#### **Troop 3554 Investiture**

C War



Girl Scout Brownie Troop 3554 of Lee Avenue School celebrated their Investiture/Rededication on October 22. Top left to right: Thereas Schock, Jennifer Traban, Morrisa DeRosa, Ursula Simicic, Amanda Roche, Meliasa McGovern, Kaitiin Jensen, Christian Escurra, Jennifer Kundsen, Heather Kapian. Bottom left to right: Monica Leary, Alexis Sodorak, Elise Gramaglia, Jacklyn Balata, Meliasa Escurra, Anita Watterson, Alicon Watterson, Thereos Fitzgerald, Kerri Anne Hughes and Carelyn Fitzgerald. Emily Gramaglia was not present.

#### Speaker On Drugs



On October 21, as part of the National Red Ribbon campaign of Parents for Drug Free Youths, Brownie Troop No. 3186 was visited by Guest Speaker Rhoda Piccola of Nassau County Department of Drug and Alcohol Addition. After a short talk regarding the dangers of Drug, Alcohol and even Cigarette abuse, Ms. Piccola showed a short film showing how these drugs can be hazardous to your health.

#### Veterans Day Services

Hicksville's war veterans will gather at the Veterans Memorial Park, on Monday, November 11, at 10:30 for the community's annual Veterans Day observances and solemn ceremony. Commander Richard Hochbreuckner and members of the Charles Wagner Post 421 of the American Legion are chairing this year's services on behalf of the Hicksville Combined Veterans Organizations.

The Veterans Day services traditionally honor all who have served in the armed forces of the United States during this war-torn century. Standing in reflection at the Hicksville memorials recalling the two World Wars, the Korean and Vietnam Wars, the assembled veterans posts - Veterans of Foreign Wars, Masonic War Veterans, Jewish War Veterans, Amvets, Disabled War Veterans, and the Pearl Harbor Survivors will recall the sacrifices and comradeship of military service to the nation.

The Veterans Day services in this 50th anniversary-year of the Pearl Harbor Attack will be unusually poignant for many of

Hicksville's people. John Haughey of this village died at Hickham Field, Hawaii, that day.

All Hicksville residents are invited to be present for the brief 15-minute service, commencing shortly after 10:30 a.m.

#### Student Turned Principal

The Woodland Avenue School was recently visited by one of its former students, Kevin Mullery, who attended the fifth grade at Woodland when the school first opened in 1953, Mr. Mullery was in town from Santa Maria, California to participate in the New York Marathon. Mr. Mullery is now the Principal of George Washington Battles School in California.

# H.H.S. Performs 'Midsummer Dream'

The Hicksville High School Drama Department will perform William Shakespeare's "A Midsummer Night's Dream," a romantic comedy that interweaves the stories of three different sets of characters.

The first set involves three couples: Theseus, Duke of Athens, who will soon marry Hippolyta; Lysander and Hermia, who run away into the woods to escape Hermia's father who wants to her to marry Demetrius; and Demetrius and Helena, who also run away to the woods, Demetrius in pursuit of Hermia, and Helena, who is running after Demetrius.

The second set of characters is a group of rough craftsmen who decide to put on a play in honor of the Duke's wedding. Through their rehearsals and subsequent performance of the "tragedy," Pyramus and Thisbe provide some of the most hilarious fun ever seen on a stage. Of course, their rehearsals also take place in the woods.

Add this to the supernatural in the form of Oberson and Titania, King and Queen of the spirit world, who are in the middle of a marital spat, and the possibilities for hysterical confusion increase. By the time Oberon, with the assistance of his servant, Puck, get done with the magic potions and the tricks he is playing on Titania, the three sets of characters are totally interwoven with cases of mistaken identity and hysterical confusion.

The cast features Ray Victor (Oberon), Jennifer Rappaport (Titania), Lauren Giacopino (Hermia), Barbara Willson (Helena), Ralph Montera (Lysander), Gregg Henglein (Demetrius), Mike Murphy (Theseus), Mary Rielly (Hippolyta), Jenn Manio (Puck), and Shobin Oommen (Bottem).

This mystical, magical play is a treat for everyone! Performances will be held on Friday and Saturday evenings, November 22 and 23, at 8 p. m. Tickets are \$6 and will be available at the high school anytime after November 12, or you may order tickets by calling 933-6647. A special free performance for

senior citizena will take place Thursday evening, November 21 at 7 p. m.

# Yevoli Wins Top Oyster Bay Post

The Town of Oyater Bay will have a new Supervisor, Lewis Yevoli, Democrat. He defeated Angelo Delligatti, the Republican incumbent and Arron Schein, Liberal, and Daniel F. Sullivan, Right To Life candidates. Early returns showed Yevoli leading by a more than 10 percent margin in Tuesday's election. Full returns were not available at press time.

were not available at press time.

All Republican incumbents on the Town Board, Ann Ocker, Tom Clark and newly appointed member, Leonard Kunzig, were elected as were Town Clerk Carl Marcellino, and Receiver of Taxes Gary Musicilo.

#### Bus Trip To Atlantic City

On Friday, November 22, the Friends of the Bethpage Public Library will be sponsoring a bus trip to Atlantic City to visit the Show Boat. The bus will leave the library at 9 s.m. The cost for members of the Friends will be \$16 each and for non-members, \$20 each, for which participants will receive \$10 in coin, and \$3

food allowance. Sign-up at the library. Registration is on a first-come, first-served basis. Checks payable to the Friends of the Bethpage Public Library.

1.101

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).

#### Post Offices Closed for Holiday

The Postal Service observes Veterans Day, Monday, November 11, as a holiday. All Post offices except hicksville will be closed.

The Hicksville Post Office, 185 West John Street, will be open for all services from 9 a.m.

#### Holiday Flea Market and Craft Fair

The Hicksville Youth Council will be hosting a Holiday Flea Market, on Saturday, November 23, at the Levittown Hall, on Levittown Parkway in Hicksville between the hours of 20 a. m. to 5 p. m. The vendors will be selling only new merchandise as well as craft items. Some of the articles to be sold will include, sweaters, jewelry, hair accessories, infant and adult clothing, baseball cards, toys, unisex sweats, silk flowers, books, wreaths, scarfs, stuffed animals, cassettes, CD's, sports clothes, thanksgiving crafts, Southwestern ceramics, figurines, children personalized party favors, music boxes, carousels, Christmas items and much more. There will be sixty vendors to choose from so come out and shop till you drop.

All proceeds raised by the Flea Market will be use to assist the Youth Council thru their funding crisis. So please come out and patronize this

If you need directions please call the youth council at 822to 4 p. m. The Box Section will also be open. for more information, call 933-2374.

There will be no regular mail delivery, except for Express Mail. However, all mail deposited in collection boxes in front of post offices prior to 3 p. m. will be collected

#### Willits Halloween Party

The A.P. Willits School PTA sponsored its first Halloween party and it was a smashing success! Attended by 90% of the school population as well as some 50 plus younger siblings, the group of 240 children enjoyed activities ranging from Pass the Pumpkin to the Donut Swing. Older children had a howling good time in the Haunted House, which featured Penny Tillman as the evil witch who tempted the children with spooky delights from her kitchen. Upon leaving the witches chambers, the children had to find their way out of an elaborate maze with only the hesitating assistance of a strobe light. Decorations were provided by the Halloween Committee which was comprised of Beth Siegel, Melani Rubin and Louise Intindoli with much creative input from Lori Tremblay and Sheryl Simon, who collaborated on creating a giant mural of a Haunted House through which the children entered the real thing. The wind and the raid added to the day by providing the perfect atmosphere for a truly chilling experience.



Roy Tringali

By Dante DeAngelis

Normally, Roy Tringali is a valued part of Grumman Aerospace, where he works as a mechanical technician. Tringali is married to the former Gail Wallace. The couple reside in Hicksville:

Each year, though, Mr. Tringali turns into Chief Petty Officer Tringali when he exchanges his civilian clothes for a Navy uniform and reports for active duty for training. This year, the two week training period was something special.

In his 14 years as a naval reservist, Tringali said he'd neve: seen any city, especially New York City, show its gratitude to the military on such a large scale.

Tringali's comment came in the wake of the parade of United States Navy and Coast Guard vessels that, along with British and Spanish ships, formed the flotilla that cruised into New York Harbor early this summer to kick of "Fleet Week '91.'

As part of Shore Intermediate Maintenance Activity (SIMA), New York, the 56-yearseat and backstage pass (his uniform) to the festivities.

Tringali worked as a machinery repairman (MR) assigned to SIMA, a facility that rebuilds and repairs equipment and fabricates parts for ships going through overhaul. "I was the division officer and quality assurance inspector for the machine shop," the 1952 Alexander Hamilton Vocational High School graduate said. "The shop receives work packages from ships and we manufacture the needed parts to blueprint specifications.

Tringali did find time to take a break from his supervisory duties to mingle with the shipboard sailors visiting town for the celebration.

An annual event, this year's

fourth Fleet Week gave I. w Yorkers a chance to sociauze with Navy and Coast Guard personnel and tour the vessels those sailors call home.

Fleet Week festivities blended perfectly with the gala 'Operation Welcome Home" celebration for the armed forces who fought in the Persian Gulf

The festivities began with a parade of vessels that steamed up the Hudson River led by a 21-gun-salute from the bat-tleship USS Wisconsin, now decommissioned in ceremonies conducted September 30 at Norfolk, Va.

In the dreadnought's wake were the guided missile frigate USS Nicholas, guided missile cruisers USS Normandy and USS San Jacinto. Coast Guard cutters Campbell and Seneca British destroyer HMS Edenburg and the Spanish frigate Descubierta followed the United States ships. All were welcomed by a fly-over of vintage World War II planes trailing smoke.

The USS Mount Whitney, the command ship of the Second Fleet, the aircraft carrier USS America, the submarine-tender USS Frank Cable, the fast combat support ship USS Seattle, and the fleet oiler USNS Joshua Humphreys moored at piers in Manhattan and Brooklyn.

The sailors were given the opportunity for some well deserved liberty, too. More than 15,000 Navy, Marine Corps, Coast Guard and U.S. allied personnel converged on the city, not known for its warmth, and were welcomed with opened

The reception from the city went well beyond a simple expression of gratitude. Besides the regular tourist attractions, Tringali and his shipmates discovered numerous festivities including softball tournaments, cookouts, and parties. Free ad-mission to Yankee baseball games, concerts and clubs had also been arranged for the entertainment of the crews temporarily docked in New York.

On a somber note, this year's Fleet Week included a memorial service held at the Intrepid Sea-Air-Space Museum for service members who lost their lives during Operation Desert Storm.

The grand finale of this year's Fleet Week was the "Operation Welcome Home" ticker-tape parade down Broadway. The Grand Marshal, Secretary of Defense Dick Cheney, Chair-man of the Joint Chiefs of Staff, General Colin Powell, and now retired General Norman Schwarzkopf waived to the crowd of over 4.5 million people who lined the parade's one and-

half mile path. The biggest welcome was reserved for the troops who were greeted by patriotic cheers from the crowd. The parade was touted as the largest celebra-tion of thanks that the city had ever hosted.

"I think what took place here was outstanding," Tringali said. "It's the best thing that's ever happened to the Navy in New York. I milled around the crowd, and I was delighted to see how enthusiastic the people

Tringali served his country in both war and peace, on active duty and in the reserves, since April of 1956. "I was on active duty for two weeks during Fleet Week," he said. "Being a naval reservist gives me the chance to transfer my skills from Grumman Aerospace, to my position here at SIMA. It's been a good

"The Navy has helped me focus on self-esteem," he con-tinued, "and to take personal pride and satisfaction in being a team player. That way, everybody wins." Tringali hopes to make senior

chief petty officer in the reserves. After hours, as a civilian, he's also working towards earning a teaching certificate from City College. "I want to teach the metal trades at a technical high school," he concluded.

(Dante DeAngelis is a Navy photojournalist assigned to the Navy Public Affairs Center, Norfolk, Va.)

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On October 26, Fork Lane School took part in Hicksville's First Annual Homecoming Carnival. There were games including a dunking tank, pony rides, popcorn and cotton candy. Fork Lane's Games consisted of throwing softballs candy. Fork Lane's Games consisted or in bushels, and they had many winners.

#### Continuing Ed Several Vacancies

The Hicksville Continuing Education Department has an-nounced several vacancies still available for their most popular fall trips.

Reservations may still be made for the November 9 Pre-Christmas Shoppers' Extravaganza to Reading, Pennsylvania, a mecca for incredible bargains at dozens of

factory outlet stores. The cost of this all-day trip is \$37. Antique hobbyists and collec-tibles enthusiasts - room is still available on the bus to New York's largest show featuring more than 600 exhibitors from around the world. This cornucopia of antiques and collectibles features everything from 1940's cookie jars to the finest of American, European, and Oriental antiques and furnishings, the cost of this trip is \$25.

Finally, a real holiday treat: the pre-Christmas overnight trip to New Castle, Delaware, Longwood Gardens, Hagley Mills, Winterthur Mansion, Franklin Mint Museum and more! The cost of this tirp ranges from \$158 to \$194 depending upon room occupancy.
The Hicksville Public School District offers a wide range of special trips through the Continuing Education Department. To register for one of these trips or for further information. please call the Continuing Education Department at 933-6671, Monday-Thursday, 6 p. m. - 9 p. m.

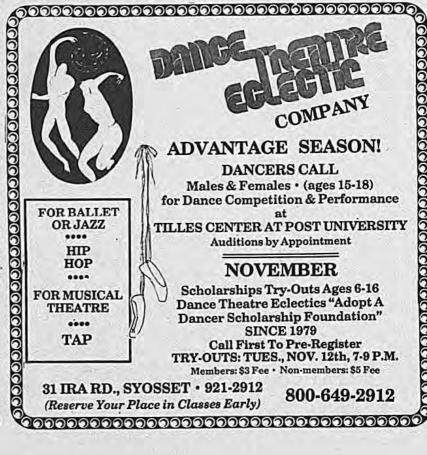
#### To Seniors Staying Fit

On Monday, December 9, in the afternoon at 1:30 p. m. Ruth Levy, P. T., Director of Physical Therapy at Syosset Community Hospital will speak about "Maintaining Maximum Fitness." Activity and attitude are vital to men and women in retirement regardless of their lifestyles. Proper body mechanics can promote fitness and help individuals remain injury free around their homes and when they exercise. A variety of techniques for maintaining flexibility, strength and cardiovascular fitness. There will be a question and answer period following the program.



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#### Christopher Holden Wins Contest



Congratulations to Christopher Holden of Hicksville. He won Coldwell Banker-Schlott Realtors Fire Safety Coloring Contest. Christopher won a \$25 glft certificate to Toys-R-Us.

#### **Homecoming Guests**



Plainview's Catherine and Joe Pelio were on hand at the C.W. Post Campus of Long Island University, October 19, to celebrate 1991 Homecoming festivities along with the University's Mascot. Catherine and Joe's two children, Rosemarie and Joseph, are students at C.W. Post. Carnival games and rides, bed races, an arts and crafts fair and hot air balloon rides were among many events featured during homecoming week.

(Photo by Susan Dooley)

#### Couple Wins In Dutch Country

Mr. and Mrs. Joseph Brittain of Hicksville were recently honored by the Willow Valley Family Resort and Conference Center in Lancaster, Pennsylvania, as the Inn's one millionth guest family. As recipients of this award, the Brittains were treated to their four-day stay as guests of the Thomas family, founders of the Willow Valley Resu...

The Brittains live at 18 Mayflower Drive, Hicksville. Willow Valley cited their millionth guest family as part of their 25th anniversary celebration. The 353 room Willow Valley Family Resort and Conference Center is located at 2416 Willow Street Pike, Lancaster, Pa.

Shown L-R, overlooking the five-story atrium of the Willow Valley Family Resort and Conference Cener: Michael Dorough, General Manager - Willow Valley Family Resort, Mrs. and Mr. Joseph Brittain of Hicksville, and Marlin H. Thomas, President and CEO of Willow Valley Associates.

#### News From VFW Post 3211

"Veterans Day Services"
On Sunday, November 10,
Nassau County will host a
Veterans Day Parade. It will start
at 9:30 a.m. at Fortunoff in
Westbury. There will be Veterans
Day Services at Eisenhower Park.
All are welcome.

On Monday, November 11, the Charles Wagner Post 421 American Legion will be host post for the Hicksville combined Veterans Organization. Traditional Veterans Day Service at the Hicksville Middle School on Jerusalem and 4th Street at 10 a.m. All are welcome.

On Sunday, November 10, at 2 p.m. the Long Island National Cemetery Memorial Organization will hold Veterans Day Services at Farmingdale. All are welcome.

#### **Kickline Selected For Competition**

The Hicksville High School kickline team has been selected to compete in the National Competitions to be held in Orlando, Florida, from February 14, through February 17. The "Starlets" had placed first

The "Starlets" had placed first in their classification in the Regional Competition held in July, Hicksville's kickline has also placed first in their classification on Long Island for the last three

The Starlets are seniors Christine Carriero, Franki DeBello, Leslie Diamond, Hedy Elbedewe, Susan Flemm, Linda Gluszak, Andrea Guarasci, Peggy Horan, Charisse Maisonet, Suzie Peters, Kelly Regan, Courtney Reynolds, Stacev Rudis, Amy Verbouwens.

and Barbara Wilson; juniors Michelle Aversano, Alison Dunker, Lisa Ellinger, Christine Lenzi, and Amy Reinhardt; sophomores Terry Ciarlone, Kim Gullahue, Tanya Karazim, MeEssa Nigro, Katie Noto, and Sacey Schroeder; and, freshmen Erin DeAngelis, Susan Drab, Susan Murtha, Anetta Szumouski, and Sharon Yu. The team is mached by Nancy Hoxie-Pierce.

The students are working hard to raise the money to attend the Nationals which will be also broadcast on ESPN. Hicksville is very proud of their three-time champions and wish them luck in Florida!

#### Ex Fire Chief Honored



Ex-Chief Lawrence Huttle

The officers and members of Hicksville Fire Department Vol. Hose Co. #4 along with their families recently held a reception in honor of one of their own: Ex-Chief Lawrence Huttle. Chief Huttle was honored for his many years of service to the community. Larry joined the fire service in 1946 and became Chief of Department in April. 1955 and served through April, 1957. Prior to taking overall command he served 3 years as Assistant Chief. The members of Co. #4 along with the entire department membership wish Larry the best.

# Kenney 'Amazing'

#### PE Teacher

Robert Kenney, Hicksville's Director of Physical Education, Health and District Activities, has been selected as the recipient of the 1991 Amazing Physical Educator Award in the Nassau Zone of the New York State Association for Health, Physical Education, Recreation and Dance (NYSAHPERD).

This award is presented annually to individuals in recognition of their contributions made to physical education to the school, community and zone.

The award will be presented by the state at the annual convention to be held in Saratoga Springs. November 13 through 17.

# Good Government

#### **Award For Schools**

The Nassau Citizens Budget Committee (NCBC) has again awarded the Hicksville School District a "Good Government Award," With High Merit for its operating procedures, and With Merit for its capital procedures. Hicksville has received these awards on the basis of cost-effective management and enhanced productivity.

The NCBC bases their criteria for the "Good Government Award" on the presentation of a budget which is clear, easy to read and an effective management tool; and, a hudget process which permits meaningful citizen participation.

All local governments are invited to participate in the NCBC's annual survey from which they are judged for this honor.

Awards will be presented at NCBC's Seventh Annual Awards Luncheon on Friday, November 22, from 11:30 a.m. to 2 p.m. at the Milleridge Inn. Hicksville's key staff in the business department has been invited to attend.

#### Library Friends Meeting Nov. 14

The Friends of the Bethpage Public Library are holding their regular monthly meeting on Thursday, Nov. 14 at 7:30 p.m. at the library. The program for the evening is Everything you always wanted to know about blackjack: Learn Card-Counting for FUN, (and sometimes profit!). Space is limited, so come in and sign up at the Reference Desk. For further informatrion, call 931-3907.

#### **Jottings From Yesteryear**

By Bill Clark

Halloween was parties, many with clean faces after ducking for apples and the long white picket fences that you dragged a stick across to make a noise, and bars of soap for writing plus the flour filled stockings. Remember boys knickers being popular and very useful when gathering fallen pears or apples on the way home from school, so parents could cook and can them. You dropped them into the full legs of the knickers. at times it was awkward walking home. During summer berry picking in town and the woods in Plainview by the buckets full. No, the knickers were not practical for blueberries and blackberries.

A paper delivery boy's route could cover from Bethpage Road to the end of Lee Avenue, and for extra money deliver "Saturday Evening Post" and "Ladies Home Journal." The Avon lady, Mrs. Lang covered Hicksville isor to door. Who owned the Aluminum 3 wheel car and the Electric car in the 30's that could be seen on the Old Country road area? Do you remember going to church beach trips on benches and the tai'gate of farmers trucks to Ba wille or Sea Cliff beaches? The first time I saw Grapenut cereal I thought the folks erred and gave me beet seeds. The 30's had "Buck Rogers in the 25th century" on radio and the item of the week was 300 piece jignaw puzzle.

Did you see or hear of the Water Spout that crossed the Island in the 30's going from South to North, breaking up around Glen Cove? It sure buried our vegetable garden in

mer. A water spout is a large funnel of swirling water.

In the winter farmers would face their plow fitted trucks, with weight on the back plus chains, toward the street so when they went to town the street was plowed. Some wondered did they go to town for supplies, business or meet for a beer. It also helped open roads for emergencies. During the thaw season I have seen trucks hub deep in mud. Brengle moving people from Brooklyn would get here only to be deep in mud on the new developed streets. Fountain Street with the then large fountain in the middle of the street caused cars to go around making ruts and getting stuck. making ruts and getting stack.
The fountain was removed in
the 40's. The LIRR parked its
big snow plow on a side track in
the freight yard.

Cooking and heating by kerosene, coal or Koke. Coal entered cellar bins by a chute. One incident, Grandpa had switched to oil and from habit a driver dumped a ton of coal in the cellar in error. Shoveling it out again was fun. The 40's had theaters with approximately 40 across the center row seats. Ladies wore hairnets or small hats with netting. Following my wife to the empty seats in center and disturbing everyone, my zipper tab caught hairnet of the lady in front of me, she was pinned in place as I attempted to free myself. Only then did I realize how strong the netting was to break. The lady plus others not knowing what was wrong became annoyed waiting for me to pass.

What happened to the merrygo-round brass ring for a free



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#### Hawks Split Soccer Season Opener

by A. Blicker

The Hicksville Hawks 1975 travelling soccer team commenced play in the Long Island Junior Soccer League, Under 19, Snowball soccer season this weekend with a 2-1 loss to the Hewlett Blue Thunder, at Tudor Field, on November 2, and a 3-1 victory over the Bayside Eaglea, at SUNY-Old Westbury, on November 3.

