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Mid-Island Times & Levittown Times 35¢

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Friday, December 27, 1991

Holiday Dinners



Central General Hospital in Plainview and the Bethpage Rotary Club teamed up to make the holidays a memorable one for more than forty families in the area. The Hospital donated turkeys with all the trimmings to local families in need and the Rotary Club helped distribute the dinners. Pictured L-R: Jack Burger, President of the Bethpage Rotary Club and Robert J. Bornstein, Administrator of Central General Hospital. Bornstein said over the Thanksgiving holiday the Hospital worked with the Plainview-Old Bethpage Lions Club to provide dinners for needy families.

Evening Storytime At Library

The Hicksville Public Library's Children's Room will present an Evening Storytime Program for children 4-6 years old on Mondays, January 27 - April 13 (no session February 17) from 7:00 p.m. - 7:45 p.m.

The sessions will include stories, singing, movement activities, and a movie.

Registration starts Monday, January 6. A parent or child's current barcoded Hicksville library card is required.

Blood Pressure Screening Tests

As the first Wednesday in January falls on New Year's Day, the regularly scheduled Blood Pressure Screening at Syoset Community Hospital has been postponed to the first Wednesday of February (February 5, 1992).

The screening will be held from 1-3 p.m. in the front lobby of the hospital. No appointment is necessary.

School Board Adopts New Type Structure

By Maureen Traxler

In making his presentation of a new Administrative and Supervisory Reorganization for the Hicksville School District, Superintendent Sal Mugavero stressed that this plan will effect a budget-to-budget savings of over one million dollars to the taxpayers, and yet does not eliminate or sacrifice the deliverance of educational services to students. The trustees unanimously approved the restructuring at their December 18 meeting.

"A scaledown is something this district really needs," said Mr. Mugavero. He stated that his proposal is designed not only to respond more effectively to district-wide educational needs, but also "to respond to the fiscal woes of our times and the community we serve."

The organizational plan calls for a new K to 12 administrative supervisory program set up to ensure that the curriculum for each subject area is continual and sequential, and logically develops the study of skill forms of intellectual inquiry. Mr. Mugavero suggested the following K-12 positions: Supervisor of Liberal Arts (English and Social Studies), Supervisor of Math and Science, and Coordinator of Curriculum Materials Center and Library Management (library/audio visual materials, media, textbook grants for private schools, and computer software grants for all schools). He expanded the Foreign Language Supervisor's K-12 duties to include Compensatory Education (English-as-a-Second Language, Skills Enhancement, Librarians, Enrichment program, and Summer Program for Reading and ESL). The Special Education and Guidance Chairs will be expanded to oversee Grades 6 to 12, reflecting the move of the 6th Grade to the Middle School. The Coordinators of Nursing, Speech and Psychology will be combined in one Special Services Coordinator.

Mr. Mugavero's plan also calls for various teacher stipend positions with no release time allowances, meaning that they will accept the additional duties without time off from their teaching duties as is the case under the present structure. At the high school, through the elimination of four teacher-deans and the conversion of the position of Administrative Assistant to Dean of Students, teaching periods will be gained back for staff members and give the new dean the full-time assignment of monitoring student discipline and attendance.

Other positions to be eliminated or combined include: Driver Education - to be picked up by the Director of Health; Chairperson of Special Education - removed from district budget and paid for by Federal grants; Director of Facilities & Operations and for Supervisor of Operations - to be combined; Supervisor of Vocational and Occupational Education - duties to be picked up by Guidance Chair; International Baccalaureate Teacher and Alternative School - duties to be picked up by Liberal Arts Supervisor; Supervisor of Physical Education and six secretarial positions - eliminated. The secretarial positions, serving some of the above areas, will save approximately \$120,000. The eliminations and consolidations represent a \$775,000 savings for the 1992-93 school year, and to round out the cost accounting basis, the Superintendent added in a percentage of salaries for benefits bringing a total savings of \$1,069,500 over the present budget levels. The new administrative and supervisory reorganizational structure will go into effect July 1, 1992, the beginning of the new fiscal year.

