gcN1
LOOKING FOR WORK 4 nights a week as companion to elderly. Tuesday - Friday, 785-2014, 378-8771. gcScl

Situations Wanted

EXPERIENCED, MATURE Nurse's Aide seeks job taking care of elderly invalid. Live out. Night or day, non-smoker. References. 485-6276. wsl

HOUSECLEANER, REFER- ences, own transportation. Experienced. 338-5970. wsl

NURSE'S AIDE. N.Y. STATE certification. 14 yrs. geriatric experience desires P/T hours. Mature. 867-0351. gcScl

IRISH GIRL NURSE'S AIDE available to work days or nights. Experience & references available. Call 718-470-6275. gcScl

CERTIFIED NURSE'S AIDE will work for sick or elderly. 6 to 8 hours, per day. Will work evenings or weekends. Own transportation, references. 484-4321. wsl

WILL BABYSIT YOUR CHILD IN my New Hyde Park home Mon. to Fri. References. 746-7773. wsl

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

IRISH COMPANION AIDE 14 years experience. Garden City area. 248-0681. gcScl

DRIVER AVAILABLE P/T OR F/T for family in Garden City. Excellent personality. European. Call 868-4790. gcScl

NURSE'S AIDE LOOKING FOR Weekend job or 3 days a week. Please call 379-7521. gcScl

POLISH LADY LOOKING FOR Housecleaning and/or ironing. Good references and experience. Please call 489-8006. gcScl

EUROPEAN HOUSEKEEPER available to clean your house. Reliable, experienced and meticulous. Available Mon., Tues., & Wed. Excellent references. Josephine, 437-2084. gcScl

HOUSECLEANING JOB wanted. Experience & reference. Good rates. 481-7355. Ask for Sandra or Byron. gcScl

Real Estate For Sale**HELGA CROSBY'S BEST BUY**

"When love and skill work together, expect a masterpiece." Plaster crumbling, leaky ceiling stains, wooden floors that have seen better days but never mind. You can't find many houses for this price today with the numerous architectural details that make this house special. For under \$200K, you can have a 3 BR Colonial Northeast with a sense of identity. **HELGA FRANKWICH CROSBY** - Studwell Ventures 746-7077 after 6 p.m. 746-0563. gcAg3

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

Real Estate For Sale

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

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

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

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

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 Mincola & Hempstead train lines. Tullamore Park, Homestead & Stratford schools just around the corner. By owner \$465,000. 742-4271. gcAg4

MONTAUK - 2 RM CO-OP One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit., cable TV. Must sell. Asking \$42,500. Great Rental History. 724-5572. ha4

MINEOLA/PARK AREA - Spacious expanded wide-line Cape includes new oak kitchen/FDR/Family room, 2 baths (new), 4 BRs, all superb condition. \$219,000. Vern Rock Realty (516) 354-5888. gcAg2

SOUTHOLD BAYFRONT - Private park community with deeded boat mooring rights, protected harbor within 500 feet. Year round home, 20 mile panoramic views, 1/4 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 bather'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. gcScl

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. gcs1

HILLSIDE AVE., NEW HYDE
Park - 4 BR Brick house, attached
garage, patio, LR/FPL, DR, EIK,
1 bath, full basement. Excellent
professional location. Principals
only \$229,000. 747-6759 evenings
gcag5

GARDEN CITY ESTATES
CH Colonial, brick/slate, fully
renovated in/out, new appli-
ances, 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

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/pl, private
yard w covered Patio, attached
garage, CAC sprinkler & alarm
system \$400K. Owner 747-8145.
ws1

BERKSHIRES, COLUMBIA
County - Rt. 82 Ancran, Gallatin,
N.Y., near Taconic State Park and
Cataumet 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

GARDEN CITY ESTATES
5 BRS, 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.
gca

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

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 cathedralized
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
kitchened garage. Priced to sell.
Low 200K. 765-5496. gcAg3

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. gcs1

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

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. Wsgk to
everything. Principals only.
775-1133. wA3

GARDEN CITY ESTATES
- English Colonial. 4/5 BRS, 3 full
baths, large modern EIK/deck,
LR/marble FPL, FDR, original
English wood paneled library.
Moldings, brass sconces. Finished
basement/laundry. New
windows & oak floors throughout.
Slate roof, 2 car garage, park-like
yard on beautiful street. Walk to
RR. \$475,000 principals only.
746-6893. gcag5

NEW HYDE PARK. 4 BR
Cape. Mint condition, possible
M/D. 3 private entrances, 3
baths, 3 kitchens, fin. bsmt., gas
heat, 1 1/2 garage, extras. Near all.
Owner \$249,000. 488-5497. gcs1

GARDEN CITY DRASTIC
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. gcs1

MATTITUCK \$52,000 PRICE
reduction. Just received on this
scarce boater's building plot with
frontage on James Creek Canal to
bay. Now only \$112,500. See
today! Bookmiller Real Estate
722-4423. gcag3