The offense was led by striker

The offense was led by striker Danny Bell, who scored the lone tally on Saturday and two goals on Sunday, as well as David Baumritter, who converted on a beautiful header, off a line drive Rich Kotschau corner kick on Sunday. Both games featured exceptional passing and great defense on the part of both teams. The Hawks outplayed Hewlett on Saturday, while losing, and Sunday was a game

#### LEGAL NOTICE NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with Section 103 of Article 5-A of the General Municipal Law, hereby invites the sub-mission of scaled bids on Street Sweeper 1991/92:28, Batwing Mower 1991/92:29, Athletic Supplies-spring Sports 1991/92:30 for use in the schools of the District. Bids will be received until 2:00 p. m. on the 21st day of November, 1991, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

Specifications and bid form may be obtained at the Purchasing office, Administration Building, Division Avenue at 6th

Street, Hicksville, New York.

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

BOARD OF EDUCATION

HICKSVILLE UNION

SCHOOL DISTRICT Town of Oyster Bay, Nassau County, N. Y. Marie Egan, Purchasing

Agent Dated: November 4, 1991 MIT 2519

#### Math Teachers At Workshops

Iwo teachers from the Hicksville High School Math Department had participated in courserelated workshops over last summer.

1

Rochelle Weiner took a 4 week course at Rutgers University to prepare her to introduce Discrete Mathematics to the high school currently.

Additionally, Katie Phillips took a workshop with the renowned Judith Broadwin for new teachers of Advanced Placement Calculus. Ms. Phillips is currently teaching the AP Calculus for the first time.

of total domination, from start to finish, as Hicksville never let up on the opposition.

The balance of the players are: Dimitry Drouin in goal; Erick Blicker at fullback; Tommy Basaranlar at fullback; Mike Sanchez at fullback, striker and wing; Mike Longo at stopper; Earl Dennis at halfback; Dan Longo at halfback; Kevin Koehn at halfback and wing; Steven Fox at wing and fullback; and Brian Harkins at wing.

Congratulations to the Hawks for a fine weekend of soccer. Many thanks to Coach John Fitzgerald, Assistant Coach Pat McHugh, and Manager Brian Koehn for their fine efforts on behalf of the team. Get well wishes to injured players Lee Passavia and Scott McLaughlin.

#### Holy Trinity Holiday Fair

Holy Trinity Episcopal Church, Hicksville, is having its Annual Holiday Fair and Jambore on Friday, November 22, 5-9 p. m., and on Saturday, November 23, 11 a. m. 9 p. m. Some special features at the Fair this year are: hand-crafted articles; Christmas decorations; wood crafts; baked goods; wood crafts; baked goods; holiday candies; fine gifts in glass; new and used jewelry; religious articles; cards; toys and much more!

Members of the neighboring communities are invited to come, and browse, shop and dine. Winners of the Jamboree raffle will be announced and special prizes will be offered on the Sweepstakes Wheel after dinner each evening (6:30 p. m., \$7 per person). Call 931-1920, 9 a.m. -3 p.m., Monday - Friday for dinner reservations.

Holy Trinity Episcopal
Church is located at the corner
of Old Country Road and
Jerusalem Avenue in
Hirksville

#### Reading Is Fundamental

As part of its "Reading Is Fundamental Program," the Lee Avenue School invited the District's Superintendent, Salvatore Mugavero, to read to Sophie Milburn's first grade class, Mr. Mugavero read the book "Ask Mr. Bear." The children thoroughly enjoyed his reading and reciprocated by reading him a book that they had written.

"Reading Is Fundamental" is a Federally funded program where-by children receive 3 free books a year. Barbara Bush is one of the program sponsors. The Lee Avenue RIF Committee consists of Dr. Goldie Scher, reading teacher, and parent sponsors Denise Alvarez, Denise Simicie and Dorothy Sedoruk. The program coordinator is John Mateer.

#### College Notes

Eric Yudin, son of Mr. and Mrs. Bernard Yudin of Bethpage, graduated from Embry-Riddle Aeronautical University.

Yudin received a Bachelor of Science degree in Aviation Technology.

#### Jews Prepare For Chanukah

Chanukah is celebrated this year from December 1 to December 8 by Jews throughout the world. It is known as the Featival of Lights when candles are lit in Jewish homes each night of the eight day holiday. The lights in the window publicize the miracle of the flight of the Macabees against the forces of Helenism with their focus on idolatry. The Temple had been darkened during their reign and a small flask of oil was found in the Temple grounds which lasted eight days until new oil could be gathered for the daily kindling of the candelbra.

Chanukah has a message for the Gentile community. It indicates that spiritual forces can prevail over material ones which ultimately led to the rise of Christianity and Islam in the Middle East, the cradle of civilization. Hence, the candles are lit according to the Talmud at a time when the foreign woodchoppers have brought kindling wood for lighting at dusk. Unlike Purim, which focuses on Jewish lives be spared and is more of a parochial holiday, Hanuka is universal for its speaks of the sparing of values rather than of a people. Antiouchus, the wicked Hellenist monarch, was prepared to let Jews live if they would follow his conformity, dictates in the matter of values

and personal practices.

The revolt against this foreign tyrancy took place 135 years before the common era and led the way to political in-dependence and the Second Commonwealth. The present State of Israel is referred to as the Third Commonwealth and the reign of David and the First Temple is the First Common-wealth. Its message is still strong after two thousand years. Jewish families use the time to exchange gifts, to decorate their homes, celebrate with parties and to have home celebrations in their family circles. But, it all centers around the lights at home - for the home has been the basis of both Jewish and spiritual survival in general. The lighting at the synagogue, and now in public squares, is peripheral to the requirement of home celebration. The holiday is minor compared to the major High Holidays and Pilgrimage Festivals but its message remains major to Jews and Gentiles alike.

#### **Eating Habits**

Are you making a New Year's Resolution to change your eating habits? Perhaps your focus in 1992 will be to establish sound nutrition practices and create a healthier you! If so, join us at the Bethpage Public Library on Tuesday, November 12, 7:30 p.m. for a workshop on Nutrition, Diet and Vitamins. This popular lecture will be followed by a question and answer period, so be sure to mark this date on your calendar.

Admission is Free - All Welcome.

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

#### OCR's Visiting Student Author Program

Helene Stopek, English as a Second Language (ESL) teacher at the Old Country Road School, has established the "Visiting Student Author Program" in her ESL classroom.

The program encourages the schools' ESL student authors to read their original works to the Kindergarten ESL class. The ides behind the program is to build self-confidence in the student authors, and call attention to their hard work and creative efforts.

Furthermore, the kindergarten students are exposed to literature and see positive role models in the students who read their works.

Ever Saul Martinez was the first student author to read his own original story entitled "King of the Jungle." It took Ever over one month to write his book, type it on the computer and illustrate it. Ever is a fourth grade student who arrived from El Salvador a year and a half ago.



Ever Saul Martinez reads his book, "King of the Jungle," to the ESL kindergarten class.

#### AP Willits Language Club

For the second year, the Willits PTA is proud to sponsor the Foreign Language Club for elementary school children. This year, 106 Willits children from kindergarten to 5th grade will be able to choose from French, Spanish and Italian in an after school program designed to introduce younger children to the benefits of learning a second language. Shelly Warner and Sharon Crinnion of Willits PTA were aided by Mr. John LaMonica and Mrs. Ursula Nouza

of the Middle School Language Dept., in coordinating this program which will be held on Wednesday afternoons from 3:15-4:15 p.m. starting the second week of November. Children will be taught by volunteer staff members as well as high school language honor students. The program is expected to run for 20 weeks with a small celebration and demonstration by the children of their new found skills at its conclusion.

#### LEGAL NOTICE

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WATER DISTRICT
Notice is hereby given that
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OF COMMISSIONERS of the
HICKSVILLE WATER
DISTRICT at the office of the
Board, 4 Dean Street, Hicksville, New York, until 7:00
p.m., prevailing time, on
Thursday, November 21, 1991,
at which time and place they
will be publicly opened and

NOTICE TO BIDDERS

Instructions for Bidders, Proposal, Plans and Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Thursday, November 14, 1991. A deposit of Twenty-Five Dollars (\$25.00) is required for each set of documents furnished, which will be refunded to bidders who return plans and specifications within ten (10) days of bid opening in good

condition; other deposits will either be partially or not refunded.

Each proposal submitted must be accompanied by a certified check or bid bond, payable to the Hicksville Water District, in a sum equivalent to five percent (5%) of the total amount of the bid, and a commitment by the bidder that, if his bid is accepted, he will enter into a contract to perform the work and will execute such further security as may be required for the faithful performance of the contract.

The Board of Commissioners of the Hicksville Water District reserves the right to reject any or all bids, to waive any informalities therein and to accept the bid which, in its opinion, is in the best interests of the Water District.

BOARD OF
COMMISSIONERS
HICKSVILLE
WATER DISTRICT
Gübert E. Cusick, Chalrman
Nicholas J. Brigandi,
Treasurer

Richard E. Humann, Secretary Dated: November 5, 19915 2520 1x11/15

#### Central General Health Fair



Central General Hospital and the Mid Island Y/JCC in Plainview announced that the upcoming Community Health Fair will feature a Teddy Bear Clinic for children. Young people are encouraged to bring in their Teddy Bears or other stuffed friends for "treatment." The Teddy Bear Clinic will give children the opportunity to explore the hospital environment in a safe, non-threatening atmo-sphere, as Melanie and Maggie discovered when they recently visited with Barbara Watkins, RN, Central General

Hospital's Pediatric Nursing supervisor. Central General Hospital and the Mid Island Y/JCC are co-

sponsoring Community Health Fair 91 on Sunday, November 10 at the Mid Island Y building, located at 45 Manetto Hill Road in Plainview. The health fair will take place betveen 11 a. m. and 3 p. m. and will include programs and activities for the entire family. Among the free services are cholesterol testing, blood pressure screening, skin care screening, pulmonary function testing and vision screening. Activities have been carefully planned to offer something for everyone. For further information on Community Health Fair 91 call Central General Hospital at 681-8900,

#### Art On L.I. At Library

rer will highlight the artistic heritage of Long Island, detailing the people, places and times that enriched our region over the years. Mr. Rabner will explore the works of William Sidney Mount, William Merritt Chase, Louis Comfort Tiffany, Jackson Pollack, Lee Krasner and Willem deKooning. Don't

On Friday, November 8 at miss this opportunity to learn 8:00 p.m., Elliot Rabner, about and appreciate the art noted art historian and lecturabout and appreciate the art that flourished on Long Island in the past and is still a vital part of the scene today. All Welcome-Free

Admission.

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

#### Nov. Programs At Bethpage Library

**Exciting Family Film!** 

Pinocchio and the Emperor of the Night (color-91 min.) - Saturday, Nov. 9 at 2 p.m. -- Celebrate Pinocchio's 95th birthday at the Bethpage Public Library with a colorful animated fantasy in the style of Walt Disney. The adventures of Carlo Collodi's beloved character continue--when Pinocchio risks his life in a thrilling con-frontation with the cruel Emperor of the Night. All ages and parents too. Register from October 10.

Special, Special - For the Whold Family!

Gala Sunday Musicale Sunday, November 10 at 2

What is Music? with noted pianist Ian Shapinsky who will present "Conversations with Great Music Past and Present" -- in the style of Leonard Bernstein. With dazzling selections from Mozari, Liszt, Chopin, Gershwin-and more. Grades K. and up and parents too! Register from October 10. For Veterans Day:

JUggling Jim and His Fabulous One-Man Circus -Monday, November 11 at 2 p.m. -- Juggling Jim Gleich will present the ultimate in circus magic at the Bethpage Public Library - with acrobatics, juggling, unicycling, marvelous tricks, and more! Jim Gleich is an outstanding circus arts specialist, who presents breathtaking feats of the ring along witgh plenty of comedy and audience participation. Youngsters of all ages and parents too. Register from October 15.

The Colonial Lady presents Colonial Life on Long Is-land with Dorothy Tal-madge - Saturday, Nov. 16 at 2 p.m. - Step back in time to

Colonial Days - "The Colonial Lady" will appear in authentic costume at the Bethpage Public Library to show young people period artifacts; a slide show on Colonial Life; a wool demonstration-"From Sheep to Spinning Wheel"; a hands-on flax presentation; and more! With a cornbread snack and lots of exciting giveaways. Grades 2-5. Register from October 17. Thansgiving Special!

Spectacular Magic with Tom Dillon - Driday, Nov. 29 at 2 p.m. -- Magic man Tom Dillon will present a rollicking roller coaster of fabulous tricks for young people at the Beth-page Public Library -- with lots of laughs and audience par-ticipation too. School-age children should register from October 17.

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

#### Psychic Lecture By Deanna Davino

On Wednesday, December 11, at 8 p. m. the Hicksville Public Library will present Deanna Davino in a lecture about "Invisible Helpers - Spirit Guides - How They Affect Our Lives."

Deanna will discuss how the spirit world helps us to learn the lessons we have reincarnated with. She will also teach us how to communicate with family, friends and lovers who passed to the othe side. have passed to the othe side. Her lecture will include a demonstration of her gift by giving a few individual mes-sages to the audience.

#### News From Hicksville Library

On Wednesday, December 4, at 8 p. m., at the Hicksville Public Library, Linda Watkin will take the audience behind the scenes and see how the English Royal family celebrates

In the nursury, the children are encouraged to decorate their own tree. Roast turkey is on both the Royal Christmas dinner menu and the downstairs" menu. Linda Watkin visited England this past summer and brought back Holiday recipes to share with the audience. All are welcome to attend.

#### JFK Middle School Shelter

During the month of September Mrs. 'McKinley's 6th grade Reading/Language Arts class researched and built a shelter in their classroom. Mrs. Azoff, the Reading Specialist, aided by giving the children helpful hints toward the project. The students used knowledge gained on a nature study trip to Caumsett State Park plus information on shelters found in "My Side of the Mountain." The youngsters brought in all the materials used and constructed the shelter as a team. They were extremely pleased with the results.

#### Chinese King-Fu And More

A totally unique performance T by Amy Harlib will be presented at the Hicksville Public Library on Friday, December 6, 1991 at 8 p.m. It will mesmerize you.

Dressed in dramatic garments, Ms. Harlib will combine song, a display of double-edged sword techniques, Chinese opera, yoga and martial arts and storytelling. A spellbinding experience you won't want to miss. All are welcome to attend.

LEGAL: NOTICE The People Of The State Of New York By The Grace Of God Free And Independent

TO: Margaret Ferguson Heath and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin

John M. Ferguson, deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their hus-bands or wives, if any, distributees and successors in interest whose names and/or places of residenced and post office addresses are unknown and cannot after diligent inquiry be ascertained.

Greetings: Whereas, Beatrice Mannilla who is domiciled at 12 Dakota Street, Hicksville, New York has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 3rd day of October 1984 relating to both real and personal property duly proved as the Last Will and Testament of John M. Ferguson deceased who was at the time of his death domiciled at 10 Dakota Street, Hicksville in said County of Nassau,

Therefore, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 11th day of December 1991 at 9:30 a.m. of that day why the said Will and Testament should not be admitted to probate as a Will of real and personal

property.
In Testimony Whereof, We have caused the seal of the Surrogate's Court of our said County of Nassau to be hereunto affixed.

Witness, Hon. C. Raymond Radigan, Judge

of the Surrogate's Court of our said County of Nassau at the Surrogate's Office, at Mineola, in the said County, the 22nd day of October

4X 11/1.8.15.22

Albert W. Petraglia Surrogate's Court MIT 2516

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- VIRGINIA PERAGALLO-DITTKO, RN, MA, CDE, Program Director of the Diabetes Education Center, will provide an update of the unique services at Winthrop for people with diabetes.

DATE: Tuesday, November 19

TIME: 7:30 to 9 p.m.

PLACE: Breed Conference Room

Admission is free, but seating is limited. Call 663-2234 to reserve your place.



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# Historical Society Civil War Program

The November 26 meeting of the Hicksville Historical Society will relive Long Island's role in the American Civil War. The society's program for the Tuesday evening will feature uniformed members of the Co. H, 119th N. Y. Volunteer Infantry Historical Association with a slide photo program and an equipment and uniform description.

Long Island townsmen served throughout the Civil War in such notable regiments as the 119th N. Y. Volunteer Infantry and the 14th Brooklyn. Hicksville had one or two

#### Classes Busy With Local Sightseeing

The 1991-92 school year is only two months under way but already Hicksville's public school second graders have been having a ball on sightsee-ing trips through their hometown. Seven classes from Old Country Road, East Street and Lee Avenue Schools can tell their parents and families a points of historical and cultural interest.

The youngsters have been a happy part of the school bus sightaeeing program of the Hicksville Gregory Museum. Carrying on his ten-year tour-ing program for second grade classes, Museum Historian Richard Evers is making a lot of children and parents happy. A typical tour includes: stops and a visit to the Veterans Memorial Park at the Middle School to learn the meaning of the four war memorials; stops and photos at the unique Hick-sville attraction, the "Golden Doors" masterwork replica of Lorenzo Ghiberti, at Trinity Lutheran Church; a tour of the Hicksville Fire House, and a good visit to the Gregory

veterans of the Grand Army of the Republic in its patriotic celebrations as late as Armistice Day, November 11, 1919.

This is the second of the meetings for 1991-92 of the Hicksville Historical Society. Society President Mrs. Valerie Pakaluk cordially invites all members and the interested public to attend this informative, exciting program in the Community room of the Hick-sville Public Library, on Tues-day evening, November 26, at 8 p. m. Refreshments and comraderie are always the order of the day at the Society's

Museum where the kids thrill to the glories of the fluorescent mineral display - youngsters call them "the rocks that glow

in the dark."

These are educationally-halanced trips for Hicksville's impressionable seven-year olds. There is sometimes a visit to the Cantiague Rock and its N. Y. State historical marker, at the site where Robert Williams bought the present Hicksville-Jericho-Plainview area from Chief Pugnipan of the Matinecock Indians, in 1648. The high moment of every trip is an opportunity to glimpse a bit of old-time Hicksville, at the Stolz-Duffy family horse farm and paddock on Duffy Avenue. Watching Mr. Evers feeding bits of apples and carrots to the seven or so horses boarded on the farm and gamboling joyous-ly in the paddock is a real treat for children.

These educational, close-to-me, field trips have long been an important outreach service of the Gregory Museum for Sicksville schools. Yery few Long Island communities are regularily so for unate.

#### Circus Tix Avail.

#### **NSUH Benefit**

Tickets are still available for New York's own Big Apple Circus' special benefit per-formance for North Shore University Hospital on Saturday, November 16 at 12:30 p.m. This one-ring circus has pitched its tent at Lincoln Center in Damrosh Park, New York.

The benefit performance is coordinated by North Shore's New Leadership Division, a committee of the hospital's Board of Trustees. Proceeds will be used to support the Child Life Program in the Variety Children's Medical Center of North Shore University Hospital and research projects in the Division of Child and Adolescent Psychiatry in the hospital's Department of Psychiatry. The event is made possible by grants from Chemical Bank's Personal Trust and Estates

This season, the Big Apple Circus is performing "Greetings From Coney Island," a tribute to the heyday of New York's legendary amusement attraction. Beachball balancing, bathing beauties, steeplechase stallions. keystone cops and playful pachyderms will be among the features of this exciting presentation. Special gifts will be given to all children at this benefit show.

Tickets are \$30 for general admission and \$50 for reserved ringside seats. Special group rates are available for parties of 25 or more. For more information, or to purchase tickets, call the hospital's Department of Health Education/Community Affairs at 562-3045.

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

#### **Hicksville In Photo News**



The birthday of President Theodore Roosevelt was obin optimized again with a pilgrimage and ceremony at his grave in Oyster Bay, this past week. Supervisor Angelo Delligatti, town leaders and Town Historian, Dorothy McGee (right) as well as a naval representative of President Bush a school bugier and honor guard of U. S. Marine stand at graveside.



Hicksville was well represented by its veterans groups at the President T. Roosevelt gravesite: Members of the Veterans of Foreign Wars and Pearl Harbor Survivors.



The Hicksville Masonic War Veterans officers were among a large turnout for annual services at President Roosevelt's grave in the Youngs Cemetery, Oyster Bay.



Among the American Legionaires present at T.R.'s grave last week, Richard Evers, Historian for the Hicksville Public Library, Joins an old acquaintance, William Johnston, a biographer of Theodore Roccevelt.



The Jewish War Veterans contingent are shown after the annual TOBAY pilgrimage to Theodore Roosevelt's grave.

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

"To Look Forward, I Had to Look Back"

Mark Mark Mark Commence of the Commence of the



SEE PAGE 3



# THE QUESTION OF

Many stores are jumping the gun and starting Christmas shopping themes this week. Will the longer shopping season change your amount of purchases?



Call 931-0027



a Dav

**Ground Rules** You are not limited to the above but may talk on any subject of interest to readers.

One subject to a caller per week

Simply dial 931-0027 - 24 Hours a Day and follow these simple rules:

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- 2. Confine your INPUT to one subject.
- 3. Limit your opinion to five minutes (make notes before calling)
- 4. Leave your name and telephone, or simply use a pen name (your message can be anonymous)
- 5. Publishers reserve the right to edit, modify or omit any and all material.

# **Most Callers Think** Cuomo Will Run

Most callers want to see Mario Cuomo run for President in response to this question: "Do you think Mario Cuomo would be a formidable opponent for President Bush?

Here are some of the answers:

GOOD IDEA With the meas the country is getting into economically I think it would be time to try the Democrats and see if they can get things going again. Most Democrats are more radical than Gov. Cuomo so I believe he would be a great choice. Cuomo has the ability to rally people behind him and if he were to set a course that would get the country going again he would have the support of Congress. Then we all might benefit. K.G.
WILL BE DEFEATED

Identifies Cuomo but I would like to see him run against Bush.

I do not like Cuomo but I would like to see him run against Bush. The reason is so that he would be out of the way after Bush defeats him. If Cuomo does not run this time we know he is going to do so again. If he is against an easier opponent than Bush he may well get into the White House and every socialist scheme that has failed in Russia will be tried out here. While the world is shifting to the right through trial and error, the Democrats are still pushing more schemes for curing problems by making more bureaus and more government spending. Until the Democrats come down to earth they should not be in charge. K.D. BLOW UP FACTOR

Cuomo would start out as a good contender for Bush. But he would blow up when the audience started to ask hard questions. He does not have a good record in anything except making speeches. I do not think that he will carry N.Y. State again in a run for Governor if a good Republican runs against him. But in spite of everything I think Cuomo will run. N.F. WAITING FOR TIME

Of course Cuomo is going to run. He is now just waiting for the right time to make believe he is being drafted for the job. He is a good cnadidate but I believe he will fall short of winning because his own party is made up of many special interests that when he announces any plan at all some group in the party will be offended and take out after him. The only way he could avoid that would be to have a platform like Dukakis and say very little about anything.