One area in which the Superintendent showed concern was in the stocking of the district's libraries, an area which he deems sorely in need of updating. Under his revisions, library books and materials will be purchased and distributed through central office. Mr. Mugavero has also chosen to locate all staff serving district-wide positions at the central office, and he has advised these staff members that they are to spend 80% of their time in the various school buildings in order to monitor the curriculum on a K-12 basis.

Resident William Bennett expressed apprehension that the added responsibilities may spread some administrators too thinly. To which the Superintendent replied, "Not at all." Mr. Mugavero said that after the first year of employing the new structure, the district may "fine tune" the system.



Continued On Page 12

Letters to the Editor

To the Editor:

The Hicksville School Board is like a "Ship of Fools" running amok among our elementary schools. The ship is Captained by a self-styled education "Messiah" who believes he can improve education by fracturing this community, eliminating the concept of neighborhood schools, traumatizing parents, jeopardizing children's safety, busing children from one end of the district to another, filling classrooms to capacity, demoralizing supervisory chairpersons, and alienating classroom teachers. Further, and most important, the board has abrogated its responsibility to make hard decisions by delegating to consultants the naming of a school to be closed. When the school is named on January 8, 1992 those consultants vanish. Another set redistricts elementary areas based on the school named and places affected children in new schools. Their report will be on January 15. The board then gathers facts and will vote to close the named school on January 29. Some concepts and facts that will not be considered by the consultants in the school naming recommendation:

Neighborhood School Concept: Burns and Lee Avenue are the only schools in their respective NW and SE quadrants. The NE quadrant has two schools and the SW quadrant has three. But the consultant has already observed that it's easier to ship children from an inner school to outer fringe schools than vice versa. This seemingly innocuous statement will bear fruit. By definition of "inner school" the statement appears to eliminate all but East, Lee and Burns.

Safety: Lee Avenue, East, Burns, Fork Lane and Woodland are tucked into a residential area, surrounded by homes, and off all major highways. Old Country and Dutch Lane are surrounded by major highways.

One child has already been killed in traffic on Old Country Road and more will be placed at risk. Further, the more that little children are bused then the more little children are placed in jeopardy. And Trustee Pfaender and the residents of this district know that not all bus drivers are honorable, kind and gentle...

Money To Be Saved: That is one of the facts to be gathered after the school is named; i.e. cost of busing children to new schools, positions eliminated, condition of buildings, (about \$600,000 was spent to bring East up to standard in the past several months) and necessary modifications to accommodate an influx of large numbers of

children in new schools.

Educational Gains: The Ship's Captain, by fiat, says there will be! Children will learn more in new schools. He will have to explain his "gobbledegook" without the educator's "quality of education" rhetoric. I just don't believe all our previous superintendents were myopic.

Resident Input: The consultants were to be paid an extra \$3000 to work with a Citizens' Committee. Consultants usually work in support of citizen committees when it came to school affairs, but our board did just the opposite--made our citizen committee support the consultants. The consultants should not be paid. The committee was given short shrift when it came to input. But, unfortunately, the demographic game of "What School Should Be Closed To Replace the Previously Selected East Street School" was sullied by a deck of cards stacked against the Lee Avenue School. Trustee Martillo shot himself in the foot by voting to close East then reversing himself after many, many requests for him to resign from the board came from his neighbors within the East Street School area: but he is winning the game!

First: Woodland and East Street will not be considered for closing because Willet Avenue school children will not be required to change schools a second time by statements of Trustees Carol Wolf and Richard Pfaender.

Second: Burns Avenue will not be closed because 28 percent of its students are from minorities. Non-minority children must be bused in to keep the ratio under the legal maximum of 30 percent. But the less onerous route of busing minorities to other schools will not be done. Minorities can get vocal and well-organized. Nevertheless, Burns Avenue School should not be closed. It is the only school in the NW Hicksville quadrant.

Third: Trustees Collins and Lafferty live on Indiana Avenue, close to the Burns Avenue School. Trustee Black in the Woodland area, and Trustees Pfaender and Martillo in the East Street area. They have stakes in their respective areas. Those stakes generate self-interest which produce alliances to dictate the arguments and vote and which will be to the detriment of the Lee Avenue School.