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

Real Estate For Sale

CUTCHOGUE-BIKE TO BEACH
or boating from this 2 BR, 2 bath
Cape Cod. Large LR fpl, EIK &
DR \$159,000. Southold. Lovely
Cape Cod with front porch on 1/2
wooded acre. 4 BRS, 2 baths,
LR/fpl, DR, EIK, deck, 1 1/2 car
garage. Walk to beach. \$195,000.
Southold - Unobstructed views of
L.I. Sound from this unique 3 BR,
2 bath soundfront home. Large
beach front cabana/guest house
with fpl. Just reduced \$395,000.
Southold. Story book bay front
cottages on 1/2 acre features
panoramic views, great room with
cathedral ceiling & fpl, 3 BRS, 2
baths plus separate guest quarters.
\$619,000. Marilyn Lang Real
Estate 734-6690, 734-6472. gc3

SOUTHOLD (PECONIC)
Charming house nestled in
woods. Priced to move quickly.
Private bay beach, 3 BRS, fpl, IGP
with deck. \$175,000. 734-5781,
826-4130, 783-8238. gcs1

NEW HYDE PARK/HERRICKS
Spacious 8 rm. brick Split level
includes deck off FDR, fam. rm.,
2 1/2 baths, CAC, alarm, 2 car
garage. Lovely yard, all superb
condition. Low \$300's. Vern Rock
Realty 354-5888. gcag3

CUTCHOGUE EX GARDEN
City residents selling 3 BR, 3 bath
Ranch. Large LR/fpl, FDR, new
EIK, CAC, 1 acre. Excellent
condition. \$395,000. 734-5779.
gcs1

ATTENTION BUILDERS OR
investors. Bethpage residential
lot 50 x 100. Vacant building
parcel needs subdivision. For sale
by owner. Call 938-7192. gcs1

GARDEN CITY CENTRAL
Section. Serious buyers only need
inquire about this 5 BR, 3 bath
"Barnes" expanded Ranch. Owners
want offers. Call Joan H. or
Barbara B. for appointment.
Priced to sell immediately at
\$329,000. Prudential L.I. Realty
354-6500. gcag3

GARDEN CITY. MINT
Condition Split level in the heart of
the Estates. Lovely awninged deck,
fam. rm., 3 BRS, 2 baths. Walk to
station & Stratford school.
\$369,000. Owner 742-4249. gcs1

GARDEN CITY CONTEMPORARY
living for the growing family.
Cathedral ceiling, fam. rm., new
kit, 3 BRS, 2 new baths, new vinyl
siding, windows. Prime Estates
location. \$399,000. Owner 742-
8337. gcs1

MOVE RIGHT INTO THIS
stone & brick home. Western
Section overlooking golf course.
LR/fpl, FDR, new designer kit, 3
BRS, 2 baths. Great buy at
\$349,000. Owner 593-2613. gcs1

GARDEN CITY. MINT
Western Ranch. 4 BRS, 3 baths,
CAC \$300's. Impressive Contemp
4 BRS, 3 1/2 baths, fam. rm., CAC.
2 car \$500's. Impressive Brick CH
Colonial. Centrally located. 6
BRS, 4 1/2 baths, fam. rm., 3 fpls,
over 1/2 acre \$1,000,000 plus.
Vern Ataman 354-1994. gcag3

GARDEN CITY CAPE
Western Section. 4 BRS, 2 full
baths, LR/fpl, FDR, EIK, low
taxes. Move-in condition. Reduced
to \$299,000. 326-9294. gcs1

Real Estate For Sale

EAST ROCKAWAY, NEAR
Lynbrook. Two BRS, EIK, DR,
two enclosed porches, LR/fpl.
Attic, utility rm., garage. Asking
\$160,000. Low taxes. Call week-
ends 887-2934. ws1

MINEOLA AREA CONDOS
Co-ops: Horton House 1 & 2 BRS
starting at \$79,000. Cathedral
Gardens 4 RMs \$79,000. Garden
Plaza Gramercy \$66,000. Leasing-
ton \$90,000. Madison \$112,000.
Clinton Arms 1 1/2 baths, terrace
\$110,000. Harrison House 2 BR
\$145,000. Others available with
The Valentine Agency 746-7200.
wa5

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.
gcs1

GARDEN CITY - TOTALLY
Renovated, uniquely charming
Colonial. 3 BRS, maintenance
free, low taxes. Asking \$339,000.
Principals only. Call 741-3878.
Open House Saturday, August
24, 10-noon. gcSe1

GARDEN CITY NORTHEAST
Expanded Ranch. 5 large BRS, 2
baths, EIK, for rent \$2400 or for
sale \$369,000. Owner 742-8337.
gcs1

GARDEN CITY BROOK ST.
Cape. 4 BRS, 2 baths, LR/fpl, DR,
large fam. rm./fpl on 60 x 125.
Must see at \$369,000. Owner
742-8337. gcs1

