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& Levittown Times

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Friday, September 20, 1991

Citation To Fire Department



Oyster Bay Town Supervisor Angelo A. Delligatti (center) joins with Town Councilwoman Ann R. Ocker, Town Councilman Leonard B. Symons (second from right) and Town Councilman Thomas L. Clark (right) in presenting a citation to Hicksville Fire Department Chief Anthony Wigdzinski in recognition of his department's efforts in coordinating their Annual Labor Day Parade. Also on hand for the parade (left to right) were Ex-Captain Joe Pollina, the Honorary Grand Marshal for the parade, and Robert C. McAvoy.

Student Named Athlete of Week

Senior Dawn Mullee was selected by Channel 5 Fox Network as "Student of the Week" in the Metropolitan area. The network recently filmed an interview at the high school with Dawn which aired on Fox 5 at 7 p.m. on September 13.

Dawn is an honors student and a member of the National Honor Society. She was the recipient of the Marines Distinguished Athlete Award last spring which honors those students who are athletically and academically talented. A member of the Student Athlete Leadership Program, Dawn has played on Hicksville's Varsity Softball, Volleyball and Basketball teams.

Kunzig Campaign

Headquarters To Open

Bethpage area Executive Leader, George Yochmann announced that campaign headquarters for Councilman Leonard Kunzig will officially open this Sunday, September 22, at 1 p.m. The headquarters is located at the corner of Broadway and Central Avenue (next to the Deli Barn), Bethpage.

"I'm very proud that Beth-



Dawn Mullee and Carl White

Funny Play At Library

Set this date aside to see the funniest play ever written...Friday, November 1, at 8 p.m. the Hicksville Public Library will present "The Nerd" by Larry Shue. It will be another marvelous performance by the Other Vic Theatre Co.

This play is free and is co-sponsored by the Hicksville Public Library and the Nassau County Arts Decentralization Consortium with public funds from New York State Council on the Arts Decentralization Program.

page's own Leonard Kunzig is a Councilman on the Oyster Bay Town Board," said George. "We Republicans here in Bethpage will be working very hard to return this very capable young man to office."

Mr. Yochmann went on to advise that candidates for Town and County office will be at the grand opening. Refreshments will be served and all are welcome to attend.

Int'l Students Visit Hicksville

More than 20 international students studying abroad at Long Island University's C.W. Post Campus this year visited the Broadway Mall in Hicksville as part of a special orientation program to help them learn about American culture.

During the trip, which was made earlier this month, the

newly-enrolled Long Island University students were introduced to American products and prices and many took the opportunity to purchase linen, towels and toiletries for their dorm rooms. Most of the new C.W. Post students are natives of Japan, Korea and Taiwan.

Alumni Assn. Brunch Tickets

The Hicksville Alumni Association met on Monday, September 9. Tickets for the Alumni brunch are now available. The brunch will be held at the Elks Club, 80 E. Barclay St.,

Hicksville. The date is Sunday, October 20, from 12 noon to 3 p.m. The cost is \$16 per person. You may obtain as many tickets as you wish by calling 931-1475 or 938-5265.

Hicksville Library News Events

The Hicksville Library still has a few tickets left to see the Broadway Show "Nick and Nora" starring Barry Bostwick and Joanna Gleason, at the Marquis Theatre in Manhattan, November 2.

Make reservations now at the Circulation Desk of the library. For the Saturday Matinee performance, Orchestra seating, tickets are \$68.50 per person. Bus leaves library at 10 a.m., have lunch in the city on your own. Show starts at 2 p.m. No refunds unless trip is cancelled.

Hist. Society Meets Sept. 24

Members of the Hicksville Historical Society will learn about "family trees" when the society opens its new year of programs, September 24. Suzanne McVetty, an authority on genealogical searches, will be the guest speaker at 8 p.m. meeting in the Community Room of the Hicksville Public Library.

The historical society extends a cordial invitation to any interested parties to be on hand for this first of five stimulating, informative meeting programs in 1991-92.

Opening Day Ceremony



Nassau County Executive Thomas S. Gullotta, (fourth from right), attended the Fifth Annual Opening Day Ceremony of the Plainview-Old Bethpage Highlanders Soccer Club. Joining the County Executive were: David Skolnick; Jason, Kerry and Tracy Ederer; Michael Harris; Wayne Harris, President; Marc Braverman; Gary Epstein, Vice President; Eric Schnitz, President of the School Board; Charles Rosenblatt, Treasurer; Joan and Lee Steinberger, Vice President; Oyster Bay Supervisor Angelo Delligatti; Oyster Bay Councilwoman Ann Ocker; Oyster Bay Councilman Leonard Symons; Oyster Bay Town Clerk Carl Marcellino; Assemblyman Lewis Yevoli.

Official Speaks At GOP Club



Town of Oyster Bay Councilman Leonard Kunzig, left, greets the Receiver of Taxes, Gary F. Musiello at last week's meeting of the Theodore Roosevelt Republican Club of Bethpage. Mr. Musiello reminded the members that Supervisor Angelo A. Dell'Agata has lowered the Town taxes 3 straight years and that the people should not confuse Town of Oyster Bay taxes with their school taxes.

"The Town has nothing to do with school taxes," said Musiello. "When residents receive their tax bills in October, it is important that they understand this," Gary Musiello has been the Receiver of Taxes since 1984 and is seeking re-election this November. Councilman Kunzig is also a member of the "Dell'Agata Team" and has become an important addition to the Town Board.

Resident Enjoys Summer Camp



A local resident enjoyed summer fun at the Nassau Association For the Help Of Retarded Children's Camp Loyalton in Hunter, New York. Participating in activities at the AHRC camp are, left to right, Tracey Scialdone of Hicksville, and counselor David Rondeau.

Portledge Senior Merit Semifinalist

Meredith Johnson, a member of the senior class at Portledge School, has been named a Semifinalist in the 1992 Merit Scholarship Competition by the National Merit Scholarship Corporation. One of only 15,000 Semifinalists nationwide, Meredith placed in the top 400 out of approximately 100,000 N.Y. State students eligible for the 1992 Merit Scholarship Competition. With such a high ranking in N.Y., Meredith has the opportunity to advance to the next round of competition for some \$100 Merit Scholarships worth \$26 million, to be awarded next spring.

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This play is free and is co-sponsored by the Hicksville Public Library and the Nassau County Arts Decentralization Consortium with public funds from New York State Council on the Arts Decentralization Program.

"The Nerd" By Larry Shue
(Author of "The Foreigner")

Unquestionably one of the funniest plays ever written, this extraordinarily inventive, sidesplitting comedy centers on the dilemma of an aspiring young architect, William Cubbert, who has often told his friends about a debt he owes Rick Steadman, a fellow ex-GI whom he has never met, but who saved his life after he was seriously wounded in Vietnam. He has written to Rick to say that, as long as William is alive, "You will have somebody on earth who will do anything for you." William is delighted when Rick shows up unexpectedly at his apartment on the night of his 34th birthday party. But his delight soon fades as it becomes apparent that Rick is a hopeless "nerd" -- a bumbling oak with no social sense, little intelligence, and less tact. Rick stays on and on, his continued presence among William and his friends leading to one uproarious incident after another, until the normally placid William finds himself contemplating violence -- a dire development which, happily is staved off by the surprising "twist" ending of the play.

Middle School Open House

Open House at the Hicksville Middle School has been rescheduled for Tuesday, October 1. The evening's program begins with the PTSA general meeting at 7 p.m. in the auditorium, followed by our parents' visits to their children's classrooms. There, parents will meet the teachers and learn what is expected in that class during the coming year.

Several other activities will be on-going during the evening. The PTSA will be conducting its membership drive and parents, teachers, students and staff are invited to join our unit for the 1991-92 school year. The Hicksville Youth Council will be on hand to give parents information about their organization and the events they sponsor for the youngsters. Students will be taking orders for the middle school yearbook, and chances on the Homecoming Fair 50/50 Raffle can be purchased. All in all, it will be a busy evening.

The Middle School PTSA reminds parents that meeting your child's teacher is a very integral part of the education triangle - home, school and student.

Nassau Tech Open House

Adult and high school students interested in programs that prepare them for jobs in high-demand fields are invited to a BOCES Nassau Tech Open House in Bethpage, scheduled for Wednesday, September 25, from 7 p.m. until 9:30 p.m.

Teachers and counselors will be on hand at Nassau Tech to explain what Nassau Tech programs are like, and can provide individual counseling to help with planning for the future.

Teenagers can take advantage of half-day programs, which allow them to study such subjects as Carpentry, Computer Repair or Medical Lab in the morning or afternoon, and then return to their home high schools to complete the rest of their academic studies.

Adults can enroll in convenient, part-time evening programs. Most of them meet two nights a week; a few, including Practical Nursing and Nurse Assisting, involve Saturday sessions. If adults prefer a daytime program, such training is also available.

For both groups, the classrooms are set up to reproduce realistic working situations. Culinary Arts, for example, is taught in a large, commercial kitchen and Aviation courses are taught in a hangar adjoining the Grumman airfield. Courses in the health field take place in well-equipped up-to-date labs. These facilities can all be toured as part of the September 25 Open House.

For more information call 997-8700, extension 383. The Bethpage Center is located at 610 Hicksville Road.

Hicks. History Now Available For Sale

An over-printing of the third volume of the Economic History of Hicksville set, "A Community Transformed: The Economic Evolution of Hicksville, 1961-1990," by Richard and Anne Evers, is making 20 copies of the book available for sale. The price for the 460-page, profusely illustrated modern-day history of Hicksville, is \$45. Proceeds from the disposal of the extra volumes will help defray the printing costs of the final volume in the unusual series, "A Financial Chronicle: Four Decades of Hicksville Banking, 1903-1988".

Over 90 subscribers, business people and residents, originally undertook support of this unique local community history writing, commissioned by the Hicksville Public Library and being carried out resolutely since 1987 as a Hicksville Gregory Museum Historical Committee project. All history set subscriptions have long since been taken up at \$150. The Economic History of Hicksville volumes are widely dispersed to date. The Hicksville Public Library circulates and has sets for reference use; the Plainview, Garden City libraries have sets as does the Long Island Studies Center at the Hofstra University Library. Sets are in the possession of the Nassau County Museum staff, Newsday's library and The Mid Island Times. The libraries of the Hicksville Public Schools have numerous sets of this valuable reference book. All volumes are strongly indexed and illustrated.

Requests for purchase of Volume III may be made by calling 931-0667, between 10 a.m. to 8 p.m., or by contacting Richard Evers at the Local History Room, Hicksville Public Library, Mon.-Thurs., 2-5 p.m.

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Bands Compete In Hicksville

The Hicksville High School Marching Band will be hosting its Annual Marching Band Competition this Sunday, September 22, at 1 p.m. on McCormick Field behind the High School. All Bands competing will be judged by notable music and visual clinicians from around the East Coast area. At press time, high school bands from Copiague, Huntington, Levittown-Division, St. Francis Prep, Mineola, Sachem and North Rockland in upstate New York were scheduled to perform, although other bands may opt to join the festivities.

This show marks the beginning of a season of Marching Band Competitions for Hicksville and will culminate on Saturday, November 9, at the CMBC Championships in Giants Stadium.

Hicksville's Marching Band is striving to retain its title as the TOB (Tournament of Bands) Long Island Group IV Champions as well as TOB Atlantic Coast Championship Finalists for the past two years.

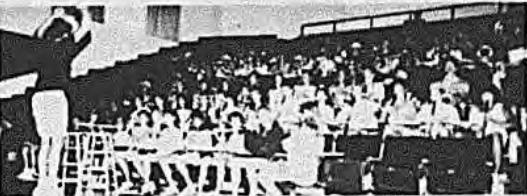
The students have been diligently preparing for this season since early July, when they started meeting every Tuesday night for three hours to rehearse their music.

In mid August they spent a week in Band Camp, which is

located at the University of Pennsylvania in East Stroudsburg. Here they practiced an average of nine hours a day, learning varied intricate drills in conjunction with the music they studied all



Hicksville's Color Guard practices tossing and catching their flags for upcoming competitions.



Hicksville Band Director James McRoy conducts the Band during rehearsal at Band Camp this summer.



Percussion line T.J. Keevins, Pat Foresta and Mike McEneaney, listen to drill instructions on the field.



Student musicians Jennifer Corrado, Mike Heyer, Trevor Tranchina, George Fuchs and Carmine Vozzolo enjoy a brief time out.



Drum Major John Flynn conducts the Band from his podium.

Birthday And Anniversary Club

HAPPY BIRTHDAY

September 1	Bill Diehl
September 2	Jimmy Smith
Gloria Latini	Russ Gargano
September 3	Peter E. Kimmes
Alice Warren	Penny Grand
September 4	Barbara Sue Glatt
Patrick Gully III	September 5
Michael Tisdell	September 6
Keri Anne Aver	Nicole Anello
Paul Richards, Jr.	September 7
Eugene Pietzak, Sr.	Christine Gorney
September 8	Thomas Ofenloch
B. Medard Ofenloch	September 9
September 10	Ellen Behan Heinbockel
Alicemay M. Clark	Jillian Noelle Amaraso
Jennifer Stimmer	
John Schiralli	
Adam Crown-Schwartz	



September 1

Barbara and Gary Lewis
Faustino and Maria Maisonet
Fred and Ann Freyeisen
September 2
Joan and Maureen Germain
Henry and Roz Kurkowski
September 3
Dominick and Nancy Giacopelli
September 4
Bonnie and Vito Camarda
Donna and Arthur Uhlich
September 5
Robert and Donna Smith
Frank and Bessie Schifano
September 6
Sal and Helen Noto
Rudy and Lucy Bonghi

HAPPY ANNIVERSARY

September 8	Nancy and Mark Hammond
Jim and Sheridan Johnson	September 9
David and Carole Hoosack	
September 10	Tom and Marylou Riley
September 11	Joe and Evelyn Parisi
Ethel and James Coyle	September 12
Pam and Jim Tringali	September 13
Stella and Ed Conte	September 14
Rosemary and Jim Bennett	Louis and Eileen Colondris
September 15	Edward and Valerie Lopez
Ruth and Andy Schaeffler	September 16
Norma and Herb Goerke	September 17
Kathy and Bob Thurmubchler	Cathic and Glenn Wohl
Karen and Frank Matlock	Margaret and Frank Kern
	Cornelius & Frances McCormack
	Rich and Eileen Wahlen
	Raymond and Cecilia Yonick
	Col. & Mrs. Bill & Sue Knudsen
	Domenick and Dorothy Freda
	September 22
	Carol and Bill Diehl
	Dina and Rich Winter
	September 27
	Jerry and Joan Weber
	September 29
	Phil and Agnes Roth
	September 30
	Connie & Richard Delardi



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Christ Church Renewal Weekend

On October 4-6 renewal weekend will take place at the Church of Christ in Hicksville.

Renewal weekend offers people an opportunity to renew their faith and to receive a spiritual "boost" through singing, praise and worship.

Guest speaker Dr. David Reagan will bring a message during each service this weekend on the topic "Spiritual renewal."

On Saturday morning Dr. Reagan will be leading a discussion on biblical prophecy and how it relates to today's world events.

Dr. Reagan is an evangelist for Lamb and Lion Ministries in Texas. He is the author of several books and he has two daily radio programs.

Renewal Weekend Schedule

Friday, October 4, 7:30 p.m. - Spiritual Renewal

Saturday, October 5, 8 a.m. - Breakfast

Saturday, October 5, 9 a.m. - Prophecy Forum

Saturday, October 5, 7:30 p.m. - Spiritual Renewal

Sunday, October 6, 11 a.m. - Spiritual Renewal

For information call: Joe Kelley, telephone: 935-3855.

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

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Medical Explorer Open House

Mid-Island Hospital in Bethpage in conjunction with the Exploring Division of the Nassau County Council, Boy Scouts of America will be offering a co-ed medical explorer program to students between the ages of 14 and 21. The medical explorers program offers young adults the chance to attend presentations given by professionals in the medical field.

If you are interested in pursuing a career in the medical field or would like to learn about various medical subjects, Mid-Island Post 328 is an opportunity you should not pass up.

On Wednesday, October 9 at 5 p.m., in Mid-Island Hospital's Staff Room, Post 328's Open House and Registration will take place.

For further information and reservations for the October 9th Open House, please call Mid-Island Hospital's Public Relations at 520-2487.

Ed Lowe Back At Library

On Wednesday, September 25, at 7:30 p.m., a return engagement by popular demand, Ed Lowe, prize-winning columnist will be the guest speaker at the opening meeting of the Friends of the Bethpage Public Library. Ed Lowe, Newsday columnist, spent most of his youth on Long Island and started his journalism career as a reporter with the Suffolk Sun; but as luck would have it, the Suffolk Sun "set" a short time after, and he landed a job with Newsday -

"Playing with the English language and telling stories nobody else in the business want(ed) to bother with." In 1981, his column won the Mike Berger Award from Columbia University Graduate School of Journalism. In 1982 and 1983, he received writing awards from the New York State Press Association. In 1983, his work was among three of 700 entries cited for writing excellence by the American Society of Newspaper Editors. You've enjoyed reading his humorous, poignant stories in his column...Now come hear him in person.

The library is located at 47 Powell Avenue (phone: 931-3907), two blocks west of Exit No. 8 on the Seaford-Oyster Bay Expressway (Route No. 135).

Tel: (516) 935-9112
(718) 746-9277
Fax: (516) 935-0359

Happy Birthday



Town of Oyster Bay Councilman Leonard Kunzig, left, wishes Theodore Roosevelt Republican Club Executive Leader, George Yochmann, a happy birthday at last Monday night's meeting. The surprise cake was presented to George by the Club's Past President Kevin Galloway as the members who filled the American Legion Hall sang "Happy Birthday." "I've stopped counting birthdays," declared George, "But the people can give me the best birthday present ever by returning Lenny Kunzig to his seat on the Town Board this November."

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Meet The Author

Cynthia Blair, author of "Close to Home" will be at the Hicksville Public Library's Book Discussion on October 9, at 1 p.m. The public is invited to attend.

Cynthia Blair grew up in Long Island and now lives here with her architect husband and son. She has had more than thirty novels published.

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT NASSAU COUNTY

The Green Point Savings Bank, Plt., vs. Young H. Chung, Defts. Index #24236/90.