Fourth: Carol Wolf is from the Lee Avenue area. She, while in the Lee Avenue School area lives in the SW quadrant across Jerusalem Avenue from the SE quadrant in which the Lee

Avenue School is located. She has no stake in the SE area. By default then only the Lee Avenue School can and will be closed to fill the vacant seats in the remaining six elementary schools--Fork Lane doesn't have enough students.

The school board abrogated its responsibility to make a hard decision. When it comes to analyzing data and selecting a school for closing, they copped out by a four to three vote, with Wolf, Rudin, Collins and Martillo in the majority. The consultant was charged with making the selection. Now those four can hide behind the "blue dot" in the form of a consultant's report. Grinning like the famous idiotic Alfred E. Newman, the fools can smugly say "Who? Me select a school? No way! The consultants did that!" This abrogation of responsibility is an abomination, a blight on this community. These trustees sought election and were elected to make hard decisions. This abrogation of responsibility documents an inability to carry out the functions for which they were elected. Trustees appear to be operating in a vacuum, forgetful of how fractured our community became during the East Street School debacle. When it comes to elementary education, the concept of neighborhood schools must not be violated to save miniscule amounts of money. That type of action has never saved tax dollars--it only gives the Ship's Captain more money for non-mandated programs. And at what a cost! Since the East Street fiasco the district had begun to become a cohesive community. Why start fracturing all over again? It is easy to deduce that savings will be minimal and educational disruptions maximized.

I formerly believed that closing schools was the way towards fiscal responsibility until I saw how our community was fractured during the East Street School debate. A community at peace with itself will, despite the Captain's protestations, make for better education than being fractured. To economize and reduce the rate of tax increase, downsize the administrative staff, eliminate some non-mandated programs, and keep a stiff upper lip when it comes to contract negotiations--but do not violate the neighborhood school concept. Board members too weak-kneed to make hard decisions can be replaced: two in May/June 1992 and two in 1993.

Sincerely yours,
Frank H. Willard

To the Editor:

May I express my deep appreciation for the expressions of kindness that I have enjoyed on the occasion of my retirement. The staff, Board of Trustees, professional colleagues and more, have made my retirement the happy occasion that it should be. I shall miss you all.

Sincerely,
Kenneth S. Barnes

East Woods Celebrates Thanksgiving

On Tuesday, November 26, second, fifth, and seventh graders of East Woods School, in Oyster Bay, came together to recreate the first Thanksgiving of 1621. This activity was the culmination of a two month integrated/interdisciplinary study on the Voyage of the Mayflower, The Pilgrims of Plymouth and their friends the Wampanoag Indians.

The seventh graders, under the direction of History teacher Wayne Huenke, cleared the land in the woods on the East Woods campus, built the fire, and prepared for the arrival of the Indians. The second and fifth graders, along with parents and teachers: Laurie Bartlett, Sharon Brace, David Gestwick, Gerri Faive, and Kelly Mohan spent the morning preparing and cooking the food for the feast. The menu included: turkey, cranberry relish and bread, carrots, corn pudding, stuffing, pumpkin bars, apple crisp and cider.

Dressed in period costumes, the students presented a skit on the Mayflower Voyage, signed a treaty between the Pilgrims and Indians, performed Indian songs, made candles, strung cranberries, and practiced writing with quill pens. Traditional outdoor and board games of that era were played throughout the day.

Despite the intense cold, over 80 students and faculty participated in this exciting endeavor and offered thanks for the many educational opportunities which are a part of the East Woods philosophy and innovative curriculum.

As one fifth grade student said, "The feast was wonderful. It tasted great and I thought the best part about everything was that we all used team work and that's what made it a big success."