**BUSH VULNERABLE** 

Cuomo would run rings around Bush. Bush is vulnerable on the home front. He and Gorbachev have been busy with conferences in Madrid. Spain on how to run the world while their own countries are falling apart. Cuomo could get in there and fight his way into office. H.D.

WONT RUN

I cannot think that Cuomo will run. He believes in winning and he believes in sure things. For Governor he has always been against the weak candidates and he was almost assured of victory. Bush is a strong contender and he knows how to fight. Mario doesn't want to be a loser so he won't take the chance. D.S. NO ONE ELSE

The only reason so many people keep saying Cuomo should run is because the Democrats don't seem to have anyone else who is known and they need to win or the party will fall apart soon. Cuomo is the last hope and in this case may be a good one because in many ways he does cme over as a much stronger leader than Bush. It will be a tough campaign and I would like to see Cuomo

get in it. K.A. CUOMO AND JACKSON

Now that Jesse Jackson has said that he is not a candidate I believe Cuomo will run. I think he was afraid of the Democratic black vote being against him if he took Jesse Jackson's place on the ballot. But that still leaves a chance for a Cuomo-Jackson ticket.

I hate to admit it but I am convinced that Mario Cuomo would be a formidable opponent for President Bush. And, that's not just be-cause I am worried as a Republican but because of his unwillingness or perhaps inability to initiate economic programs in New York State designed to strengthen us without eroding the out-standing qualities of this great Empire State of ours. But, add to that the fact that his speechmaking ability probably outshines that that the fact that his speechmaking ability probably outsines that of our Prez. If we, as voters, were to evaluate Cuomo's contributions to New York since becoming Governor, we certanly couldn't give him high marks. The impression I get is that whatever problem we run into, it's not his fault. Frankly, I don't know how we have avoided a Dinkins-Cuomo show-down up to now. New York State is really in financial trouble and industry is running scared with a substantial percent of business organizations moving elsewhere despite the many attractions we offer. Insofar as Long Island is concerned, Cuomo hasn't done us any special favors from the standpoint of cuts in financial assistance. He apparently feels the standpoint of cuts in mancial assistance. He apparently items that we are all well off and that just isn't so. For example, is there any logic to be found in his condemnation of the technically approved Shoreham nuclear power plant with its resulting excessive demolition costs and rate increases being born by LHLCO customers. I realize that I may seem to have avoided the main thrust of the "Question" but what I have tried to do is to emphasize Cuomo's weaknesses in practice despite his ability to convince the voters otherwise during a preelection campaign. I believe he's a spellbinder and President Bush would have a tough time offsetting his podium oratory. But, could he deliver on his campaign promises. THAT is really the Question! P.G.S.







# "To Look Forward, I Had to Look Back"

By Molly Gussow
I'm 82 years old, and looking ahead is a short view but looking back 82 years is a walk down memory lane! I seem to remember so much, that I think I should write it down before I start forgetting everything. This seems to be the right time to take that walk.

I had a very happy childhood and a loving family. My parents taught us things we remembered all our lives. My parents met on the boat coming to America. They traveled 28 days and developed a friendship that continued when they arrived in America. They each stayed with relatives, and as soon as they found work, and settled, they were married. This was about the year 1903. After a few years, they started raising a family. They were so

thankful to be in America, they loved it here. They loved everybody and everything and felt fortunate finding each other. My family consisted of five children, four girls and one boy. I was the second consisted of live children, four girls and one boy. I was the second child, born in the year 1909. My mother was always busy with the household. To feed seven people, to shop and cook, wash and iron, and clean was not easy. She taught us at an early age how to be of help, to sew, wash, set the table and do many chores in the kitchen. Her motto was "whatever you will learn you will always know, and no one can take it away from you.

My father was a hard working man, exceptionally bright and had a good sense of humor. He taught us things that we will remember and carry on to our children. He learned from experiences in life.

We lived in a neighborhood among many immigrants of all religions, and color and were encouraged as little children to un-derstand and be friendly to all. We were to understand they are all trying to make a life for themselves in America too. People will always need people. When the sun comes out, it's for all the people to

when he saw us girls looking in the mirror often, as we were growing up, he would always say, "If you look in the mirror, you see only yourself, and want to please only yourself, but looking through a window glass, you will always see people around. Being with people opens your minds and hearts to care, to help, to think, to love and you'll never be alone."

When I see the youth of today, I'm sure many of these teachings

were not taught.

were not taught.

My parents strongly believed in music. Singing and humming created a tune, a tune becomes a song, a song had a beat, and a beat created a dance, and laughter for all to enjoy. We were all taught to play an instrument, to put a little music in our hearts. They also believed strongly that every person holds a special gift in them, whether it's musical or artistic abilities or a way with words, like nearly. They appropriated it is all of the like poetry. They encouraged it in all of us.

I loved poetry and started writing little poems at an early age, and he helped me. He would give me a topic and a little story for me to put it in the form of a poem. It was exciting. All of us were artis-

tic in one way or another.

I remember my parents saying to us, "We have no money, but we are the richest people in the world, and you children are our riches." How could we ever forget that. They tried to pave our road with the kindest of words. It gave us security, confidence, and we felt important.

felt important.

Education was very important. They never had the opportunity to go to school and tried so hard that we could get an education. When we did our homework at night, they ast at the table with us trying to learn from us, more about this country. When we learned geography or history, they were a help to us. They lived through some of the stories and wars, we were reading and learning about.

During my growing up, wonderful things were invented. The auto, radio, television, computers and other business machines, aeroplanes, jets etc. Everything was exciting around the house. It was new for my parents too.

was new for my parents too.

I remember my mother saying, "Someday you will want to tell your children and grandchildren about these inventions. The next generation will find it all here, but you were there when it happened. We went to the library to find all the information about it.

I remember clearly when my parents started to bring their relatives from Europe. Each one stayed at our house, until they were settled on their own. They reached out to help everyone and told us how important helping is in life. Our house was always full of people, and somehow we never got in each other's way. We were taught about life, that it isn't always simple, and there will be hard times and problems, as we grow up, but these are the things that will make us stronger, and we will be able to deal with everything.

will make us stronger, and we will be able to deal with everything.

We must have been good children, to listen and always so willing to learn. Every question we asked was answered. We never felt poor, yet we had so little. We never had a toy to play with, we were so busy taking care of each other. It didn't seem important to have toys, but felt rewarded in other ways in what we were doing. We were often told, if we do things from the heart, there are always kind echoes that will reply. We were always waiting for the echoes!

Coming back to times of today, I find it so different, there is wanting and needing, and taking instead of giving and helping and smilling. Each generation is different, but helping each other is for all times, every year.

all times, every year.

We were taught that people are divided in groups. Those who make things happen, those who watch things happen, and those who wonder what happened. We were encouraged to make things happen - always have a topic to speak about.

As time went on, I was writing more and more poetry. Each oem included something I was taught as a child and started writing music for the poetry. I wrote a poem for every celebration for my family and friends.

When my father said, "Use common sense if you are in doubt in making decisions. We didn't know until later on, that common sense is not common, it's a rarity. He had it and made us aware of

I was married in 1931 and went through a recession, a depression, wars and hard times and illness in the family, but was strong enough to handle it all, because of my teachings as a child. My sisters and brother handled everything well too.

How fortunate we were to grow up beside good warm-hearted

parents who were full of love, and it gave us comfort and strength,

and prepared us for times ahead.

I have a wonderful daughter, artistic in many fields, and three grandchildren, and will soon be a great grandmother, and I'm still quoting my parents sayings. It works for everyone, and hope they will carry it on.

It's nice to know that I was able to remember it all, it made me feel young again.

"It may be good that life gives a little at a time In minutes, days or years, If we were faced with the whole of life at once,

How filled it could be with tears. The Lord above drops some happiness here,

And some shadows there, And we all have a portion of each,

The bitter, the sweet and the fair. The road in life, is often rough, But it's a comforting thing to know, You can only take one step at a time

Just one little day to go."

#### About the Author:

Mollie Gussow lives in Great Neck. She describes this article as a documentary of 82 years of life. This is her second contribution to Discovery.



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# READER RATINGS



Q. Next month my husband and I will be entertaining out of town malness associates. While they are here we expect to take them out one evening for dinner. While price is no problem [because the company will cover our ex-penses), we are a little nervous ut where to take them. It is the first time we will be meeting our ts and we have no idea what guests and we as their tastes are!

A. When you entertain people you do not know well it is best to choose a "classic" restaurant with French or American cuisine, rather than one which serves more specialized food. Once you select a likely place it might be a good idea to try it once before your guests come if you haven't eaten there lately. That way you would make sure the food and service are satisfactory at the present time. Always remember that restaurants can change!

YOU CAN BE A RESTAURANT CRITIC-If you visit any of the restaurants selected for inclusion in this section-call WE 1-0027 at any hour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space,

Q. I hate to admit it, but I am one of those people who enjoy savesdropping when eating out in a fancy restaurant! Is there my or someone like me?

A. Eavesdropping, when it draws attention away from one's own dinner companions is highly impolite. Sorry, you'd better mend your ways or you may find yourself eating out alone more often than you'd like.

Q. When inviting someone to a business luncheon, how far in advance should the invitation be

A. Few people like last minute surprises. It is best to extend the invitation at least a week in advance.

Q. Sometimes when I have a lancheon appointment with a client my secretary suggests that I call a day in advance to confirm the date. Do you think this a good Idea?

A. Absolutely. It tells your client that the appointment is important to you. It is actually a compliment to your client.

EDITOR'S NOTE TO CALLERS Individual criticisms of restau-

rants are sent in memos directly to the restaurant mentioned unless they are recurring dis-crepancies. Restaurants consistently not up to standard will be dropped from listings here.







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# Wine Talk

If there is anything more pleasing on the fall dinner table than a spicy, savorable red wine, it's one that doesn't chew up half your meal budget. Finding red wine under \$10 is no trick by itself, of course, unless you want something with some extra zip and character. That may take some experimenting, but you have the whole world to choose from.

Recently reviewed good deals on red wine include from imports as Antinori's 1989 "Santa Cristina" (Italy), B&G's 1989 "1725" Bordeaux, Rosemont Estate's 1989 Cabernet Sauvignon (Australia), Conde de Valdemar's Rioja Reserva 1986 (Spain) and a couple of Chileans, the Cousino Macul 1987 Cabernet Sauvignon, and Caliterra

1988 Cabernet Sauvignon. Closer to home, the top inexpensive reds recently reviewed are Bel Arbor's "Cask 88" Cabernet Sauvignon and Estancia's 1988 Cabernet Sauvignon, and several Zinfandels, including the Ridge 1989 Paso Robles, Ravenswood 1989 Vintner's Blend, and Sebastiani

Reviewed this week are my favorite among recently tasted, widely-available red wines under

As I remembered in mid-meal the other night, a pizza can be a daunting challenge for a red wine, especially a pizza heavy in tomato sauce. A light-bodied wine or one without flavor punch can simply seem to disappear when matche against the sweetness and acidity of tomato sauce. It's no coincidence that some of America's best "pizza wine" come from grapes like Zinfandel and Barbera, traditionally planted by California's Italian immigrants.

For my pizza, I fetched a Louis Martini 1988 Barbara, California, a medium-rich, herby and very flavorful red that is more purely fruity and less tannic than most young Italian Barberas and, at \$7, cheaper too. I also opened up a Beringer 1988 Zinfandel, North Coast, which proved to be a medium-bodied medium-flavorful, high-acid Zin, which tasted even better when coupled with the food than by itself.

I've often reached for a French Cotes du Rhoen when having red sauce pastas (Hey, I'm an American - I don't worry too much about mixing national cuisines), and I've rarely been disappointed. These are inexpensive from grilled tuna to a hamburger. My favorite Cotes du Rhones, both previously written up, are the fruit-filled Jaboulet "Parallele 45" and the spicier Guigal Cotes du

The Chateau Saint Estave 1989 Cotes du Rhone Villages is not in those wines' class for singularity, but is a good drinking, fresh-fla-vored red in its own right, with a tart berry character. Chateau Saint Esteve's "regular" 1989 Cotes du Rhone (as opposed to the somewhat elevated "Villages) is a fine, clean, modern-made red wine of no particular distinction.

Wine Talk





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# READER RATINGS

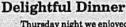


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EADER RATINGS



Thursday night we enjoyed a delightful dinner at Estoril Granada Restaurant in Mineola.

The authentic Portuguese and Spanish cuisine, the am-bience, with an added plus with Danilo Aviles at the piano, brought back wonderful memories of our European trip to Spain and Portugal. We feel we have made a dis-covery and want to share this

restaurant with your readers.

Q. In a good restaurant that we attended recently an accordian payer came around to each table and saked whether we had any requests. My wife made a request and the musician played it. Is this music provided by the restaurant or abould I have tipped? J.B.

A. Generally the musicians are paid by the restaurant to entertain all of the diners. But when you make a special request it is expected that a small tip will accompany the request. In this

case \$1 would have been a fair amount.

Q. What is the proper way or addressing a waiter in a rest-

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





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# READER RATINGS



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You will find a warm welcome, pleasant surroundings, excellent service and cuisine that is Northern Italian. We heartily endorse this fine continental restaurant.

Q. When arriving early for a private party in a restaurant, who should do the seating when there is no waiter or captain on hand? A. The man is expected to seat his woman companion. If he is accompanied by two or more women, he would seat his wife last.

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

A. Either way is correct, but my

own preference is to transfer the onto the main dish. The waiter can then be asked to remove the serving dishes, thus ridding the table of a great war of clutter.





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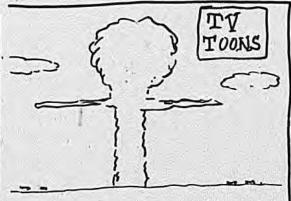
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## READER RATINGS



O We've never had b sseguests before this summer, and I'm m nervous about feeding them than anything else. How do you plan the meals? What do people want to eat in the summer? How fancy in our cooking do we have to be?

A. The best food in the summer

is the simplest, healthiest, freshest hind Give your guests the kind of food you like yourselves, and they'll be happy. Here are the menus of a weekend last summer on Cape Cod; our hostess had pre-pared much of the food for her six useguests before we arrived:

Friday night dinner: Boiled lob-ster, coleslaw, garlic brown bread, lemon sherbet and brownies. white wine and coffee.

Saturday breakfast: Choice of three cereals, fresh fruit, bacon, eggs. English or bran mulfins, coffee or milk.

Saturday lanch: Hamburgers or hot dogs at the beach concession (in case of rain, we would have made our own sandwiches at home)

Saturday dinner: Barbecued steaks, mixed green salad, a cas-serole of chopped spinach, artichoke hearts and sour cream, fresh fruit compote, macaroons, red wine and coffee.
Sunday breakfast: Melon, fruit

ices, our bost's famous waffles with strawberry Jam or maple syrup, coffee or milk.

Sunday lunch: Beach picnic (if it had rained, it would have been a living room floor picnic) of roast tarragon chicken, a cold pasta with vegetables, fresh raspberries with creme fraiche, red and white wine and coffee.

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

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

A. Have you heard the expression "Maiden Dinner?" My cousin said she will be attending one soon and I did not like to confess my ignorance!

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

Q. What do you think of a girt who always orders the most expensive items on the menu when she eats out with a male friend? A. I do not-feel she is being

considerate of her companion, and consideration of others is the essence of good manners.



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# microwave magic



By Desiree Vivea

And it must follow, as the night the day, that there shall be leftovers after Thanksgiving. It was ever thus. But since the advent of the microwave, the theme song of leftovering is, "Turkey's better, the second time around."

Delicate turkey meat tends to dry out with conventional methods, but the microwave's moist heat is perfect for reheating, and there is the added convenience of reheating on a serving plate or in

the refrigerator container, reduc-ing after-meal cleanup.

When storing turkey leftovers, remember that all stuffing must be removed and stored separately. Meat should be removed from the carcass and refrigerated within two hours to prevent possible food poisoning. Wrap leftovers in heavy-duty plastic bags or foll and refrigerate (no longer than four days) or freeze (up to one month). Gravy and stuffing should be used within about two days.

Cooked turkey is very versatile: Chop and add to casseroles, slice into sandwiches, or julienne slice and toss with a green salad. And remember that cooked turkey can be used in virtually all recipes calling for cooked chicken.

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

**TURKEY-TOMATO SOUP** 

2 slices bacon, chopped ¼ cup chopped onion

1 clove garlic, minced 1 cup diced cooked turkey 4 cup chopped, seeded

green pepper 1 (8-ounce) can stewed, diced tomatoes, undrained

2 (12-ounce) cans vegetable juice cocktail

tablespoon snipped fresh parsley or 1/2 teaspoon dried

1 cube chicken bouillon. crushed or 1 teaspoon instant chicken bouillon

1 teaspoon Worcestershire sauce

1/4 teaspoon sugar

Yields 4 servings. Preparation time: 10 to 15 min-

Cooking time: 9 to 13 minutes. Oven setting: HIGH (100 percent

Microwave bacon in 2-quart microwave-safe casserole for 2 to 3 minutes, stirring once. Remove bacon and set aside.

Add onion and garlic to dripp-ings, microwave 1 to 2 minutes, stirring once, until onion is tender and translucent. Add all other ingredients and microwave 6 to 8 minutes or until heated through, stirring twice.

Serve immediately.

TURKEY TETRAZZINI ¼ cup margarine or butter

¼ cup all-purpose flour 1 cube chicken bouillon, crushed or 1 teaspoon instant chicken bouillon

4 teaspoon pepper Dash cayenne pepper 1/2 cup hot water

14 cups heavy (whipping) cream

3 cups spaghetti, cooked and drained

2 cups diced cooked turkey 1 cup sliced fresh mushrooms

1/2 teaspoon dried basil

1 tablespoon snipped fresh parsley or 1/2 teaspoon dried

2 tablespoons white wine

3 tablespoons grated Parmesan Paprika

Yields 4 servings.

Preparation time: 10 to 15 minutes

Cooking time: 141/2 to 20 minutes (plus time to cook spaghetti).

Oven setting: HIGH (100 percent power): MEDIUM-HIGH (70 per-

cent power).

Place margarine in 2-quart microwave-safe casserole and microwave on HIGH until melted, 30 seconds to 1 minute. Blend in flour, bouillon, pepper and cay-enne. Gradually blend in water and cream.

Microwave at MEDIUM-HIGH

until thickened, 6 to 9 minutes, stirring twice during cooking.

Stir in spaghetti, turkey, mushrooms, basil, paraley and wine. Sprinkle with grated Parmesan and dust with paprika. Microwave at MEDIUM-HIGH until heated through, 8 to 10 minutes. Rotate 1/2 turn after half the cooking time.

TURKEY-RICE CASSEROLE

2 cups cooked turkey, cut in 1-inch cubes

1 (10%-ounce) can condensed cream of chicken soup cup milk

(4-ounce) can sliced mushrooms, drained

% cup quick-cooking rice 1 envelope onion soup mix 1/4 teaspoon poultry season-

1 tablespoon chopped pimiento (optional)

1/2 cup shredded cheddar

Yields 4 to 6 servings Preparation time: 5 to 10 min-

Cooking time: 14 to 15 minutes (plus 10 minutes standing time). Oven setting: HIGH (100 percent

Combine all ingredients, except cheese, in 1½-quart microwave-safe casserole. Microwave 14 to 15 minutes, stirring twice during cooking time. Sprinkle with cheese. Cover and let stand 10 minutes to melt cheese; serve immediately.

### FOR TEENS

By Willard Abreham, PLD

Dr. Abraham: I'm compulsive and like things or-derly. My girlfriend is a slob about a lot of stuff. So how come I like her so much anyway? That doesn't make sense to me.

Even though I'm sure different from her, she puts up with me. I guess it is maybe as hard for her to handle the way I am as it is for me to take her sloppiness in the way she eats, handles (really just messes around with) the junk in her room at home, and the heavy makeup she recently started to use.

And yet we do like each other and won't break up. That's for sure. Does this sound strange to you? — Boyfriend

Boyfriend: Not at all. Sometimes opposites real-ly are attracted to each other because there are certain parts of their personalities and interests that help them overlook or just accept their differenc-

However, you'll both have to be on guard against nagging, criticism, fault-finding and efforts to change the other person. You and your girlfriend can continue to enjoy each

other's company as long as you manage to overlook differences and show pa-tience and acceptance in connection with them.

Dr. Abraham: My boy-friend told me that his sister, who is my age (we're both 16), read somewhere that garlic in food is very important if a girl doesn't want to get breast cancer.

I'm a girl and I certainly never want to have it, so I've started to dose up my food with garlie. My parents tell me I'm nuts, and besides, it smells up the

I want to know what you think because your ideas always make such good - Garlie Girl

Garlic Girl: The few articles I've read on this subject generally say that on the basis of animal re-search, garlic in the diet appears to be useful related to breast cancer. But they emphasize that this research doesn't draw that conclusion related to human beings. You might want to check

with your own family phy-sician or a professional specialist to whom he or she refers you. One of them is perhaps right up-to-date on this issue

Dr. Abraham: I don't know if I need special help or even if it is available, but maybe you have the

Our family situation is a serious one because one close member of it is an alcoholic; please don't ask me to tell you the relationship. He (she) says that he (she) will get help to stop the drinking, but I don't think that's bonest. I have plenty of evidence that it still goes on.

Because I worry so

much about this whole problem, I think I may need some direct involvement for myself. I beard somewhere that there is a teen organization that I might want to look into, but I don't know anything about it. So, I can't say whether it would be helpful

If you know anything about it, please tell me soon because this is beavy stuff to be carrying aroun in my head. - So Worried

So Worried: What you no doubt heard about is Alateen, whose members are teens whose lives have been affected by someone else's drinking. (It is not for teen-agers who themselves are alcoholics.) Alateen's efforts are part of the Al-Anon Family Groups, which hold meetings in more than 100 countries.

The purposes of Alateen are to bring these young neonle together to share people together to share experiences, discuss their difficulties, learn effective ways to cope with their problems, encourage-each other, and help one another understand the principles of the Al-Anon program. It is a free self-help plan.

Because you didn't provide any specific details about your relationship with your alcoholic relative, you may want to check yourself on some of the questions provided by the organization in its flyer titled "Alateen — Is It For

. Do you stay out of the

bo you stay out of the house as much as possible because you hate it there?
 Are you alraid to upset someone for fear it will set off a drinking bout?
 Are you afraid or employed to be the work.

barrassed to bring your

friends home?

• Do you believe no one could possibly understand how you feel?