Pursuant to judgment of foreclosure and sale dated Aug. 13, 1991, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y., on October 10, 1991, at 9 a.m., prem. k/a N.W. Corner of Caren Ct. & Split Rock Rd., Syosset, N.Y., a/k/a Lot No. 11 as shown on a certain map entitled, "Map of Split Rock Estates, Town of Oyster Bay, Nassau County, N.Y." and filed in the Office of the Clerk of the County of Nassau on June 21, 1985, Case No. 9123. Approx. amt. of judgment is \$206,925.99 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

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If you are not already a subscriber to this newspaper you are missing all of the local news of the area. You can get the paper delivered to you each week, by mail, for one year for only \$7.50. Just send in your name and address, with a check or cash to: Littmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801. Subscribe for two years for only \$13.00! 3 yrs...\$19!

Writers' Club Meeting Sched.

The Writers' Club, conducted by fellow-writer, Mrs. Dorothy P. Freda, editor and publisher of the small press publication "The Pink Chameleon," will meet on the following Saturdays:

September 28, October 19, November 16, December 28, from 2-4 p.m. - at the Hicksville Public Library, 169 Jerusalem Avenue, Hicksville.

If you enjoy collecting thoughts, spinning them into words and sentences, then weaving those words and sentences into eloquent tales, poems or essays, the Writers' Club can prove invaluable as a place to read your work, receive constructive criticism from fellow-writers, critique their offerings constructively, as well, and keep up to date on new markets and new trends in the writing field. For the aspiring, or the novice writer, our club offers a beginning, a place to start; for the published writer, our club can be a testing ground for future sales; for the editor and literary agent, our club can be a place of discovery of new, heretofore unknown talent.

There are Gems of the Writers' Kind in Hicksville and Its Neighboring Towns.

(Mrs. Freda's credits include completing a two-year correspondence course with the Newspaper Institute of America - Writers Institute, Mamaroneck, N. Y. - Graduate May 1983; and short stories, poetry, articles and serialized novels published in small presses. Some of her work has appeared in the Discovery Section of The Mid Island Times under her pseudonym, Paula Freda.)

Library Plans Museum Trip

Register now at the Hicksville Public Library to see the 185 magnificent works of French Post-Impressionist Georges Seurat, at the Metropolitan Museum of Art. The bus will leave the Municipal Parking Field in Hicksville at 9 a.m. on Tuesday, December 10, entrance on West Cherry Street or West Carl Street. The bus will leave the city at 3 p.m. Round trip fare is \$12 cash only, no refunds unless trip is cancelled or someone on the waiting list takes your place. Museum donation and lunch on your own. Reservations may be made at the Circulation Desk. All Welcome. (No smoking on the bus).

AMRC To Hold Yard Sale

The Levittown-Hicksville-Wantagh Auxiliary of the Association for the Help of Retarded Children (AHRC) will hold a Yard Sale on Saturday, Oct. 5, 10 a.m. to 5 p.m. at 169 Maple Drive, Levittown. Merchandise will include collectibles, household items, appliances, toys, plus much more. There will be a Cake Table of delicious home-baked goods.

Proceeds from the sale will help subsidize the many services and programs provided by AHRC for the mentally retarded of Nassau County.

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

LEGAL NOTICE SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU Index No. 8657/91 REFEREE'S NOTICE OF SALE IN FORECLOSURE TRANSAMERICA CREDIT, Plaintiff, against WALTER HAUBERT, JR., ELLEN HAUBERT, JOHN DOE and JANE DOE," the last two names being fictitious, said parties having an interest in the premises,

Defendants.

Pursuant to a judgment of foreclosure and sale dated August 23, 1991 and entered in the Office of the Clerk of Nassau County on September 4, 1991, the undersigned referee named in said judgment will sell in one parcel at public auction on October 10, 1991 at the front steps of the Nassau County Courthouse, located at 262 Old Country Road, Mineola, New York at 9:00 o'clock in the forenoon of that day, the premises described in said judgment as follows:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Beginning at a point on the northerly side of Ryan Street distant 346.54 feet westerly from the westerly side of Berry Hill Road and proceeding thence the following eight (8) courses and distances:

1. North 89 degrees 15 min. 00 sec. west a distance of 99.96 feet along the northerly side of Ryan Street;
2. North 0 degrees 45 min. 00 sec. east a distance of 130.00 feet;
3. South 89 degrees 15 min.

LEGAL NOTICE 00 sec. east a distance of 80.00 feet;

4. North 0 degrees 45 min. 00 sec. east a distance of 9.00 feet;
5. South 89 degrees 15 min. 00 sec. east a distance of 35.96 feet;
6. south 0 degrees 45 min. 00 sec. west a distance of 34.00 feet;
7. North 89 degrees 15 min. 00 sec. west a distance of 16.00 feet;
8. South 0 degrees 45 min. 00 sec. west a distance of 105.00 feet to the northerly side of Ryan Street and the point or place of Beginning.

Said premises being known as 16 Ryan Street, Syosset, New York, Town of Oyster Bay.

Said premises are to be sold in one parcel in "as is" physical order and condition subject to any state of facts an accurate survey may show; covenants, restrictions, reservations and easements of record, if any; any violations of record; any zoning regulations or amendments thereto; any unpaid taxes, assessments and water rates with interest and penalties accrued, rights of tenants or persons in possession of the subject premises; any prior mortgages and/or leases of record; any equity of redemption of the United States of America to redeem the premises within 120 days from the date of sale. Dated September 13, 1991

IRWIN M. MILLER, ESQ., Referee

Daniels & Daniels, Esqs.
Attorneys for Plaintiff
300 Garden City Plaza
Garden City, New York 11530
746-1200
SA 8016
4X 9/13, 20, 27; 10/4

LEGAL NOTICE NOTICE IS HEREBY GIVEN that the Board of Fire Commissioners of the Jericho Fire District, Jericho, New York, invites sealed bids on a 1991 or 1992 Type 1 Ambu- lance on a Ford F350 Chassis with diesel engine.

Bids will be accepted at Fire Headquarters on North Broadway, Jericho, New York until 10 a.m. on October 4, 1991, at which time and place all bids will be publicly opened and read.

Prospective bidders are hereby notified that bid security in an amount of 5% of the total amount bid and in the form of bid bond or certified check will be required with the submission of each bid.

Specifications and information may be obtained at Fire Headquarters on North Broadway, Jericho, New York. Monday through Friday between the hours of 8 a.m. and 3:30 p.m.

Envelopes must be marked "Ambulance Bid."

The Board reserves the right to reject any and all bids and to accept that bid which is in the best interest of the Fire District.

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IX 9/13

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- ANNE BANTLEON, R.N., Nursing Care Coordinator, will moderate the question and answer period.

DATE: Thursday, September 19

TIME: 6:30 pm - Registration and Refreshments
7 to 9 pm - Program

PLACE: Winthrop Conference Center
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water we drink, the air we breathe, and the quality of life here—we urge you to give us a hand. Just call (516)367-3225. You can help protect your environment. And you can have a wild time!

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Friday, September 20, 1991

LEGAL NOTICE

SUPREME COURT:
SUFFOLK COUNTY Index No.
1277/91

SUPPLEMENTAL SUMMONS
Citibank, N.A., Plaintiff, - against - Anthony Fracalveri, Alpha R. Dowd, if living and if they be dead, the respective heirs-at-law, next-of-kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, licensees, creditors and successors in interest and general all persons having or claiming under, by or through said defendants who may be deceased, by purchase, inheritance, lien or otherwise any right, title or interest in and to the real property described in the complaint herein. Ray Barry & Sons, Inc., and "John Doe No. 1" to "Jane Doe No. 10," inclusive, the last ten names being fictitious and unknown to plaintiff, the persons or parties intended being the tenants, occupants, persons or corporations, if any, having or claiming an interest in or lien upon the premises described in the complaint. Defendants.

To the above-named Defendants.

YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a notice of appearance, on the plaintiff's attorneys within twenty (20) days after the service of this summons, exclusive of the day of service or within thirty (30) days after the service is complete if this summons is not personally delivered to you within the State of New York; and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

To: **ALPHA R. DOWD**

The foregoing summons is served upon you by publication pursuant to an order of the Honorable John F. O'Shaughnessy, a justice of the Supreme Court of the State of New York, dated the 20th day of August, 1991, and filed with the complaint and other papers in the office of the Clerk of the County of Nassau, at New York.

This action is for final judgment of foreclosure and sale of the premises known as and by 330 Annadale Drive, Syosset, New York described as follows:

All that certain plot, piece or parcel of land, with the buildings thereon erected, situate, lying and being in the Incorporated Village of Oyster Bay Cove, Town of Oyster Bay, County of Nassau and State of New York, known and designated as Section 25, Block B, Lot 666.

Dated: New York, N.Y.
May, 1991

ZEICHNER ELLMAN &

KRAUSE
Attorneys for Plaintiff
757 Third Avenue
New York, N.Y. 10017
(212) 223-0400

Sys 8019
4X 9/13, 20, 27, 10/4

Sat. Bus Trip To Ellis Is.

Join the Bethpage Public Library bus trip to Ellis Island and Chinatown on Saturday, November 2. A luxury motorcoach will leave the library at 8:30 a.m. for an exciting day in New York City. The first stop will be Battery Park where we will board the ferry for Ellis Island and a trip into history. While there, we will visit the museum, view the film "City of Hope, City of Tears" and see the special exhibits. Then, back to the bus and on to Chinatown and a delicious lunch at the Great Shanghai restaurant. From there the bus will take us to South Street Seaport for about an hour of shopping and sightseeing. We will return to Bethpage about 6:00 p.m. The cost for this fun-filled day is \$39, and includes transpor-

tation, Ellis Island admission and lunch. Reservations can be made at the Reference Desk. Sorry, no refunds.

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.

Columbiettes Meet Sept. 23

The Columbiettes of Rev. Michael J. Hartigan Council of Bethpage, will hold their first meeting of the Columbian year, on Monday, September 23, at 8:15 p.m. at the Nights of Columbus Hall, 521 Central Avenue, Bethpage. If anyone is interested in joining our group, call Ann McEnany, 796-2805.

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by local business leaders who tailor it to meet specific local needs.

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Soccer Players Kick Off



Nassau County Executive Thomas S. Gulotta (3rd left, rear) joins Assemblyman Fred Parola (far left) and Hempstead Town Presiding Supervisor Joseph N. Mondello (2nd left) in support of the Island Trees Soccer Club, as it celebrates opening day of the fall season. Also pictured are: Phil Goldberg, Club President, of Levittown; Kevin Regan, of Levittown-Island Trees Youth Association; Bob Condela, Vice President, of Levittown; Joe Gilberti, of Levittown; Mike Saladino, of Bethpage; Sylvia Sullo, of Seaford; Ryan Tauber, of Plainview.

Council Event A Success

On the 17th and the 18th of August, the Hicksville Youth Council held a fund raising weekend entitled "Save The Hicksville Youth Council." The event was a great success. The weekend not only aided us to begin to bridge a gap in funding that was created by a cut in our state aid to local governments but the weekend brought attention to the agency and allowed us to build a positive relationship with this community.

A lot of work went into the planning and the implementation of this weekend. The Hicksville Youth Council thanks all of the parents and young people who rallied to our cause. They attended meetings, they went out into the community to

solicit for supplies and prizes, they planned, constructed and manned booths, and they priced and sold merchandise at our garage sale. The agency extends its gratitude to these dedicated people who worked in the heat and the humidity of that weekend.

A special thanks to Larsen Home Improvement for donat-

ing all of the lumber that was used to build the booths. We would also like to acknowledge the Beacon Federal Savings Bank for the use of their parking lot, Holy Trinity Episcopal Church and Anton's Catering Hall for the use of their folding tables.

The Council thanks the following corporations and local businesses for their contributions to this fundraising effort:

Chemical Bank, Hicksville Florist and Fruiterers, Country Cove Flower and Farm Shop, Fluff N Puff, Layback and Read, Mishugina Mark Inc., Schult's Delicatessen, Wm. M. Gouse Jr. Post 3211 W.F.W., Dr. Vincent J. Guarino, Chiropractor, The Bank of New York, Dale's Hallmark Shop, Agents, Hit or Miss, The Basket Co., RKO Video, Old Country Delicatessen, Boos Flowers, Burger King, H. Ho Video, Discount Liquors and Fine Wines, Two Brothers Pizza, Super Selections, Elite Gallery, Record World, Square Circle, Handyman Hardware, Trunk Food Center, Royal Video Exchange, Licata's Bakery, Climax, Basics USA, Christiano's II Restaurant, Boomy's Restaurant, Turnbury Lady, Elfies Men's Store, Dina's Apparel, Le Bakery, Foodtown-Mel Markets, DiMaggio's, DiCarlo Distributors, Blimpie, Hicksville Community Council, Botto Bros. Hardware, Chase Manhattan Bank, Chroma Paint, Walden Books, Elks Lodge, Heavenly Bagels, Z100 Radio Station, Party Experience, Long Island Balloon, Party Town, Hicksville High School, McDonald's Restaurant, Ground Round, Flowers by Peter Kenney, Home Depot, Fraternal Order of Police, Mace's Carvel, Schiffs III Catering, WALK-FM Radio Station, Roslyn Savings Bank, Mr. Electric, Charles Wagner Post 421 American Legion and Hostess Cakes.

PAUSE ELEVEN Friday, September 20, 1991 MID ISLAND TIMES

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Part Two of the Mid Island Times
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Magazine

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Friday, September 20, 1991

Sophistication

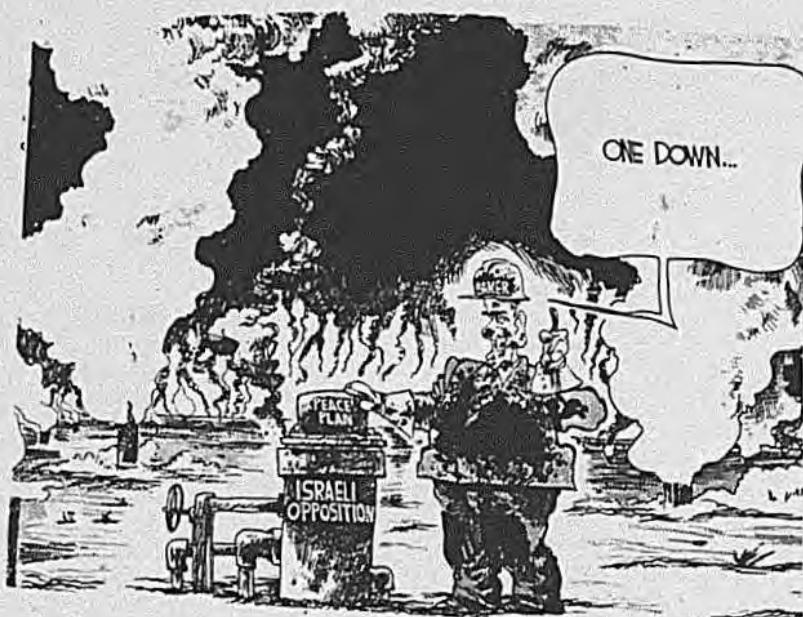


SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think Pres. Bush is justified in holding up loan guarantees to Israel if West bank settlements continue?



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5. Publishers reserve the right to edit, modify or omit any and all material.

Callers Think Bush Is Hard To Beat

Most callers to Input believe that it will be difficult for the Democrats to find a candidate to run against Pres. Bush in answer to this question: "Do you think any Democratic candidate will be able to beat President George Bush?" Here are some of the answers:

AT THE CONVENTION

I do not think that the Democratic party will be able to come up with a candidate before the convention. But I believe that if they all get down to work at the convention that they will be able to come up with a good platform that will do things for the country better than the Republicans are now doing and a candidate will emerge and be ready to run. While Bush is enormously popular it is a superficial popularity built and reinforced by a war in the Persian Gulf. But opposing that popularity is the fact that the country is in a shambles economically and Bush does not have any way of getting us out of it. L.J.

A NEW CANDIDATE

The front page of Newday of Sept. 14 shows photos of seven men. They ask if you can identify them. Not really. But after looking at the answers we still do not quite know who they are. Let me throw in a man who is respected world wide for his talent and a contribution to the universe. He worked in Washington during the JFK-LBJ terms and still retains many contacts on the Hill. I am speaking and referring to Bill Moyers. If Moyers reads this I am sure his first reaction will be "I am not a politician. I am a journalist" and therein lies his greatest strength. Looking back over the past presidents Moyers measures up to them favorably in all areas. He is sensitive to the needs of his Village and the planet Earth. T.L.

DEMS WON'T DO

I will be surprised if the Democrats come up with anyone who will get more than 30 percent of the vote. The problem is that it is not a single party and is a party of the radicals. They cannot work out their own party affairs let alone the affairs of the nation. I'm voting for Bush. G.F.

LAST MINUTE CANDIDATE

I think that Mario Cuomo will jump in at the last minute and be the Democratic candidate for President. He is getting too old to run later and he is needed right now by the party and his country. Mario should not hesitate. The Bush record is really not that good. L.H.

BUSH IS GOOD

George Bush is a good President. He deserves to be re-elected and I believe that he will be. He has had some rough times both on the international scene and on the domestic scene. We have been fortunate in having him take over after Pres. Reagan. I believe that Bush is doing things slightly better than Reagan and that he is a great President. In fact both Reagan and Bush are great Presidents. K.F.

MARIO WILL RUN

I think that Mario Cuomo will run for President. He just is playing it cool because he does not want to enter into too many primaries and have to use all of his time and money in this preliminary exercise. In the past the primaries for the Democrats wimpy wore out the candidates and didn't allow them to zero in on the big contest for President. H.D.

BUSH WILL WIN

This "Question" involves so many elements that any prediction at this time must be subject to the whims of fortune. However, within the framework of national and international economic and political frameworks, I just can't see how George Bush could be defeated for re-election as President against any Democrat presently on the horizon and that recognizes the Democratic majorities in both Houses. As to alternate Republican candidates, I'm afraid that I can't be as sanguine in making my prediction. The kind of self confidence that Bush exhibits as well as positive public acceptance is pretty hard to beat. P.G.S.



Discovery!

Sophistication

By Margaret Hartmann

The phone rang. It was the long anticipated call from my granddaughter, Jane.

"Hi grandma, do you want to go to lunch today?"

At the beginning of June, when she came home from college, we made a tentative date to have lunch together. A date I thought was forgotten, lost in the busy routine the college kids have. What with work, beach parties, shopping, concerts, who has time for grandmothers?