Students Respond To Needs Of Hungry



Bethpage High School students have been singled out by United Way of Long Island for its record setting food drive. Taking part in the United Day of Caring "Happiness is Caring and Sharing" drive, students collected over 2400 pounds of food for Long Island's needy families, the highest amount per student of any of the 24 participating schools. In recognition of its performance, the school won a truckload of Entenmann's goods. Robert Entenmann, Special Counsel to the President, Entenmann's Bakery (Bay Shore), is shown thanking students, left to right, Melissa Balint, Diane Minchella, Catherine Carley, Jennifer Wierzbicki and Susie Vivolo for their participation.

Jackson Students Show They Care

The 3rd grade students at the George A. Jackson School in Jericho sponsored a week long food drive that began on Tuesday, November 12, and ended on Friday, November 15. The food drive was to assist many needy families in our local area. The Jackson students collected 565 nonperishable food items such as cereal, crackers, canned goods, baby food, dried fruits and nuts. Nassau Youth Community Outreach, a nonprofit volunteer, community service organization, distributed food to needy families in time for the Thanksgiving holiday. Thanks to the true spirit of sharing and caring at the George A. Jackson School, the Thanksgiving holiday was a cheerful one for many needy families.

Tiny Tot Storytime

The Hicksville Public Library's Children's Room will present a Tiny Tot Storytime program for children 2½-3½ years old.

There will be 4 sessions, you register for one.

The dates are Thursdays, January 23, 30, February 6, 13, 10:10-10:30 a.m. or 11-11:20 a.m.; and Fridays, February 28, March 6, 13, 20, 10:10-10:30 a.m. or 11-11:20 a.m.

Registration starts Monday, January 6. Group size is limited. Parents are encouraged to attend. No siblings please, this includes babies. A current barcoded Hicksville library card and proof of birthdate required.

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

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Kick-Off Meeting



Nassau County Executive Thomas S. Gulotta, right, attended the kick-off meeting for the 1992 Blood Donor Drive of Nassau County Employees.

Joining the County Executive was Department Coordinator Helen Behan, a Hicksville resident, who is with the Office of the Comptroller.

Looking on was Blood Donor Drive Coordinator Anne Habeeb (left).

Pre-School Story Time

The Hicksville Public Library's Children's Room will present a Pre-school Storytime program for children 3½-5 years old (not in kindergarten yet).

There will be 3 sessions, you may register for one.

The dates are Mondays, January 13, April 13, 1:30-2:00 (no sessions Jan. 20, Feb. 17); Tuesdays, January 14 - April 7, 1:30-2:00 (no session Feb. 18); and Thursdays, January 16 - April 9, 1:30-2:00 (no session Feb. 20).

Registration starts Monday, January 6. A current barcoded Hicksville library card is required. Child must be able to sit by him/herself and follow simple directions.

In Service

Navy Petty Officer 2nd Class Karl S. Ebertz, son of Rudolf S. and Marilyn E. Ebertz of Baylis Place, Syosset, recently reported for duty at Navy Recruiting District, San Diego.

The 1981 graduate of Syosset High School joined the Navy in June 1985.

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PAGE THREE Friday, December 27, 1991 MID ISLAND TIMES



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THURSDAY	Saturday, January 4th
FRIDAY	Monday, January 6th
TUESDAY	Saturday, January 11th
WEDNESDAY	Monday, January 13th

Help Preserve the Dunes at Tobay Beach VOLUNTEER FOR TOBAY TREE "PLANTING"

Community volunteers are needed for the recycled Christmas tree "planting" project at Tobay Beach on Saturday, January 18th at 10 a.m. For information, please call: 921-7347, ext. 5626.



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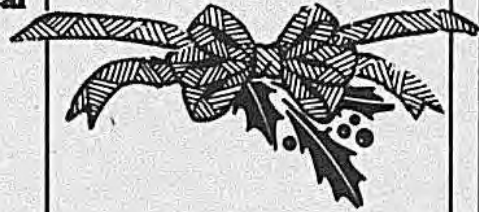
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Friday, December 27, 1991

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- Dr. Robbin Bura Moisa, Assistant Director of Non-Invasive Cardiology, Division of Cardiology, will discuss cardiac stress testing as a means of identification, diagnosis, and rehabilitation.
- Maureen Stampe, RN, BS, Cardiology Nurse, will describe various cardiac stress tests and show a videotape of a thalium stress test.
- Jane Logan, RN, BSN, Cardiology Nurse, will moderate the question and answer period.