CUTCHOGUE. LOVINGLY
maintained & tastefully decorated
Century old Farmhouse. 3 BRS,
1 1/2 baths, cozy FPL in LR to
warm you up in winter &
screened porch overlooking IGP
to cool you in summer. Now
asking \$185,000. Southold. Walk
to sound beach. Attractive 4 BR.
2 bath Cape on treed 1/2 acre with
fpl, attached garage, full bsmt &
2 zone OHW heat. Properly
priced at \$195,000. Peconic.
Cheerful 2 story home built for
M/D living. Very spacious &
private 3 rm, 1 bath apartment for
mom. Anxious sellers asking
\$275,000. Orient. If you're
looking for seclusion, this is it.
Large rustic Contemp on 3
wooded acres with IGP & tennis
court. You would have to see it to
believe it. Drastically reduced
\$495,000. Southold Waterfront -
Most prestigious area. Distinctive
Colonial with deep water dock, 3
BR, 2 1/2 baths, amenities galore.
Yours for \$639,000. Marlon King
Realty 734-5657. rcA3

FLORAL PARK - LEGAL 2
FAMILY OR M/D.
80 x 100, brick, 3 1/2 over 5.10 foot
ceiling in basement, full attic.
LR/FPL, zoned professional in
residential area. Walk to stores,
schools, houses of worship, RR
station. Lowered price for quick
sale. Needs some work. Asking
\$285,000. Owner (516) 352-4922.
gcSe1

Real Estate For Sale

NASSAU POINT/CUTCHOGUE
Bayfront. First offering by
owner. Beautiful 2 year Ranch
with own beach & cabana plus 4
BRS, 4 1/2 baths, 2 FPLs, family
room, LR, DR, master BR &
kitchen. All with spectacular
views, CAC. Beautifully land-
scaped. \$885,000. 734-7871. gcSe1

SOUTHOLD WATERFRONT
Cape with expansive views &
great sunsets. LR/FPL, cathedral
ceiling, family room/FPL, 2 BRS,
1 bath plus loft on 1/2 acre. Asking
\$245,000. Nassau Point. New
waterfront Contemp with bay
views & deep water boating. Lg
LR/fpl, DR, EIK, den, MB Suite
& 2 BRS on wooded acre
\$595,000. East Marlon Cedar
Contemp year round/vacation
retreat features 3 BRS, 2 baths,
LR/fpl, new Euro kit. Steps to
sandy beach & boating. Profes-
sionally landscaped. Reduced to
\$249,000. New Suffolk. Water-
view Country home. 4 BRS, 1 1/2
baths, LR/fpl, EIK, deep water
docking available. Low taxes.
\$199,000. East Marlon. Bayfront
sandy beach. 3 BRS, 1 1/2 baths,
enclosed porch. Million dollar
view. \$239,000. Mattituck Water-
front. First offering Country
home located on quiet lane/
features LR/fpl, 2 BRS, 2 baths,
screened porch, serene views,
bay access. \$269,000. Nassau
Point. Wooded building lot with
privacy & seclusion. Walk to
beach. Best value. \$79,000. Burt
Lewis 734-5533, 298-4600. gcag3

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. 1/2 acre. By
owner \$185,000. 485-5098. gcag4

222 SEVENTH STREET CONDO
Newly renovated throughout.
First floor overlooking beautiful
court yard. Walk to all. Owner
\$189,000. 742-8337. gcs1



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

MINEOLA CLINTON ARMS
- Huge 1 BR, 1 1/2 baths, top floor,
terrace, indoor parking. Walk
LIRR, courts, hospital. Mint
\$110,000, neg. Owner 747-8919.
gcag5

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

CHERRY VALLEY 1 BR MINT
condition. New kit & bath, wall to
wall, ceiling fan. Walk to LIRR &
stores. Maintenance 81% deduct-
ible. Owner anxious. \$85,000.
294-7889. gcs1

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

N.Y.C. EAST 56th ST. CO-OP.
Large, sunny, alcove Studio.
CAC, 24 hr. doorman. \$89K or
\$1,200 rental. 746-5194. gcag5

GARDEN CITY CHERRY
Valley 1 BR Co-op, first floor.
Walk to LIRR & stores. \$93,000.
Principals only 294-9556. gcag5

CO-OP IN HOLLISSWOOD
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

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. gcag5

GARDEN CITY - HEART OF
Village. LR/fpl, DR, EIK, 2BRs.
\$145,000 741-9659. gcag5

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.
Skyline, 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 3 BR CO-OP ON
7th St. Oversized LR & DR, fpl,
Country EIK, 2 full baths, foyer,
washer/dryer, a/c, new windows.
Walk to RR, shops, schools. Mint
condition. Must sell \$219,000.
Call 742-1268. gcag4

GARDEN CITY / HEMPSTEAD
Cathedral Gardens - 1 BR Co-op.
Assumable mortgage. Low down
payment. Priced to sell. Owner
565-4117. gcag4

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. gcsl

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

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

Real Estate For Sale

GARDEN CITY/CHERRY
Valley. Spacious 4 RMS, 2 BRs,
DR, corner unit/view, top floor.
Move-in condition. Walk RR
\$119,000. Spacious 3/4 RMS, all
updated, corner unit/view, wall
to wall, CAC, all superb
condition. Walk RR etc. \$99,000.
Vern Rock Realty 354-5888. gcag3