Within a half-hour Jane was at my front door. Three blasts on the horn played up her natural enthusiasm. When we got to the restaurant, seated across from Jane, I couldn't help but look at her with admiration. Her long black hair was shining and she tossed it from one shoulder to another; the highlights of red and gold were gleaming. Her skin, suntanned, was flawless. Her green eyes were bright and clear.

I sat looking at her while she chattered away about pool parties, volleyball games and gossip, gossip, gossip.

Meanwhile, sitting across from her my stomach was getting all churned up. The anxieties were going round and round in my head.

Reflecting on this summer's preponderance of stories of abuse to girls, almost two on every page in the newspapers, I cringed. Why are the young men of today so insensitive as to violate those so young and lovely?

Suddenly, I realized Jane was talking to me. I knew that I had better pay attention. After the details of some more fun and frolic, I said, "But, Jane, you don't drink, do you?" Then came the frown. "Grandma, after all I am eighteen."

I thought I had spoiled the luncheon for us, but she went on to another escapade.

Later on, that afternoon, some of her friends stopped by to pick her up to go to another one of the endless beach parties. When Jane was out of the room for a moment, I asked "Who is the designated driver?"

They all laughed and said, "Jane."

"Why," I asked.

"Because she doesn't drink."

Happiness is a grandmother, when she learns that her grandchild doesn't drink."

They left. I sank down in my chair and my mind went back to my first real date, at eighteen, and how I fell all over my own "sophistication" pretending to be able to drink.

It was my first big date. I had just turned eighteen. My neighbor, who recently moved to New York, and I had become very friendly.

One day she told me that her cousin was coming down from Boston on business and that she had promised to get him a date. "How about it?" she asked. She talked for an hour about his good points. He was handsome, smart, successful, pleasant, a good dancer and on and on. How could I refuse!

Prior to this, my dates had all been high school boys. This was a real man!

He phoned the night before our date. He sounded great! He would meet me after work in the lobby of our building. He made reservations for dinner at a restaurant with a French sounding name, so I knew it must be grand as well as expensive.

I went into work, the next morning, carrying my new basic black, long black gloves, and my beaded purse in a garment bag.

Immediately, the office staff began to advise me, on what to order, what to say, etc., etc.

No doubt we would have cocktails before dinner. What should I order? The ideas were flying around like mosquitos on a summer evening.

It was finally decided that I should order a martini. A martini would give me a certain aura of sophistication.

Five o'clock came at last. As I exited from the elevator, into the lobby, I saw this gorgeous man walking in. (I also saw some familiar faces staring out from behind pillars and telephone booths.)

Our meeting was easy, casual and very pleasant. One could not find anything more perfect. Though George did look a little "old." George was thirty-one.

After a quick taxi ride uptown, we arrived at this truly ex-



pensive restaurant. The hat-check girl greeted us like old friends. The Maitre d' directed us to our table, the waiter was all smiles and attention. My head was spinning.

We were seated, and yet another, the steward, came to take our order for drinks. Quick as a flash, I said, "A martini, please." George said, "Make it two."

I looked at George and wondered if he had some kind of a tic? It seemed his lower lip curled up and his eye sorta blinked and he put his napkin over his mouth.

The martini arrived. George made a happy little toast. I took my first sip of a martini. This couldn't be for real! It tasted like poison! I kept putting my glass to my lips but they were tightly closed.

George finished his martini and was ready for a second. Looking at me he said, in his most charming and most solicitous voice, "You don't like that, do you?"

The waiter was right at my elbow. Trying to keep the tears out of my voice, I said, "No, not really." I noticed that the tic in the corner of George's mouth had become a little more prominent. He said, to the waiter, "Bring the lady a Shirley Temple."

It was the same me. A wee bit older but not much wiser. Still trying to appear sophisticated.

This time my date was a Navy man - Lt. Jr. Gr. - not yet disconnected. We had been to the theatre, and then to an intimate little supper club.

Gazing at the two of us, in the mirror covered walls, I thought we were the last work as we danced. He in his summer whites and me in my basic black with long black gloves.

We sat at a teeny weeny table hardly big enough for two. The waiter came for our order. With great aplomb I said, "I'll have Canadian Club and water." Navy said he would have scotch and water. We clinked water glasses and I sipped away. As I looked over at my Navy man it seemed that the lieutenant developed a tic, too. The corner of his lower lip seemed to be moving up and down, as was the corner of his eye. I was fascinated and kept looking at him. Then he leaned over and said, with a smile, "May I have my scotch?" The waiter had placed the scotch in front of me. I was sipping away not knowing the difference between scotch and rye. How long was I to go on tripping over my attempts at sophistication?

Five years further into my life...

Now I am truly there. I have one foot on the bottom step of the corporate ladder. I had just spent my Christmas bonus on a silver fox cape. I knew my scotch from my rye and I had a healthy respect for a martini.

I had a date with a young man I met at a Christmas party. We started the evening attending the year's leading musical on Broadway. I don't remember the musical's name. Without revealing my age, I think Bill Rose was the producer.

After the show we went to Ed's Club. (Ed was my date.)

Upon opening the door we were greeted by a room full of smoke, and wall to wall people. (This was before the surgeon general put a ban on smoking cigarettes.)

The bartender caught my date's eye, and with some sort of a sign (probably a ten dollar bill), the bartender motioned that a couple was leaving and the seats were ours.

I thought the look on Ed's face had changed. No, not a tic this time. It went from pink, from the cold outside, to a deadly white.

I noticed three young men standing at the end of the bar looking down at us, grinning widely.

Ed kept turning his head the other way, but this was a bit awkward as I was seated on his right.

Later, I looked up and there were only two grinning fellows. The third fellow was standing at my elbow. Looking down at my drink he said, "Scotch, well if you'd drink beer you could have ten of them and another date." Before I could answer he melted into the crowd.

My date's face was now scarlet. "A war buddy," he apologized. "I think he's shell-shocked."

I thought of Jane - and wondered, when she's a grandma, what will her memories be.

ABOUT THE AUTHOR

Margaret Hartmann is a long-time Plainview resident. She has made several contributions to Discovery.

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READER RATINGS



Q. I have noticed that Chinese restaurants do not provide knives when serving meals. Can you tell me the reason for this practice?

A. In the orient food is cut into small pieces before it is cooked.

This has the advantage of reducing cooking time and also minimizing any loss of nutrients. In China it is considered bad manners to cut food at the table.

Q. Recently while dining in a Portuguese restaurant, my friend and I were served a sweet white wine with our dessert. Would you have any idea what the name of this wine would be? It was delicious.

A. You may have been served one of Portugal's sweet white ports. They come from the area of Oporto and I agree with you that they are very good and surprisingly little known by Americans.

Q. When eating out with six or more couples, how do you split the bill? We usually split it evenly among the couples. But, I always feel funny when I want a salad or dessert and others don't order them. What would be the best solution when it comes to this situation in a group?

A. The easiest way is to ask anyone if they want to join you in salad or dessert. Then, at the end of the meal, add the cost and pay that separately before dividing the bill. Just say "Here's the \$5 for my extras." One benefit is that you would pay part of that anyway if you were dividing the bill and allows no tension amongst friends.

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Wine Talk

By Richard Nalley

In the waning weeks of summer I keep finding myself scouting around the wine rack for a sauvignon blanc (alias fume blanc). There is simply no white wine more versatile with vegetables, cold pasta and grilled seafood, my fare of choice during the Dog Days.

I've found that sauvignon blanc usually gets a two-stage reaction from my guests. The first — mild disappointment that the wine don't taste more like creamy, fruity chardonnay.

To appease this crowd — for better or worse — a lot of sauvignon blancs are being made in a chardonnay style these days, and even packaged in slope-shouldered burgundy/chardonnay bottles instead of the high-shouldered Bordeaux/sauvignon blanc bottles. Still, people have become so chardonnay-programmed that sometimes they have trouble at first appreciating different tastes.

That is, until stage two of the reaction hits — they taste the sauvignon blanc with food. Sauvignon blanc is simply food-friendly in a way that very few chardonnays can match. A dish that will make a fruity chardonnay's flavor disappear or go sour — say, pasta with pesto or tomatoes, mozzarella and basil with a drizzle of olive oil — brings out the pleasure lurking in sauvignon blanc.

I've recently opened sauvignon blancs with spicy, broiled soft shell crabs, grilled shrimp, chef's salad and tuna fish sandwiches. In each case, the wine has been just right.

A well-made sauvignon blanc has enough body to stand up to flavorful foods, and enough acidity to cut through any oils that were used to marinate or dress the food. What is more, its natural herbaceous flavor gives it a fine affinity with green things that many wines lack.

Oh yes, and one other thing, sauvignon blancs from California typically cost about one-third to one-half less than what most producers charge for their chardonnays.

Top choices in sauvignon/fume blancs recently reviewed:

\$10 and Under: Lata Creek 1989 Sauvignon Blanc, Washington; Beringer 1989 Sauvignon Blanc, Knight's Valley; Chateau Ste. Michelle 1989 Fume Blanc, Washington; Le See de la Tour Blanche 1989, Bordeaux.

\$10-\$15: Matanzas Creek 1989 Sauvignon Blanc, Sonoma County; Antinori 1989 Borro della Sala (Italy); House of Nobile 1990 Sauvignon Blanc, Marlborough (New Zealand); Hippolyte Reverdy 1989 Sancerre, Les Perrières (France); Michel Redde 1989 Sancerre, Les Tullières (France); Domaine Henri Bourgeois 1989 Sancerre, Grande Réserve (France); Jean-Claude Chatelain 1988 Pouilly-Fumé, Domaine de Saint-Laurent-l'Abbaye (France); Paul Figaret 1989 Pouilly-Fumé, Les Champs de Cri France.



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**READER
RATINGS**

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

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

Q. Last winter, while attending a private anniversary party in a restaurant, I was served hot mulled wine. It really hit the spot on that chilly January night! Can you tell me exactly what was in this delicious drink?

A. Hot mulled wine is made of red wine flavored usually with lemon, clove and cinnamon. Brandy is often added for extra "zing." The mixture is served piping hot sprinkled with nutmeg.

Q. Frequently I eat lunch in a pleasant little Italian place near my office. I am well known to the staff, so once in a great while when I get an emergency business call the waiter will call me to the phone. Naturally, in this situation I try to end the call as soon as I can, and this is sometimes hard to do gracefully!

A. The best thing to do is to make it plain to the caller that you are in an awkward position and will call him back in a short time after you return to your office.

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

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PAGE VI Friday, September 20, 1991

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Potatoes and Toast
Coffee, Tea or Sanka
4.75

17. Choice of Small Juice
JAMBON BRISE
with Butter and Syrup
Coffee, Tea or Sanka
3.15
with Bacon, Ham or Sausage
4.15

6. Choice of Small Juice
SCRAMBLED EGGS
with Grilled American Cheese
& Bacon, Ham or Sausage
Coffee, Tea or Sanka
4.75

18. Egg Orders served with Home Fries or French Fries &
Toasted Onion Roll, Bagel, English Muffin or Roll (25¢ extra)
(Lettuce & Tomato or Cottage Cheese instead of Potatoes 50¢
extra) Second Cup of Sanka 20¢ extra (Third Cup of
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5) Grilled American Cheese with Fried Egg.....1.75

(Children's Menu is Not Available for Take-Out)

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

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

Q. I was always under the impression that it was incorrect to use a knife while eating a salad. However, sometimes the ingredients are in such thick pieces that it is difficult to manage using only a fork. What is your opinion? A. I see no reason why a knife cannot be used while eating a salad when the occasion demands it—that is when the pieces are too bulky to be manageable with a fork alone.

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

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Each week Litmor Newspapers presents a select dining guide called Reader Ratings to its readers. The guide presents the messages of outstanding restaurants in this area and it also is a forum for readers to tell other readers about why they like certain restaurants.

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KITCHEN HINTS

You want a hint of fresh garlic flavor

But don't want to eat garlic.

Here's how to make garlic salt:

1. Slice 3 cloves garlic and place in shaker with large holes. Add salt and shake well.
2. Within hours, salt is permeated with garlic aroma. Use on salads, steaks, soups.
3. If salt cakes, stir with chopstick or narrow knife. Replace dried garlic with fresh slices.



MICROWAVE MAGIC

By Desiree Vivea



Fresh jams and preserves

By Desiree Vivea

If you fondly recall homemade preserves from your childhood but don't think you have the time to bother, think again. It's easy to use your microwave to prepare small batches of luscious jams, jellies and fruit butters so you can always enjoy them fresh. Or enlist the ease of microwaving to help you preserve summer's bounty for later in the year.

A valuable resource book is Isabel Webb's recently published "Preserving With a Microwave: Bottling Fruits, Jams, Jellies, Pickles and Sauces" (Sterling Publishing Co.). Webb recommends home preserving fruits (including pickles) but not vegetables since health authorities warn that home-canned vegetables are sometimes lethal.

While Webb provides instructions for sterilizing jars in the microwave, the U.S. Department of Agriculture recommends the conventional stove-top hot water bath method for safe sterilization. Follow instructions of jar manufacturers for stove-top sterilization.

Fruits to be preserved should be ripe and unblemished. Webb describes how to prepare and cut fruits and how to microwave sugary syrup for packing (light, medium or heavy). Also provided are detailed step-by-step instructions for how to fill jars, up to final sealing and storage.

"Preserving With a Microwave" recipes are geared for a 650-watt oven, but Webb includes instructions to alter recipes for 500-, 550- or 700-watt ovens. The book also includes a helpful list of dos and don'ts, and a "what went wrong" chart of explanations/remedies in case a recipe doesn't turn out.

Webb's recipes range from simple, unadorned fruit in packing syrup — apples, apricots, grapes — to luscious combinations like pineapple and passion fruit, to intriguing recipes like Spicy Apricots and Almonds, Grapefruit in Spiced Brandy, Papaya With Curaçao and Pears With Green Ginger. Also included are recipes for marmalades, pickles, relishes and chutneys.

Many recipes for fruit preserves call for added pectin, a substance naturally present in fruits which thickens preserves as fruit cooks. Powdered fruit pectin can be purchased at your grocery store. Flavored or unflavored gelatin may also be used to help set preserves. Gelatin tends to soften at room temperature, however, so refrigerate preserves prepared with gelatin for a firmer texture.

Microwave canning recipes use very little water, so the microwave method preserves more of the flavor and color of the original fruit. Spread sweet microwaved fruit preserves atop toast, bagels, English muffins,

waffles, or use in sandwiches or desserts. Note that instructions for today's preserves call for refrigerator or freezer storage.

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

MICRO-TIP OF THE WEEK:

If sugars in preserves crystallize, place the jar (remove lid first) in microwave for up to 1 minute on HIGH setting, to clear.

SIMPLE STRAWBERRY JAM

2 cups (1 pint) fresh strawberries or 1 (10- to 12-ounce) package frozen strawberries
1 1/4 cups granulated sugar
2 teaspoons fruit pectin

Yields about 1 1/4 cups.

Preparation time: 5 to 10 minutes.

Cooking time: 4 to 7 minutes.

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

If using fresh strawberries, rinse well and remove hulls. Place strawberries in microwave-safe mixing bowl; mash well with potato masher. Add sugar and pectin, stirring well to blend. Cover with wax paper and microwave on HIGH setting 2 to 4 minutes, or until mixture comes to a full boil, stirring once after 2 minutes.

Reduce setting to MEDIUM and microwave 2 to 3 minutes longer, or until mixture thickens somewhat (jam will thicken further as it cools). Pour hot jam into clean jars, filling to within 1/4 inch of top. Wipe around tops of jars and cover with lids. Cool and refrigerate up to 3 weeks, or freeze up to 1 year.

PURPLE PLUM JAM

1 1/4 pounds ripe red or purple plums, pits and seeds removed
1 cup granulated sugar
1 tablespoon lemon juice
1/2 (3-ounce) package grape-flavored gelatin

Yields about 2 cups.

Preparation time: 15 to 20 minutes.

Cooking time: 10 minutes.

Oven setting: HIGH (100 percent power).

Combine plums, sugar and lemon juice in blender or food processor; process to desired consistency. Turn into 2-quart microwave-safe casserole. Cover and microwave 5 minutes; stir well. Microwave 5 minutes longer; stir.

Blend in gelatin and stir about 2 minutes to completely dissolve. Spoon mixture into clean jars, filling to within 1/4 inch of top. Wipe around edges of jars and cover with lids. Cool and refrigerate up to 3 weeks, or freeze up to 1 year.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: I wrote a short poem for a girl I like, put it into her desk before she came into the classroom and didn't sign my name to it. It was all about how pretty I think she is.

I watched her when she discovered and read it. I could tell she was pleased because she seemed to read it three times and then carefully folded it and put it into her notebook.

So now what should I do? I really do like her, but I never have spoken to her. — In Love

In Love: Opening communication with her might be based on some simple icebreakers like "Hello," "Good morning," a comment about a class assignment or sitting near her at lunch and mentioning something about the food.

I wonder about your being "in love" with her when you haven't even spoken to her, but perhaps you know more about her and your feelings than you brought up.

Your poetry approach was an interesting way to build up to a more direct contact. I hope it was only the beginning if you later decide you do want to know her better.

Dr. Abraham: Because I'm so tall it makes me feel ugly, and I'm upset since I think I'm such a freak. I know that I walk all slumped-shouldered and slouched over, and I guess it is because I wish I could disappear into the ground.

Nobody in my family is as tall as I am (5 feet 11 inches), and that's awful for a girl who is only 17 years old. Most boys my age are like shrimps.

I just wish I was like other people, normal and much shorter so that I didn't stand out like a sore thumb. — Too Tall

Too Tall: In every school there are tall kids, including some of the boys. In many communities there are clubs for tall people. Everywhere there are short people who would be glad to change places with you.

Just as skin color, religion, various facial characteristics and other human factors can be viewed as a kind of beauty, so can height like yours. Appropriate clothes, a proper type of moderate makeup, recognition of one's own achievements and especially a personality based on an interest in others can all contribute to your self-confidence and belief in yourself as a special person.

Please see your school counselor, a tall friend who has successfully coped with this issue or a relative you admire, and talk through this matter.

One or more of them can help you see that "tall is beautiful" could become a satisfying and comforting theme in your life.

Dr. Abraham: The guy who punches in grocery prices at our supermarket checkout counter is at least twice my age and also at least twice as good-looking as anyone else I've ever seen. Dimples, white teeth, crinkled-up smile, wavy black hair — wow, he really sends me.