· Are mealtimes frequently delayed because of the drinker?

· Have you refused dates out of fear or anxiety?

If you want a copy of that full questionnaire or more information and other materials (as well as details about their book, "Alateen - Hope for Chil-dren of Alcoholics") you can write to Al-Anon Family Group Headquarters Inc., P.O. Box 862, Midtown Station, New York, NY 10018-0862. You might get that information from your local telephone directory, listed under "Al-Anon" or "Alcoholics, families of" for the location of the group nearest you.

Please write again So Worried, and let me know

# Cooking Corner



# Time for turkey and tradition

By Linda Sosan Dudley

Thanksgiving is the American holiday most associated with food. And plenty of it - because eating to excess becomes almost a national pastime. It's the day when lavish spreads are the rule and dieting and counting fat grams go out the window. And, most of us will stick to the basics - roast turkey and all the trimmings.

Sure, some people may substi-tute rhubarb sauce for the cranberry relish and a few may spike their turkey stuffing with Southwest seasonings, but usually we stick to the basics. Why? Because they're part of the American institution that recalls the gratitude of this country's forefathers for a good harvest and enough food to cat

Turkey consumption has skyrocketed in the past few years, rising an average of 9.9 percent a year since 1985. Government specialists credit the increase to good prices, the hunt for lower-fat foods and an array of products that allow shoppers to buy a convenient amount of meat.

Even though turkey parts and processed turkey products are more readily available, whole birds are estimated by industry sources to constitute 35 to 40 percent of total turkey consumption.

Each American is expected to eat an average of 18.3 pounds of turkey this year, up 1.2 pounds from last year. For 1992, consumption is projected to climb to 19.2 pounds. Turkey production for the year is up around 9 percent.

Tom Dowling has had a lot of experience roasting turkeys. This Thanksgiving, he'll slip 80 of them in the oven. That's because Dowling is executive chef at the Rancho Bernardo Inn (Calif.), which will serve about 1,500 holiday diners in the botels restaurants.

With four years of experience as executive chef at the Inn, Dowling has learned that on Thanksgiving diners want their turkey and their traditions.

"If you make something different, they'll say, 'That's not like I make mine.'"

For example, sage-flavored bread stuffing is the most popular. "The good, old-fashioned way works best for this national holiday meal," Dowling continued.

But all through the year turkey is popular at the Inn. It's served at brunch, as an entree, in the light spa cuisine and even in the snack bars in the form of turkey sandwiches.

Here are some turkey tips from Dowling:

· Professional chefs figure on 1 pound of turkey per person when roasting turkeys.

· Cooks who want more white meat should consider farm-raised turkeys, which will yield more breast meat. Ask your butcher or meat department manager about ordering one for you.

· If you're cooking just the breast for a small all-white meat feast, don't besitate to bring it to the table before carving, even though it's not the whole bird.

'That's part of the tradition, having the turkey served on the table in whole form when guests sit down, even if it is then removed to the kitchen for carving," the chef added.

#### TURKEY FOR TWO

If you would really like to roast only the turkey breast because that's all your family or guests will eat, yet you're afraid to break the big-bird tradition, consider that even entertaining expert Martha Stewart gives it her seal of approval. In Martha Stewart Living, she offers a recipe for corn bread-stuffed turkey breast. If that doesn't give you permission, what will? Try this for holiday dinner for two or a few.

#### ROAST BREAST OF TURKEY

- (4- to 5-pound) boneless turkey breast
- Melted butter, margarine or
- 1 chicken bouillon cube or 1 teaspoon instant chicken bouillon
- 1/2 cup rose wine or white wine

#### Yields 6 servings.

To thaw: Leave turkey in original bag and use one of the follow-ing methods. Place on tray in refrigerator for 2 to 3 days or cover with cold water, changing water frequently, for about half-hour per pound. Refrigerate or roast turkey as soon as thawed.

Discard plastic bag. Rinse turkey and wipe dry. Any loose skin can be skewered to back. Follow directions on package or use the following method:

To roast: place the turkey skinside up on rack in shallow pan. Brush with melted butter, margarine or oil. Insert meat thermometer into the thickest area. The bulb must not touch any bone.

Roast at 325 F, allowing about 20 minutes per pound. Thermome-ter should register an internal temperature of 180 to 185 F. Baste with melted butter or drippings during last 30 minutes.

For extra flavor, add crushed chicken bouillon cube and wine to pan drippings and baste every 15 minutes during last 30 to 45 minutes of roasting.

And more wine or some water to pan, if needed.

#### SWEET POTATOES AND APPLES

- 6 medium sweet potatoes (about 2 pounds) cup maple syrup
- 1/2 teaspoon salt
- 4 large apples (about 11/2 pounds), sliced and peeled 5 cup dry bread crumbs
- 2 tablespoons margarine or butter (or to taste)

#### Yields 6 servings...

Boil sweet potatoes for 30 to 35 minutes or until tender when plerced with a fork. Meanwhile, put syrup into small saucepan, add salt and sliced, peeled apples. Cook over low heat until apples are tender but firm.

Remove pan from heat and set it aside. Peel cooked sweet potatoes and cut them into slices. Arrange about half of the potato slices in an oiled 11/2-quart baking dish. Top them with one-half of the

apple slices and syrup.

Repeat layers using the remaining potatoes, apples and syrup. Sprinkle with crumbs and top with melted margarine or butter

Bake in 350 F oven for 20 to 30 minutes until potatoes are hot and crumbs are lightly browned.

#### HOMEMADE BREAD STUFFING

- 4 cup (4 pound) butter or margarine
- 3 onions, peeled and chopped 1/2 cup (% pound) butter or margarine margarine
- 142 teaspoon dry marjoram leaves
- 1/4 teaspoon rubbed sage % teaspoon dry thyme
- leaves
- % teaspoon pepper 3 quarts stale white or whole-wheat bread cubes
- 2 cups chopped celery 1/2 cup chopped parsley Salt to taste

#### Yields three quarts.

Melt 4 cup (4 pound) butter or margarine in wide frying pan over mediu.n heat. Add chopped onlons and co k, stirring, until soft. Add rine, spices and pepper, set aside.
In 5-quart container, combine

stale bread cubes, chopped celery and chopped parsley. Add onion mixture; toss to coat bread. Season with salt.

Stuffing that won't fit inside bird can be baked in separate casserole.

Start with a box of stuffing mix for a fast-to-make stuffing, this one created by home economists at Mrs. Cubbison's Foods. This amount will fill a large tom turkey. For a 12-pound bird or less, ingredients may be cut in half or the extra stuffing mixture may be placed in a buttered casserole dish or mold, covered and cooked in the oven with the bird during the last 45 minutes of baking.

#### EASIEST SAUSAGE STUFFING

14 pound bulk pork sausage 2 (6-ounce) bags seasoned dressing or corn bread stuffing mix (or one large

margarine, melted 14 cups chopped celery 1 cup minced onion 14 cups liquid (warm water or poultry broth)

Brown şausage, breaking up until cooked thoroughly. Set aside to drain thoroughly. Combine bread stuffing mix with butter or margarine, celery and onions. Stir in liquid. Add drained sausage. Blend mixture lightly and stuff loosely in neck and body cavities,

allowing for expansion during roasting. Skewer opening to close over dressing.

Like a well-timed breakfast, some of the most important dishes at a traditional Thanksgiving menu are last-minute. Just before calling everyone to the table, the gravy and mashed potatoes have to be prepared so they are hot when dinner begins. This casserole dish solves one of those problems. It can be made up to three days in advance and refrigerated until the ble day.

# MASHED POTATO CASSEROLE

- 41/2 to 5 pounds russet pota-toes (about 8 large pota-
- 1. (8-ounce) package cream cheese, at room temperature
- 1 cup sour cream
- 2 teaspoons garlic salt or to taste
- 1/2 teaspoon pepper or to taste
- 14 cup (14 pound) butter or margarine

#### Yields 12 to 15 servings.

Peel potatoes. In a 5-quart pan, bring about 2 inches water to a boil; add potatoes, cover and boil until tender throughout when pierced (about 40 minutes). Drain, then mash well.

In small bowl of electric mixer, beat cream cheese and sour cream until smooth; gradually add to potatoes, beating until smoothly blended. Beat in garlic salt and pepper. Turn mixture into a buttered shallow 3- or 4-quart casscrole. Dot with better or margarine. Cover with lid or foil.

At this point, you may refri-gerate for up to 3 days; bring to room temperature before baking.)

Bake, covered, in a 400 F oven until heated through (50 to 60 minutes).



# Backyard Gardener

By Patrick Denton



# Pretty houseplants for winter

For the first time in several years, I've dressed up the sliding-glass patio door in the family room with houseplants for the winter. With new plant shelving installed at the long living room window, I moved an old umbrella stand and a five-platform spiral two wrought-iron plant stand from there to the family room door. Though one or two plants are still needed to complete the arrangement, already the collection has made the room look far warmer and homier than it was before.

The umbrella stand that I have is made of wood, with a metal drip tray forming the lower level. The top tier is divided into three open squares for inserting umbrellas. Now resting on a dinner plate set over the middle segment is a terrarium filled with plants again at last. For this planting, I selected a few inexpensive, small tropical plants that will do well in the high humidity of a terrarium.

There are two miniature African violets — one with deep-pink double flowers and one bearing classic dark-violet single flowers with a tuft of yellow stamens at the center. The largest plant in the terrarium is a white-and-green pothos (Scindapsus aureus) called Marble Queen There are two small-leaved ivies, a plain deep green one and another with gold and green variegation, a little table fern, some white-edged creeping fig and several small pieces of baby's tears.

Completing the picture is a green frog reclining on an elbow, looking in leisurely fashion out into the room from underneath a canopy of greenery. Also tucked into the planting is a red-and-white dotted mushroom. Both ornaments came with the terrarium when it was given to me, planted, as a birthday gift years ago.

Flanking the terrarium are two

Flanking the terrarium are two pots set into the umbrella stand squares. From one tumbles the fleshy marbled leaves of a rosary vine; from another, a Needlepoint ivy that developed over the summer outdoors an attractively curving arm that now winds around a front corner nob of the umbrella stand and drapes downward from there.

The rosary vine (Ceropegia) is one of the many plants I've made from a plant my father and mother gave me 15 years ago. In their home, the rosary vine was located on top of a tall cupboard in a bright laundry room, where the long stems hung down like a curtain over the end wall of the cupboard.

My young plant has begun to flower with its little pipe-shape pinkish-mauve blooms. The flowers give way to the little, round beadlike swellings along the stems for which the plant was given its common name, rosary vine. But, even without flowers and beads, this is a lovely plant with thick, round heart-shape leaves beautifully marbled in silvery gray against a dark, dusty-green background. Very young leaves are a brighter green. Rosary vine is also a very easy plant, tolerant of dry air and requiring very little water.

At the moment, I need something tallish and slender, such as a snake plant (Sansevieria) to set in the center of the umbrella stand's drip tray and fill the space between the two levels. Already at both ends of this bottom level, sweet potato plants have bushed out and are reaching upward to

green the gap.

The five-tier wrought-iron plant stand is snuggled up to the umbrella stand so that the top platform, now holding a dish garden in an 11-inch-wide shallow clay container, hovers above the trailing ity. The dish garden holds a beige turtle and an assortment of small plants — a pink-and-green polita dot plant, table fern, peperomia, creeping fig. strawberry geranium and a small-leaved green ivy with attractively rounded lobing.

Below the dish garden and forming a solid curved drapery of bright green leaves and colorful fruits is a series of four ornamental pepper plants grown from an indoor seeding early in the spring. Some of the plants bear typically long, curved and pointed peppers while others have broader, bluntended fruit. The peppers, held above the foliage in showy fashion, are at different stages of ripeness in yellow, orange and red. And the plants are still producing little white flowers.

In the bright light and relatively cool temperatures at the patio door, the ornamental peppers should remain in fine, colorful condition through the winter. Because they retain their festive-looking fruits into the New Year, these plants are often referred to as Christmas peppers.





# Letter begs parents to watch children

Q. I love my wife although she is an exasperating woman. But I don't really understand why she is the way she is.

We have three children who have managed to survive living in our bouse. They have been burned, cut themselves, fallen down, scraped themselves on rocks, sticks and stones, broken bones — you name it and it's happened to them.

She always says that they are "accident prone," but it has finally hit me that she is the culprit, not they. (I guess I'm just slow in the head.) She leaves doors and drawers open, hot pot handles on the stove facing toward the front, knives and glass items where little hands can reach them, breakable dishes where they are available, matches ready for them to experiment with and bottles of medicine out in the open.

She is the reason they have accidents that could have been so serious. She just doesn't believe in preventing problems or dangers.

And yet they are alive and apparently none the worse for all the possible tragedies they have brushed against. They are now in their late teens and 20s, cautious, careful and controlled. They seem to have learned from her negligence.

I blame myself partly, but she was the "caretaker" (please don't laugh!) while I worked hard at two jobs to make ends meet.

I guess my message is a plea to other parents to follow the prevention route. All kids won't be as lucky as ours were to be alive and intact. I've retained my mental health, and she continues her giddy life, at loose ends with everything around the house.

My survival corrists of being out of the hectic home environment most of the time. Hers seems to consist of ignoring the threats and land mines of the home that she kind of flits through.

I've never opened up like this before, and it is a relief to do so finally. Thank you for bearing with me, and please, other parents, watch out for your kids. Their survival isn't guaranteed.

A. This unusual letter has an important message, and the warning is clear. I hope it reaches those parents who need it.

Q. The school people have placed our retarded son in a regular classroom at least a few times every week, and I'm really angry about that. I think that is just plain lost time for him.

When he was in a classroom with other retarded children all the time, it seemed so much better for him. Some of my friends with such children feel the same way.

Where did this strange idea come from anyway? What can we or should we do about it?

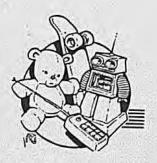
A. The origin of this idea was some respected educators who felt it was good for certain types of handicapped children to spend at least part of their school time in regular classrooms with "normal" children. They call it "mainstreaming."

Because many children with handicaps live and will work in a "normal" world, it was believed that they could benefit from this experience.

It requires a program that is adjusted to their needs and capabilities with well-qualified professional personnel to teach them.

Please talk to the school personnel to get their opinions about mainstreaming and also visit your son's regular (as well as special) classroom once in awhile.

Many parents do approve of mainstreaming because it is more like the "real world" in which children are growing up.





# Acupuncture assumes a new twist

By Jack Williams

In the field of sports medicine, when traditional therapy merely scratches the surface, there is a growing tendency to explore an option that has stuck around for some 5 000 years.

some 5,000 years.

The subtle art of turning body parts into pincushions.

Acupuncture, ancient China's idea of holding pain at needlepoint, may never penetrate the mainstream medical minds of Western health care. And clinical studies and research validating its curative powers are no easier to find than the proverbial thin, disposable piece of metal in a hay-

But it's being applied with encouraging results these days from barnyards to bike trails.

Among its fastest-growing applications: injury prevention and performance enhancement, for humans and animals alike.

That's not to say a needle strategically inserted — often with a twist — at a certain designated point or meridian for 20 to 30 minutes will make someone, or some animal, run faster and jump higher.

But both licensed acupuncturists and veterinarians skilled in the art say that the obstacles blocking energy flow and interfering with optimal effort can be pinned down for the count — perhaps with a little Chinese herbal medicine thrown in for good mea-

Ask Shelly Berthiaume, who trains and rides show horses when she's not working as an emergency-room nurse.

Berthiaume was given two options by traditional veterinarians when her 6-year-old horse, Ginger, suffered massive injuries three years ago by catching her head between a wall and gate: Either put her out of her misery or put her out to pasture.

"We tried every drug under the sun. It was costing me \$45 to \$100 a week. Nothing helped," says Berthiaume.

In looking for "alternative forms of therapy," Berthlaume discovered veterinarian Kevin May, who is certified in the practice of animal acupuncture.

After a series of acupuncture treatments, Berthiaume was back on Ginger within a few months. The legs, neck and joints once so dysfunctional from trauma were back to normal.

"We take her out on trail rides, ride her in the ring, even jump her," says Berthiaume.

"Before, I thought acupuncture was some kind of witchcraft. Now I even get treatments myself, every six to eight weeks, for maintenance. I can't believe how much it helps my flexibility and relief from pain."

May says acupuncture has grown from 10 percent to 20 percent of his practice in the last few years "because of the results and increased awareness."

Since June 1988, says May, acupuncture has been considered a regular part of veterinary medicine, and each year a certification course offered by the International Veterinary Acupuncture Society attracts more health professionals.

"Acupuncture gives a veterinarian another card to play," adds May. "The key is knowing when not to apply it. It's better for muscle, nerve or skeletal problems than anything else. Anywhere from two to eight treatments usually are enough."

But can acupuncture make a horse run faster?

"The best thing it can do is balance the energy flow or identify something going on before there is lameness or soreness," says May. "If a horse is a six on a scale of 10, it's not gonna make him a 10. But a lot of horses aren't reaching their potential because of some problem somewhere, and acupuncture will help a horse maintain its health and ability to go 100 percent."

Such thinking is not lost among thoroughbred owners, many of whom employ acupuncturists to keep their horses in racing shape, especially since pain-killing drugs for racehorses are banned at tracks.

"There are individuals who are making a living by treating racehorses with acupuncture, going from track to track," says Dr. Lynn Richardson, a sports medicine specialist who also practices acupuncture at an animal center.

As for humans, testimonials the triathlete community support acupuncture's application as an adjunct to peak performance, injury treatment and preventive maintenance.

Says John Howard, 44, a former Ironman Triathlon winner and medalist in the recent national masters cycling championships: "Acupuncture treatments allow you to thoroughly recover from a hard workout. After a treatment, I can push bigger gears. I'm strong-

er.
"If I were going on a cross-country bicycle race, I definitely would have an acupuncturist on staff to travel with me."

Linda Marler, 44, a full-time secretary and award-winning triathlete, was so impressed by the results she received for neck, shoulder and hip ailments that she enrolled in the American Institute of Oriental Medicine, where she has completed a year of acupuncture training.

"I resorted to acupuncture out of desperation," she says. "Now I would like to specialize in helping athletes."

Jim Butts, 34, a triathlete, originally sought acupuncture treatment for an Achilles' tendon injury. These days, he goes into Rick Foreman's clinic for a pre-race tuneup. Or a post-competition recovery fix.

Foreman, a licensed acupuncturist who has received training in China, lists a growing number of triathletes and recreational athletes among his clientele.

"In any sport, especially one of endurance, recovery is as important as training," says Butts, the overall amateur winner in the recent Orange County Performing Arts Triathlon and an age-group winner in the San Diego Triathlon.

"When you pull or bruise or overwork a muscle, acupuncture helps the body get the blood mov-

ing and oxygenated.
"If an athlete has a hamstring injury, for example, and can't run for a couple of weeks, an M.D. might say to stay off it and 'take these drugs.' I'll refer 'em to Rick Foreman, and they'll be back running in no time."

Donna Keefe, who started practicing acupuncture two years ago after graduating from the Pacific College of Oriental Medicine in San Diego, says that acupuncture helps lubricate the joints while stimulating the release of endor-

phins to reduce pain.

\*

"Over a series of treatments," she says, "it can stimulate the body to produce more of those fluids, so the body functions better. The optimal time to treat with Chinese medicine is when the patient is symptom-free, but most of the patients we (acupuncturists) see are here as a last resort."

That acupuncture should play a role in sports medicine is only natural, suggests Foreman, who treats a number of athletes.

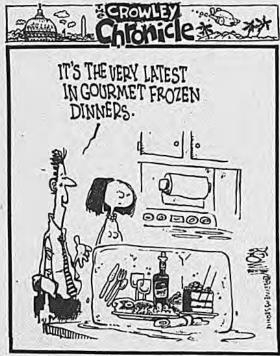
"Acupuncture and Oriental medicine were devised by Taoist monks who were into martial arts," he says, "so a lot of the medicine revolves around athleticism."

The International Olympic Committee has recognized acupuncture's value by approving acupuncturists as therapists on national teams.

And its growing acceptance in the veterinary field ultimately will enhance acupuncture's credibility in all applications, says Dean Schulman, an acupuncturist who has served as peer review chairman on the San Diego Chapter of the California Acupuncture Association.

"We often run up against the tiresome refrain from M.D.s that the benefits of acupuncture are due to the placebo effect," says Schulman

"Its effect on animals nips in the bud any argument that it's psychosomatic, because it's easy to objectively see the benefit the animals receive."







By Kit Spedaker

I have jeered at microwave ovens ever since they appeared on the market. "They just heat water," I said, and repeated other cliches about these little wonders

as an excuse for not getting one.

I used my daughter's, and I admit, I kind of liked it, but not enough to get one. I leafed through Barbara Kafka's two microwave cookbooks and began to wonder if

I was wrong in my stand Well, a kind friend has given me one, and I was wrong. In one day I was cooking whole dinners. A convert is always a bore, but let me tell you this oven has made meals so fast I'm cooking more and eating better.

I don't add olive oil to chicken, for instance. Last night I covered three chicken breast in a glass pie dish and microwaved them for 5 minutes. They were perfect - ten-der, julcy and full of natural chicken flavor. The ones I didn't eat immediately cooled in the pan and cooked a little more as they

I used to put cold water and corn-on-the-cob on the stove. When it boiled, the corn was done. This time I put corn in its husk in the microwave and 5 or 6 minutes later, out it came, perfectly done.

Oatmeal in minutes (and not instant) is breakfast every morning now. Baked apples are dessert every night.

A born-again microwaver, I can't wait to dry herbs, try carmelizing tomatoes and onions, plumping raisins. Already the microwave oven is my right hand. With it I produced the menu

below in record time.

COQUILLES ST. JACQUES

- 1 pound scallops cut in 1inch pieces if necessary
- 4 tablespoons dry white wine
- 2 tablespoons minced green onion or shallot
- 1 small bay leaf 1/2 cup evaporated skim milk
- 2 tablespoons all-purpose flour
- 1/2 cup sliced mushrooms
- 1 ounce grated Swiss cheese 4 tablespoons plain dried

bread crumbs Yields 4 to 6 servings.

Each serving has about 200 calories, 3 grams fat, 50 milligrams cholesterol and 280 milligrams sodium.

Place scallops, wine, onion or shallot and bay leaf in a microwaveable casserole. Microwave on HIGH for 2 minutes. Scallops will be opaque.

#### THE HEALTHY GOURMET

- **Baked Apples**
- Calories per apple: 90
- m Fat per apple:
- Cholesterol per apple:
- Sodium per apple:

Remove scallops with slotted spoon, and place them in shallow casserole that will go under the broiler and come to the table. Save cooking liquid, but remove and throw away bay leaf.