MINEOLA 1 BR CO-OP. WALK
to LIRR, wall to wall, 2 a/cs.
Move-in condition. 24 hr. secur-
ity, near all shopping. \$97,000.
746-6498. gcag5

MINEOLA 1 BR CO-OP.
Walk to LIRR, wall to wall, 2 a/cs.
Move-in condition. 24 hr. secur-
ity, parking. \$97,000. Near all
shopping. 746-6498. gcsl

MINEOLA - HORTON HOUSE
1 BR, large LR, secure building.
Convenient to RR, hospital,
grocery. Must sell. \$79,000. By
owner. 747-8711. gcag4

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

GARDEN CITY CO-OP, 1BR, 1
bath, LR, Dining area, kit. Owner
says sell! Furnished or unfurnished!!
Under \$100,000!!! Call
Studwell, 746-7077. wa3

Open HOUSE

GARDEN CITY ESTATES SPLIT
by owner. 234 Kensington Rd.,
Garden City. Sat., Aug. 17 &
Sun., Aug. 25, 11-3. Principals
only. 747-0774. gcag4

GARDEN CITY, 6 SOMERSET
Ave. Sundays, Aug. 11, 18, 25 &
Sept. 6, 1-3 p.m. or by
appointment. 3 BRs, 3 1/2 baths,
den off 4th BR, LR/fpl, cathedral
ceiling, formal DR, EIK, fin.
bsmt. w/wet bar, 2 car garage.
Move-in condition. Owner. 747-
9346. gcag5

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.
gcag5

NEED NON-SMOKING FEMALE
to share quiet upstairs apartment
in Garden City. Separate en-
trance, separate rooms, share
bath. Near RR. Clean & beautiful.
354-5064. gcag3

GARDEN CITY ROOM FOR
Rent. Non-smoker, walk to
station. Share bath. \$450. 742-
706. gcag5

Real Estate For Rent

NEW HYDE PARK APART-
ment for rent. Excellent one BR.
All new appliances, including
sofa bed, kit set. Walk RR, bus,
all stores. Utilities included.
Private entrance. Available now.
\$595. Call 775-2456. wsl

LOOKING FOR MALE OR
female roommate to share house
in Williston Park. Walk to LIRR.
\$450 a month includes utilities.
248-5373. wsl

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

FRANKLIN SQUARE - BRAND
New basement studio, separate
entrance, non-smoker, no pets.
Single preferred \$575 incl.
utilities. 437-0051. gcag5

HOLLIS HILLS/FEMALE
Mature, responsible share
spacious, beautiful home. Non-
smoker. Near transportation,
residential area. \$500 includes
utilities. (718) 465-0952. gcag5

FRANKLIN SQUARE - 3 1/2
Very large rooms BR, LR, EIK,
full bath, private entrance. Good
location between Southern State
and Hempstead Tpk. One block to
bus and all conveniences. Quiet,
respectable business person.
Immediate \$750 plus electricity.
(516) 328-9175. gcag5

WILLISTON PARK LEGAL 2
family expanded Cape. Upstairs
= 2 BRs, LR/DR combo, kit &
bath. Ground floor = 3 large
BRs, LR, FDR, EIK, fin. bsmt.,
1 1/2 baths, parklike grounds, walk
RR, all. Owner 741-9263, leave
message. \$325,000 or rent down-
stairs \$1150+. wa5

GARDEN CITY / HEMPSTEAD
Cathedral Gardens. 1 BR Apart-
ment 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

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

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. gcag5

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, 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

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

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

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

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

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

GARAGE FOR RENT
Mincola Park section. Perfect for
storage. \$75 per month. Available
Sept. 1. Call 746-3141. wa5

BELLEROSSE VILLAGE/
Nassau - 4 rms. Walk LIRR,
city/Nassau buses, over office,
EIK. Immediate. Suitable for 2.
\$700 firm plus utilities. 352-5659.
gcag5

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

Real Estate For Rent

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

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.
gcag5

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

JERICHO. 3 LARGE RMS.,
private ground floor entrance, Hi
Ranch. Convenient, no pets. One
month security \$675 includes all.
Sept. 1. 433-1302. gcsl

NEW HYDE PARK APART-
ment for rent. Excellent 1 BR apt.
All new appliances incl. sofa bed
& kit set. Walk to buses, RR & all
stores. Includes all utilities. Avail
now. \$600. 775-2456. hsl

N.E. BELLEROSSE
completely renovated 3 room
apartment. Convenient to all.
Great location. 9/1 occupancy.
Private entrance. Asking \$675.
Call (516) 328-8244. gcsl

Vacation Rental

VERO BEACH, E. COAST,
Florida: New immaculate furn-
ished 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, exer-
cise 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. Sandial 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 beauti-
fication program. One or two BR
Condos with full kitchens. Rent
daily, weekly, etc. Reasonable.
(516) 746-2211, (516) 326-7711.
gcsl

MONTAUK - FALL GETAWAY
Special. 3 days \$172 couple. 2 RM
suite, heat, full kit. Sleeps four.
Walks, dining, shopping.
Hundred feet to beach. Immacu-
late. Call 724-5572. ha

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the Display Classified Section of
Discovery.