But I wonder whether that wedding ring is just to scare off girls like me. What I think is, "No luck, Buster. I'm a sticker, and I'll hang around. You're worth it." And I mean it, too. After all, I'm only 15 years old and I have time to hang on. — Patient

Patient: I hope you don't mind my saying that you may be in for a big disappointment.

His age and ring are working against you, and that may not be all. Kids at home, loving his wife, your not only being young but also "underage" by most standards and he may be aware of what kind of trouble that could mean — all of that is what you're perhaps facing.

Your thoughts seem to be digging you a deep hole, but "deeper" is even worse, so give very serious consideration to getting out while you can.

Not all younger guys have less than half his good looks. Give them a chance. Patient: You may be missing a lot of fun closer to your age with fellows who would like to know an enthusiastic girl like you.

Dr. Abraham: My girlfriend is driving me out of my mind, and she doesn't have to if she would only listen to me and use some common sense. It is all because she insists on using perfumes that are so sweet and strong they drive me up the wall.

To be specific, I get headaches because of her. And that's no fun, believe me.

She says these smells make her feel grown-up and glamorous, but they make me feel sick and miserable. — Perfume Angry

Perfume Angry: It looks like "compromise time" may help solve this problem. You might suggest that she limit her use of perfume to times when you aren't around.

This issue reminds me somewhat of the complaints of non-smokers about passive or second-hand smoke (inhaling the smoke of others). That situation is no doubt more dangerous to the non-smoker's health, but perfume as well

Cooking Corner



By Trish Barr

A pear a day keeps the doctor away. Wait a minute. A pear? No fooling.

"If eaten daily, pears and other fruits containing pectin help prevent high blood pressure and atherosclerosis by preventing uptake of dietary cholesterol from other foods," the Encyclopedia Americana tells us. In other words, they're good for you.

One medium-size pear contains only 95 calories, no cholesterol and is virtually fat- and sodium-free. Each pear provides 23 grams carbohydrates, 194 milligrams potassium and 6 grams dietary fiber.

No one knows the origin of the pear, but Greek poet Homer described the fruit as "a gift from the gods." Ancient Greeks believed pears had medicinal powers; the Romans introduced them throughout Europe. European royalty and the wealthy grew pears — indeed, French emperor Charlemagne ordered his subjects to plant pear trees in their gardens.

California, Oregon and Washington state produce 95 percent of the commercially grown U.S. pear crop. Varieties include the Bartlett, California's premier pear, and its cousin, the Red Bartlett; the Anjou, Bosc, Comice, Nellis, Forelle and Seckel pears.

Unlike many other fruits, pears do not ripen on the tree and must be harvested green, though mature. (Maturity is determined by testing for appropriate natural sugar levels.) They then are held in cold storage to prevent ripening before reaching the supermarket.

When choosing pears, select well-formed fruit free of cuts and bruises and complete the ripening process at home. To do this, place pears in a loosely closed paper bag or ripening bowl and leave at room temperature for several days.

Check the fruit daily; at the proper stage of maturity, pears will yield to gentle pressure at the stem end. (Color changes do not always indicate when pear is in the best condition for eating.)

Once they've ripened, store the pears in the refrigerator, where they will keep from three to 14 days.

Pears pair beautifully with cheeses, for appetizers as well as desserts. Some cheeses that go particularly well with pears include blue, Brie, cheddar, Gouda, Gorgonzola and Swiss. Other quick treats include:

Broiled Bartletts — Halve and core fresh pears, sprinkle cut sides generously with orange juice and small amount of brown sugar; dust with ground ginger and dot with butter. Broil until browned and bubbly.

Quick Salad or Dessert — Fill cavities of cored pear halves with seedless grapes. Top with plain low-fat yogurt mixed with a bit of honey. Sprinkle with chopped nuts.

Toast Toppers — Spread hot toast with a small amount of chunky-style peanut butter and top with thin slices of pears.

The Sweet Sandwich — Soften cream cheese or Neufchatel cheese with orange juice. Spread on date or brown bread. Cover with thin slices of pears and sprinkle with ground nutmeg or ginger.

Pears to Go — Halve and core fresh pears and pack cavities with cream cheese or Neufchatel cheese; place halves together, cover with plastic wrap and carry in lunch boxes or knapsacks.

A reminder: When cooking with pears, the fruit should be firm.

FRESH START

1 medium Bartlett pear, peeled and diced
1 tablespoon lemon juice
1/4 teaspoon lemon peel
1/2 cup crushed ice
2 eggs
1/4 teaspoon ground cinnamon
Dash ground nutmeg
3 ounces frozen apple juice concentrate, undiluted, defrosted (half a 6-ounce can)
3/4 to 1 cup milk

Yields 2 breakfast drinks.

Whirl pear, lemon juice and peel in blender until smooth. Add crushed ice, eggs, spices and apple juice concentrate; whirl. While blender is running, add milk and whirl until foamy.

CHICKEN AND PEARS WITH MUSTARD CREAM SAUCE

1 1/2 pounds chicken breast, skinned and boned
Salt, pepper and paprika to taste
2 firm Bartlett pears, cored and sliced (see note)
Water
1/2 cup chopped onion
2 tablespoons butter or margarine
1 tablespoon fresh chopped basil or 1 teaspoon dried, crushed
2 tablespoons flour
1 cup half-and-half
1 tablespoon Dijon mustard
Yields 4 servings.

Season chicken breast to taste with salt, pepper and paprika. Arrange with pears in microwave-safe dish. Microcook, covered, at HIGH 7 to 10 minutes or until chicken tests done and juices run clear.

Pour juices from chicken into 4-cup microwave-safe measure; add water to equal one-third cup. Add onion, butter and basil; microcook on HIGH 3 to 4 minutes or until onions are tender.

Blend in flour; stir in half-and-half and mustard. Microcook at HIGH 3 to 5 minutes or until thickened. Adjust seasonings. Pour over chicken and pears.

Note: Bosc and Anjou pears can be substituted.

LEMON CHICKEN WITH PEARS

3 tablespoons vegetable oil

1 chicken breast, skinned, boned, cut into 1-inch cubes
1/2 pound fresh Chinese pea pods or green beans
3 green onions, green parts only, cut into 1-inch lengths
2 fresh Bartlett pears, cored, sliced
Cooking Sauce (recipe follows)

Yields 4 servings.

Heat 2 tablespoons oil in wok or large skillet. Add chicken and stir-fry over high heat 2 minutes or until chicken turns white. Transfer chicken to plate. Add remaining oil and stir-fry pea pods 1 minute over high heat.

Reduce heat to medium. Add cooked chicken, onions, pears and Cooking Sauce. Stir-fry until mixture is heated through and sauce is glossy, about 3 minutes.

Cooking Sauce: In small cup, mix 3 tablespoons water, 2 tablespoons soy sauce, 1 teaspoon lemon zest, 2 tablespoons lemon juice, 2 teaspoons sugar, 2 teaspoons cornstarch, 2 cloves minced garlic, 2 teaspoons minced or grated ginger.

SHRIMP, PEAR AND AVOCADO SALAD

1/4 pound cooked tiny shrimp meat
Dressing (recipe follows)
2 fresh Bartlett pears
1 avocado
Lemon juice
1 large head butter lettuce

Yields 4 servings.

Marinate shrimp in dressing in refrigerator for about 1 hour. Halve, core and slice pears (to get about 2 1/2 cups). Cut avocado into lengthwise slices. Coat both pears and avocado with lemon juice to prevent browning. Shred crispier (center) leaves of lettuce and put into center of 4 salad bowls lined with large outer leaves. Spoon marinated shrimp onto lettuce and arrange pears and avocado around shrimp. Serve remaining dressing on the side.

Dressing: Combine 1/2 cup white vinegar, 1/2 cup vegetable oil, 4 teaspoons Worcestershire sauce, 1 teaspoon sugar, 1/4 teaspoon salt, 1/4 teaspoon basil, crumbled, 1/4 teaspoon oregano, crumbled, and 1/4 teaspoon pepper in a jar. Shake to combine.

PEAR BROWN RICE SALAD

3 tablespoons lemon juice
2 teaspoons garlic, finely chopped
1/4 teaspoon ground ginger
1/4 teaspoon salt
1/4 teaspoon pepper
2 ripe Bartlett pears (1 pound), diced
3 1/2 cups cooked brown rice
1/2 cup green onion, thinly sliced
1/2 cup carrot, coarsely grated
1/2 cup celery, thinly sliced
3 tablespoons vegetable oil

Yields 6 servings.

Combine first 5 ingredients. Toss with pears; reserve. Combine rice and remaining ingredients. Gently fold in pears. Chill.

PEAR RELISH

1 cup sugar
1 cup white vinegar
2 teaspoons salt
1/4 to 1/2 teaspoon cayenne pepper
6 Bartlett, Anjou or Bosc pears, cored and finely chopped
3 green peppers, cored, seeded and diced
1 sweet red pepper, cored, seeded and diced
2 large onions, peeled and finely diced

Yields about 5 1/2-pint jars.

Combine sugar, vinegar, salt and cayenne pepper in large saucepan; bring to boil. Add pears, peppers and onions; return to boil. Reduce heat and simmer 25 to 30 minutes or until mixture thickens; stir occasionally.

Ladle into clean, hot canning jars to within 1/4 inch of tops. Seal according to jar manufacturer's directions. Place jars on rack in canner. Process 10 minutes in boiling water bath with boiling water 2 inches above jar tops.

Remove jars from canner. Place on thick cloth or wire racks; cool away from drafts. After 12 hours test lids for proper seal; remove rings from sealed jars.

SPICED PEAR BUTTER

7 large Bartlett pears, pared, cored and diced to make 2 quarts
1/2 cup lemon juice
1/4 cup water
7 1/2 cups sugar
1 teaspoon cinnamon
1/2 teaspoon allspice
1/4 teaspoon cloves
1 (3-ounce) pouch liquid pectin

Yields 9 cups.

Combine pears in large sauce pan with lemon juice and water; heat to boiling. Cover and cook 10 minutes until pears are soft. Uncover and cook over high heat 10 minutes longer, stirring and mashing pears as they cook.

In blender, puree half the mixture at a time until smooth (mixture should measure 5 cups). If it measures more than 5 cups, boil down; if less than 5 cups, add water.

Add sugar and spices; heat to boiling, stirring until sugar dissolves. Boil hard 1 minute. Remove from heat; stir in pectin. Pour into hot jars, leaving 1/4 inch headspace. Adjust caps. Process 15 minutes in boiling water bath.



Backyard Gardener

By Patrick Denton



Morning glories

Morning glory, a plant I'm sure many a home gardener regards with mixed feelings, was celebrated as September's flower of the month in 19th and early 20th century England.

The morning glories of endearing nostalgic charm are lush and beautiful climbers grown from seed to yield showy funnel-shaped flowers against a wall of luxuriant heart-shaped foliage.

Apart from their exuberant growth these are rather well-behaved plants, annuals that diminish demurely in the fall and seldom return as tedious ghosts to haunt the garden.

They have, however, suffered somewhat in the light of the ill-mannered behavior displayed by their less cultured relatives — wild morning glory and bindweed. Wild morning glory is not a big problem, as it is an annual lacking the massive, brittle root system of the perennial bindweed.

It is these roots, which can extend up to 30 feet from the plant's base, that make bindweed such as formidable foe. Only smothering with heavy black plastic, or continuous pulling and hoeing for a year or two will succeed in depleting the energy reserves in the roots. The name bindweed comes from the vine's bent for strangulation. The stems grab and wind round other plants, tying them together.

The familiar large-flowered morning glories that we grow as annual summer vines are Ipomoea tricolor, Ipomoea from the Greek ips meaning "bindweed" and homiois meaning "similar to." The two vines have similar twining natures. Tricolor means three-colored. The dominant flow-

er color in morning glories is usually accented by contrasting colors — most often white and yellow — in the throat of the bloom.

Heavenly Blue is the traditional morning glory, with pure sky blue flowers. Pearly Gates is a lustrous white with creamy shading at the throat. Scarlet O'Hara is a rich dark red. Blue Star is light blue with star-shaped markings in deeper blue while Scarlet Star bears bright rosy red flowers with white star-shaped marking and edges.

Morning glory vines are ideal for clothing fences, trellises or sunny house walls in the summer or for creating a flowering wall of cooling shade for a deck, porch or patio.

Ordinary soil, moderate water and full sun will produce the best growth and bloom. The plants can also be grown in containers with the vines trained up on stakes or over a wire cylinder. Or they can be allowed to cascade from

planters, patio pots or window boxes.

The morning glories are sometimes sold as Convolvulus, from a word meaning to "entwine." But it is mainly the bush or dwarf morning glory that is sold under this name.

These annual plants form 12-inch bushy mounds of foliage and yield three-colored blooms with the dominant colors being blue, rose and white. Dwarf morning glory thrives in sun and warmth where the soil is kept somewhat dry. They are excellent pot and basket plants.

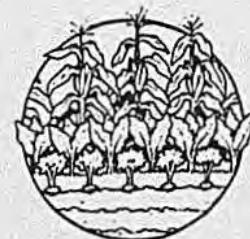
For the earliest possible flowering it's a good idea to start morning glory seed in peat pots indoors very early in the spring for plants to set out later when the weather is warm.

Soak the hard seeds for 48 hours in wet paper towelling first, or nick the pointed end of the seed with a knife to hasten germination. Plant two seeds one-quarter inch deep in each 3-inch wide peat pot and germinate in warmth, ideally with a soil temperature of 70 F.

If you have morning glory vines growing in the garden now, consider taking a few short shoot tip cuttings to root as potted indoor plants. Given a place at a bright window or in a sun porch, the plants can be used to wind around the framework of a window, climb up stakes set in the pot, clothe a wire cylinder, or tumble from a hanging basket.

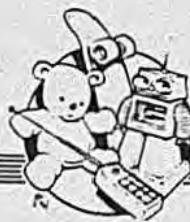
One hot, sunny day recently I was reminded by the pretty funnel-shaped flowers peeking out of the foliage of my sweet potato planting that this plant is a morning glory relative — Ipomoea batatas. Batata is South American Indian word for "potato." These vines too will yield cuttings for beautiful winter house plants.

More cuttings taken early in the spring will yield plants to form another beautiful carpet of heart-shaped leaves, late summer flowers and sweet tubers to eat. The vines of the sweet potato are excellent for clothing hot spots with beauty in summer.



Our Children

By Willard Abraham, Ph.D.



Communicating with our children

Dear Parents: A recent "educational exhibit" I attended provided some materials that I could hardly wait to share with you. I checked on their availability and hoped there would be no cost if you requested them, and the welcome answer was "yes" to both questions.

They were distributed by the Charter Hospital in Glendale, Ariz.; address provided below. (These materials also may be available through other hospitals in your locality.)

One is called "101 Ways to Praise a Child."

Although you might occasionally (or often) have reasons to feel they don't deserve praise, there may be times when even the most argumentative, stubborn teens (and others, too) can be communicated with if we try to cut through their negative reactions or "silent treatment" toward parents.

The "praise" list includes the following (plus 94 more), so take a deep breath and at least consider the possibilities in this softening-up approach: I'm proud of you; looking good; I like you; you're a

winner; what an imagination; you mean a lot to me; I trust you.

You might have to search or wait for a time when praise is honest and deserved because many kids have a talent for seeing through parental fakery.

Another of the hospital's products is a checklist to help parents differentiate so-called "growing pains" from red-flag danger signals that may call for a professional assessment.

It includes 10 questions, each one preceded by "Does your child..."

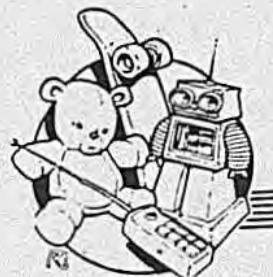
- Avoid direct eye contact?
- Hang out with the "wrong crowd"?
- Skip school?
- Break curfew?
- Act detached and secretive?
- Seem unconcerned about hygiene and appearance?
- Avoid family involvement/activities?
- Talk back with anger and verbal abuse?
- Tell you it's all the other kids who use drugs/alcohol?
- Have a major change in appetite and sleep habits?

A third of the Charter Hospital releases goes into some of the specifics parents can use in (1) developing effective communication with their youngsters, (2) improving their self-esteem, (3) working

out a balanced activity program for them and, (4) providing guidance, supervision and appropriate discipline.

A fourth item of theirs is called "10 Steps to Help Your Preteen Say 'No.'

If you want any of these, write to the following, and mention which one or ones you want (enclosing a self-addressed, business-size envelope): Don Aldrich, Director of Marketing, Charter Hospital of Glendale, 6015 W. Peoria, Glendale, AZ 85302.





Fitness Forum

Foot massage said to relieve many body aches

By Jack Williams

If there's a connection between body and sole, a venerable form of foot work known as reflexology will find it.

Just entrust your feet to the probing hands of a skilled reflexologist and rest assured: metatarsal heads will roll, energy will flow, tension will go.

You might find, after a half hour or so, that your neck pain, shoulder tightness and headache have split. For the time being, at least.

And all because of a strategically placed thumb and finger, applied to a zone of the foot — be it the sole, toes, heel or instep — believed to correspond to an organ, gland or part of the body.

"It's much better than a body massage," said one customer.

"When (the reflexologist) works a certain spot on the foot, I feel a sensation in the spine, a sensation in the shoulder, or a sensation in the fingers."

"It really helps — actual pain relief — but you have to do it regularly."

In the absence of controlled studies, testimonials comprise reflexology's strongest documentation. Meanwhile, the medical community generally regards somebody who kneads designated zones of the feet in the same category as somebody who reads between the lines of the hands.

But in this age of preventive medicine and heal-thyself mentality, the attitude seems to be: if it feels good, do it.

And reflexology, stimulating, as it does, a largely neglected area of the anatomy that houses 7,200 nerves, tends to feel good.

"There's been an incredible increase in the practice of reflexology over the last eight or nine years," said Bobbi Warren, an instructor and practitioner who has scheduled 39 seminars this year as a missionary of the International Institute of Reflexology.

"I didn't dream 11 years ago, when I learned reflexology, that it would be where it is today. It's common in Britain now, particularly since Prince Charles and Princess Di have their own reflexologist."

CONTRADICTORY VIEWS

It has also found a home in the Soviet Union, according to Kevin Kunz of Albuquerque, N.M., author of "The Complete Guide to Foot Reflexology" and editor, with his wife, Barbara, of *Reflexions*, a reflexology newsletter.