Put milk and flour in large glass measuring cup and whisk to blend. Stir mixture into liquid from the scallops. Add mushrooms and microwave, uncovered on MEDIUM power for 3 minutes until mixture thickens. Add this to the scallops and stir.

Combine cheese and bread crumbs and sprinkle evenly over scallops. Preheat the broiler and broil briefly (1 or 2 minutes) 5 or 6 inches from the flame, until top is golden. Serve from the casserole.

#### BEETS AND RAISINS

- 4 cups beets, peeled, and shredded
- cup sliced onion
- 4 tablespoons raisins
- tablespoon low-sodium margarine
- I tablespoon brown sugar
- 1 teaspoon cider vinegar

Yields 4 to 6 servings. Each serving has about 140 calories, 4 grams fat, no cholesterol and 200 milligrams sodium.

Put beets, onion and raisins in large microwaveable casserole. Cover with plastic wrap that has been vented and microwave on HIGH for 3 minutes. Stir halfway through. Beets should be soft, ra-

while still bot, add margarine, brown sugar and vinegar and let stand for a minute. Serve warm or at room temperature.

#### SAVORY RICE

11/2 cups water

¼ cup grated onion 1 teaspoon low-sodium margarine

Freshly ground pepper

11/2 cups instant rice

- 1 tomato, peeled, seeded and chopped
- 2 tablespoons chopped fresh parsley

Yields 6 to 8 servings.

Each serving has about 130 calories, 3 grams fat, trace cholesterol and 100 milligrams sodium

Combine water, onion, marga-rine and pepper in a 2-quart glass baking dish. Stir in rice and tomato. Cover with plastic wrap. Vent wrap with a few holes and mi-crowave on HIGH for 8 to 10 minutes. Water will be absorbed.

Let stand for 2 more minutes. Fluff with fork, sprinkle with parsley and serve.

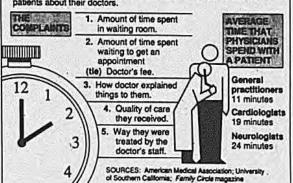
#### THE HEALTHY GOURMET

- Savory Rice E Calories per serving: 130 E Fat per serving:
- 3 grams Cholesterol per serving:
- Sodium per serving: 100 milligrams

#### **HEALTH WATCH**

## Waiting time a major complaint for patients

These were the results of a survey of what most irritated medical patients about their doctors.

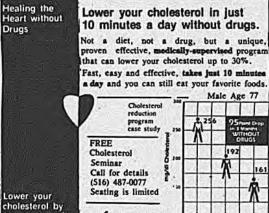


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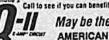


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Friday, November 8, 1991 DISCOVERY

134

# Here's How



By Gene Gary

Q. What, if anything, can be done to a large pool that is no longer used enough to warrant the expense of maintaining it?

A Your problem is not uncommon in this age of high-cost energy and water shortages. An unused pool is not only costly to maintain, it can be a burdensome diability.

We checked with several landscape firms for recommendations. The best answer is to fill it in and convert this space to either a solid patio area or landscaped grounds. In either case, holes should be drilled in the bottom of the drained pool to avoid trapping excessive moisture. Water should be allowed to drain through, below the concrete level, dispersing into the ground

Converting the area into a solid patio is somewhat easier than dealing with soil preparation for new landscaping. Surface concrete, such as poolside coping, concrete decking and as much as a foot of the concrete sides of the pool will need to be removed with a jack hammer or air hammer.

The remaining cavity can be filled with the least expensive, most readily obtainable material available which is easily compacted. Decomposed granite, crushed concrete, gravel, recycled concrete (your broken up surface concrete pieces and broken-up concrete from a construction site) are good choices for fill.

The pieces, however, should be kept small enough so that they easily compact. Larger chunks will create air pockets which cause settling problems later on. Be sure to tamp down the fill ma-

terial in layers. It is much easier to solidly compact material every two feet than to try and compact a fill that is six feet deep. If you use small enough rock for fill, the settling period need not be lengthy prior to reconstruction in the area.

If you wish to landscape the area, filling in is more complex. Soil fill is much more prone to fluff and create air pockets that will cause an uneven surface as it settles over time.

You can use the gravel or concrete compacting materials for the first three feet of fill (depending on the depth of the pool), and follow this with fill soil.

The soil will have to be compacted approximately every six to 12 inches, and can only be slightly damp for effective compacting. The surface soil (top 2 feet) should be a quality grade top soil, compacted well and watered lightly. Excess water will impede the compacting. Tamping machines can be rented.

Filling in a swimming pool cavity is a labor-intensive process and is often physically beyond the capabilities of the average homeowner. It might be best to consid-

er having this done professionally.

For an average-size pool, expense will probably range between \$7,000 and \$12,000. Costs will vary according to the size of the pool, access to the area (limited use of machinery due to lack of access will require more expensive hand labor), and the type of fill and compacting required for the conversion of the area.

Do not consider just covering the pool cavity with wood decking or a similar treatment. Water will still collect in the bottom and can create mosquito problems. Such areas also become inviting hiding places for a number of smaller animals such as skunks, possums, rodents, snakes and spiders.

Even though filling in the pool is expensive, the high cost of maintenance and the liabilities of an unused pool often outweigh the expense factor. Consider your monthly energy costs for pumping, filtering and heating, along with your water costs, pool maintenance fees including chemicals, and the higher cost of insurance for homes with pools. This will give you the payback period for this investment.

# Decor Score



# Living with antiques

Q. We are building a collection of late-Victorian furniture and accessories, including a number of arts-and-crafts pieces. The problem is that we live in a small apartment at the moment and don't feel too comfortable about mixing modern things in with the old.

But where do I put the TV and audio system and things like that? — I. V

A. Are you furnishing a home or building a museum? Even the Du-Pont family — who amassed the priceless collections of Americana that eventually became the Winterthur Museum in Delaware — actually lived with and on their antique treasures.

We'll worry about your electronics in a moment: First, you should re-examine your perspectives and objectives in collecting period pieces. I keep quoting editor Dick Beatty of Colonial Homes magazine, the authoritative voice on living with antiques today: "The past is not for burning, but nor is it for enshrining."

Dick means simply: You must keep today's comforts, conveniences and needs in mind when you furnish with period pieces. You can do it without upsetting the vintage ambience you love if you don't apologize for living in the 20th century.

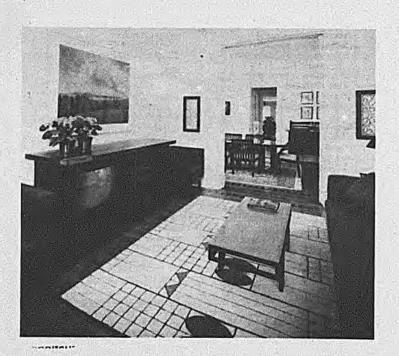
Yesteryear's homes were furnished "evolutionary" style — periods melded together over time and new developments were absorbed as they happened. Things just worked naturally together.

Which brings us to your problem about integrating such new developments as electronics into your period theme: One good solution is evident in the room we show here

The TV and sound system have been tucked into a new piece of furniture designed and made by The Gettys Group of Chicago to look as old as the real vintage pieces in their room. With the door closed over the entertainment center, the space takes a visual spin back in time.

You can accomplish the same kind of camouflage with an antique (or reproduction) armoire, cupboard or one of the new entertainment centers that put up an 18th century front, but open to show off 20th century electronics.

More in keeping with today's trend of back to basics, however: Stash the TV right out in the open and let it be itself, honest and unapologetic.



RETRO ROOM — Designers from The Gettys Group tuck an entertainment center into a vintage custom cabinet for a period look in this Chicago apartment.

# LOCAL READER

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

#### Help Wanted

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

MEDICAL OFFICE P/T morning hours, reception, typing, general office work. Mineola 294-9064. gcn4

GARDEN CITY MOTHER needs loving and reliable care giver for 20 month old daughter. Must be available 3 and sometimes 4 full days a week. To begin immediately. Please leave message 248-5016 but only if you have excellent references, are dependable and adore caring for young children.

TYPIST NEEDED FOR DAYS Mon., Fibes., Wede, regular 9-5 hours. Can start immediately. Should be able to type at least 50 w.p.m. Work in Hicksville. 931-0012.

EXPERIENCED WOMAN TO care for elderly, live-in, light chores, Italian style cooking preferred. Non-smoker, good, checkable references, 938-5201.

P/T RECEPTIONIST WITH phone and data entry experience for active Garden city Real Estate office. Call for additional information. Fennessy Realty - Cathleen Whelan 746-6245. gcN2

P/T SECRETARY, WORD Processor, 2½ days per week. 739-0111. gcN4

NANNY FOR 2 AND 5 YEAR olds. Creative, athletic, nonsmoker. Driver preferred. Light housekeeping. Own room & weekends off. 877-2427. wn2

LOVING, RESPONSIBLE BABYsitter for 6 and 8 year old in my Roslyn home. Three weekday afternoons. Must have car. Call 621-4232. wN3

#### Help Wanted

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

SPECIAL PERSON WHO LOVES children needed to help mother care for infants in Garden City home. 4-5 days/week. Live in or live out. Non-smoker only. References required. 746-0483.

CHILD CARE IN MY Garden City home Monday-Thursday, 2:30-5:30, prepare dinner and supervise 10 year old. Own transportation, nonsmoker, references. 248-0755. gcN4

EXPERIENCED LIVE-IN for children ages 8, 7, 5 & 2. Light housework, must drive. Spacious quarters with separate entrance plus benefits. Salary based on experience. Must speak English & have references. Call after 8 p.m. 747-1691.

RECEPTIONIST: Chiropractic office, friendly, enthusiastic, people oriented individual wanted. Will train, experience a plus. Hours: Mon., Tues., Wed., Fri. 2:30-7:30 p.m., Sat. 8:30-11:30 a.m. Woodbury. 496-7775.

PITERNAL CLAIMS AUDITOR
P/T, 20 hrs/mo, \$500/mo stipend
Knowledge of municipal system
of accounting required. Send
cover letter & resume by
November 19 to Dr. Donald
Carson, Herricks Public Schools,
99 Shelter Rock Rd., New Hyde
Park, NY 11040. An affirmative
action employer. wn2

#### Help Wanted

A GOOD CHANCE FOR someone who likes to talk to people to learn advertising sales. Permanent part time 20 hrs. per week. Salary & Comm. Exp. helpful but not essential. Office in Hicksville. 931-0012.

POSTAL JOBS AVAILABLE! Many positions. Great benefits Call 1-805-682-7555 ext. P-3502.

WANTED: ACTORS FOR T.V. Commercials; movie extras and game show contestants. Many needed. Call 1-805-682-7555 ext. T-3477.

AIRLINES NOW HIRING. Travel Agents, Flight Attendants Mechanics, etc. Entry level and up. Salaries to \$105K. Call 1-805-682-7555 ext. A-3321. hn2

BABYSITTER NEEDED
F/T, references required, eitherin my home or yours. Non-smoker
775-1353. gcn2

GOVERNMENT JOBS. NOW Hiring in your area. \$16,000 -\$68,000. Call 1-805-682-7555 ext. J-3532 for current federal list. hn2

BESTAURANT HELP WANTED FT/PT, cooks, waiters, waitersses, apply in person. Mon., Tues., Wed., 3:30 to 5 p.m. Halligans Pub, 145 Tulip Ave., Floral Park.

CHILD CARE/HOUSEKEEPER
P/T in my Garden City home.
Mon.-Fri. for my 2 children, ages
5 & 7. Must have own
transportation, speak English,
non-smoker & have excellent
references. Please call, leave
message. 212 675-4328 or after 7
p.m. only 741-5859. gcn5

TRAVEL FREE OR ON Shoestring. Air couriers neededalso overseas and cruiseship help wanted. Call 1-805-682-7555 ext. F-3257 hn2

R.N. NEEDED EVERY SAT. & Sun. 3-11 p.m. in my Franklin Square home. Recovering 30 year old head trauma female needs total care. Flexibility required. Call family 328-8556 evenings.

AUTO MECHANIC CLASS B with own tools. Must be experienced with brakes, tune up, front ends, etc. Clean, modern shop. 5½ days. Salary neg. plus benefits. Garden City South area. 486-3602.

#### Situations Wanted -

FRIENDLY, EXPERIENCED Irish woman available to work night as nurse's aide or companion. Call 741-8619. wN3

#### Situations Wanted

GARDEN CITY HOUSE & Office Cleaning Corp. Bonded and insured, serving all Nassau County. We will sparkle clean your house or office with a team of experienced, honest and reliable persons who will be in and out in no time until your heart is contented. Cleaning process is supervised by owners, who are Garden City residents. We use our own cleaning tools and detergents. Call for a free estimate 248-8690, leave message and we will promptly call you.

IRISH LADY AVAILABLE FOR Babysitting in your home or mine. References available, 358-2549

BABYSITTER-MATURE, experienced woman available for evenings and weekends. References. Loves children. Call Diane, 873-8623. wN3

POLISH WOMAN IS AVAILable for housecleaning. Live-out. Please call 432-8722. hN3

I AM A MATURE CHRISTIAN woman, looking for work as a companion, or to take care of elderly and will also consider childcare duties. Good references available. Please call Annette at 718 471-0539. gen5

RESPONSIBLE HOUSEWIFE willing to clean your house or apt. Experienced & reliable. Mornings for afternoons. If interested please call Mon.-Fri.-Sat.-Sun. 9 a.m.-1 p.m. Ask for Raquel. 718 361-6533. wd1

HOME HEALTH AIDE with experience will take care of your loved ones. Affordable, dependable. Excellent references ask for Rose. 326-2917. gcnS

MATURE WOMAN SEEKS position as nurse's aide, companion or homemaker, References available. Please call Hortense at 379-4677. gcn5

HOUSECLEANING JOB wanted Mon.-Sat. Experience & good references. Call any time. 292-3074. gcn5

HOUSEKEEPER WANTS DAY work, Mon.-Fri. References available. Please call 489-5890. gcn5

IRISH WOMAN AVAILABLE as nurse's aide, companion to work days or nights. References and own transportation. 718 470-6275. gcn5

EXPERIENCED & RELIABLE nurse's side. Available 5 or 6 days a week. Non-smoker. Own transportation. References. 485-6276. wn5

#### Situations Wanted

HOUSE, APARTMENT, & office cleaning available. If you're interested in someone who's honest, reliable and hard working then please call 231-4212 and ask for Margaret. gcN3

DEADLINE .

NURSE'S AIDE/COMPANION to elderly seeking position 4-6 hours per day. Own transportation. References available. 486-6836. Call anytime. gcn4

EXPERIENCED NURSE'S AIDE will take care of the sick or elderly five days per week. References available. 481-6366. gcn4-

EUROPEAN WOMAN IS AVAILable for housecleaning. Reliable and very good worker. Own transportation. 783-4143. gcn4.

EUROPEAN WOMAN AVAILable for cleaning house. References and own transporatation. Call 741-6347, ask for Theresa. gcn4

PLEASANT AND RELIABLE woman to clean your house. For additional information call 292-2420. gcn4

BABYSITTER ON CALL
(Pediatric nurse). If your regular
sitter can't make it, her kids are
sick, she has an appointment, or
things just aren't working out, let
me watch your kids as your back
up babysitter. Call me so we can
meet before you may need me.
Reliable, responsible mom with
references. Please call 489-1621.
gen3

NURSE'S AIDE SEEKS
position to work weekdays or
weekends living out, to take care
of elderly or sick. Can be
contacted at 538-1320. References are available. gcN3

ATTENTION VACATIONERS would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard, 352-9113.

RELIABLE, HONEST Woman seeks child care or companion to elderly, full or P/T, with references (718) 723-4483. gcN4

COLLEGE GRADUATE
with own transportation will
run your errands, babysit in
your home or provide companionship to elderly. Will also
do light housecleaning. Available weekends. \$7/hour. Call
681-7029, evenings before 9
p.m. gcN1

HOUSECLEANING reasonable rate, honest, reliable, hard working. Local references 584-6424. gcN4

#### Situations Wanted

CHILD CARE AVAILABLE
NYS certified early childhood
teacher with master's degree will
care for your child in my Mineola
home. Enriched environment.
Playmates. Certified program.
Excellent extensive references.
747-5350. wn4

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

IRISH WOMAN AVAILable to work nights as Nurse's Aide or companion. Call Eileen 564-8427. gcN4

YOUNG WOMAN, ENGLISH speaking, is looking for a job cleaning. Please call 437-0985 (Dana). gcN4

LOOKING FOR HOUSEcleaning job, houses, offices, apartments. References and experience. Call 273-8713. gcN4

HOUSECLEANING, experienced, References available. Call Agnes at 538-3169. gcN4

HOUSECLEANING JOB wanted Mon.-Fri. Experienced, own transportation. 339-1138. gcN4

TWO POLISH WOMEN Looking for housecleaning jobs. One will live in. Both are experienced. Please call 564-4508. gcN4

IRISH GIRL AVAILable as Companion to elderly person 4-5 mornings a week. Contact Liz 437-4308. gcN4

NEEDHELPWITH
serving your Thanksgiving dinner or party guests? Will also
serve at your Xmas parties. Call
292-3913 or 483-5488 for
information. gcN4

IRISH WOMAN, NURSE'S AIDE seeks f/t or p/t position to care for elderly. Checkable references and own transportation. 718 464-5940. wn2

ENERGETIC OFFICE cleaning woman with excellent personality wishes to offer my cleaning service to you. If you are special and take pride in your company, I have availability to offer. My rates are reasonable, insured. Call to set up appointment. Ask for C. Wright 489-8218, 718 291-4805. gcn4

ATTENTION: ENGERGETIC cleaning woman working with own personal team of neat, honest, dependable, English speaking, non-smokers. Excellent personality. Wish to offer my service to doctors' & lawyers' offices, businesses, condo owners. We are insured. References on request. Call evenings 489-8218, (718) 291-4805. Ask for C. Wright.

DO YOU LIKE TO LIVE IN A clean place? English speaking, very neat, hard working Polish woman can help you to keep your house or apartment clean. If you need help please call 718 437-2321 after 7 p.m. gcn2

#### Situations Wanted

CERTIFIED HOME attendant willing to care for your loved ones. Available from Mon.-Fri. 9 a.m.-9 p.m. References available upon request. Call 379-1055. gcn5

DAY WORKER AVAILABLE to do cleaning etc. Call 863-3149.

HOUSEKEEPERS/DAY WORKers. Windsor Employment Agency, I Cutter Mill Rd., Great Neck. Licensed and bonded, our 33rd year. 487-2818. hn2

......

POLISH LADY, NURSE looking for job to take care of sick people or children or cleaning homes or housekeeping. 489-2733 Please call after 5 p.m. or weekends.

HOUSECLEANING JOB wanted. Experienced, references, own transportation, speak English. 671-7481. gcN2

HOUSECLEANING AVAILABLE Experience and own transportation. Call 486-5990. gcn2

CHILD CARE AVAILABLE Caring, dependable. 775-2729.

CERTIFIED NURSE'S AIDE licensed, own transportation, looking for F/T position, 292-0106

HONEST, RELIABLE & meticulous housecleaning. Female will clean your house or apt. Own transportation & English speaking. References available. Please call Elsa 741-8248.

MATURE, RELIABLE WOMAN will babysit your child in my Albertson home. Monday thru Friday. Full time or part time. References. 742-0885. wn2

ELDERLY CARE/HOUSEkeeper/Babysitter, party help, live in or out. Available shopping, cooking, all your needs. A true professional. Dependable & trustworthy. Own car. References. 285-6716. / gcN2

HOUSECLEANER AVAILABLE mornings & afternoons. I have good references & good experience. Own transportation. 867-0927. gcn2

MATURE, EXPERIENCED woman will babysit in your home. Tues., Wed., Thurs. evenings. Please call after 7 p.m. 741-3384. gcn2

CERTIFIED NURSE'S AIDE wishes to work with sick or elderly. 5 hours mornings or 5 hours in evening, Will do chores. Have car. Good references, 484-4321. wn4

HOUSEKEEPER/HOUSEcleaner available Mon. thru Sat.

cleaner available Mon. thru Sat. Years of experience. Very honest and reliable. Own transportation and excellent references. Call 868-4790. gcn5

ENGLISH SPEAKING Nursing Assistant seeks job to take care of elderly nights, days or weekends. Call 483-5488 or 292-3913.

#### 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. hn4

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. \$299,000 by owner, 352-1392 evenings.

FLORAL PARK CUSTOM CAPE 6 large rooms, 3 baths, appliances finished basement, wall to wall. Extra lot. Owner \$215K, neg., 488-2180. gcn2

SOUTHOLD CONTEMPORARY hide-away on secluded wooded lot features LR/fpl, EIK, master BR & bath plus 2 BRs & bath. Lots of glass, \$239,500. Mattituckir bayfront, sandy beach, 3 BRs, 2 baths, LR/fpl, fabulous views, \$435,000. Cutchoguer walk to beach & boating, 4 BRs, 2½ baths, LR/fpl, DR, EIK, decks. Owner transferred. Must sell. \$225,000. Southold: waterfront, traditional 2 story, Ig. LR/fpl, DR, 3 BRs, 2 baths, enclosed porch, great value \$245,000. Southold: bayfront, sandy beach country home, cathedral ceiling, LR/fpl, den, 3 BRs, 2½ baths, enclosed porch, glorious views. Newly listed \$485,000. 298-4600, 765-\$810, 734-5533. gcn2

AQUEBOGUE: 61/2 ACRES OF vacant land with pond & old barn. 5175.000. Mattituek: waterfront, sunlight streams in all day & there's always a south-west breeze in the afternoon in this ozy 2 BR home. LR opens onto a huge deck which overlooks the beach & dock, Ideal for boaters, 5240,000. Mattituek: bayfront, special character abounds in this grand older home which needs tender loving care. Main house has 5 BRs, 3 baths, tremendous LR, DR, separate studio & guest house. Beautiful views & beach, 5950,000. Martlyn Lang Realty 734-6690, 734-6472. gcn2

PECONIC CREEK FRONT 2 story oldie with hot alt heat, 107 ft. on bay inlet, gorgeous water views1 \$225,000. Stype Bros. Real Estate Inc. 298-8760. gcn2

GARDEN CITY WESTERN Section. Fieldstone/Brick Cape. Move-in condition. 4 BRs, 2 full baths, LR/fpl, FDR, ElK, gas heat, low taxes. Asking mid-high \$200's K and reasonable offers, 326-9294. gcn3

CUTCHOGUE/NASSAU POINT

1 acre picture perfect Dutch
Colonial. LR, DR, den, greenhouse, 3 BRs, 2 baths, 3 fpls,
A/C, 2 var garage, solar panels,
beach rights, many amenities.
\$485,000. Princpals only,
248-2188 weekdays, 734-7301
weekends.