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Vacation Rental

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

gcag3

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

gcAg3

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

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

gcAg5

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

gcA3

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

MARCO ISLAND, FLORIDA.
French village, 2 BR, 2 bath Condo. Pool, steps to gulf. Weekly/monthly, reduced rates now through Dec. Owner 718-352-5798.

ws1

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.

gcS1

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

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.

gcSe3

Half the price of a postage stamp.
That is all this newspaper cost you per week delivered to you by mail.

Real Estate Wanted

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.

gcag3

LONGTIME GARDEN CITY
Resident with 2 mature children looking to rent 3 BR house in Garden City with option to buy and/or rental only. Move right in. Call 741-1593.

gcag5

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.

gcag3

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

gcS3

3 BR, WASHER/DRYER
hook up preferred. Use of yard \$900 a month. Prefer Garden City, Williston Park, West Hempstead, Franklin Square, 221-3070. Ask for Denise.

gcAg4

Car For Sale

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

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

gcag4

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

gcag4

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

gcag4

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

wa3

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

gcag3

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

hAg4

'83 BUICK SKYLARK. 4 DR,
A/C, power steering, power locks, cruise control, AM/FM cassette. Well maintained. Good running condition. \$2,500. 58,000 miles. 248-9498.

gcag5

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

Car For Sale

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

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.

gcag4

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

wa4

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

gcag4

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

hAg4

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

hA4

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

gcag4

REDUCED 1985 MERCURY
Marquis, 4 Dr., 6 cyl., A/C, power windows & brakes, full front seat. Excellent condition, 78K, reduced to \$2500 negotiable. Call 364-2916.

htfn

1988 LINCOLN TOWN IS YOURS
for \$11,900. Loaded. Like new. 741-6675.

gcag5

'86 CHEVETTE, 4 DOOR,
at, ps, a/c, AM/FM, 63K. Mint condition. \$2,300 neg. 516-741-6254 or 718-847-2862.

gcag5

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

gcag4

1988 LINCOLN MARK VII LSC.
Immaculate, white/grey leather. Every option including 100K warranty. Local doctor's wife's car. 59K. Best offer over \$11,000. 248-1864.

gcag5

1984 CHEVROLET CELEBRITY,
6 cyl, A/T, A/C, white with burgundy interior, 62,000 miles. Service records & excellent mechanical condition. \$1450 neg. 935-6417.

hs1

Car For Sale

'89 NISSAN SENTRA, 2 DR,
4 speed immaculate in & out. Asking \$3,950. 718-347-3705 (Floral Park, Queens).

gcS1

1989 JEEP CHEROKEE
Blue with grey int. 27K miles, sun roof, Michelin A.T. tires, garage kept, 5 speed, man. trans., mint cond. \$12,500. 873-9112.

gcS1

MERCEDES BENZ '69 280 SE,
4 door sedan, full power, leather interior. Excellent cond. \$5,300. 957-0684.

gcS1

'89 HYUNDAI SONATA MID-
night blue, 4 door, automatic, high power cassette, sun roof, alarm, alloy wheels, 11,000 miles. Great commuter car. Asking \$7,900 (516) 742-7271.

gcS1

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.

gcS1

STATION WAGON BUICK 1983.
Power steering, power windows. Very good cond. \$2,900.

Chevrolet Malibu. Gd. Cond.
\$350 741-7750. Call afternoons or evs.

gcag4

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

gcag4

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

gcag4

1988 VW JETTA CARAT 25K,
auto, all power, ext. warr., Benzl. Mint. \$9,500. 516-328-3318 after 6 p.m. Days 212-564-4777.

gcag5

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

gcag4

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

wa4

1990 HONDA CIVIC HATCH-
back \$1, 22,000 miles, a/c, power roof. \$9,500. 248-5278.

gcag5

Car Wanted

HONDA ACCORD MID 1980's
& up or larger Civic Sedan or Wagon. Reasonably priced, low mileage, one owner, garaged preferred. Please call 579-4186.

gcag5

Wanted

MEN'S LEFT HANDED GOLF
clubs. Please call 746-4820.

gcag5

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

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.

gcag3

INFANT JOGGING STROLLER.
873-6121.

gcS1

ADULT 3 WHEEL BICYCLE
3 speed, hand brake desirable. Call 747-2015.

gcS1

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

hag3

Services

JAMES F. MENTZ
CARPENTER-ROOFER
Small Jobs Reasonable

Skylights Installed
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Slate Roof Repairs
Roofing-Gutters-Leaders
Kitchens-Attics-Basements
LIC #401750000 593-2931

gcag2

HOUSECLEANING. LEVIT-
town area. Good references. Call 9 a.m. - 4 p.m. 579-6962.

ga3

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

gcS2

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.

gcS2

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

Wag 4

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.