"It's as common as aspirin in Russia," said Kunz.

"In some Third World countries, it may be the only form of medical care. It's been found successful in promoting fertility in a South

American clinic, and they're using it in working with the abused at Texas Tech University — trying to find if non-threatening touch can help remove the bonds broken through child abuse.

"But to show you how primitive the view of reflexology can be in this country, it was banned in Albuquerque until recently because any touching of the human body (without a massage therapy license) was considered illegal. It was the city's way of regulating prostitution."

Reflexology's roots date to 2300 B.C. in Egypt. But not until the 1930s, when physiotherapist Eunice Ingham divided the foot into a complete map of the body and devised a system of pressure points, was reflexology formally practiced in the U.S. Not as a substitute for conventional medicine, but as a complement to it.

A GOOD HOLISTIC FIT

Today, the International Institute of Reflexology, based in St. Petersburg, Fla., lists 70,000 members in the U.S. and Canada.

One of them, Sheila Zacker, who works out of a shoe store, is an ex-patient turned professional.

Told she needed surgery for injuries suffered to the back and hip in a skiing accident eight years ago, Zacker opted instead for chiropractic and reflexology. After a while, the pain was gone.

"I was amazed. The combination worked wonders, and I decided I wanted to pass it (reflexology) along to others."

"I don't diagnose or prescribe. I just say reflexology is something that can help the body help itself."

JUST HELPING A BODY OUT

How? By stimulating circulation and relaxation in certain energy pathways so that the body's natural healing mechanism can do its job.

"A lot of people carry stress in their neck and back, and after I work on those reflex points, people walk away relieved," said Zacker.

One of them, Pete, 46, sought relief from a neck injury — an acute cervical sprain — he suffered a year ago in a surfing accident.

"Sheila seemed to know exactly what part of the foot was sore," he said. "It was like, 'Ah, you're sore there.' And I didn't know that."

"I had a lot of physical therapy and chiropractic, which helped to some degree."

"But this was pretty dramatic."

NOT A CURE-ALL

That's not to say, however, that reflexology is a quick — or per-

manent — fix.

"When you're working with natural healing, it takes a long time," said Warren. "It's not like a shot or a pill. People get frustrated because they don't realize that."

One result is immediate, though. The feet themselves — having been propped up and pampered — tend to feel as if a load has been lifted.

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THE HEALTHY GOURMET

By Kit Snedaker

The fresh flavor of fruit soups

I ate my first bowl of cold fruit soup in Norway one interminable summer day. It was served at the beginning of an outdoor meal but could just as easily come in at the end as dessert. Either way, I was hooked. I had to have the recipe, which proved to be amazingly simple. Nothing but pureed fruit, seasonings and skim milk or chicken stock.

That was 10 years ago. Now fruit soup pops up on menus of good restaurants and in the pages of the newest cookbooks. I've made it dozens of times and thousands of ways. Almost all of them work. It's hard to spoil this dish.

Best of all, it's best made ahead, takes minutes to put together, and travels well for picnics. On top of that, it's low in calories, fat and cholesterol. And it tastes like nectar.

If this is new to you and yours, start with the Cantaloupe Soup. Then try the apple and, finally, make the sweet and sour cherry. Beets give it the same depth as Russian borsch.

APPLE SOUP

- 1 tablespoon low-sodium margarine
- 1 onion, chopped
- 1 stalk celery, sliced
- 1 pound (about 8) carrots, sliced
- 2 apples, Rome, Macintosh, Gala or Fuji, peeled, cored and chopped
- 5 cups low-sodium chicken broth
- ½ teaspoon dried sage
- Freshly ground pepper to taste
- 1 bay leaf
- 2 medium-sized apples thinly sliced and dipped in lemon juice for garnish

Yields 6 to 8 servings.

Each serving has about 100 calories, 3 grams fat, no cholesterol and 75 milligrams sodium.

Melt margarine in saucepan and add onion, celery, carrots and chopped apples. Cook, uncovered, until onion is soft (about 4 or 5 minutes).

reduce heat to simmer.

Cook for about 20 minutes or until carrots are tender. Remove soup from stove. Carefully remove bay leaf and let soup cool.

Pour it into work bowl of food processor (you may have to do this in two batches) and process until smooth. Return to pan and bring to serving temperature if serving hot. Refrigerate if serving cold.

Float apple slices on top for garnish.

SWEET AND SOUR CHERRY SOUP

- 3 cups water
- 2 tablespoons brown sugar
- 2 teaspoons beef-flavored bouillon granules
- 1 teaspoon mixed pickling spices
- 1 (3-inch) stick cinnamon
- 1 15-ounce can sliced beets, with liquid
- 1 pound fresh or frozen sweet cherries, thawed and drained and pitted
- 1 tablespoon vinegar
- ¼ cup cherry non-fat yogurt

Yields 4 to 6 servings.

Each serving has about 90 calories, 1 gram fat, 1 milligram cholesterol and 300 milligrams sodium.

Put water, brown sugar, beef granules, pickling spice and cinnamon in saucepan and bring to a boil. Cover, reduce heat to simmer and cook 15 minutes.

Strain mixture and discard spices and cinnamon stick.

Return mixture to saucepan and add beets (with liquid) and cherries. Bring to boil again, cover and reduce heat. Simmer about 15 minutes or until cherries are tender.

Pour soup into a blender or food processor (may do this in several batches) and process until smooth. Pour into a bowl and stir in vinegar.

Cover and chill for at least 2 hours or overnight. To serve spoon soup into bowls and top each serving with a dollop of yogurt.

HEALTH WATCH

Best and worst states for the environment

Here are the best and worst states by environmental categories as ranked by the Green Index, a comprehensive study of environmental quality.

Air quality	Water quality	Toxic waste	Health	Quality of life
BEST	1. Idaho	1. Nevada	1. N.D.	1. Alaska
	2. Hawaii	2. Colo.	2. Hawaii	2. S.D.
	3. Nevada	3. Utah	3. S.D.	3. Minn.
	4. Vermont	4. N.D.	4. Vermont	4. Wyo.
	5. Oregon	5. N.H.	5. Alaska	5. Oregon
WORST	50. Indiana	50. Florida	50. Indiana	50. Indiana
	49. Ohio	49. Indiana	49. Ohio	49. Conn.
	48. Tenn.	48. W. Va.	48. Tenn.	48. Ohio
	47. Alabama	47. Tenn.	47. Michigan	47. Texas
	46. Pa.	46. Illinois	46. Ia.	46. Illinois

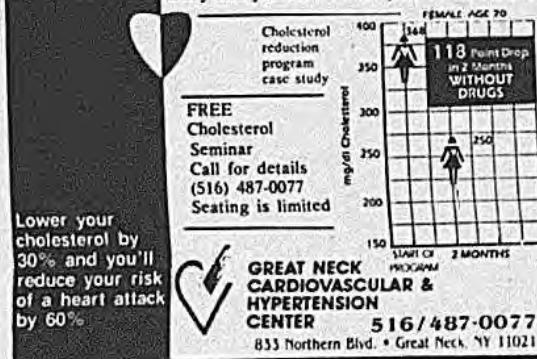
SOURCE: Institute for Southern Studies, Durham, N.C.

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THE HEALTHY GOURMET

Sweet And Sour Cherry Soup

- Calories per serving: 90
- Fat per serving:
- 1 gram
- Cholesterol per serving:
- 1 milligram
- Sodium per serving:
- 300 milligrams

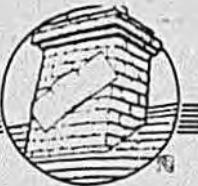
THE HEALTHY GOURMET

Apple Soup

- Calories per serving: 100
- Fat per serving:
- 3 grams
- Cholesterol per serving:
- None
- Sodium per serving:
- 75 milligrams

Here's How

By Gene Gary



Discolored brass screen can be cleaned

Q. We purchased a brass fireplace screen. Unfortunately, we placed it too close to the fire and the metal became discolored. I have used special cleaners that are recommended for brass, but

without much luck. Can you suggest anything that might restore this brass fixture?

A. If you have already tried the modern brass cleaning preparations, then try rubbing with a

paste made of hot vinegar and salt (use as much salt as will dissolve in the solution).

If this doesn't do the trick, make a second vinegar and salt mixture, adding enough flour to make into

a paste and leave it on the stained area for several hours. Rinse and polish with lemon oil.

A more drastic method is to clean it with a wire wheel attachment for an electric drill, although

this will have to be followed by buffing and polishing to camouflage any scratches.

Q. Do you have any recommended solutions for solving the problem of sticking drawers? We

have some lovely built-in cabinets in our family room, but the drawers are driving me crazy because they are so difficult to open and shut.

A. Sticking drawers often are caused by moisture that has warped the wood. Drying out the drawer is the best remedy.

Put a small fixture with a 100-watt light bulb into a metal pan or rack and place it in the bottom

drawer of the bureau, cabinet or desk. The pan will keep the light bulb from burning the wood.

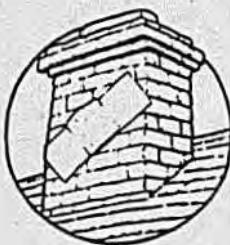
Cover the entire piece of furniture with a blanket and let the light bulb burn 12 to 24 hours. This

should drive the moisture out, causing the wood to shrink. Continue doing this until all drawers fit properly.

Then mix equal amounts of varnish and mineral spirits and coat the inside and undersides (any portion of the wood that has not been sealed with a finish) of the drawers to prevent further moisture absorption and warping.

To facilitate easy pulling of the drawers, coat the runners with paraffin. Rub both the tracks and the bottom portion of the drawers

Another suggestion submitted by one of our readers is to use "Silicone Spray Lubricant" to spray the runners. Let set for 30 seconds and put the drawers back in. This suggestion was offered by a professional in the furniture business who claims that one treatment usually corrects the problem and the silicone is not subject to dust collection.



Decor Score

By Rose Bennett Gilbert



Q. We have a magnificent view of the mountains and a lake outside our dining room. Unfortunately, the living room is sited in such a way that it looks out instead on plain forest. I'd take down the dining room wall, but we entertain a lot and I don't like all that openness. What else can you suggest? — J.A.

A. Take a leaf from the idea book of New York designer Karen Rosen, who faced a similar problem in the sophisticated apartment we show here. The view from the dining room is big-city splendid; the living room didn't fare as well.

In a stroke of clear genius, Rosen replaced the solid dividing wall with one of glass, tempered so it's strong and safe, and etched in art deco designs that carry on the urbane decorating theme. Glass offers the kind of glitter and shine she was seeking; even the floors sparkle with marble (from Saxony).

Depending on your own decorating theme, you could use wood-framed glass windows or panels of beveled and/or leaded glass hung from the ceiling.

The idea is to be able to enjoy the view without completely sacrificing the dividing line between rooms.

Q. I have sliding doors and two windows in the family room, and the trouble is, they are not the

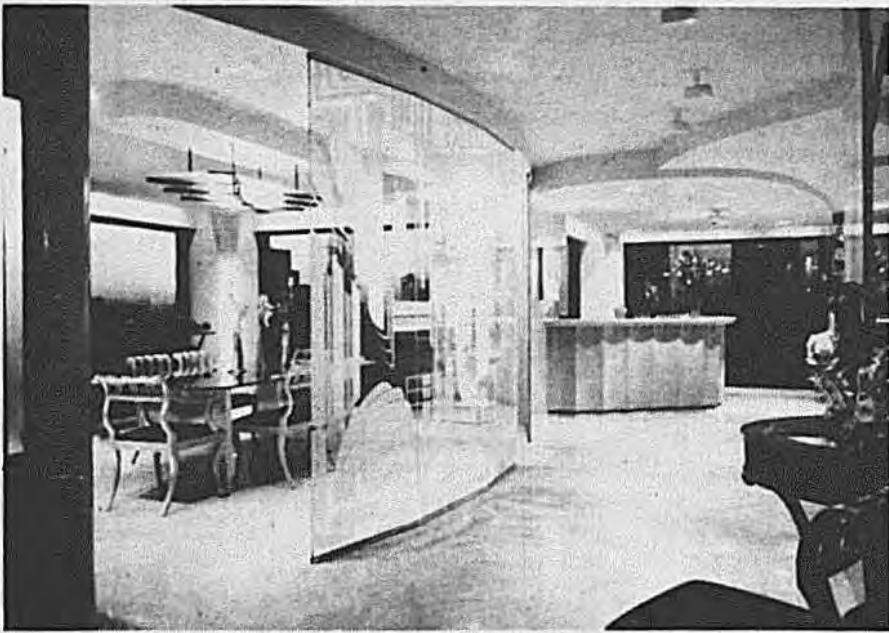
same height. The doors are about 4 inches higher. I don't know what to put on them so they'll look right together. Help! — C.A.

A. Cornices and valances are great equalizers: You can hide a

disparity of heights and make the windows look like near twins in the process.

Remember, first, the difference between a cornice — which has hard corners — and a valance,

usually made of gathered fabric. Whichever you choose, make it the same depth for both the sliding doors and the windows, only set it low on the doors, high on the windows, keeping the top of both even. With the frames covered, you won't be able to see the difference in heights.



HIGH STYLE — Etched glass creates an airy partition around the dining room in a New York apartment designed by Karen Rosen.



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Help Wanted

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POLISH WOMAN LOOKING For Housekeeping job. Own transportation, experienced. 565-1751. gcs3

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I AM LOOKING FOR A HOUSEKEEPING JOB, Mon. - Sat., experienced & references. Call (718) 651-0705 after 6 p.m. or weekends. gcs3

Situations Wanted

SLEEP IN/SLEEP OUT COMPANION job wanted. Experienced & references. (718) 479-9147. gcs3

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BABYSITTING - GARDEN CITY mother with older children wanting to babysit occasionally. Preferably daytime. Thank you. 248-5896. gcn3

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HOME HEALTH AIDE Responsible, reliable with experience will take care of your sick or elderly people. Excellent references. 326-2917. gec2

DAY WORKER AVAILABLE. References upon request. Experience. Own transportation. 486-1305. gec4

RETired N.Y.C. POLICE officer looking to render services for high level executive. (516) 796-2493. gec1

COMPANION CARE FOR Elderly, babysitter, housekeeper. Good references. Call Angela (718) 529-2166, (718) 659-0851. gec2

RELIABLE YOUNG WOMAN Looking for work as companion to the elderly or children. Good references are available. Please call Charmaine at (718) 327-3020 anytime. gec2

MATURE WOMAN Experienced with car looking for housecleaning job. (516) 486-2839 evenings. gec2

DEPENDABLE PERSON SEEKS job to take care of elderly. Live in or out. Contact Eulah Anderson at 378-8771. gec2

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BABYSITTER AVAILABLE Fridays. Mature, experienced, reliable woman, daytime only. 741-8149. Please leave message. gec1

EXPERIENCED NURSE'S AIDE seeking live out job. Needs to take care of elderly or invalid. If interested call 292-6165. References. WO1

CERTIFIED NURSE'S AIDE wishes work with sick or elderly. 8 to 10 hrs. per day. Will work weekends. Will do chores, make meals. Have car. Local references of ten years. 742-9498. WO1

HOUSECLEANING AVAILABLE any day, experienced, mature, reliable. 481-4914. gec4

LOVING MOTHER WHO HAS a 33 month old boy will care for your child in your home. Part time. Very reliable, reasonable rate. Please call 437-7829. gec2

CLEANING SERVICES/CHILD care/care of the elderly, part time or full time. Live out. Honest, good references. 718 776-6163. gec2

PERSONAL CARE SERVICE By the hour-day. Bright, friendly Irish woman will do grocery shopping, pharmacy etc. Look in on house bound loved ones, cook, general daily duties, walk dogs etc. Please call 565-4132. gec1

EXPERIENCED & RELIABLE Housekeeper. Own transportation. References. Call from 2-11 p.m. 747-9237. gec1

HOUSECLEANING JOB wanted. Experience, own transportation, good reference. Available 6 days. Call anytime 292-7658. gec1

HOUSECLEANER, REFER- ences, own transportation. Experienced. 338-5970. wO4

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

MATURE, EXPERIENCED woman will baby sit in your home day or night. Call after 7 p.m. 741-3384. gec4

HONEST LADY, ENGLISH speaking, looking for companion position. Live-in/live out. Well experienced. 718-723-8515. gec4

Situations Wanted

HONEST, TRUSTWORTHY, reliable English speaking aide will care for elderly or sick or housekeeping. Sleep in. Experienced, references. Call 486-2516. gec4

MATURE, RELIABLE WOMAN Seeking F/T companion position, English speaking. Experience & references. Will do light housekeeping. Call 334-2845. gec4

HOUSEWORKER W/experience available for day work Monday-Friday. References available. Call 489-5890. gec1

POSITION WANTED - Mature, efficient woman seeks live-in position to care for elderly patient. Linette. 212-792-2148. Call from Thursday through Sunday. References available. gec4

HONEST, DEPENDABLE & Efficient cleaning woman looking for daily work. Hard working & reliable \$50 - 60 per day. Lower rates for apartments. Call 489-2788 (afternoons). gec4

SLEEP-IN HOME HEALTH Aide available to work caring for the elderly. Providing complete 7 day week care. Long term callers only reply to an experienced worker with N.Y.S. certified medical references & driver's license. No temps. Call Carin Seiferth, 753-2094. gec1

CERTIFIED, EXPERIENCED Nurse's Assistant would like weekend work. Preferably in home care. 538-6764. gec1

LOOKING FOR THREE DAYS work - Tues., Fri., & Sat. 481-7355 gec1

POLISH WOMAN WITH experience looking for housekeeper position. 424-2480. gec1

SEEKING TO CARE FOR elderly gentleman or family. Can prepare various dishes and take care of the home. Have a valid driver's license. Call (718) 464-5439. Ask for Winston. gec1

AFTER SCHOOL CHILD CARE Garden City resident with child in St. Joseph's School will watch your child in my home. 746-5652. gec1

HOUSECLEANING AVAILABLE Very reliable. Two years experience. References available. 483-4717, leave message. gec1

HOUSE, APARTMENT, OFFICE Cleaner available. Much experience, own transportation, excellent references. Available day or night. Call 623-2337. anytime. gec1

HOUSE, APT., OFFICE Cleaning available. Experience, own transportation, references. Day or night. Call 623-3762. gec1

HONEST LADY, ENGLISH speaking, looking for companion position. Live-in/live out. Well experienced. 718-723-8515. gec4