NEW HYDE PARK/HILLSIDE Ave, Brick Cape, 4 BRs, 1 bath, EIK, LR/fpl, DR, full basement, gas heat, attached garage, 5219,900. Excellent professional location. Call after 4 p.m. 747-6759. gcn5

#### Real Estate for Sale

GARDEN CITY PRIME ESTATE section, split, 3BRs, 2 baths, LR/fpl, FDR, EIK, paneled playroom and lower basement, oversized one car garage, patio, two zone gas heat, walk to schools and railroad. \$300's. Owner, 747-3882. gcj3

GARDEN CITY WESTERN section, large brick Cape, LR/fpl, DR, EIK. 4 BR, 2 bath, deck, sprinklers, oversized corner property. Mint. Walk to all. Must sell. Owner 775-4113 or 212 988-8088.

SOUTHOLD: NICE AREA nice price. Wonderful Colonial in private beach & boating community. 4 BRs, 2½ baths, LR/fpl, FDR, EIK, family room/ sliders to deck, 2 car attached garage & OHW heat. Outstanding value \$199,000. Cutchogue: Lovingly maintained & tastefully decorated century old farmhouse. 3 BRs, 11/2 baths, cozy fpl in LR to warm you in winter & screened porch overlooking IGP to cool you in summer. Now asking \$185,000. Southold: Mini farm, large old Georgian house in need of restoration on 5 beautiful acres with 3 car detached garage, large barn & sheds. To settle estate, \$265,000. Cutchogue: Bay view, handsome Colonial offers everything you want. 3 bright BRs, 2 baths, LR/fpl, rocking chair porch & deck. Private beach rights. Sacrifice sale at \$239,000. Southold: Reduced \$40,000. Waterview Colonial features 3 BRs, 11/2 baths plus artist's studio & guest suite with bath. Ideal M/D. Good value at \$199,000. Marion King Realty 734-5657.

POCONOS, LAKE WALLENpaupeck, PA. Excellent condition. Lake view, with 30 ft. of sandy shore, rec. area and beach. Boat slip. Cathedral ceiling in DR. Big stone fireplace, 4BR, possible fifth, loft, 3 baths. Ground floor rec. room. Many extras. Priced to sell at \$210,000. 741-7215 or 747-0010. hN4

GARDEN CITY NEWLY painted brick CH Colonial/slate roof, 75x112. First floor FDR, LR/fpl, EIK, den, full bath, screened porch. Second floor, 4 BRs, 2 baths. Fin. bsmt., attached 2 car garage, walk to all, principals only. \$560,000. 747-1121. gcn5

EAST WILLISTON ENGLISH Tudor: 3 BRs, 1½ baths, 2 car garage, fin. bsmt., FDR, LR/fpl, huge new European kitchen. Asking mid 3300s. 212 309-3125 days, 248-0139 eves & weekends.

GARDEN CITY ESTATES
Colonial. 4BRs, 2 full baths on second floor, finished third floor with full bath. Modern EIK/deck, LR/marble fpl, FDR, English wood library, finished bsmt, new windows, slate roof, 2 car garage. Walk to RR. Asking \$445,000, neg. Principals only. 746-6893. gcN4

STEWART MANOR COLONIAL-LR/fpl, FDR, oversized family room, 4 large BRs, 1½ baths, 3 zone gas heat, low taxes. Priced for quick sale. Principals only. 437-1630. gcn4

#### Real Estate for Sale

REDUCED - REDUCED - PRICE Slashed \$35,000. Garden City Western section corner Split. 3 BRS. 1½ baths, LR/Fpl/DR, Kitchen, Den, Basement, Patio, CAC, 1 Car Garage. \$290,000. 488-4796, by appointment, gcn4

GARDEN CITY, PRINCETON St. Lovely 4 BR, 2½ bath brick Cape. LR/fpl, FDR, new EIK, finished basement, new windows, landscaped yard with deck. Walk to all, \$349,000. Owner 488-5847. gcn2

GARDEN CITY NORTH EAST Expanded Ranch. Newly landscaped, 5 BRs, 2½ baths, FDR, EIK, gas heat, finished basement \$300,000. Principals only. 747-2473. gcn2

MOTIVATED SELLER, LEGAL 2 family, Mineola Park section. 4½ over 5½. Closets galore, walk to railroad, shopping, 50 x 100, detached garage, excellent rental income. \$239,990. Call owner, 746-3141. wN3

GARDEN CITY CENTRAL SECT.
4 BRS, 2½ baths, fabulous ultramodern EIK, family room, CAC,
central vac, central alarms, large,
very private ½ acre adjoining golf
course. Low \$600's. Owner,
294-7434. gen4

HICKSVILLE-OLD COUNTRY Rd.- Professional home/office. Easy access, parking. Choice location. Lease/sale. By owner, Call 935-0856. htfn

GARDEN CITY: LARGE SPLIT 4 BRs, 2 baths, excellent family home/location. Cath. LR/fpl, DR, new ElK, fin bsmt, 2 car, 70:100, trees/landscaped, near courts/ park/RR. \$395K owner. 747-6386 ecn5

NEW SUFFOLK: BOATMAN'S Haven: 7 room Ranch, wooded 3/4acre, 1600 sq. ft. living space. 4 BRs, den, 2 bath units, fpl, bsmt, deck, double garage. Deep water dock lease avail. for large boats & sails. 500 yds to sandy beach, \$2,324 yearly taxes. \$199,000. Mattituck: wooded home site. Privacy plus in bayside community, 2 blocks to sandy beach. Reduced to \$52,000. Bookmiller Realty 722-4423. gcn2

MATTITUCK FABULOUS BAYfront: 2 yr. old 4 BR, 2½ bath
custom Ranch. Spacious LR/fpi,
FDR, state of the art EIK, master
BR wing with jacuzzi. Loaded
with the best of everything.
Spectacular 1½ wooded acres
with 130 feet sandy beach &
already subdivided into 2 lots!
First exclusive offering \$950,000.
Celic Realty. Celic Center,
Mattiruck 298-8000. gcn2

NEW HYDE PARK
Maintenance free Colonial, 2-3
BRs, 2 new baths, kitchen,
windows and siding. 18'X24' LR,
fin bsmt, alarm, sprinkler system.
Covered patio, 2 car garage, low
taxes. Owner anxious. Reduced to
\$204,000. Principals only,
437-6032. wn5

FLORAL PARK COLONIAL-3BR, LR/fpl, DR, EIK/deck, 14/ baths, finished bsmt. Dead end street. Walk RR. Owner, 5255,000, 352-3345. geN3

#### Real Estate for Sale

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

GARDEN CITY MOTT CENTER hall Colonial, 4 BRs, 2 baths, LR/fpl, FDR, new kitchen, den plus family room with cathedral ceiling. Finished bsmt, 2 car detached garage, oversized parklike plot, many extras. Mint. Principals only. \$400's. 746-7507. gcn2

GARDEN CITY ESTATES
3 BR Split, 2 baths, LR, FDR,
EIK, main-level family room/fpl,
paneled den, laundry room, full
basement with playroom, 2 zone
gas heat. Move in condition, fully
landscaped. Walk to RR, schools,
park. \$349,000/neg. Owner
746-7162. gcn5

WINDHAM MT. SLOPE SIDE Condo, 3 BRS, 2 Baths, Sauna, furnished, immaculate. Low taxes, deck \$129,000. Owner 536-2668. gcN2

POCONOS: 3 BRS PLUS DEN A-frame. Fully furnished, lakefront, all appliances including freezer. Sleeps 8. Clubhouse, indoor pool, tennis, \$110,000. 742-4925. wn2

GARDEN CITY MINT SPLIT 3 BRS, 3 baths, custom kitchen with skylight, DR, large LR, CAC, cedar deck, many extras. Low 300's. By appointment. Owner 489-5420. gcN2

EAST WILLISTON - 3 BR Colonial, 1½ baths, EIK, den, finished basement, 2 car garage. Walk to RR, low taxes. Principals only, 5320,000, 741-3936. gcN2

LOUDOUN COUNTY VIRGINA 50 miles West of Washington,

Purcellville: Three BR, two BA home on 1/2 acre, golf course, surrounds this property with tennis, fishing, and lakes for boating close by. Master bedroom and bath are on main floor with CAC, gas furnace, and schools and community center are within walking distance. Property also includes a charming lattice-enclosed brick patio. Country setting in foothills of Blue Ridge, 5299,500. Principals only: 703-338-7592.

EAST WILLISTON: FIRST showing. Gracious Robbins Hill home. Approx. 1/2 acre. 3-4 BRs. 21/2 baths, large EIK, mrbl fpl, den, playrm, fin bsmt, CAC, \$599 K owner. 294-8357. wn5

GARDEN CITY & VICINITY
Magnificient brick center hall
Colonial, winding staircase, 6
BRs, 3½ baths, family room,
CAC, over ½ acre. \$800s. Central
section Ranch, spectacular view,
½ acre, mint. 4 BRs, 2½ baths,
family room, 2 car, CAC, central
vac, \$600s. Brick & stone Split, 4
BRs, 3½ baths, large EIK, CAC,
2 car, landscaped over ¼ acre.
New Exclusive: Super brick
Contemporary, 5 BRs, 3 marble
baths, modern EIK, parquet
floors, closets galore, CAC, 2 car,
\$300s. Vera Atamian 354-1990.

#### Real Estate for Sale

GARDEN CTTY-WALK TO RR. Lg. 3 BR. 2½baths, Lr/FPL, DR, den, fin. Basemt., new gas heat, EIK, 2 car, fenced yard. Many great extras! Low \$300's Owner (212) 473-0526. gcn5

COLONIAL CLUB, BOYNTON Beach, Florida. 1BR, 14/3 BATHS BLINDS DRAPERIES CEILING FANS. 747-2717. GCN3

GARDEN CITY ESTATES
4 BR CH brick Colonial, large
country kitchen with breakfast
room, beamed family room, huge
fenced-in back yard, 1 block to
RR. By owner \$400s. 248-7292.

ALTAMONTE SPRINGS, FLA.-Large 3BR Condo. 2 baths, 1580 sq. ft. New kitchen, washer, dryer, rugs and verticals. Security system, three pools, tennis, boating, \$465 per year taxes. Twenty-five minutes from Disney. \$64,000. 407-834-0804,

GARDEN CITY MINT-MAINtenance free Colonial. 3BRs, 2 baths, LR/fpl, family room, large gournet kitchen, partially finished bsmt, attached garage with kitchen entrance. Full alarm, in-ground sprinklers. Must be seen. Walk RR and village shops. 5389,000. 747-3604. gcn4

PT. LOOKOUT- QUIET BEACHside community. Beautifully renovated home, dramatic cathedralled chef's kitchen/sub zero, family room, French doors to rose garden, 2 fpls, CAC, 3BRs, 2 baths, wide plank floors. Low \$500s, neg. Owner, 431-2243.

GARDEN CITY BEAUT SPAC home, 80x100, 5 BRs, 3 baths, scr. porch, fin. rec. rm., walk RR. Asking \$315K. By appt. Princ. only. 775-5974.

GARDEN CITY ESTATES Custom built brick CH Colonial. LR/fpl, FDR, den, 3 BRs, 3 baths, bsmt, playroom, screened porch, 2 car attached garage. Owner 248-8425. gcn4

BRIDGEHAMPTON - IN THE Estate area of expensive homes, sits this architect designed, custom built (1988) Post Modern home with dramatic traditional interior. Landscaped one acre on a private road near occan. 3 BR, 2 Kohler baths, huge master suite, marble foyer, designer kitchen w/Sub Zero. 19 ft. dining room, 2 story LR/fpl, garage, central air, custom Palladian windows, French doors, \$695K neg. Owner 537-1273.

FORT LAUDERDALE, FLORIDA
Tired of cold weather and high
taxes? Here's your chance!
Luxurious, modern one-story, 2
BR, 2 bath villa in 5 unit building
on deep water canal with dock for
33' boat. Third BR converted
from formal DR. Best location
with upgrades galore. White
Italian tile, mirrors, wallpaper, all
appliances, huge tub. Screened
patio overlooking pool/jacuzzi.
Must sell \$245,000, rent \$1800 or
lease option. Let's talk. 305
566-1791, Susan. wo4

#### Real Estate for Sale

GARDEN CITY ATTACHED
Colonial-Perfect starter Northeast
Section. LR.DR. modern EIK.
2BRs. 1½ new baths, rec room
and more. Low tases. Summer
occupancy. Owner \$260,000.
741-3156 gcN4

GARDEN CITY CAPE 4BRs, 2 full baths, large EIK, finished bsmt, pvt. backyard, property 60 x 100. By owner. Asking \$245,000. Make offer. 747-3667. gcN4

MATTITUCK: LIGHT & AIRY 4 BR. 2 bath, large LR, decking, European contemp. interior. Landscaped, established, quiet neighborhood, excellent school district. Near all amenities. 5278,000. 298-9676, 765-5900.

GARDEN CITY ESTATES Ranch. 4 BRs. 3 baths, EIK, LR/fpl, huge fin. bsmt. Beautiful yard. 2 car garage, 80x110. \$485,000. Mint cond. 742-8868. gcd3

GARDEN CITY COLONIAL-THIS could be your home for the holidays! Mint condition, LR/fpl, DR, kitchen, den, 3BRs, 1½ baths, finished bsmt, gas heat, low taxes. Must see \$305,000. Principals only. 741-6889. gcn4

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

GARDEN CITY: REDUCED won't last. Owner relocating. Northeast Split. Move in condition. Low taxes, aluminum siding, CAC, 3 BRs, 2 baths, 60x125. \$250,000 firm. Principals only, 746-7281.

GARDEN CITY BY OWNER 5799K 4½ BRs, 5½ baths, magnificient Tudor on 113x262. Detached 2 car garage with 1 BR 1½ bath apt. 742-5149. gcn3

ALBERTSON/ROSLYN HTS.
Adult Condo - 1 BR, living/dining
area, 1½ baths, 4 closets, own
laundry & storage rm. Indoor
parking, terrace, walk to all. 6
yrs. old. Asking \$179,000. Owner.
747-4221. gcn4

EAST WILLISTON CUSTOMized, 4BRs, hoge ½ acre. New kitchen with skylight. Huge formal dining room. Living room/cathedral ceilings. reduced to \$319,000. Principals only. 747-0149.

MATTITUCK WOODED LOT Dutch Colonial, ½ acre, 4 BRs, 2 baths, FDR, LR/fpl, den, EIK, full bsmt. 1/2 finished, oak plank floors, enclosed breezeway, deck, 2 car garage, cedar, cul de sac on titled creek. Taxes 53200. Owner 5215,000. 298-5383. gcn4

FLORAL PARK SACRIFICE-Legal two family, excellent location, extra large yard, income producing, 2 car garage. Aluminum siding, newly painted inside. Three meters, walk all, oil heat. 3½ over 4½, Income over \$19,000, taxes \$3415. Currently vacant. By owner. Priced \$199,000. 741-4198. No brokers. wn5

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#### 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 geN2

WILLISTON PARK 4BR Chatlos Colonial, ElK, large LR/DR, tiled bath, 2 car garage, 742-0256. Leave name and phone number.

ALBERSTON-2BR, 1 BATH
Cape. Aluminum siding, Anderson windows, updated kitchen.
Full attic, full basement. Security
system. Raised patio, garage,
convienient to all. Principals only.
\$185,000, 301-363-6814. wN4

GARDEN CITY WESTERN-Beautiful Jefferson Street, 3BR. Colonial, formal DR, LR with fpl, large enclosed porch, Move in condition. 60 x 100, low taxes. Reduced to \$290,000. Walk to everything. Principals only. 775-1133. gcN4

NORTH FORK - 100 PLUS bayfront. Updated Ranch plus buildable treed lot. Best views and private sandy beach. 3/4 BRs. great room/fpl, den, large EIK.DR. 2½ baths. large deck. 2 car garage. \$545,000. Principals only. 747-3947; 298-5220. gcN4



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.

G.C. HAMILTON GARDENS Gorgeous, oversized I BR Co-op. Renovated, new Euro style EIK, separate DR, new bath, refin. hardwood floors. California closets. Extra large rms., heated garage. Close to all. Reduced to \$115,000.747-3607. gcn4

RELOCATION SALE:
Cathedral Gardens, renovated large IBR, sunny, new windows, EIK, wall to wall, mirrored double closet. Rent with option. \$65,000. 483-1974. gcN3

GARDEN CITY 3 BR CO-Op on 7th St. Oversized LR & DR, Ipl. Country EIK. 2 bill baths, fover, A/C, new windows, Wall, to RR, shops, schools, Minicondition. Must sell \$209,000. Call 742-1268. gcN2

GARDEN PLAZA: MINEOLA Co-Op, Madison II. Fully renovated, closets galore, W/W, 2 A/Cs, 24 kr. security. Walk to LIRR/shops/courts, Maintenance 5477 a month. Ask \$109,000 neg, 294,9498. gcn2

STEWART AVENUE-BEST APT in town! 3BR, 2 bath, FDR, LR/FPL, view of Christmas tree. Maintenance \$990/mo. 70% tax deductible. Asking \$245,000. weekdays. 212-841-7887; eves and weekends \$16-746-4165,gcN3

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#### Real Estate for Sale

MINEOLA: HORTON HOUSE Sunny I BR, lots of closets. A/C, live in super. Walk LIRR/ Hospital/courts. Must sell. 589,500. Owner 294-0924. gcn2 GARDEN CITY 2 BR CHERRY

GARDEN CITY 2 BR CHERRY Valley Co-Op, New Litchen wath, asher dryer, dishwasher, A C, second floor end unit, Wall, to RR, \$119,000, 741-4248. gcN2

MINEOLA - CLINTON ARMS Large 1 BR, Move in condition, 1½ baths, EIK, terrace, top floor, indoor parking. Owner pays first 6 months maintenance. Motivated. \$109,900. Owner 747-8919, geN2,

THE MULFORD-MUST SELL 2BR. 2 bath, LR/fpl. surroom, dining area, hardwood floors and nuch more. \$104,000. Owner, 565-2963. gcN3

GARDEN CITY-LOVELY I BR Co-Op, Excellent location. Walk to all. A must see with lots of extras. \$85,000. Days (718) 641-4945, eves, 741-8894 gen2

HORTON HOUSE, MINEOLA Large 1 BR, sunny corner apt. Walk to RR, hospital, courts & shopping. Principals only, 599,000. Eves 248-4171. gen4

GARDEN CITY CHERRY Valley I BR Co-op. first floor, walk to LIRR & stores. \$93,000. Principals only 294-9556. gcn4

MINEOLA - HORTON HOUSE 1 BR, large LR, secure building, Convenient to RR, hospital, stores, Must sell \$79,000. By owner, 747-8711. gen5

GARDEN PLAZA CO-OP

1 BR Lexington with upgraded appliances, new carpet & A/C. Excellent location. Building 1, second floor. facing court yard. Priced to sell. Highest offer over \$85,000, 742-7279. gcn4

GARDEN CITY HEART OF Village. LR/fpl and built in bookcases, refinished floors. FDR, EIK, 2 BRs, \$145,000. 741-9659. gcn5

MINEOLA GARDEN PLAZA co-op. Upper 2 BR. 2 bath, terrace, new kitchen, wall to wall, 2 A/Cs. Walk to all, 24 hr. security, 5145,000 neg. Eves 775-4724.

GARDEN CITY CHERRY Valley 1 BR co-op. Prime first floor location, newly decorated, vacant. Walk to LIRR, Mincola/ shopping, \$70,000. Offers considered. Owner 746-7162.

GARDEN CITY: SPACIOUS 3/4 room comer unit. Newly updated, CAC, all in superb condition. Walk to RR. Vern Rock (ealty 354-5888. gcn2

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

#### 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. gen4

GARDEN CITY FURNISHED room for rent. Beautiful area. References. Non-smoker. \$85/ week. 741-4865. gcN3

GARDEN CITY HAMILTON Gardens: Beautiful, large, 1BR, new EIK, hardwood floors, high ceilings, partly furnished. \$1100 per month. Available immediate-ly. 212-608-8965, ask for L. 212-608-8965, ask for L. Bonchonsky.

FLORAL PARK: 4 ROOMS, 2BRs, mod., mint cond. Excellent res. area. Garage plus parking space Large storage space, yard, convenient to LIRR buses. shopping. 5998. Call evenings. 354-2926. gcN3 gcN3

GARDEN CITY CENTER HALL Colonial, 4 BRs, 2 baths, LR, FDR, FIK. den, laundry room, basement, garage, \$1600. No pets, Call owner 437-8825, gcn2

GARDEN CITY FURNISHED Studio Room available for rent. Private entrance, private both, parking, convenient to all, Microwave, refrigerator, References geN2 required, 741-3791.

NORTH BELLEROSE large 5 room apt., LR, FDR FIK, path, 2 BRS, peautiful area: Child ol., 5950 per month plus at lates, 486-1868, 248-0753, gcN2

HICKSVILLE APT. FOR RENT. Skylight, 2BR, LR, DR/kitchen, parking, Near RR, bus, shopping. Call owner, 935-0856. htfn

FLORAL PARK 159 TULIP AVE. above Quality Mart. 4 room apt.. freshly painted. Also suitable for office. \$800 per month. No fee. 538-0757. gcn2

GARDEN CITY ROOM FOR rent. Non-smoker, walk to station share bath. \$500, 742-7706. gen4

FRANKLIN SQUIRE: NEW large studio. Full kitchen & bath, large LR-BR combo, private entrance. non-smoking person preferred. No pets. \$500 including utilities. Call after 5 p.m. 565-2078. gen2

1.0

LEVITTOWN-COZY, FURNISHed studio. Private entrance. private bath, wall to wall, mirrored closet, own thermostat. Murphy kitchen, carpeted in fairly quiet house. Looking for quiet, mature person. smoker. \$525 a month, utilities included, 579-4186. gcN3

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#### Real Estate for Rent

GARDEN bath, king size walk in closet, unfurnished, utilities included, \$650 a month, I month security, working professional 486-4647. gcn4

GARDEN CITY LOVELY QUIET furnished room. Private entrance. bath, mature non-smoker preferred. References. 746-0018.

gen4

GARDEN CITY PARK- 4BRS, 2 baths, basement, very clean, close to all transportation. Days, 747-1394, 51250 monthly. References. gcN3 gcN3

GROWING GARDEN CITY family looking for 6BR house in Western Estates. Please call Pamela, 352-1287. gen4.

QUALIFIED BUYER SEEKS to buy Garden City home direct through owner. Price range under \$300,000. No brokers please. Call

FLORAL PARK- TWO ROOMS, full bath, private entrance. Mint condition. Near everything. \$495. Call evenings, 354-2926.

FRANKLIN SQUARE: NEW second floor apt. Large LR, DR, full bath, new washer/dryer. 5900. 294-9152.