gcag5

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

gcag3

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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. wtfw

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

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 #H0 418010000. gc53

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. gen1

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. w53

BUILD WITH BRICK Stoops*Fireplaces*Patios
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Quality Workmanship at Reasonable Prices
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Slate Roofs Repaired

Estimates 538-3813
LIC#H1735940000 gc5

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

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

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

For Sale

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

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

HARDMAN/PECK STUDIO upright piano. Solid mahogany attorney's desk, leather desk chair, file cabinets, sisal rugs, 78 rpm records, stereo speakers, electric keyboard, Salton hot table. 741-3513. gcag5

For Sale

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

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

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

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

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

GIRL'S FRENCH PROVINCIAL furniture. Off-white 6 drawer hutch, two 3 drawer dressers, corner desk. White eyelet curtains, white wooden shutters, white eyelet ceiling light. Great for Williston Park home. 747-8219. \$400 for everything. wa5

HONEY PINE DINING ROOM set, \$d' 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. w52

TWO ENGLISH BICYCLES \$75 each, stereo/TV cabinet \$25, leather queen size sofa bed (new), 437-9127. gc51

ANTIQUE CARVED OAK dining room set Tudor style. Unusual refectory table, 6 chairs, side board & server. Exquisite. \$1,250. 747-8613. gcag5

MAHOGANY CRIB, LAMPS from \$10-\$20. G.E. wall oven plus kitchen cabinets. Mink Stole, convertible couch \$50, dresser/mirror \$75, miscellaneous. 334-5999. gcag5

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

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

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

For Sale

G.C. MOVING - SELLING furniture, bikes, bookcase, twin bed, TV's, fancy mirror, dishes, modern living room set, glass table. Appointment only. 741-9740. wa4

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

JUNIOR DINING ROOM SET. Country French, 6 chairs, lighted china closet. Excellent condition. \$600, negotiable. 742-9085. wa1

ATTRACTIVE WALNUT BAR -white formica top with 3 bar stools. \$100 for set. 747-6012. gc51

SOFA BED, LOVE SEAT & rocker/recliner. Brand new. Must sell \$425 for all. 746-7985. gc51

COMPUTER FOR SALE. ATARI 1040 ST. Color monitor, mouse, dust covers, lots of games, software & literature. Best offer. Call Doug 248-4068 after 5:30 p.m. gc51

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

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

Boat For Sale

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

SACRIFICE. 1976 BAYLINER 25' cabin cruiser. 10, 280HP Volvo, low hours, prof. maintained, well equipped. \$4250. Call Frank. 775-7428. wa5

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

Instructions

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

SAT/PSAT TUTORING. BOOST your scores with personal instruction and preparation in your own home. Certified career high school English teacher with years of SAT experience. 423-1967 day or evening. htfw

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 Stetler & MaryAnne Weinstein. Call 437-0529 to reserve space in workshop. hag3

LATIN TUTOR. ALL LEVELS. N.Y. State certified. Experienced. Call James McFeeley 433-4219 after 4 p.m. gc51

Business Opportunity

YOGURT & SUCH FRANCHISE -Yogurt & Health Foods. 1 year old, new mall Suffolk County, owner. Days 488-7069, eves. 352-0423 or (718) 331-8764. gcAg3

ESTABLISHED PACKAGING & shipping store with high profit margin for sale by owner \$90,000 neg. Ford addl. information call 227-0560. gcag3

DISTRIBUTORS - OWN HOURS. National Weight loss company seeks individuals to market medically approved weight control products as seen on national TV. Unlimited earning potential. Very small inventory investment. NIWC 766-7180. gcag3



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

Garage/Tag Sale

MOVING SALE. SATURDAY, August 17, 9-5 at 64 Brixton Rd. Garden City (corner South Ave.) tools, speakers, homeopathic books & medicines, ping-pong table, furniture, sewing supplies, paintings, household supplies, cordless phone, jogger & more. gcAg3



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. A.R.C. gcag3



Garage/Tag Sale

MINEOLA MULTI-FAMILY Antiques, oak hoosier, oak bed, tables, other furniture, new crafts & craft supplies, baby items, ladies & childrens clothing. Something for everyone. Fri. & Sat., Aug. 16 & 17, 9 to 4. 153 Meadow Sweet Rd., Mineola, between Mineola Blvd. & Willis Ave., north of Jericho. wa3

SAT. & SUN., AUG. 17 & 18, 9 to 4. Computer, printer, electric typewriter, stereo amp., appliances, tools, books, records, kitchenware, AC, collectors plates & dolls, games. Something for everyone, no dealers. White Road, Mineola, half block north of Jericho Tpke. wa3

TAG SALE SAT., AUG 17, 9-3, 75 Shortridge Dr., Mineola, Oak dining room table, dinette set, exercise equipment, hi-riser, T I Computer, kitchen/garden items, books, bric-a-brac & much more. gcag3

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

SATURDAY, AUG. 17, 9-6, 161 Locust Street, Garden City (East of Clinton Rd.) Furniture, housewares, stereo, miscellaneous. gcAg3