CHILD CARE AVAILABLE: Loving, caring and dependable woman. Full time. References 775-2729. ws4

Situations Wanted

MATURE PERSON LOOKING for a job as a nurse's aide or companion to take care of child or elderly person. Can be contacted at 223-7288. Please leave message or ask for Dellis. gec2

BABYSITTER AVAILABLE Irish lady available for babysitting in my Floral Park home. Please call 358-9204. gec2

HOUSECLEANER AVAILABLE Monday-Friday. Experience, good references, own transportation, English speaking, call anytime. 775-4467. gec2

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

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. hs4

FLORAL PK. LEGAL 2 FAMILY 3 1/2 over 4 1/2. Large plot, 2 car garage, newly painted, walk to all. Owner. 741-4198 or 653-6995. gec2

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. gec4

STEWART MANOR-GARDEN City School District-Colonial, LR/fpl, FDR, modern kitchen with breakfast nook, 2 new baths, 3 BRs, finished basement, attached 2 car garage, new siding and windows, low taxes. \$309,000 by owner. 352-1392 evenings. gec2

CUTCHOGUE/NASSAU POINT Magnificent waterfront estate on 3 ultra private acres. 6 BRs, 3 1/2 baths, lg. LR/fpl, FDR w/cathead ceiling, huge game room, den, kit with pantry, breakfast room, laundry room, 2 car garage, 4 patios & gazebo. Spectacular gardens and grounds with panoramic view of Peconic Bay and dazzling sunsets. Principals only. \$950,000. 427-3623. gec2

GARDEN CITY ESTATES Split level, cathedral LR ceiling, EIK, DR, 3 BRs, 2 1/2 baths, den, basement, 2 car garage, gas heat, alarm, low taxes and much more. By owner. \$389,000. Call 747-0774. gec2

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 bathers 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. gec1

GARDEN CITY SPACIOUS contemporary, 4 BRs, 3 1/2 baths, family room, 1/2 acre, \$400's. Mini center hall Ranch, 4 BRs, 2 1/2 baths, family room, CAC, C-vac, 1/2 acre, low \$600's. Centrally located, gracious true center hall Colonial, 6 BRs, 3 1/2 baths, family room, over 1/2 acre, \$700's. Vera Atasman 354-1994. ws3

GARDEN CITY ESTATES Tudor - Totally modernized and move in condition, custom Rutt cherry kitchen & family room with Corian wet bar, 4 BRs, modern Corian bathrooms, computerized 4 zone baseboard heat, large finished basement (office, bar, shop, laundry), 2 FPLs, maintenance free exterior, professionally landscaped, 2 car garage, interior decorated to perfection, walk to RR & School. Mid \$600's. Principals only. 728-6919 or 248-6356. gec4

GARDEN CITY BY OWNER \$799,000 4 1/2 BRs, 5 1/2 baths, magnificent Tudor on 113x262. Detached 2 car garage with 1 BR, 1 1/2 bath coach house. 742-5149. gec1

GARDEN CITY 4 BR CAPE, 2 full baths, fin. bsmt., property 60 x 100, private backyard, near schools & playground. Owner asking \$260's. 747-3667. gec1

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. htsf

GARDEN CITY CONTEMP. spacious rooms, new EIK, family room, 2 full baths, 2 car garage, walk RR. \$310,000. Owner 488-4583. geo2

SOUTHOLD, NORTH FORK, L.I. Excellent condition. Walk to private beach, 3 BRs, den, fpl, 1½ baths, deck, park-like yard, outside shower. \$169,000. Weekends 765-5255. week days 621-6518. geo4

GARDEN CITY MOTT CENTER hall Colonial, 4 BRs, 2 baths, LR/fpl, FDR, new kitchen, den plus family room with cathedral ceiling. Finished bsmnt, 2 car detached garage, oversized park-like plot, many extras. Mint. Principals only. \$400's. 746-7507. geo2

GARDEN CITY ESTATES Custom built brick CH Colonial, LR/fpl, FDR, den, 3 BRs, 3 baths, bsmnt, playroom, screened porch, 2 car attached garage. Owner 248-8425. geo4

GARDEN CITY CENTRAL Section 1 BR Condo. Modern EIK & bath, A/C. Walk to all. Low, low maintenance includes heat. Must sell, by owner. \$169,000. 742-8342 evenings. geo2

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. geo3

PHOENIX ARIZONA BILTMORE Estates, 1 BR condo, 1½ baths, private patio, garden apartment complex, tennis, pool, exclusive shopping walking distance. \$89,900. 742-5149, 602-955-8117 evenings. geo2

GARDEN CITY DRASIC 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. geo4

A NEW YORK CITY APT. in Mineola. Glamourously decorated, very large 1 BR, 1 bath, low maintenance. Studwell 746-7077. ws3

NEW HYDE PARK. 2/3 BR. Maintenance free Colonial. Two new baths, kit, siding & windows. DR, 18x21 LR, 2½ car garage, sprinkler system, alarm, covered patio, low taxes. Owner. \$199,000. 437-6032. ws4

GARDEN CITY ESTATES Section - Split 3 BR, 2 baths, LR, full DR, EIK, panelled playroom, full bsmnt., 2 zone heat, 2 car garage. Walk to RR and schools. By owner. \$310,000. Call for appointment. 747-2633. geo2

SOUTHOLD - CHARMING 2 BR Heated cottage. Screened porch, full bsmnt, large property, walking distance to private beach and mooring on Peconic Bay. Low taxes. Asking \$122,500. 763-1547 or 765-3408. geo2

Real Estate For Sale

E. WILLISTON STARTER. Reduced. 2 BR, 1½ baths, LR, DR, Wheatley School District. Move-in condition. Roslyn Rd., north of Hillside Ave. Low taxes. \$209,000. 248-2379. ws4

GARDEN CITY ESTATES Ranch. 4 BRs, 3 baths, EIK, LR/fpl, huge fin. bsmnt. Beautiful yard, 2 car garage, 80x110. \$485,000. Mint cond. 742-8868. geo3

GARDEN CITY-WALK TO RR. Lg. 3 BR, 2½ baths, LR/FPL, DR, den, fin. bsmnt., new gas heat, EIK, 2 car, fenced yard. Many great extras! Low \$300's. Owner (212) 473-0526. geo1

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, Lexington \$90,000. Madison \$112,000, Clinton Arms 1½ baths, terrace \$110,000, Harrison House 2 BR \$145,000. Others available with The Valentine Agency 746-7200. ws4

VERMONT FARMHOUSE c. 1792 on 9 acres w/barn. Eleven rms, 2 car garage & shed. Lovely country setting w/views. Priced below appraised value at \$149,900. Century 21 Carriage Realty 1-800-445-7368, 802-464-7171. geo3

DEL RAY BEACH, FLORIDA Barr Terrace - Furnished 1 BR, 1 1/2 bath Condo, 10th floor, EIK, enclosed porch, undercover parking, intercoastal & ocean views. Many extras \$85,500 by owner. 742-5149. geo2

SOUTHAMPTON VILLAGE - Enjoy summer in your own pool with large patio. Play tennis or bike to beach. Four year old, breezy 3 BR, 2 baths, den, loft, cathedral ceiling, skylight, garage, OHW heat, sprinklers, alarm. One-third acre. \$215,000. Call 248-2593 or Coldwell Banker, 283-9600. geo2

GARDEN CITY PRIME ESTATE section, split, 3 BRs, 2 baths, LR/fpl, FDR, EIK, panelled playroom & lower basement, oversized 1 car garage, patio, 2 zone gas heat, walk to schools & RR, \$300's. Owner 747-3882. geo2

NASSAU POINT WATERFRONT completely charming sensatively updated country home on shy acre with stunning views. LR, stone fpl, master BR, bath plus 2 BR, bath, screened porch, boat dock, \$349,500. East Marion, year round cedar contemporary within walking distance of golf course, sandy beach, boating. \$275,000. East End best price, treed lot, beach rights, second floor waterfront. \$57,500. Mattituck waterfront, 2 BR cottage, 3 ft. at low tide in excellent condition on 1 acre. Great potential, \$199,900. Southold waterfront estate on landscaped acre. New bulking, bay views, prime area, LR, fpl, DR, EIK, laundry room, master BR, bath plus 2 additional BRs, C/A/C. Owner wants offer. Reduced \$550,000. Burt Lewis Real Estate 765-5810, 734-5533, 298-4600. geo2

Real Estate For Sale

FLORAL PARK, WEST END - 3 BR Colonial. new kitchen, finished basement, 50x100, low taxes. Great starter home. Asking \$199K. Exclusively with Norman Realty 352-4774 GCSE3

RE SALE SOUTH JAMESPORT. ALL round custom built 1,800 sq.ft. Ranch on ½ plus acre. Deeded rights for a lovely, white, private, sandy beach on Peconic Bay. Spacious 7 rms. includes 3 BRs, LR/DR, 2 baths, great fan, rm., large Country kit, laundry alcove, all appliances including a/c s. Front portico & beautiful foyer. 11x25 foot screened patio. oversized garage, beautiful landscaped grounds & much more. Reduced to \$175,000 by owner. geo1

GARDEN CITY-WALK TO RR. Lg. 3 BR, 2½ baths, LR/FPL, DR, den, fin. bsmnt., new gas heat, EIK, 2 car, fenced yard. Many great extras! Low \$300's. Owner (212) 473-0526. geo1

CUTCHOGUE, REDUCED \$15,000, beautiful 1 acre lot, walk to beach (sound) \$72,500. Owner 746-8023. hs3

FLORAL PARK FLOWER VIEW Gardens, Newly renovated 1 BR Co-op. Mint condition. Walk to RR, bus and stores. Asking \$92,000. Low maintenance. Call after 5 p.m. 775-7820. hs3

SOUTHOLD EXCLUSIVE very pretty 4 BR, 2½ bath Cape on parklike grounds in private beach and boating community. Numerous amenities. Seller relocating. Call for details, \$250,000 Mattituck buy a home and a lifestyle. Cedar shake Ranch on nicely landscaped ½ acre. Private association with beach and tennis court. Modern efficient kitchen, family room/DR, LR/fpl, 3 BRs, 1½ baths, full bsmnt, 2 zone OHW heat, just reduced to \$167,000. Peconic short walk to private, white sandy beach, all new 2 BR, 2 bath vacation home, great room/fpl, and new OHW heat. Just listed at \$190,000. Cutchogue, 2 level, 3000 sq. ft. Ranch on over an acre with lots of space inside and out. Could be mother/daughter or ideal for

large family. 5 BRs, 2 baths, above ground pool and year round recreation area. Immaculate throughout. \$265,000. Southold waterfront, new deep water dock and bulkheading plus private bay beach and breathtaking views! Completely remodeled 2 story home, low taxes and owner financing. Don't miss this one! \$369,000. Marion R. King Real Estate 734-5657. geo3

GARDEN CITY ESTATES Colonial. 4 BRs, 2 full baths on second floor, 1 BR, full bath on third. Large mod. EIK, deck, LR/marble fpl, FDR, original English wood panelled library, fin. bsmnt, laundry. New windows, slate roof, 2 car garage, park-like yard on beautiful street. Walk to RR. \$445,000. Principals only. 746-6893. geo1

CUTCHOGUE BAYFRONT contemporary with miles of views, features 3 BRs, 2½ baths, LR, DR, deepwater docking for large boat. Bring offers. Southold 400 ft. waterfront and 1.3 acres make a special setting for a 4 BR, 2 bath house, LR, fpl, hardwood firs, room for tennis court or pool. \$400,000. Burt Lewis Real Estate 765-5810, 734-5533, 298-4600. geo2

Real Estate For Sale

GARDEN CITY ESTATES FULL Ranch on Whitehall Blvd. 3 BRs, LR, DR, den, 2 baths, gas heat, large plot. Five minute walk to RR. By appointment only. \$385,000. 746-1121. geo1

GARDEN CITY. 4 BRs, 2 baths, no maintenance, stone/Brick Cape, Western Section. LR/fpl, FDR, EIK, gas, private yard. Move in condition. Walk to RR, church, stores & park. 326-9294. Priced to sell. \$299K. geo1

EAST WILLISTON EXCLUSIVE showings: 4 BR Colonial, 2½ baths, LR, FDR, new kitchen w/Jen-Aire range, midblock location. \$335,000. 8 room Split Level, featuring 3 BRs, 2½ baths, den, recreation room and Florida Room. Well located \$300,000. Call the Valentine Agency 746-7200. ws4

REPOSSESSED & IRS FORECLOSED homes available at below market value. Fantastic savings. You repair. Also S&L bailout properties. Call 1-805-682-7555 ext. H-6089 for repo list your area. hn2

CUTCHOGUE COTTAGE with creekfront. Cozy summer or year-round retreat. 3 BR home, bsmnt, oil heat, appliances, frontage on creek to Peconic Bay. Hurry. \$159,000. Jamesport waterview contemporary near new luxury home steps from 200 ft. private sandy beach. 7 well planned rooms, 3 big BRs, expansion for 4th, 2½ baths, Florida room, 5 appliances, skylights, bsmnt, deck, garage, sprinkler system, priced to sell at \$269,000. Bookmiller Real Estate 722-4423. geo1

GARDEN CITY NORTHEAST expanded Ranch. Newly landscaped, 5 BRs, 2½ baths, FDR, EIK, gas heat, fin. bsmnt. Low \$300's. Principals only. 747-2473. geo1

POCONOS. THREE BEDROOMS plus den. A-frame. Fully furnished, lakefront. All appliances including freezer. Sleeps eight. Clubhouse, indoor pool, tennis. \$110,000. 742-4925. Wol

Co-Op S

MINEOLA CO-OP LINCOLN Arms. Top floor, 1000 sq. ft., 1 BR, 1½ baths, security building. \$92,000. Days 663-2579, eves 742-3599. geo3

GARDEN CITY. HEART OF Village. LR/fpl & built-in book cases, FDR, EIK, 2 BRs. \$145,000. 741-9659. geo4

MINEOLA - HORTON HOUSE 1 BR, large LR, secure building. Convenient to RR, hospital, stores. Must sell. \$79,000. By owner. 747-8711. geo3

CHERRY VALLEY 1 BR MINT condition, new kit. & bath, wall to wall, ceiling fan, walk to LIRR & stores. Maintenance 81% deductible. Owner anxious. \$79,000. 294-7889. geo2

Real Estate For Sale

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. geo3

GARDEN CITY 2BR CO-OP ON Seventh Street for sale by owner. Close to all, low maintenance. Must sell. 294-9318. Asking \$137,000. geo3

GARDEN CITY / HEMPSTEAD Cathedral Gardens - 1 BR Co-op. Assumable mortgage. Low down payment. Priced to sell. Owner \$65-4117. geo3

GARDEN PLAZA - MUST SELL Large Studio, sleeping alcove, new carpet, A/C, new tile. Walk to RR. Security. \$69,000 or best offer. 294-5063. geo1

GARDEN CITY CHERRY Valley 1 BR redecorated, first floor, quiet, court yard facing 15th St. Walk to LIRR. Immediate occupancy. \$78,000. Call owner 746-7162. geo4

MINEOLA CO-OP. EXTRA large 1 BR, 1½ baths, top floor, EIK, terrace, indoor parking. Walk LIRR, courts, hospital. Beautiful building. Must be seen. \$101,000. Owner 747-8919. geo4

GARDEN CITY/HEMPSTEAD The Mulford. Large 1 BR Co-op close to LIRR, lots of closets, oak floors. Great building. By owner. Fair price \$67,000. 292-0483. geo4

MINEOLA GARDEN PLAZA Spacious 1 BR Co-op, top (5th floor), 24 hr. security/parking/garage. Walk to LIRR/shopping/hospital/courts. Wall to wall, 2 A/C's, reasonable maintenance. Move-in condition. \$97,000. 741-8342. geo5

EXCLUSIVE HAMILTON Gardens in Garden City. Very large IBR co-op. EIK, DR, LR, fully renovated. Absolutely charming. Asking \$115,000. Call Patrick, days 212-819-1833; eves. after 7 p.m. - 516-741-2646. geo1

GARDEN CITY 3 BR CO-OP on 7th St. Oversized LR & DR, fpl, Country EIK, 2 full baths, foyer, A/C, new windows. Walk to RR, shops, schools. Mint condition. Must sell \$219,000. Call 742-1268. geo1

GREAT NECK. GRACIOUS 2½ rm. Co-Op, EIK, beautiful hardwood floors. delightful garden view. Mint condition. Close to LIRR, shopping. Low maintenance. \$89,500. Owner 487-0228. geo1

GARDEN CITY/CHERRY Valley Co-op, 2 BR, 2nd fl. end unit. Owner relocated. Asking \$118,000. 703-527-1397, leave message. geo1

GARDEN CITY-LOVELY 1 BR Co-Op. Excellent location. Walk to all. A must see with lots of extras. \$100,000. Days (718) 641-4945, eves. 741-8894. geo1

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012

Real Estate For Sale

GARDEN CITY CO-OP 2 BR second floor unit. Center of Village. One block to LIRR and all shopping. Refinished floors, new windows. Owner \$143,000. 873-9469, leave message. geo2

MINEOLA, MINT CONDITION. Large 1 BR, 1 bath, ultra modern kitchen. Walk to RR, courts and hospital. Great buy. Owner has other home. Available immediately. Principals only 747-4045. \$80's. ho2

Open HOUSE**GARDEN CITY OPEN HOUSE**

Saturday and Sunday, Sept. 21 and 22, 11 a.m.-3 p.m. A mint Mott brick Colonial, fireplae, oversized property, sun deck, 29 Clayton Rd. Owner \$299,000. Immediate 744-3177. gcs3

SATURDAY & SUNDAY

Sept. 21 and 22, noon to 3 p.m., 23 Middleton Road, Garden City, large brick Cape, LR/Ipl, DR, EIK, 4 BRs, 2 baths, deck, sprinklers, oversized property, mint. By owner, mid \$300's. 775-4113 or 212 988-8088. gcs3

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. gcs4

MINEOLA: LARGE FURNISHED room for rent. Queen size bed, A/C, share bath, non-smoking female only. Call anytime. 746-2138. Wol

GARDEN CITY FURNISHED bedroom/share kit/bath \$85 week. Employed only. Agent 741-3089 evens. gco1

GARDEN CITY / HEMPSTEAD Cathedral Gardens, 1 BR Apartment for rent, fully renovated. Immediate occupancy. By owner 565-4117. gcs3