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. gcn2

MASSAPEQUA 3 ROOMS, LR 20 x 40, EIK, 15 x 25, 1BR utilities included, 1 month security. Private entrance, wall to v non-smoker, no pets, no children, single working woman, \$625. Call weekdays after 6 p.m. gcN3 293-5109.

**GARDEN CITY SOUTH- MONTH** to month rental. 3BR, 2 baths, garage, screened porch, laundry room, walk to transportation and shopping. \$1250, 248-7348. hN3

GARDEN CITY FURNISHED Room for rent. Beautiful area. References, Non-smoker, 585 a geN2 week. 741-4865.

CATHEDRAL GARDENS rent with purchase option for qualified ouvers. Established co-op complex. Studio, 1 BR & 2 BR apts. from \$650, 1/3 of rent applied to purchase. Located on picturesque Cathedral Ave. Call 486-1942 gcn2

GARDEN CITY/HEMPSTEAD Large 1BR Co-op, mint condition, new appliances, wall to wall, lots of closets, many extras. Rent at \$795 or rent with option to buy. Call owner, 485-8079. gcN3

GARDEN CITY-2BR.PRIVATE entrance/appls/extras. Avail. now with option. No brokers. By owner. 742-0359. gcN4

FRANKLIN SQUARE-ROOM for rent. Working, non-smoking person only. Kitchen privileges, Close to all \$300 a month. Available Nov. 1. 355-0610. gcN4

#### Real Estate For Rent

CITY SOUTH APTS. AVAILABLE NOW!!!! BR, LR/kitchen combo, full Garden City South-Studio-\$550 month

W. Hempstead-1BR-\$600 Mineola-2BR-5700 Garden City/Hempstead-Beauti-

ful 3BR house. \$1350. Royal International 742-3355 795-7707

wN2

WINDHAM SKI HOUSE-3BRs, 2 baths, fpl, Walk to ski slopes Winter season. 734-3779.

**GARDEN CITY -TOP LOCATION** Sprawling 4BR, 2 bath with 2 car. garage. Available immediately. \$2300 a month.

Fennessy Realty 746-6245

gcN2

FRANKLIN SQUARE/GARDEN City border- 3 rooms, first floor, new kitchen and bath, hardwood floors, all new windows. No pets. Suitable couple or single. \$650. 326-9676. gcN4

MINEOLA - LARGE furnished room for rent. Queen size bed, air conditioning, large closet, share bath, non-smoking, professional female only. \$85 per week. Two week security. Call 746-3138. hN4

GARDEN CITY & VICINITY Luxurious 2 BR, 2 bath, sunken I.R. 9'X16', underground parking walk all. \$1800. Super 1 BR, 15'X21' LR. new kitchen, skylit bath, walk all. \$1200. Hempstead Cathedral Gardens 2 BR, new kitchen, walk all. Immediate occupancy, \$900. I BR with solarium in co-op. Immediate occupancy, can have option to buy. \$870. Lynbrook: spacious sunny 4 rooms, wall to wall, can be 2 BRs, parking, walk all. Immediate occupancy. includes all. Pay only 5800 plus utilities. Pets are okay. Elaine J. Nolan 485-7054, 292-9749. wn2

FLORAL PARK 4 ROOMS second floor, 2 BRs, freshly painted, garage, excellent area. \$850 328-1526 evenings. gcn5

FOR GARAGE PENT Floral Park. Perfect for storage, \$50 per month. 488-4583. gcn5

HICKSVILLE: LARGE FIRST level modern room with private & entrance. Off parking, walk to all. \$425 a month. Mr. Grasso. 775-6035. gcn5

GARDEN CITY ESTATES furnished basement studio. separate entrance, suitable for 1 person, non-smoker. Near RR, shopping, full bath, kitchen & parking, \$595, Call owner '741-6416, leave message, gcn5

FLORAL PARK BASEMENT apt., brand new (5 yrs. old), full bath, small kitchen, furnished or unfurnished. \$550, 358-9072.gcn5

#### Vacation Rental

FOLIAGE""NEAR FALL Manchester, VT or Ski Bromley, Sleeps 8 on private 14 acres. Great for families. Available any season, week or weekend. Call 294-8782. gen3

#### Vacation Rental

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. gcn2

STRATTON MT. RESORT Beautiful Trailside Condo. Convenient walk to all facilities including sports center, mountain village, etc. Short/long term rental or sale. 718-338-9691, evenings; 718-258-3434, weekgen.3 days. Vermont.

POCONOS, IMMACIJIATE 3 BR Ranch with wood burner in private community. Minutes to Jack Frost, Big Boulder and Camel Back Mountain, Many fine restaurants and shops. Fall and winter reservations. Reasonable. Season, monthly, weekly or weekend. Please call evenings, 379-8447. gcd2

STRATTON MT., VERMONT-Beautiful resort trailside Condo. Convenient walk to all facilities including sports center, mountain village, etc. Short/long term rental or sale. 718-338-9691 evenings; 718-258-3434 weekdays. gcN3

MT. SNOW/HAYSTACK-Large, fully equipped 4BRs plus loft, 21/2 baths with color TV, VCR, microwave. Available b the week or weekend. Beautful views, lots of privacy, heated garage, Call 466-6120. gcN2

SANIBEL ISLAND, FLORIDA -Tropical paradise, lush unspoiled setting, southern Florida Gulf coast, Sundlal 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 gulffront, posh 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.

MONTAUK- FALL GETAWAY Special. 3 days, \$150 couple. 2 rm suite, heat, full kit. Sleeps four. Walks, dining, shopping. Hundred feet to beach. Immaci late. Call 724-5572.

RENT OR SALE HAMPTON Bays Contemp, 3BRs, 11/2 baths, in-ground, lighted, fenced pool with 17 x 29 cedar deck, skylights, front deck, back covered patio and lots/glass on cul de sac. Two miles to beach. Perfect 3 couples, family with young adults or honeymooners. Autumn and winter are beautiful in the Hamptons. \$500 weekly, \$250 weekends. Summer rentals-Memorial Day-Labor Day \$10,000. Also for sale by owner. 5185,000. 579-4186. gcN4

STRATTON MT. VERMONT condo. Ski in & ski out. 2 BRs, 2 baths, sleeps 6. All comforts of home. Contact 203 838-5093 for rental availability. Leave message gcn4

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#### Vacation Rental

SNOW VERMONT MT. Beautiful luxury condo, sleeps 8. Hot tub & sauna in condo. Club house on premises with swimming, racquet ball & gym. Free shuttle bus to mountain. Cross country & down hill skiing. Less 1 mile from slopes & beautiful view of mountain from condo. Short & long term rentals. gen5 Call 741-1824.

#### Real Estate Wanted

GARAGE FOR GARDEN CTTY Resident for storage of a car. Prefer western Garden City or surrounding communities. 352-6069.

GARDEN CITY FAMILY looking for house to rent in Garden City or vicinity for Christmas week, Dec. 23-Jan. 2. No children. Please call Mimi Dwyer 248-9847 or Kathe Dwyer at 404 394-7361. gcn5

HOUSE IN EITHER Central or Estate Section of Garden City. 4 BRs, quiet location, price range \$550-\$600K. Principals only. No brokers. 212 309-3125. Ask for Joe.

QUALIFIED MATURE COUPLE seeks Garden City Cape or Ranch, St. Anne's Parish, south of Stewart Ave., no main streets or comers. 2 BRs, first floor, 2 car garage or space for 2. \$300,000. gcn5 358-9768.

HOUSE IN GARDEN CITY or western sections. Exchange for a midtown Manhattan brand new luxury condo w/2 BR, 2 marble baths, I balcony. City/river view. Pool/health club incld on top of the roof, 42nd fir. Value \$275,000. Call owner 212 989-3980 or 212-268-4728. hn5

#### Car For Sale

1989 OLDSMOBILE CUTLASS Calais, I done serlen, ps. A/C. pw. power fronk, power for s. power fronk, AM/FM stereo cassette, alarm, fully loaded. 27,000 miles. 565-1853. gcN2

1985 FORD VAN MODEL 150 very good condition, new motor, never used. \$3950. 746-2183. gcn4

1984 CHRYSLER NEW YORKER Luxury Car. Velour interior, Landau roof, 69K. AT, A/C, PW. PL, new battery. Mint condition in/out. Asking \$3400. (516) 352-9025. wn4

1987 T BIRD TURBO COUPE 5 speed, metallic red, loaded. garaged. 10,000 original miles. Like new \$10,000. 775-0301, leave message. gcn2

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

RELOCATION SALE- 1986 Mitsub. Mirage. Excellent inside and out. A/C, AM/FM stereo. new radials. \$2500. 483-1974.

gcN3

#### Car For Sale

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1989 DODGE VAN MODEL 350 15 passenger, fully equipped. Very clean, 9,000 miles, Neg. 565-1853. gcn2

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1972 CAMARO, RED, 2-DOOR, 8 cylinder. Good condition. 89,000 miles. (718) 631-5998. Call between 6 & 9 p.m. gcN2

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A/T, A/C, PS, PB, AM/FM
stereo cassette. One owner,
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Eldorado, cream in & out, Dark
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trunk top, Continental wheel, new
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Low 32,000 miles. Elegant & runs
like a dream. \$15,000. Call
488-5285. gcn5

77 CADDY SEDAN DE VILLE new alt, exhaust, inspected, reliable, runs well. \$650/best offer.877-2432. gcn5

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

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I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hn2i

ANY TYPE ANTIQUE Victorian or other furniture wanted. Also cut glass, silver, jewelry, paintings, bronzes, dolls, frames, clocks, rugs, linens, trunks, china, lamps. Will call for any time, any place. Call Kay & Tom, Westbury 334-4117. gcjn1

NORDIC TRACK SKI MACHINE' Call 248-9449. gcn1

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#### For Sale

MUST SELL - MEDITERranean couch, love seat, reclining chair, black slate top coffee table and end table. All \$150. Stove, Caloric, continuous cleaning \$125. Eves. 775-5474. gcN2

DREXEL HERITAGE DINING room table and hutch, 6 chairs, 2 leaves and pads. \$500, 741-3759. gcn2

ANTIQUE MAHOGANY DESK 5 feet long, 3'5" wide, 2'6" high. Excellent condition. Call 747-2324

SOFA BED GOOD CONDITION \$150, bedroom set, dresser, 2 night tables, full size mattress, good condition, \$300. Call 294-0640. hn2

MINT 4 YEAR OLD SOFA BED and love seat, beige, small floral print. Best offer 326-7588. gcn4

#### For Sale

TWO BICYCLES: Man'S 26" Replica- \$35. Ladies 24" folding Bianchi bike, (Italian), \$25. 742-0373. wn4

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ANTIQUE 4 PIECE RATTAN set, \$600. Two cherry bar stools, \$75 each. Two furnished doll houses, \$500 each. Eight sided gold framed bevelled glass mirror, \$50. Junior Pro drum set, \$150. Radio Shack computer with games, \$50. 742-8044 gcN3

CALORIC PRESTIGE SERIES self cleaning stove, 30". Excellent condition. \$125. 746-7608. wn4

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'adio/phonograph console
33x17" plays 33, 45, 78 records.
Also 8 mm Revere movie
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condition, paintings and many
various antiques and pieces. Call
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MASTER BEDROOM: BRAND new king size box spring/ mattress. Upright freezer, refrigerator, like new. Stove, rugs, 3 piece modular BR set, gray lacquer. Other household items. Call Louise at 328-8800 between 9 and 5. wn5

ITALIAN PROVINCIAL
Bassett triple dresser, fruitwood
top, off white bottom, double
mirrors. Excellent, \$225. Dinette
table, 4 chairs, good, 365. Stereo,
AM/FM radio/3 speed phono
console, \$100. Rhythm ace, \$60.
20 in. color TV \$50. 746-1103.

TWO LOVE SEATS 2 lamps including 1 Stiffel, crystal chandelier, brass chandelier, Ethan Allen mirror. 747-8145.wn4

gen5

BEDROOM FURNITURE dark pine, good condition, single headboard, desk, dresser, chest with hutch, end table, \$200. Also computer desk & TV cabinet. \$25 each, 488-2644 after 6 p.m. wd1

CASTRO CONVERTIBLE full size traditional style couch. One year old, perfect condition, \$500. Call after 6 p.m. 873-3924.

STATIONARY BICYCLE DP AIR gometer, cycling and rowing electronic monitor. Like new, \$120. Call 488-5285. gcN4

MAPLE KITCHEN SET, ROUND table with 2 leaves and 4 chairs. Four lamps with shades, 354-2608. gcN4

PAIR OF WHITE, HANDcarved pipes, has own pewter stand, Ideal Item for collector. \$65, neg. Also vintage Collier magazines and Americans. 486-6939. gcN4

#### For Sale

LADY'S BIKE.\$75-ELECTRIC
typewriter, \$33; large black
trunk, \$30; blond wood child's
dresser, \$75. All furnished
Lundby doll house, \$150,
Everything in like new condition.
Call eves, 6-9 p.m. or weekends.
352-1163. gcN4

OLD PEDESTAL SINKporcelain on iron with fixtures, pale green. Set of iron weights, 2 pair sturdy wood shutters, 18 x 52. 747-2047. gcN4

FRANCISCAN 'DESERT ROSE' dinnerware twelve 7 piece place settings, consisting of cup, saucer, dinner plate, salad plate, bread/butter plate, soup/cereal bowl, rim roup, completer set, gravy boat and six mugs. Excellent condition. \$400, 354-2558.

TRADITIONAL DINING ROOM-Ethan Allen (Classic Manor) table, 38 x 58, plus two 18" leaves, 4 side chairs, 2 arm chairs, 44" lighted bonnet top china and custom pads. Excellent condition. \$2500, neg. 354-2558. wN4

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ADOPTION: YOUR UNSELFISH act will help make our lives complete. We'll give your new-born a lifetime of love and a chance for a bright future. Please call Anne or Bob collect: 818 760-0309. hn5

Fair

CATHEDRAL BAZAAR, FRI. evening, November 8, 7:30 - 10 p.m. and Saturday, November 9, 10 a.m. - 4 p.m. Craft items, baked goods, attic treasures. Silent auction Friday evening. Quilt raffle drawing Saturday at 3 p.m. Wood carving raffle, Sat. at 3:30 p.m. 50 Cathedral Ave., Garden City gcN2

TOY BOOK FAIR Thursday, Nov. 14, from 9 a.m.-4 p.m. Garden City Community Church, Stewart Ave. & Whitehall Blvd. Books for all ages, toys, holiday items, baked goods and

NOTRE DAME PARENTS ASSN. plans Fall Festival, Sat., Nov. 9, 10-3:30 p.m. in the Auditorium, New Hyde Park Rd., 2 blocks north of Hillside Ave. Large selection of jewelry, handmade crafts, many holiday items. Children will enjoy face painting. balloons, visiting Santa at the North Pole. Admission free. Refreshments available.

MODEL TRAIN, TOY & DOLL show. Miniatures & craft extravaganze, baseball memorabilia. Sun., Dec. 1. Free parking, St. Vincent de Paul auditorium. 2 floors fun & bargains, 1510 de Paul St., Elmont, NY. 10 a.m.-4 p.m. Buy, sell, trade. Breakfast, lunch. Admission \$4, senior citizens \$2. Early admission 9 a.m. \$6 person, children under 12 free with parent. Raffle door prize-200 dealers. Operating layouts. Information call 352-2127. gcn5

#### Garage/Tag Sale

WILLISTON PARK: NOV. 9 & 10 9 a.m.-4 p.m. Household items, bric-a-brac, loads of stuff. 25 Cornell St. north of Hillside, off Willis. hn2

GARAGE/TAG SALE Sat., Nov. 9, 10 a.m. 4 p.m. at 45 Nassau Blvd., Garden City. Antiques, oak table, bookcases, desk, chairs, collectibles, furniture, household items, old records, crystal, pictures, books, toys, etc. No previews please. hn2

#### Services



510-467-0978



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 iny heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked ST. Jude, Pray for us all who invoke your ald. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. FK wn2

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, ARC gcn2

NOVENA TO ST. 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 fieed, 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 to be invoked. Enown and cause to be invoked.

St. Jude, pray for us all who
invoke your aid. Amen. Say 3 Our
Fathers, 3 Hall 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. TDC wn2

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. FK wn2

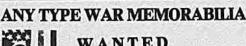


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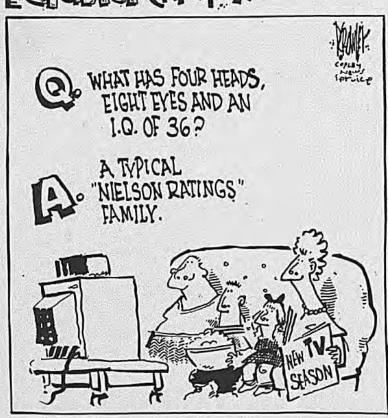






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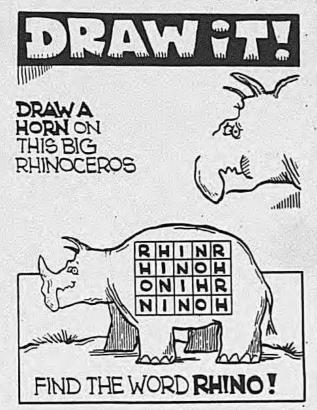
GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" Beautiful Grandchild contest, 931-0012.



# Kids Home Newspaper

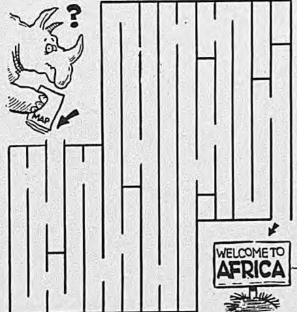
Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -





HELP THIS RHINOCEROS FIND HIS HOMELAND OF AFRICA!







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ANTIQUES

# ANTIO

By James G. McCollam

# A finger-carved Victorian rocker

By James G. McCollam

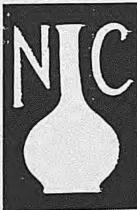
Q. Enclosed is a picture of a rocker that I have. It belonged to my grandparents. I have had it completely restored. I am wondering if you can tell me how old it is and its worth.



A. You have a finger-carved Victorian chair made in the third quarter of the 19th century. It would probably be worth \$400 to \$500 in good condition.

Q. This mark is on the bottom of a vase. It has a wide mouth on a bulbous base decorated with popples. It is signed with the initials "A.F.S." It is only 4 inches high and 4 inches in diameter.

Can you tell me anything about its origin and value?



A. This was made at a pottery established by Newcomb College in New Orleans, La. It was decorated by a student, Anna Frances Simpson, about 1912.

Vases similar to this have sold in the \$600 to \$800 range.

WELLER POTTERY

Early in the 1870s, Samuel A. Weller started making clay flowerpots decorated with house paint, which he sold door to door in Zanesville, Ohio.

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In 1894, he introduced pottery that featured underglaze decoration on a blended brown background. It was marked "Lonhuda." This was followed by a similar but more brittle pottery marked 'Louwelsa.'

These were followed by "Turado" in 1898. It featured a dark background with a lacy decoration in light colors.

In 1900, he introduced a series decorated with characters from Charles Dickens, naturally called Dickens Ware.

In the first decade of the 20th century, he produced a similar ware with a high-gloss brown glaze similar to Louwelsa. This was sometimes marked "Aureli-

Weller brought Jacques Sicard from France in 1902 to produce a beautiful metallic-luster ware. This was made for only five years, and Sicard never divulged his secret formula. This was marked Sicardo-Weller.

The prices listed below are relative and do not apply to any specific items.

- · "Londuha." 11-inch vase decorated with white roses - \$175 to \$200
- . "Louwelsa," 10-inch jardiniere, ruffled rim, decorated with flowers - \$365 to \$385. • "Turado," 5-inch vase with

blue, pink and black pansies -\$125 to \$135.

- · "Dickens Ware," 10-inch jardiniere, pipe-smoking Dickens char-
- acter \$400 to \$500.

  "Aurelian," 13-inch vase with
- floral decoration \$400 to \$500.

  "Sicardo-Weller," 4-inch-high
  by 6-inch-diameter vase, honeysuckle design - \$800 to \$900.

BOOK REVIEW

"Tomart's Price Guide to Radio Premium and Cereal Box Collectibles" by Tom Tumbusch (Wallace-Homestead, an imprint of The Chilton Book Co.) contains more than 3,000 illustrations and prices of radio and TV-premiums, plus cereal box collectibles. It includes rings, badges, decoders, etc., from the early '30s to the mid-'50s.



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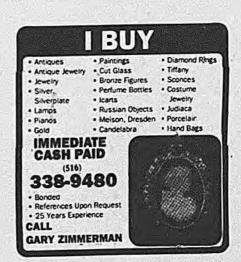
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# Points om Pets

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

teeth. She has always been this way and if does not seem to bother her. Is this condition normal, and will it cause ber problems later in

A. Whenever the upper and lower teeth do not meet properly, the condition is called malocclusion. The two most common forms of malocclusion are undershot and overshot jaws.

Undershot jaws occur whenever the lower jaw protrudes beyond the upper jaw. Overshot jaws occur whenever the upper jaw protrudes beyond the lower jaw. Overshot jaws are commonly referred to as buckteeth

It is common for the Chihuahua, Pekingese, English bulldog, boxer, pug and Boston terrier breeds to

Q. Our English buildog's lower have malocculsions. Many dogs teeth protrude beyond her upper can live normal lives with malocclusions.

> If the malocclusion is severe and interferes with eating, corrective surgery can be performed. Your veterinarian can tell you if your dog would benefit from corrective jaw surgery.



Pets

# JUNIOR EDITION



This week I went to visit a pet shop. There were many loveable

animals there, but my favorite was a very sweet bird.

The bird, which was quite large, came over to the side of its cage very slowly, and put its head out to be petted. The bird enjoyed being touched so much that it even lifted its wing up so that I could scratch behind it. I never knew that birds actually are friendly and

Do any of you have birds? Do you enjoy having them as pots? I am thinking of getting one, and I would like to hear about your

P.S. This week's coloring contest winners are Dan Moen and Ann

# BOYS AND GIRLS

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  2. Entries must be received by
- 7. Littles must be received up.
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  3. Paint, watercolors and crayons must be used on the above.
  4. Decision of the judges will be

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

# Sandan tana da mana da The World's Most Beautiful Grandchildren



Introducing the newest member to our family, Gizelle Marie Geraci, born on May 18 (8 lbs. 4 oz.) to Vincent and Angela. This little "Bundle of Joy" now 4% months old (16 lbs. 1 oz.) brings much love and happiness to the proud grandparents Mr. & Mrs. Ralph Leonardi of New Hyde Park.