MULTI FAMILY GARAGE SALE - Furniture, antiques, baby items. Sat., Aug. 17, 10-4 (Raindate Aug. 24) at 77 Kensington Rd., Garden City. gcag3

SATURDAY, AUGUST 17 & Sunday, August 18, 10-4 at 441 Madison Ave. West Hempstead (between Nassau Blvd. & Hempstead Ave.) Rain - indoors. Something for everyone. gcAg3

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. furniture. gcag3

TAG SALE - CONTENTS OF Home. Furniture, knick-knacks. No antiques. Friday, August 23 & Saturday, August 24, 9-3, 39 Clinch Ave., Garden City. gcag4

MANY MODELS
OF IN-LINE
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ROLLER BLADES
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ROLLER SKI

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

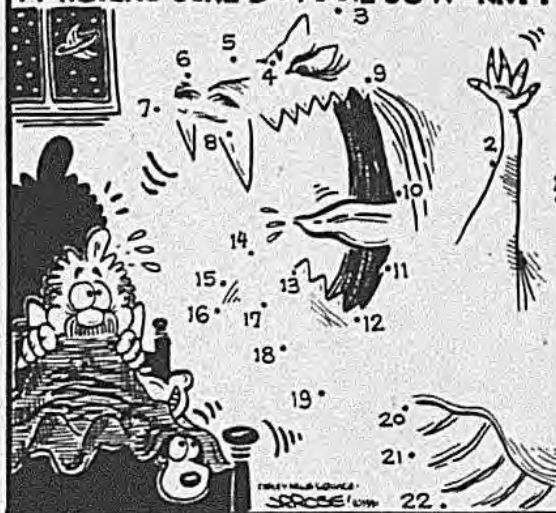
By J.R. Rose

DRAW IT!

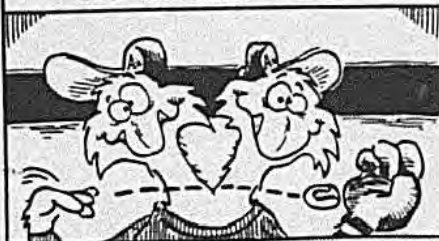
DRAW TEETH
TO MAKE
HAIRY
LOOK
SCARY!



AT NIGHT IT'S DARK HERE IN OUR ROOM
AND MONSTERS ALL AROUND US LOOM!
JOIN THE DOTS, BUT PLEASE DO HURRY.
MONSTERS SURE DO MAKE US WORRY!



WHY IS BASEBALL A MONSTER'S
FAVORITE SPORT?



THEY LIKE DOUBLE HEADERS!

IF ALL OF THESE MONSTERS
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MONSTERS ARE IN PUP'S CLOSET?



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FREE DELIVERY

ANTIQUE OR JUNQUE

By James G. McCollam



A 19th century cupboard is valuable

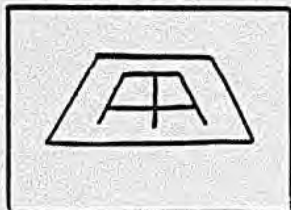
Q. Enclosed is a picture of a cherry corner cupboard with a painted interior and blown-glass doors. It is all original and in mint condition. It was supposedly made in Pennsylvania.

I would appreciate your opinion on its vintage and value.



A. Your corner cupboard was made between 1800 and 1820 and would probably sell for \$1,200 to \$1,500.

Q. The attached mark is on the bottom of a pair of ceramic bookends in the shape of an Indian head. I would like to know who made them and what would be a fair price for them.



A. These were made by Van Briggie Pottery in Colorado Springs, Colo., during the mid-20th century. A dealer would price them in the \$165-to-\$185 range.

BOOK REVIEW

"Official Guide to Watches" by Cooksey Shugart and Tom Engel (House of Collectibles, 201 E. 50th St., New York, NY 10022, \$16.96 plus 50 cents postage, or at your local bookstore).

This one has everything: 19th century pocket watches, 20th cen-

tury wristwatches and the beloved watches of childhood — Mickey Mouse, Donald Duck, Woody Woodpecker and all the rest. This is the most complete price guide

on watches available. There are more than 500 pages of illustrations and text plus at least 100 pages of ads.

TYPEWRITERS

Just how valuable are old typewriters? Which ones are the most valuable? They can turn up anywhere; probably half the homes in the country have an old manual typewriter stored under a pile of boxes on a closet shelf.

The ones that worked the best, sold the best, are also the ones you are most likely to have: Remington, Underwood, Corona, etc. Since they are not rare, they are the least valuable. These and others that bear familiar names usually sell for \$30 to \$100.

Then there are those that for one reason or another were not sold in great numbers, like Bennington, Merritt, Hammond, etc.

These and others with less familiar names will bring higher prices — \$100 to \$300.

The really choice collectible typewriters are even less well-known, with names like Dactygram, Niagra, McCool, etc. All of these will sell for more than \$300 if and when you find one.