GARAGE FOR RENT Mineola Park section. Perfect for storage. \$75 per month. Available Sept. 1. Call 746-3141 ws4

GARDEN CITY/HEMPSTEAD (Cathedral Gardens). Large 1 BR with outdoor patio, new appliances, wall to wall, freshly painted. Rent with option to buy preferable. Call owner at 485-8079. geo2

FLORAL PARK NEAT 2 RM APT excellent residential area, close to all transportation and shopping. \$530/month. 354-2926. geo2

GARDEN CITY/HEMPSTEAD (Cathedral Gardens), large 1 BR with outdoor patio, new appliances, wall to wall, freshly painted, rent with option to buy preferable. Call owner at 485-8079. geo2

FLORAL PARK 159 TULIP AVE. Above Quality Mart - 4 room apartment also suitable for office. \$800 per month. No fee 538-0757. geo3

Real Estate For Rent

GARDEN CITY SHARE LARGE Colonial home. Kitchen, laundry room, living & dining areas. Near transportation. Non-smoker, professional or business person. Female preferred. References. 437-8001 or 747-6420. geo1

GARDEN CITY BEAUTIFUL, Furnished room, share bath, kitchen, washer/dryer, storage. Utilities included. Walk to RR. Mature female, non-smoker only. \$500 per month. Call eves. 741-8566. geo1

ELMONT SECOND FLOOR Apartment. 1 BR, LR, EIK, bath, lots of closet space, own entrance, quiet area, near shops. No children or pets. \$625 incl. utilities. 437-0820. 352-6913. gco1

GARDEN CITY FURNISHED bed room/share kitchen/bath \$85/week. Employed only. Agent 741-3089 evens. geo2

FRANKLIN SQ. BORDER Spacious 3 BR Colonial, 2 baths, 6 closets, wall to wall carpet, A/C, appliances, full bsmt., plus patio. Near all. Excellent condition. Street parking. Working, mature adults only, no pets. \$1250. 437-1595, leave message. gcs4

ELMONT - 6 ROOM APARTMENT - 3 BRs, LR, DR, private entrance, wall to wall, a/c, EIK w/dishwasher, parking available. \$1,000 plus utilities. 561-1630 after 6 p.m. gse3

FRANKLIN SQUARE - NICE Area, semi furnished, kitchen privileges, female preferred, non-smoker. Available Sept. 1. Please call after 6 p.m. 355-0610. gse3

W. HEMPSTEAD ATTRACTIVE large room in garden apt. with private bath, small fridge, laundry facilities, pool, close to shops and trains. Suitable for mature male. Avail. Nov. 1, \$450/month. References and security. 538-3013. geo2

FRANKLIN SQ. 1 YEAR NEW bsmt. apt. Bright and airy, large 3 rooms, closets galore, private entrance, oversized shower, own thermostat, all utilities included. No pets, no children, \$700. Must see. Evenings after 6 p.m., all day Sat. and Sun. 437-0894. geo2

APTS AVAILABLE NOW!!! Mineola, Westbury, Garden City, Hempstead and other north shore communities. Two studios - \$575 & \$665. Three beautiful 1 BR - \$675, \$700 & \$750. Two BR \$850. Three BR - \$1200. Private house \$1350. Royal Int'l Realty 742-3355 795-7707. ws3

MINEOLA, BRIGHT, SUNNY Room, private bath, private entrance, non-smoker. 746-4065. gse3

Real Estate Wanted

GARDEN CITY COUPLE seeking house to rent with option to buy. Estates or Western Sections only. One child, no pets. Call 326-7864. geo3

RELIABLE WORKING MOTHER of 3 year old seeking 1 BR apt. for rent. No real estate need call. 718 338-2207. wo2

Real Estate For Rent

CHERRY VALLEY - 2 BR Ground Floor, CAC, EIK, garage available. Convenient to all. Available Oct. 1. \$1,100 per month. Call 294-0229. gcs3

HEMPSTEAD - BASEMENT Studio Apt. for non-smoking single or couple, no children, own private entrance. Utilities included \$600 a month. Call 565-0881. gse3

HOUSE TO SHARE: LARGE Garden City house to share with other young professionals. Steps to LIRR, convenient to all. Full use of house, washer/dryer, ample parking, cable. Young single professional preferred. \$375. All. 775-4256. hs3

GARDEN CITY VICINITY Mulford Place, large 1 BR in quiet building. Apt. recently remodeled high ceilings, closets galore, new bath, close to GCRR. \$795. Rent with option available. 489-9666. geo2

HEWLETT - 1445 BROADWAY Apartments with FPL, EIK, frost free frig. Walk RR - 3 rooms \$750, 5 room duplex with deck \$995. No fee \$38-0757. gse3

APTS FOR RENT

Garden City & vicinity, luxurious 1 BR, 15x21 LR, new kitchen, skylite bath, occupancy Oct. 1, walk all. \$1250. Hempstead Cathedral Gardens. 2 BR, fp/LR, walk all. Oct. 15 occupancy, rent controlled. \$839. Three 1 BR spacious garden apts. Walk all, wall to wall, immediate occupancy, \$825, \$815 & \$795. One BR with solarium in Co-Op, immediate occupancy, can have option to buy. \$875. Lynbrook furnished 1 BR convertible to 2 BRs, AC, closets galore, walk all, pets ok, parking. Immediate occupancy, \$925. Elaine J. Nolan 292-9749, 485-7054. ws3

BOCA/DEERFIELD BEACH, Florida. Lovely 2 BR, 2 bath condo in intracoastal waterway. Beautiful view, full screened porch, CAC, pool, all conveniences, 1 block to ocean. Walk to all. Available March & April. 294-8327 evenings. gse3

POCONOS - CAMEL BACK, PA. Mountain top town house with 20 mile views. Fall foliage, tennis, pool. Ski season: ski on, ski off. 100% snowmaking and night skiing. Sleeps 8. Monthly, weekly or weekends. 747-7019. gcs4

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. gse3

ANIBEL ISLE, FLORIDA large 2 BR, 2 bath Condo in small complex. Tennis, pool, beach access to gulf. Reasonable summer and fall weekly rates. 747-7482. ws3

Real Estate Wanted

LOOKING FOR MOTHER/daughter home. Williston Park, Albertson, New Hyde Park vicinity. 747-8145. ws4

ANXIOUS CLIENTS WAITING to purchase/rent in Garden City. Please call the Dougherty Agency 746-0522/741-3008. gcs4

Vacation Rental

FLORIDA RENTAL - POMPANO Beach: 2 BR, 2 bath Condo on Intracoastal. Three blocks to Ocean. Available until Easter, 1992 or three month minimum. 248-6570 hol

MONTAUK - FALL GETAWAY Special, 3 days \$172 couple. 2 RM suite, heat, full kit. Sleeps four. Walks, dining, shopping. Hundred feet to beach. Immaculate. Call 724-5572. hs4

NAPLES, FLORIDA CONDO, ON Kings Lake, 2 BR, 2 Baths, new. Pool, club house, tennis, 3 month minimum rental. \$1800/mo. Owner 628-3309. hs3

RENT OR SALE: HAMPTON

Bays Contemp. 3 BRs, 1 1/2 baths, in-ground, lighted, fenced pool with 17x29 cedar deck, skylights, front deck, back covered patio & lots/glass on cul de sac. 2 miles to beach. Perfect 3 couples or family with young adults. Monthly rentals. For sale by owner. \$185,000. 579-4186. gcs4

MT. SNOW, VERMONT

Rental reservations, Town Houses, Condominiums, Chalets. Seasonal, weekend, or week. Call now 1-800-445-7368, 802-464-7172. Open 9-5 seven days. gcs4

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. gen2

BOCA/DEERFIELD BEACH, Florida. Lovely 2 BR, 2 bath condo in intracoastal waterway. Beautiful view, full screened porch, CAC, pool, all conveniences, 1 block to ocean. Walk to all. Available March & April. 294-8327 evenings. gse3

BERMUDA-CHRISTMAS OR New Year's week at luxurious St. Georges Club timeshare resort. Fully furnished 2 BR cottage with kitchen and maid service. Sleeps 6. Tennis, golf, pools, clubhouse and more. Only \$1400/week. Option to buy. 248-2450. geo2

NORTH PALM BEACH FLA. condo, available Jan., Feb. & Mar. 1 BR, 1 bath, large screened terrace. Outstanding views of Intercoastal Waterway (Lake Worth and Singer Island). Beautiful pool overlooking Lake Worth. Photos available. Asking \$900 a month, including utilities. Call evenings after 6. 484-2660. wo2

SANIBEL ISLAND, FLORIDA - Tropical paradise, lush unspoiled setting, southern Florida Gulf coast. Sundial Beach & Tennis Resort, 2,000 foot beach, 5 pools, jacuzzi, 13 soft/hard tennis courts, golf, fishing, boat/bike rentals, miles of bike/jogging paths, supervised children's activities available, gourmet restaurants at resort and throughout island, superb shopping, world famous shelling, 35 minutes to Ft. Myers jetport. Complete golf/pool, post resort. Just right for various activities or just plain relaxation. One, two and 2 BR plus den condos with full kitchens. Rent daily, weekly, etc. Reasonable. (516) 746-2211. (516) 326-7711. geo2

Car For Sale

1988 TOYOTA VAN - DARK Gray with light gray interior. Dual controlled a/c and heat, automatic, power everything. Seats 7. Excellent condition. \$13,000. Call 873-0928. gcs4

'86 CHEVETTE, 4 DOOR, at, ps, a/c, AM/FM, 63K. Mint condition. \$2500 neg. 741-6254. geo1

1977 DATSUN. GOOD RUNNING condition. Valuable parts. 938-0945. hol

MAZDA RX 7 SE 1988 white/blue interior, 28,000 miles. Original owner, excellent condition. Automatic, sun roof, stereo, \$8,950. Days (718) 748-1900, eves (516) 742-3376. geo1

'875 - STATION CAR - GREAT Workhorse. Starts winter/summer, no oil leaks. 1976 Chevy Impala. 746-0563. gse3

1987 VW JETTA GL 4 DOOR, Low mileage. Excellent condition for immediate sale. Must see. Accepting offers. 9-5, 742-5577, after 7 p.m. 877-0133. gse3

'88 DODGE OMNI - 4 DOOR, A/T, A/C, ps, pb, AM/FM stereo cassette. One owner, garaged, low mileage, 36K, extended 50K warranty. Excellent condition. Must see \$4,200. 747-8613. gse3

86 - MUSTANG - GT (BLACK), sale or take over lease, 25,000 miles, 5.0 liter V8, five speed, rear spoiler, PS, PB, Power windows, power door locks, cruise control, tilt wheel, tinted windows, AM-FM cassette, alarm system, A/C, mag wheels. Complete guarantee. Call Joe 364-2599. ws-3

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 geo1

1988 JAGUAR XJ6 SERIES II 30,000 miles. Mint. \$20,000. 741-1365. ws3

1988 GRAND CARAVAN, LE, V6, all power, A/M, F/M cassette, fully loaded, bumper to bumper, Chrysler warranty \$11,500. 488-6628. geo1

Services

MANY MODELS OF IN-LINE ROLLER SKATES *****
ROLLER BLADES BAUER AIRLITES ROLLER DERBY TOUR ROLLER SKI *****
JESSE HALPERN Skate & Tennis Shop
99 Cutler Mill Rd.
Great Neck, L.I.
516-487-6978

Car For Sale

1980 CADILLAC COUPE DE Ville. Good for transportation. New tires, muffler & starter. Body work needed. Well maintained, runs very well. Best offer \$83-9568 leave message. geo1

'88 FORD T BIRD LX, V8, loaded, white with grey leather. Premium sound, moon roof, 3 years ext. warranty plus more. 41,000 miles. \$9,900. Call 248-3048. gcs4

SEIZED CARS, TRUCKS, boats, 4 wheelers, motorhomes, by FBI, IRS, DEA. Available your area now. Call 1-805-682-7555 ext. C-5817. hn2

1986 SAAB, 4 CYLINDER, loaded, immaculate condition. 52,000 miles. 1978 FORD FIESTA stick shift, very good condition. Asking \$600. 873-8908. geo2

OLDS '87 DELTA 88, ROYAL/Navy Blue, 4 door, AT, A/C, power windows, power door locks, 51,000 miles. Excellent condition. \$5,800. 621-4465. geo2

1977 BUICK REGAL 4 DOOR sedan. Automatic, p/s, p/b, a/c, reliable vehicle. Best offer. 294-7759 after 5 p.m., 718-830-5584 between 8 a.m.-11 a.m. geo2

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. geo1

Wanted

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. ho2

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. ho2

MARINE OUTBOARD ENGINE and Marine battery. 50HP or less in good running condition and reasonably priced. 742-8037. geo1

PHONOGRAPH (RECORD Player) in good condition to play 33, 45 & 78 records. Back issues of Rail Road magazine, from the 30's and 40's. 328-7895. ho2

Services

JAMES F. MENTZ CARPENTER-ROOFER
Small Jobs Reasonable
Skylights installed
Carpentry-Alterations
Slate Roof Repairs
Roofing-Gutters-Leaders
Kitchens-Attics-Basements
LIC #401750000 593-2931
geo2

PAINTING - INTERIOR & Exterior - Reasonable & reliable. Free estimates. Best paints used. Call Jimmy Mae (516) 248-7314. GcN3

Services

PRICE RITE PAINTING
Residential & Commercial. Interior, exterior, restorations. We move all furniture. All work satisfaction guaranteed. Free estimates & fully insured. 887-6076. geo3

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. gen5

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

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. wtfn

BUILD WITH BRICK
Stoops*Fireplaces*Patios
•Driveways*And all types of
Brick & Stone Work
Quality Workmanship at
Reasonable Prices
Satisfaction Guaranteed
No Job Too Small*Waterproofing
Slate Roofs Repaired
Estimates 538-3813
LIC#H1735940000 gen4

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

BRIAN CLINTON MOVERS
Licensed & insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place. License #F11154. gen2

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

SWIMMING POOL WINTERIZATION. Why worry about closing your pool on time? Let us take the hassle out of pool closing. We do complete job at reasonable price. Call Roland 352-7789. w-s-3

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. geo2

For Sale

KEYSTONE PROJECTOR & screen. \$125. Remington type writer \$95; bottle rack \$20; Kerosene Barn Lanterns \$50 each. Spindle back rocker \$85. Mirror 5'x3' \$95. 488-6261. wo3

DARK, PINE HUTCH AND table. 333-2651. geo1

For Sale

WATER SKIS WITH SEAT made by Abercrombie & Fitch. Secretary desk with typing attachments, leather swivel desk chair, copy machine (needs work). 326-1954. geo4

LR COUCH, 2 FIRESIDE chairs. Very good condition. Call 742-2176. geo4

SELLING COLLECTIONS OF records, sheet music, cameras & photography, magazines, stamp books, evening rows & hats (ladies & men's.) Call after 7 p.m. 747-4068. ws4

MOVING. MUST SELL ALMOND Formica china closet. Brand new. Was \$1800. sacrifice \$900. 565-1138. geo4

3 DOOR ADMIRAL REFRIGERATOR, kitchen cabinets with sink, glass top chrome table with 4 chairs, 60" walnut executive desk, dressers, mirrors, arm chair, tables, many other items. After 6 p.m. 483-4652. geo4

SELLING FURNITURE - Excellent condition. Assorted LR, DR, Bedroom set, kitchen set, TV, exercise. 587-3347. ws-3

ANTIQUE SATIN PINCH pleat drapes, lined, 81" long each panel, 75" wide at the top, 13 feet 3" at bottom. \$50. 741-0819. geo4

TWO FRENCH PROVINCIAL BR sets: One is antique white, double bed, headboard, triple dresser, two end tables, armoire, mirror & desk \$800. The other is white girl's set, two twin beds, headboards & footboards, double dresser, mirror, one end table, armoire & desk \$500. Excellent condition. Wrought iron porch set - love seat, two chairs with pillows & round cocktail table. \$350. Whirlpool 5000 BTU casement A/C used one year. \$150. 742-7873. geo1

ATTORNEY'S DESK, SOLID mahogany, circa 1920, leather desk chair, BR/DR furniture, file cabinets, Studio upright piano (44 inches high), wooden venetian blinds (various sizes), stereo speakers. 741-3513. geo1

QUEENSIZE SLEEPER SOFA. Good condition. Asking \$350. 352-5981. geo2

BRUNSWICK POOL TABLE, Full size. Two full size beds: one is iron and brass, the other spindle mission oak. Antique oak kitchen cabinet, glass doors on top. Best offer. 747-0736. geo2

ONE DINING TABLE WITH Antique metal base, glass top 6' x 3'. \$150. One unique art-deco black dresser with oval mirror \$200. Two wooden Spanish style stereo cabinets \$120 each. Must see to appreciate, excellent condition. Call 487-8519. ho2

Business Opportunity

ESTABLISHED PACKAGING & shipping store with high profit margin for sale by owner. For add'l information, call 227-0560. geo3

For Sale

BABY GRAND, FRUITWOOD 4'x7". storage bench, French Provencial. Perfect condition. Days 718-392-7744. Eve. and weekends 212-249-9046. ho4

BABY ITEMS FOR SALE . White Crib, Brown Crib, Fisher Price travel-tender. Sassy seats and coral. 746-5652 geo1

GIRL'S BASSETT WHITE Colonial desks. 2 each with bookcase top, chairs included \$275 each set. \$150 each piece. Call evenings & weekends. 746-5119. geo3

CONTEMPORARY LR SET, Queen Sealy mattress set. Contemp Thomasville BR set, dincette table with 4 ice cream chairs. All new furniture in great condition. Call 354-8960. geo1

7 PC MEDITERRANEAN bedroom furniture set, also Ethan Allen solid maple triple dresser with large framed mirror. Gold velvet swivel chair, all in mint condition. 437-4203. geo2

TWO (2) MODERN COUCHES, 1 brown sofa chair, exercise bike, two glass & chrome tables, 1 end table, 1 white wood bedroom set (5 pieces) \$100.000 Appt. only. 741-9740. ws-3

QUEEN SIZE WATERBED, pad & set of sheets, LR couch & 2 chairs, assorted pieces. Make offer 248-2685. geo3

QUEEN ANNE CHERRY Writing table \$475, Queen Anne Cherry curio cabinet \$450. Call after 6 p.m. to make appointment 741-2266. geo3