This is our granddaughter Christine Banos born May 17. She is a real beauty.

#### YOUR ' SOCIAL SECURITY

# **Earning Social** Security credits

By William M. Acosta

Q. I only need a few more Social Security credits to qualify for ben-efits. Is there any way I can pay into the system? — N.W.

A. No, you cannot pay into the system. You can only earn Social Security credits when you work in employment covered by Social Se-

If you are self-employed, you basically earn Social Security credits the same way employees do (one credit for each \$540 in earnings but no more than four credits per year). Call Social Se-curity for additional information.

Q. I will retire next year when I reach age 65. My wife is 50 years old, and we have three children ages 12, 14 and 15. How much Social Security will my wife and children receive?

A. A spouse who is taking care of a child who is under 16 gets 50 percent of the recipient's benefits, regardless of age. Each child will receive up to half of your full ben-

There is a limit to what can be paid to a family. If the total benefits due your spouse and children exceed this limit, their benefits will be reduced proportionately. Your benefit will not be affected.

Q. Is it possible for a person to receive benefits from the Supplemental Security Income program and Aid for Families with Dependent Children program? -L.C.

A. An individual cannot receive both SSI and payments under the AFDC program. However, a par-ent or child may be eligible under both programs and can choose whichever one is best. Contact your Social Security office for additional information.

Q. I expect to undergo surgery soon and will be off from work for a few months. Will I be eligible for Social Security disability benefits? - T.G.

A. Disability under Social Se-curity is based on your inability to work. You will be considered disabled if you are unable to do any kind of work for which you are suited and if your inability to work is expected to last for at least a year or to result in death

YOUR' SOCIAL SECURITY

# A Well Balanced Approach to Family Health SPECIAL HEALTH IS HAPPINESS PAGES

Appearing in Williaton Times/Mineola Edition, Friday, November 8, 1991
New Hyde Park Herald Courier, Mid Island Times
Syosset Advance, Jericho News Journal, Bethpage Newsgram,
Garden City News & The Great Neck News

#### Safe Sun For Vacations

By Tina K. Funt, M. D.

As winter vacations in sunny spots of Florida, the Caribbean, and ski slopes res-tore our spirits, the issues of ultraviolet damage and dangers are again, no pun intended, brought to light. Photodamage is caused by frequent or prolonged exposure to the sun. Ultraviolet radiation (UVR) is divided into UVA (longer rays) UVB (midlaned rays), and UVC (short rays). It is UVB radiation that causes erythema (redness) and sunburn. UVA radiation can also cause erythema, but much higher levels are required. A question asked is, "What happens to the skin during a sunburn?" Biochemically, there is damage to proteins and cellular genetic material. In addition, UVR can cause changes in the skin's protective "immune" system. Cells that protect against infec-tion and abnormal cell growth are altered by ultraviolet light and this may be related to the development of skin cancer. Skin cancer is caused by an uncontrolled growth of cells in one of the layers of the skin. More than one in seven Americans will develop some form of can-cer in their lifetime.

The number is growing by 3.4% per year. Less common causes include over exposure to x-rays or certain chemical carcinogens. Actinic keratosis (precancerous skin growths), exclusively in sundamaged skin. Malignant melanoma is not restricted to the body sites most commonly exposed to sun, but is associated with a history of severe blistering sunburn This skin cancer occurs in younger people as well. People with greater risk for skin cancer include those who sunburn easily, had severe childhood sunburns, and have many unusual moles. One serious childhood or adolescent sunburn doubles the chances of developing skin cancer, especially malignant melanoma. Skin cancer can be cured if detected and treated early. Pay attention to any changes in the size, color, shape, and thickness of moles or other growths. Basal cell carcinoma looks like a pearly nodule which can crust, bleed, or form a sore. Actinic

keratosis, precancerous growths are red, scaling patches. A small percentage of these lesions can develop into squamous cell carcinoma.

Squamous cell carcinoms is usually a raised, red, or pink growth that may form ulcers in the center. Sometimes they appear as red, scaling patches. Malignant melanoma may appear without warning, but can develop in or near a mole or other dark spot in the skin. A typical mole may serve as a marker for identifying people at higher risk for developing melanoma. Warning signs include any changing mole, cozing, bleeding, or the appearance of a bump or nodule. In addition, any sore that does not heal may be a sign of skin cancer. Early detection is the best way to a cure. The most effective area of cancer control is prevention. Apply a sunscreen 30 minutes before exposure to the sun and reapply it frequently and liberally at least every two hours. Make sure to apply sun screen, at least #15, to the ears, lips, nose, and other areas that are prone to sunburn.

Remember, sun rays penetrate through cloudy haze and sun is reflected on snow, sand, concerete, and water. Avoid peak hours in the sun 10 a. m. to 2 p. m. Wear protective clothing, including a hat and if possible long sleeve shirts and pants in the sun. Also, if you are taking any medication, check with your doctor if these medications react to sunlight. Remember these tips for "safe sun," and you will minimize your risk of skin cancer and your aging process.

#### WOMANFACTS

Lung cancer now kills more women than breast cancer

Deaths from lung cancer

79 25,636

88 46,380

Deaths from breast cancer

79 34,400

88 42,172

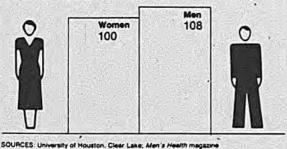
SOURCE: Health magazine

#### HEALTH WATCH

#### Coming soon: A women shortage

The days of women outnumbering men, with approximately 100 women to every 96 men, are drawing to a close.

Predictions of the number of women versus the number of men in the 1990s:



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# News, breakthroughs in women's medicine

By Debra Lee Baldwin

We've come a long way from the days when women suffered from vapors and endured confinement prior to giving birth.

Today, modern medicine defines women's maladies with greater precision and offers a higher probability of relief. For many fortunate women, research breakthroughs have lead to cures.

What follows is an update on developments in woman's health and nutrition you should know about. (For more detailed information, consult your physician.)

#### 'FEMALE' PROBLEMS

"Candida" sounds like an opera, but it is, in fact, the fungus responsible for yeast infections burning, itching problem that affects three-fourths of all women at some time in their lives. New over-the-counter medications are now available to combat the disease, which accounts for more than 22 million doctor visits a

Bladder infections often are the result of bacteria entering the urinary tract during sexual activity. and doctors have found that patients who take an antibiotic can avoid the problem. If you're allergic to commonly-prescribed sulfa-type antibiotics (Septra or Bactrim), non-sulfa antibiotics such as Keflex and Macrodantin also are

A smart woman avoids any risk of contracting a sexually transmitted disease, and one of the best means of prevention is knowledge. Discuss the subject openly with your doctor, send a SASE and request a new pamphlet, "Myths and Truths About STDs" available from Massengill Health Education Program, Dept. 1A, P.O. Box 2466, Grand Central Station, New York, NY 10163.

The pamphlet explains that choice of condoms is important since some protect against most STDs better than others. Using a spermicide can also be helpful in protecting against STDs.

Your health food store may be the source of relief for premenstrual syndrome. According to Working Mother magazine, some women swear by oil of evening primrose, which contains a compound that's needed for the formation of prostaglandin (a hormone like substance). Like many PMS 'cures," however, oil of evening primrose performs no better than a placebo in controlled studies.

If you or a family member suffers from anorexia or bulimia, you may want to ask your doctor about new residential treatment centers. Different from traditional hospitals and clinics, these empha-size lifestyle changes; patients learn to deal with the problems

Continued On PAGE 6B

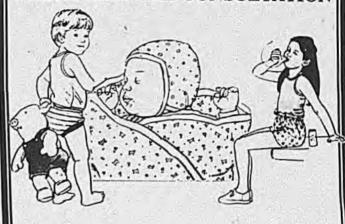
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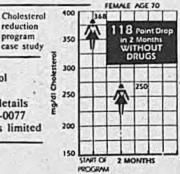
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18

ing. We used to think of Alzheimer's as senility - the inevitable result of growing old. Though some loss of intellectual alertness is normal with aging, this severe loss of mental function is not a normal consequence of age. And Al-zheimer's does not strike only the elderly. Some victims have been in their 30s.

Almost 2 million American adults are afflicted with the disease. It kills about 120,000 of them each year, making it the fourth leading killer in the United States. It is responsible for more than 50 percent of all nursing home ad-missions. Alzheimer's is irreversible and incurable - and its cause is unknown.

But characteristic behaviors of Alzheimer's victims are known and observable. Many sufferers shuffle, others fidget. They forget the most basic facts: the name of the president, what season it is, how to dress. They repeat the same questions incessantly. They do want to know, they do want to remember - but they can't. While they still can speak, they are proud to tell you what little they still remember. But they can't recall what they have just told you - so they tell you again and

As the disease progresses, mem ory loss increases, reasoning deteriorates and the individual becomes depressed, agitated, irrit-able and restless. Concentration, speech and handwriting deteriorate. In some cases individuals me violent, and in other cases they become placed and inert. In the final stages of the disease they may be totally unable to care for themselves.

"Some patients will absolutely need institutionalization," said Dr Carl Eisdorfer, psychiatrist and president of Monteflore Hospital

and Medical Center in New York. Some families hold on to the patients at home too long, and some dump them — but the tendency is to hold on too long."

He said families need to get help, from physicians and support agencies

Families are totally unprepared for the spontaneous out-bursts of anger and abuse" typical of some Alzheimer's patients, he said. Suddenly they may wonder who their spouse of 45 years is, and order him or her out of the

Eventually, the disease is fatal. Because of the variety of symptoms, Alzheimer's is a disease not easily diagnosed. The physician must distinguish it from curable dementia caused by things such as vitamin B-12 deficiency. Several other diseases have symptoms similar to Alzheimer's. Depression can cause listlessness and forgetfulness. Alcoholism or drug use can impair memory. Strokes and other cerebral vascular accidents or malnutrition also can result in

The most distinguishing feature of Alzheimer's is observable only after death through a brain autop-sy. The disease "destroys certain vital cells of the cortex (gray matter) of the brain," said Dr. George Glenner, research pathologist at the University of California at San Diego. Researchers agree that a brain ravaged by Alzheimer's is decidedly abnormal in physical terms.

The brain becomes filled with what researchers call placques and tangles. The placques, made up of degenerated nerve cell tis-sue, are thought to block communication between nerve cells within the brain

The tangles are composed of nerve cells containing a silklike fiber, which also is found within the vessels of the brain and may interrupt nerve signals and, according to one theory described by Glenner, blood flow within the

Some researchers have equipment that attempts to analyze brain changes in live Alzheimer's victims. These machines scan the brain to observe the degree of physical and metabolic change.

There are many theories as to why these changes - and the disease - occur.

One theory is that the disease is caused by a virus. Usually, when a virus enters the brain, white blood cells invade the brain to combat the virus. Because of their inability to distinguish the intruding virus from the host, the white blood cells may indiscriminately destroy brain cells, as well.

But there is no sign of an im-mune reaction in the brain of an Alzheimer's sufferer. Neither is there any evidence of the presence of a virus. Viruses usually are transmittable, but Alzheimer's disease does not appear to be.

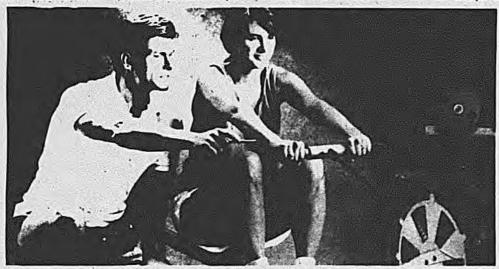
It also is possible that Alzheimer's is genetic.

"There's a four times greater chance of a blood relation getting Alzheimer's disease than the general population," Glenner said. But there also are many cases that do not fit into this pattern.

Glenner said recent medical research has improved not only the understanding of the disease, but also how to treat its victims to lessen the effects.

Chemotherapy research has been conducted, but so far results are only experimental. Several drugs, including physostigmine and naloxone, have been reported as promising treatments. drugs may help some patients, particularly in the early stages of the illness," said Dr. Donald Price of the Johns Hopkins Medical School, "but a cure for Al-zheimer's disease probably is years away."

For more information about Altheimer's disease, write: "Demen-tias-HL," Office of Scientific and Health Reports, NINCDS, Bullding 31. Room 8A16, Bethesda, Md. 20205; telephone (301) 496-5751. Or contact the National Institute on Aging, Information Office-AD, Building 31, Room 5C36, Bethesda, Md. 20205; telephone (301) 496-1752.



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#### DENTAL IMPLANTS

# Alternative for denture wearers

By John M. Bogert

Though transplanting fake body parts is routinely turning a good number of us into cyborgs, there's still a chance that you've never heard of dental implants.

What's most amazing about the lack of knowledge on the subject of nearly permanent, almost natural-feeling false teeth — the kind that won't pull out when the wearer is eating — is that the process has been around for nearly three decades and currently is used by millions of people.

Furthermore, with 40 million Americans wearing dentures and with one in three suffering some ill effects from their use, you might think dental implants would be more popular. Why are they still relatively unknown?

"Mainly because the making of false teeth still is part of the dental school curriculum and also because if a dentist doesn't have the product on his shelf he doesn't sell it," says Dr. Leo Ward, former president of the American Academy of Implant Dentistry and director of the dental implant seminar at the University of Southern California's school of dentistry.

Of course, there are those in the dental profession who would tell you that dental implantation is good only for certain people under certain circumstances. They'll also tell you that it's expensive — which it is, costing from hundreds to thousands of dollars, depending

on what's done and who is doing it.

On top of that, there's a good chance that it won't be covered by a dental plan.

So why, then, do people pay the price?

"It's simple," says Ward, who has installed implants in people of all ages. "This is a great step forward for people unable to wear conventional dental prostheses."

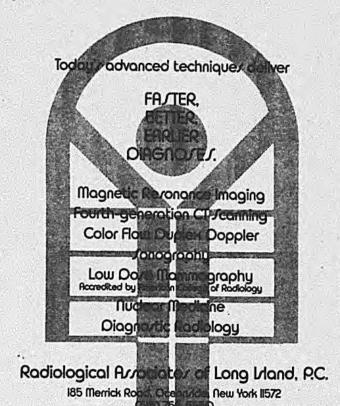
Unlike normal dentures, which

Unlike normal dentures, which rest on the gum and reduce chewing power by as much as 75 percent, implants are designed to anchor false teeth to the jawbone itself, thus increasing chewing power and reducing the range of psychological and physical problems normally associated with dentures.

Though there now are more than 100 types of implants available, they basically still fall into two categories, endosteal and subperiosteal.

Generally speaking, an endosteal implant is a biocompatible blade, screw- or pin-shaped root that is inserted directly into the bone to provide support for existing teeth or for one or more artificial teeth.

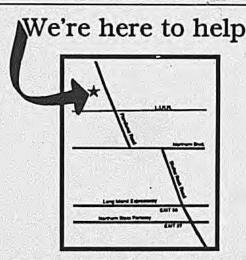
A subperiosteal implant is a lightweight metal framework that rests on top of the jawbone and provides multiple tooth roots. This implant is used for people who through disease or aging, no longer have enough jawbone left to support an endosteal implant.



Lucille P. Tavema, M.D.

John B. Amodio, M.D.

Diplomater, American Board of Radiology

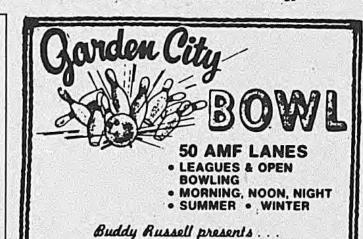


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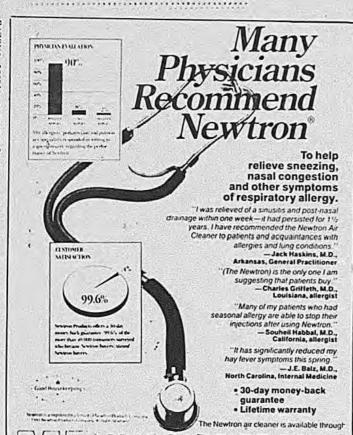
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MANY INSURANCE PLANS ACCEPTED.

# News in women's medicine

Continued From PAGE 6B and stresses of everyday life without starving, bingeing or purging (Remuda Ranch, in Wickenburg, Ariz., is one example, it offers an equestrian program as part of individual therapy.)

edicina i green assert assert a dutiti

#### HEART DISEASE

About 247,000 women in the United States suffer fatal heart attacks each year — six times as many as those who die from breast cancer.

Studies show that estrogen replacement therapy (ERT), taken for relief of menopausal symptoms, reduces women's risk of heart and blood vessel disease by one-third. However, if you have a family history of breast, endometrial or ovarian cancer, or are suffering from gallbladder, liver or kidney disease, your doctor will probably advise against estrogen supplements.

If a heart disease patient can tolerate drug therapy, it's often a safer, cheaper method of treatment than surgery. Commonly used drugs include nitroglycerine, beta blockers and calcium channel blockers. These lower blood pressure and reduce the heart's oxygen consumption — but may cause side effects.

Watch your cholesterol level. If it's dangerously high, drinking a quart of non-fat milk every day for eight weeks may reduce it as much as 20 percent, according to a study conducted by a food scientist at Pennsylvania State University.

Eating 3 ounces of almonds every day can help, too. According to Gene A. Spiller, Ph.D., director of the Health Research and studies Center in Los Altos, Calif. (quoted in McCall's magazine), "They will not help lower cholesterol if eaten in addition to a diet high in saturated fats. But when incorporated into a low-fat, high-carbohydrate diet, almonds can control, and in some cases significantly lower, blood-cholesterol levels."

If you're fair-skinned and slight of build, you may be prone to brittle bone disease after the age of 50. Post-menopausal estrogen deficiency speeds the process, leaching calcium from the bones.

ing calcium from the bones.

Post-menopausal women can cut bone loss by getting the daily recommended amount of calcium in their diets (about 800 milligrams). If you can tolerate dairy products, eat three servings daily; if you can't, supplement your diet with calcium citrate malate.

Exercise also can help strengthen your bones — as long as you don't overdo it. A Stanford University study of women ages 50 and older indicates that a mere 30 minutes a week of walking or weight lifting will help increase bone density, but engaging in a hard exercise routine beyond five hours weekly can actually weaken bones.

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The Great Nach News

By Rosella Stern

The old adage - you are what ou eat - has taken on new meaning in the 1980s for lots of athletes, whether they be the weekend vari-ety or professionals. Many are reexamining their diet in terms of the way they should eat for better performance in their sport.

A quick survey of the typical American diet, which historically includes saturated fats and junk food, might indicate athletes, along with everyone else, should take a second look at what they're eating

The Nutritional Information Bureau estimates more than 72 million Americans are now exercis-ing regularly. There is increasing evidence regular exercise programs incorporating sports like swimming, jogging and cycling promote weight loss, maintain bone strength, reduce blood pres-sure and have tranquilizing effects on the participants.

But it seems the typical Ameri-can diet is not keeping pace with the improvements Americans have made in their exercise pro-grams. Many diets have too much fat, too little starch, too much pro-

tein and too many calories. While total caloric intake may need to climb during periods of increased physical activity, the theory that those who are physically active must consume large amounts of protein is outdated.

The ancient Greeks believed

muscle consumed itself during intense physical activity and thus needed to be replaced.

But today's experts don't agree. Mary Donkersloot, R.D., radio per-sonality, nutritionist and author of sonality, nutritionist and author of "Fast Foods at Home," counsels many weekend athletes, suggest-ing they eat more of the foods in the complex carbohydrate group. "People think that carbos make

them fat, but really, it is fat that makes them fat," she says.

Donkersloot counsels her clients and radio listeners to eat cereal and toast or bagels for breakfast

to gain an edge early in the day.
"Bacon and eggs are history,"
she says. "Carbos provide a more
efficient source of fuel, and it's
important to get the right mix, especially when we are maintaining

a significant exercise schedule."

Many nutritionists agree athletes should re-examine their thinking when it comes to food. Don't see meat as the main item. accompanied by greens and grains, they say. Instead, make the carbobydrates the primary items and the meat the flavoring or accompaniment. This holds true for those trying to eat to lose weight they should simply increase the amount of greens to achieve sa-tiety without adding fat or too many calories. Those hoping to maintain weight and energy can increase the amount of carbohydrates like pasta, potatoes and

"It's the sauce that causes the weight gain, not the pasta. A real active athlete who may be hun-grier than usual can satisfy that nawing with additional grain,"

Donkersloot says.

Some have fallen into the eating breakfast and lunch, running on coffee all day long, then eating a large dinner and feeling exhausted by the end of the workday.

In reverse order, a balanced breakfast, lunch and smaller dinner would provide most with more energy. When it comes to weekend ex-

ercise or the "big game," the most important change in eating might be an increase in pre-activity fluids. The days of the pregame candy bar are gone. That sugar rush is followed by a low that may come during the exercise itself, in-creasing the possibility of an inju-

Nutritionists instead recommend yogurt, cereal or a muffin for the teenager who will be exercising after school.

"A candy bar before practice is a quick rush and a burnout that could lead to possible dehydra-tion," says J.R. Reynolds, head of Personal Fitness and Health Association. His personal training clients range from 18-year-old high school students to post-cardiac rehab patients and Olympic ski-

Donkersloot and personal trainers agree weekend athletes don't need to "carbo pack," or eat any differently on the weekends they

will be exercising. Instead, they need to be constantly more aware of the quality of their diet.

The weekend athlete needs to eat the same way all week long because, theoretically, we run a marathon every day in our high-stress world. We all want to have maximum energy," she says

It doesn't matter what kind of activity one engages in during the week. The idea is to break the pattern of thinking about sports and good health only on the weekends. If one eats sensibly all week long and exercises, he'll likely have more energy and reduce the risk

"Get fit to play sports," Rey-nolds says. "Don't play sports to get fit."

The after-work athlete who keeps a bowl of fruit on his desk for a snack or tucks a bagel into his briefcase will likely have more energy than his counterpart who eats a high-fat, high-calorie meal

HEALTH WATCH

Only 40 percent of adults exercise regularly

Here are the top 10 categories of physical activities and the percentages of adults that do them.



The special diets are for serious athletes, such as marathon ers and Olympic swimmers

As people increase their levels of activities, they may need to check with their family doctors to see if they're getting enough iron and other necessary vitamins or if they're eating right in general.

Friday, November 8, 1991

Many athletes work hard every day, even though they're not chas-ing animals and climbing trees like their prehistoric ancestors. By eating right, most can improve their level of fitness since they'll have more energy for participa-



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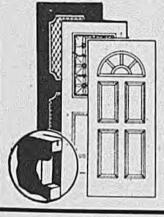


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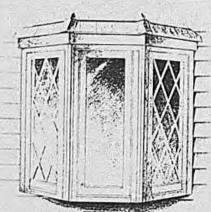


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