The really once-in-a-lifetime finds are usually strange-looking contraptions that don't really look like the average person's concept of a typewriter. They bear names like Fitch, Sholes & Glidden, Maskelyne, etc. For one of these you can expect the price to be more than \$1,000.

So if it has a familiar name and looks like you think a typewriter should look, it's not a rare find.

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



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Points on Pets

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

Q. I see many dogs and cats left in parked cars in shopping-center parking lots. I constantly worry about these pets. How hot does it get in parked automobiles during the summer? Am I overly worried?

A. It is appropriate to warn all pet owners of the dangers of heat exhaustion. Closed or semiclosed automobiles can be extremely dangerous during hot summer months for dogs, cats and children.

Whenever the outside temperature is 85 degrees or higher, the temperature in a closed car may reach a lethal level within 15 minutes. In dark-colored automobiles, death-causing temperatures may be reached even faster. Puppies, short-nosed dogs, obese dogs and older dogs are more prone to suffer heat stress.

Signs of heat stress include a very high rectal temperature, rapid panting, fast pulse rate, red

gums, weakness, anxious or blank expression and eventually collapse and death. The rectal temperature may reach 106 to 109 degrees (the normal temperature of dogs and cats rarely exceeds 102.5 degrees). Vomiting is fairly common during severe heat stress.

Heat stress is an emergency situation. Immediate first aid should be administered. The dog should be immersed in cold water. If it is impossible to immerse the dog, spraying it with cold water is the next best option. Ice should be applied to the head and the inner thighs. The dog should be moved to an air-conditioned room. If the dog can eat or drink, small amounts of crushed ice or cold water should be offered.

Any dog suffering heat stress should be examined by a veterinarian. Many dogs suffer relapses following the first signs of improvement. The best treatment of heat stress in pets is prevention.

JUNIOR EDITION

WIN A BIG PRIZE!

LIST FIVE THINGS HERE THAT END WITH THE LETTER "E"
ALSO COLOR THIS CONTEST ENTRY.



Aunt Tilly's Corner

Last weekend we went to the beach with some of our friends. It was beautiful weather and we enjoyed swimming in the waves.

Some of our friends enjoyed building a giant sand castle right near the water. When other people around them saw what our friends were doing, they stopped to help. Pretty soon a whole collection of people, grown-ups and children, were building the castle.

It was beautiful when it was done.

Everyone tried to keep the sea from washing over the castle by building higher and higher walls. But in the end, the sea won as wave after wave came rushing over the walls. We don't like to think of it as losing a castle; we prefer to think of it as the sea taking back its own beach.

Your friend
Aunt Tilly

P.S. This week's coloring contest winners are Shulamit Marouni and Eric Schatz.

RULES

BOYS AND GIRLS

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

Here's all you have to do:
1. Contest is open to children 4 to 12 years of age.

2. Entries must be received by August 23, 1991

3. Paint, watercolors and crayons must be used on the above.

4. Decision of the Judges will be final.

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

The World's Most Beautiful Grandchildren



Second granddaughter and another cutie. Megan Nicole, 9 months. She lives in Spanaway, Wa. with her sister Kaitlyn and parents, James and Eileen Vaglia. Proud grandparents - Patricia and William Meyer of Garden City.



These are my grandchildren Christine 6, Linda 12, Allison 9 and Douglas Heron 4, of Jericho. The oldest girl belongs to Miss Lil's Dancing School in Hicksville. The two younger girls dance almost as well, imitating their sister. Dougie is blonde, blue eyes, and always smiling - but a real "Dennis - the Menace." I love them all.

Grandma Evelyn Merk
Hicksville

YOUR SOCIAL SECURITY

Retirement benefit is same as disability

By William M. Acosta

Q. At present I am receiving Social Security Disability benefits. I have had brain damage. I will be 62 years old in December of this year. Will I go on regular Social Security benefits at that time? — B.D.

A. Your disability benefits will continue as long as you are disabled. At age 65 you become entitled to retirement benefits rather than disability benefits. The amount of the benefit remains the same.

Q. I plan to retire next year and am thinking about leaving the United States. As a U.S. citizen living in a foreign country, would my checks be affected? — G.J.

A. If you are a U.S. citizen, you can travel or live in most foreign countries without affecting your eligibility for Social Security benefits. However, there are a few countries — Albania, Cuba, Democratic Kampuchea, North Korea, U.S.S.R. and Vietnam — where we cannot send Social Security checks.

Q. I would like to know just where my Social Security tax dollar goes. Does all of it go to pay retirement benefits? — A.K.

A. Out of every dollar that you and your employer pay in Social Security taxes, 73 cents goes into a trust fund that will pay retirement and survivor benefits. The Medicare trust fund receives 19 cents, and 8 cents go into the Disability trust fund.

Q. My husband and I have been married for 38 years, although we have been legally separated for the last 3 years. He does not contribute to my support. I am 73 years old and receive a small pension and Social Security check. He is 59 years old. Is there any way I can get spouse benefits? — P.T.M.

A. Your husband must be age 62 and entitled to benefits before you could become entitled to spouse's benefits.

YOUR SOCIAL SECURITY