BEATLES COLLECTION OF 13 LP Albums in blue box, new \$50. Large collection of Micronaut toys \$50. Hummell 4 inch "Village Boy" \$55. 486-7677. geo3

FURNITURE FOR SALE - Henredon armoire/bar, Apartment size grand piano, other smaller items. All in excellent condition. 742-7259. geo3

HOT WATER HEATER, Gameboy - 30 gallon oil fired Ford tank used only 7 months with Berkley burner head, asking \$275. Nintendo Gameboy with Light boy and 7 games. Excellent condition. Asking \$135. 747-1883. geo3

4 USED UNIROYAL TIRES 31x10-15R (14,000 miles) on aluminum stock rims off Chevy K-5 Blazer. \$300. Call after 6 p.m. Erik 742-2871. wo2

EXCELSIOR ACCORDIAN & amplifier for sale. Reasonably priced. 747-1685. geo2

GIRLS LEA BEDROOM SET. 4 Poster bed, desk, dresser, 2 hutch. 248-4903. \$230. ho2

Pets For Adoption

SMALL TERRIER MIX/MALE, Needs good home. Good with children, housebroken, neutered. 742-8128. geo3

For Sale**For Sale**

PIANO - UNUSUAL HARDMAN- Peck mahogany spinet. Needs TLC. Complete DR set, Huffman Boyle (Koos), good condition. Six wrought iron garden chairs, very good condition. Maple platform rocker, like new. 437-8083. geo2

DINETTE TABLE - GLASS TOP, brass bottom, four chairs. Like new, 6' long x 3'4" wide. \$1300 or best offer. Call 294-0869. geo2

ETHAN ALLEN SERVER; Mahogany dresser & mirror, chest on chest, two night stands; leather top desk with chair; 2 piece oak wall unit with bar; fruit wood love seat; microwave & more. 741-1189. geo4

BEAUTIFUL HOT TUB FOR Sale. Best offer. Call 482-5203. hs4

SOFA BED PLUS LOVE SEAT - Tan flanne stitch, hercilon. Good condition. Asking \$300. 248-3048. geo4

SEARS KENMORE ELECTRIC Dryer. Excellent condition, large capacity, heavy duty. Call 873-0934. geo2

Boat For Sale

MFG 73 - 15 FOOT FIBERGLASS BOB-Rider tri-hull. New reclining seats & marine carpeting. Trailer included, 50 HP engine not running \$700. 742-8037. geo1

PEARSON 28 CRUISER all glass, twin FWC Chryslers. \$10,000. 746-8679. geo1

Moped For Sale

HONDA EXPRESS 2,600 MILES Original owner. Many extras including car carrier. \$350. 741-8826. Please leave message. geo1

Instructions

COMPUTER PROGRAMMER & instructor with many years of successful experience will provide private training in DOS, Word Perfect, Lotus & dBASE. Your success is my goal. Evening/weekend appointments available. \$20/hr. Call 358-7007. wo1

DRUMMERS: JIM MOLA IS accepting serious students of all levels for private instruction. All styles with emphasis on technique. 15 years experience, former university instructor, major performance experience. 212-549-495 geo3

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. geo1

TUTORING FOR ALL academic areas and ages. Call Nanette Featman, days 877-4727, even 489-6132. geo3

LATIN TUTOR, ALL LEVELS. N.Y. State certified. Experienced. Call James McFeeley 433-4219 after 4 p.m. geo1

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

Garage/Tag Sale**Novenas**

PIANO AND GUITAR LESSONS All levels, all ages. Twenty years experience. N.Y.S.S.M.A., L.I.M.T.A. member. Call 354-1721. gcs4

PIANO LESSONS IN YOUR home. I will turn you into a star!! I have over 20 years of successful teaching experience and studied with renown performers and teachers. Call (212) 567-1009. hs3

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. hsfn

TUTORING FOR 7th-9th GRADE math and math section of the SATs. Great hourly rates. Call Dave, an experienced tutor and graduate accounting student at Adelphi University for more details, 292-6309. ges3

FRENCH TUTORING by native Belgian. Jr. H.S., H.S. Regents prep. Your home or mine. 248-0466. ges3

Garage/Tag Sale

SATURDAY SEPTEMBER 21 9 a.m.-4 p.m., 205 Roxbury Rd., Garden City. Household items, lamps, some furniture, records, books, crib, high chair, picture frames, brie-a-brac, something for everyone. ges3

MOVING - COMING SEPT. 28 10 a.m.-2 p.m., half garage, half home sale of accumulated belongings. Furniture and miscellaneous. 124 Whitehall Blvd., Garden City. ges4

SATURDAY, SEPTEMBER 21. 10 a.m.-4 p.m., First Presbyterian Church parking lot (indoors if raining). Main St., Mineola. Bicycles, electric appliances, dishes, jewelry, clothing, household items, furniture, shutters, miscellaneous. Something for everyone. hs3

MOVING MUST SELL! Garage and household sale, tools, furniture and household accessories. 279 I.U. Willets Road, Albertson, west of Roslyn Road. Saturday, Sept. 21 and Sunday, Sept. 22, 10 a.m.-4 p.m. ws3

HERRICKS SEPTA FUND raiser, giant garage sale, Sat. & Sun., Sept. 28 & 29, 10 a.m.-4 p.m. New and gently used merchandise at sale prices. 53 Camden Pl., New Hyde Park. Off Hillside Ave., just south of Herricks Road. ws4

SATURDAY SEPT. 21, 9 a.m.-2 p.m., 181 Tanners Pond Rd., Garden City. Multi family, furniture, pictures, lamps, jewelry, antique chairs, sporting equipment, bike and much more. ges3

THOMASVILLE DINING SET, LR, Workbench furniture, microwave, portable dishwasher, Craftmatic beds & more. Friday-Sunday (9/13-9/15) (212) 982-5856 gcs1

GARDEN CITY MULTI FAMILY linens, giftware, housewares, quality large size ladies/mens clothing, baby items, Nordic track ski machine and DP treadmill, rowing machine, Singer sewing machine, queen-size brass head and foot board, new Toro snow blower, small appliances, all top quality. A sale not to be missed. 60 Transverse Road, off Washington, near courthouses. Sat., Oct. 5, 10 a.m.-5 p.m. gcs1

TAG SALE II MONROE ST., Garden City, Off New Hyde Park Road and Yale St., Sept. 20 and 21. Furniture, glass, wicker, new/old, hundreds of salesman samples. Much more. Something for everyone. ges3

TAG SALE/GARAGE SALE. Owner relocating. Must sell balance of house contents. Furniture, lamps, decorating accessories, Encyclopedia Britannica, tools, garden equipment, weight lifting equipment & much more. Fri. & Sat., Sept. 20 & 21, 9-5, raindate Sept. 27 & 28, 17 Keenan Pl., 1 block east of Bloomingdale's (off 11th St.). ges3

SAT., SEPT. 21, 10 A.M. TO 4 p.m., 99 Sheridan Ave., Williston Park. New stenograph machine, books, pictures, puzzles, luggage, toys, curtains and much more. Something for everyone. ws2

FABULOUS YARD SALE SAT., Sept. 21, 9:30-5 (raindate Sept. 28). Multi-family. Household items, costume jewelry, glassware, ladies' clothes - many new Christmas gift items. 171 Broadway, West Hempstead (north of Hempstead Tpk.), between Concord & Hamilton. ges3

SAT.. 10-5, 9 TO 5. Rain or shine. 8 Birchwood Park Drive, Syosset. T.V., appliances, huge assortment of children's toys and clothes. Stroller, swing, etc. Household items, some new. Something for everyone. hol

ANTIQUES, FURNITURE, Chinese screen, piano bench, clothing, linens, records, new and used items. One block East of Hempstead Golf Club off Front St. - 130 Parsons Dr., Hempstead, Sept. 20 and 21 (rain date Sept. 22)-10-5. ges3

SATURDAY OCTOBER 5 Garage Sale at one of Garden City's loveliest homes. Antiques, new gas range and hood, old pine hutch and love seat, lawn mower, patio furniture, twins' baby items, toys, books, lots of kitchen and household furnishings. 64 Second St., 9 a.m.-3 p.m. No Previews. Rain or shine. gcs1

ESTATE SALE FRI. & SAT. Sept. 20 & 21, 10 a.m.-4 p.m. Entire contents, Baldwin piano, grandfather clock, mahogany banquet DR, fine antiques, quantity of silver. 16 Keenan Pl., Garden City. Franklin Ave., to 11th St., turn at Bloomingdales, 2 blocks to Keenan. ges3

Novenas

ST. JUDE NOVENA MAY THE Heat of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Say this prayer 9 times a day, 9 days. Has never been known to fail. Publication must be promised. Thank you St. Jude. D.C. ws3

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.

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers P.D. ges3

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.

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NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers E.Z. ges3

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers B.B. hs3

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Kids Home Newspaper

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

By J.R. Rose - Copley News Service

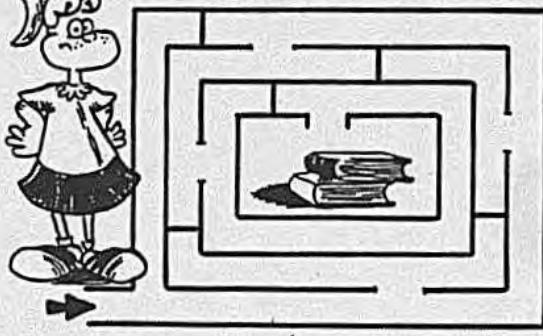


DRAW IT!

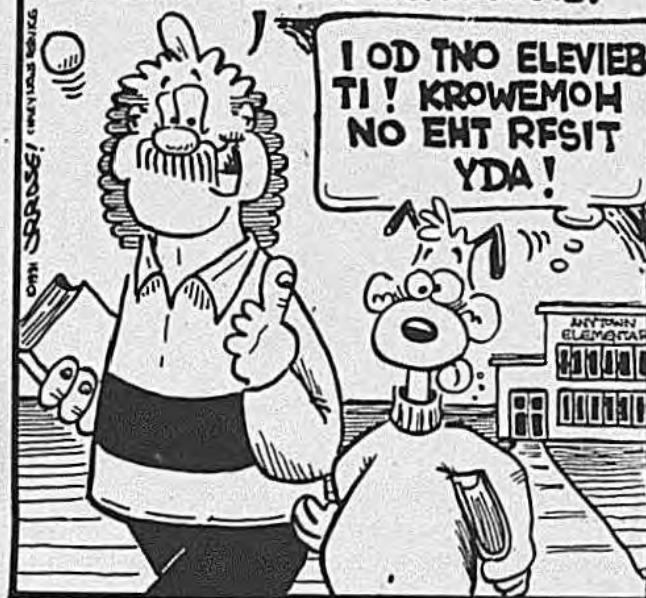
IS HE HAPPY
OR SAD ABOUT
THE FIRST DAY
OF SCHOOL?
YOU DECIDE!



FIND HER SCHOOL BOOKS!



THE SUMMER SEASON SURE DOES FLY.
IT'S BACK TO SCHOOL FOR PUP AND I!
UNSCRAMBLE THIS AND YOU WILL SEE
JUST WHAT MY PUP HAS SAID TO ME!



WHICH TWO OBJECTS DO NOT
BELONG WITH THESE
BACK-TO-SCHOOL ITEMS?



WRITE US!

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

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DOLLAR HE BROUGHT TO SCHOOL?



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ANTIQUE OR JUNQUE

By James G. McCollam

Silver cigar box



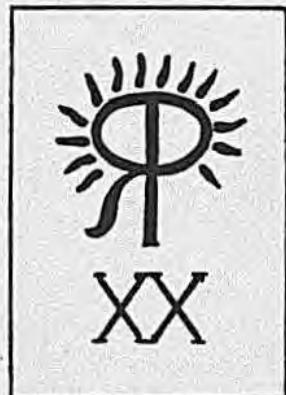
Q. Enclosed are several pictures of a silver tea caddy including one of the bottom showing the hallmark.

I would appreciate your evaluation.

A. This is a silver-plated cigar box made by the Derby Silver Plate Co., in Derby, Conn., during the late 1800s. The "hallmark," SPWM means silver plated white metal. It would probably sell in the \$165 to \$185 range in good condition.

Q. The attached mark is on the bottom of a cylindrical vase with a bulbous top. It is 8 inches tall and 4½ inches in diameter. The scene on it depicts an old-fashioned sailing ship against a tan and light blue background.

I would like to know the identity of the maker, its value and vintage.



A. Your vase was made by the Rookwood Pottery in Cincinnati, Ohio, in 1920. The RP monogram was used in 1886 and a flame was added each year until 1900. From 1901 on the Roman numeral (XX) indicated the year of manufacture.

Your vase would sell for over \$1,000.

WEDGWOOD

This company is so often associated with blue and white jasperware that some people mistakenly believe that is all that Wedgwood made. On the contrary, they made everything from calendar tiles to

dinner sets for royalty.

In addition to blue and white jasperware, they made green, violet and red combined with white. Other products included were several luster wares — Fairyland, Moonlight and Dragon. We can add Creamware and Basalt and still not all forms of ceramics made by Wedgwood.

There were other companies whose marks tend to deceive. The one that confuses most frequently is "Wedgwood & Co.," a name used by Podmore, Walker & Co., in Tunstall, England. In 1965 they changed the name to "Enoch Wedgwood." Other misleading marks are "Wedg Wood," "Wedgewood" (with an extra "e") and "Wedgwood Ware."

Genuine Wedgwood is simply marked "Wedgwood" (with one "e") or "Wedgwood & Bentley" on very early pieces.

The largest, most comprehensive collection of Wedgwood can be found at the Buten Museum in Merion, Penn., just outside Philadelphia.

Prices for Wedgwood china can range from \$15 for an ironstone plate to over to over \$5,000 for a Basalt urn. Basalt is a matte-finish black ironstone. The prices range from about \$100 to several thousand dollars.

Jasperware is a matte-finish stoneware produced in combination of white with blue, red or violet. Prices range about \$100 to over \$2400.

Moonlight Luster is splashed or marbled pink or purple with tinges of yellow and green. Dragon Luster is a Chinese design featuring dragons. Fairyland Luster depicts whimsical creatures in a fairyland setting. The various Wedgwood luster wares sell from the low hundreds to the low thousands.

Wedgwood was first made in Burslem, England, where Josiah Wedgwood started in 1759. Later it was produced in Etruria and since 1940 in Barlaston.

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. What causes mouth rot in snakes? We have had several snakes that had mouth rot. None of our treatments seemed to be effective.

A. Snakes and lizards frequently suffer due to mouth rot. A more scientific name is ulcerative stomatitis. The disease is caused by a variety of bacteria. Predisposing causes include malnutrition, suboptimal environmental temperatures and injuries.

The tissue around the teeth of snakes with mouth rot is usually swollen and contains pus. Ulcers of the mucous membranes of the mouth may occur. These infections often lead to infection of the bones that compose the jaw.

Usually the treatment of mouth rot includes thoroughly cleaning the mouth, administration of antibiotics and forced feeding if the

snake will not eat.

There are veterinarians that specialize in treating reptiles. If your local veterinarian does not treat reptiles, he can refer you to a reptile specialist.



The World's Most Beautiful Grandchildren



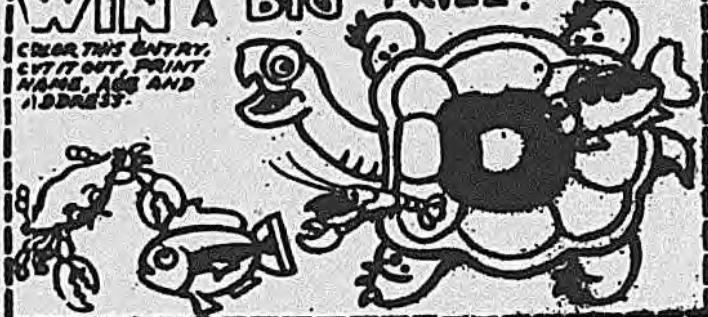
Cecelia Colletta is proud to show off her new grand daughter Rachel on her Christening Day. She is the daughter of Becky and Richard Colletta born April 22, 1991.

Cecelia Colletta
Garden City

JUNIOR EDITION

WIN A BIG PRIZE!

COLOR THIS ENTRY,
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NAME, AGE AND
ADDRESS.



Aunt Tilly's Corner

This week one of our newspapers is publishing a guide to volunteering in the community. Volunteers are people who help others simply because they enjoy being helpful. They help people by doing things for them that they are not able to do themselves.

There are lots of ways that children can volunteer to help others. You can join the Boy Scouts or Girl Scouts, who do community service. Or you can help people you know. If there is a child in your class who needs help with his homework, you could help him. Your teacher can give you some ideas of how you can help out.

Your friend,
Aunt Tilly

This week's coloring contest winner is Laura Colabello.

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4. Decision of the Judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
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YOUR SOCIAL SECURITY

Institutionalization may alter benefits

By William M. Acosta

Q. I understand that a person becomes ineligible for SSI payments if institutionalized, but what about a short temporary period of being institutionalized?

A. A person may continue to receive benefits based on the full SSI rate for up to 3 months if they need to maintain and pay expenses associated with a permanent residence. The statement of need to maintain the permanent living arrangement and a doctor's certification that the stay is expected to be 90 days or less, must be submitted within 90 days of by day of release. Call Social Security for more information.

Q. Is it true that my son, who was born in 1960 will have to wait until he is age 67 before he can get full retirement benefits?

A. Yes. Because of longer life expectancies, the full retirement age will be increased in gradual steps until it reaches age 67. This change starts in the year 2000, and it affects people born in 1983 and later. For those born 1960 and later full retirement age is 67.

Q. I have already received an estimate of what my Social Security benefit will be when I retire. For me, Social Security will provide over half of my retirement income. Is this the case for most people?

A. Social Security plays a major part in retirement for most people. Social Security benefits represent half the total income of 60 percent of the income of a quarter of people 65 and older, and 100 percent of the income of 14 percent of people 65 and over.

YOUR SOCIAL SECURITY

Q. I will soon reach age 62 and am thinking about retiring now instead of at age 65. What do I lose by taking early retirement?

A. Benefits are reduced up to a maximum of 20 percent for people who retire the month they reach 62. The reduction is based on the assumption that you will be receiving benefits over a longer period of time. When an individual retires at age 62, it will generally take at least 15 years before reaching the point where your reduced benefits will approximate what you would have received if you had retired at age 65.