DATE: Tuesday, January 7th
TIME: 6:30 p.m. - Registration and Refreshments
7 to 9 p.m. - Program
PLACE: Breed Conference Room



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

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Greeting Retirees



Nassau County Executive Thomas S. Gulotta, (center), congratulated retirees on behalf of their outstanding service to the County of Nassau. Joining the County Executive were: Fiorino Barello and John Specht, both are Hicksville residents.

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT OF
THE STATE OF NEW
YORK, COUNTY OF NAS-
SAU, Index No. 90-21645,
Marine Midland Bank,
N.A., Plaintiff, against
Carl F. Sacco, et al,
Defendants.**

Pursuant to a judgment of foreclosure and sale entered herein on May 31, 1991, I, the undersigned, the Referee in said judgment named, will sell at public auction at the North Front Steps of the County Court House, 262 Old Country Road, Mineola, New York, County of NAS-SAU, State of New York, on January 28, 1992 at 8:45 A.M., on that day, the premises directed by said judgment to be sold and therein described as follows:

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

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

Said premises are sold subject to any state of facts an accurate survey may show, zoning restrictions and any amendments thereto; covenants restrictions, agreements, reservations and easements of record; municipal departmental violations, and such other provisions as may be set forth in the complaint and judgment filed in this action. Dated: Syosset, New York December 11, 1991

Marvin Rachlin, Esq.
Referee
Phillip Irwin Aaron, P.C.

Attorney for Plaintiff
115 Eileen Way
(516) 384-4500
(718) 463-8918

MIT 2541
4X12/27; 1/3, 10, 17

LEGAL NOTICE NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with Section 103 of Article 5-A of the General Municipal Law, hereby invites the submission of sealed bids on MicroComputer Equipment Re-Bid 1991/92:34 for use in the Schools of the District. Bids will be received until 2:00 p.m. on the 15th day of January, 1992, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

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

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

BOARD OF EDUCATION HICKSVILLE UNION FREE SCHOOL DISTRICT

Town of Oyster Bay,
Nassau County
New York
Marie Egan,
Purchasing Agent

Dated Dec. 19, 1991
MIT2543
1X12/27

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

Jan. Children's Programs At Library

Saturday, January 11, at 2 p.m. - Film Classic - "Lord of the Rings" (color - 131 minutes) - Based on J.R.R. Tolkien's famous epic, here is high adventure at its best enhanced by exciting animation techniques. An extraordinary fantasy experience! Grades K-6. Register from December 18.

Saturday, January 18 - Winter Origami Festival with Frances & Sam Batt of the American Museum of Natural History - Two museum-trained artists will present an entertaining and educational afternoon of creative fun. Youngsters will learn how to make a variety of animals and decorative objects out of colorful folded paper. Grades 1 & 2 - 1 p.m.; Grades 3 & 5 - 2:15 p.m. Registration required.

Special For Martin Luther King Day Monday, January 20, 2 p.m. - The Super Silly circus with Star Mime Mark Stolzenberg - Hilarious and daring traditional and experimental Circus clown routines including unicycling, firejuggling, mime, acrobatics, music, lots of

audience participation, and more! Children of all ages and parents, too! Register from

Introducing - The Hocus Pocus Magic Winter Reading Club!

There's magic in books! It's time to sign up right now for the incredible "Hocus Pocus Magic Winter Reading Club" - full of mystery, surprise and wonder. Here's what you do: read four books by April 3. You'll receive a magic trick upon registering, and then one for every book after that. After the fourth book, you'll be invited to our super-duper Hocus Pocus Magic Winter Reading Club "Magic Show and Certificate Celebration" on Saturday, April 11 at 2 p.m. At the Celebration, you'll receive a special magical prize. The show will be presented by Famous magician Mark Schussman.

Grades 1-5. Registration and reporting begins on January 2 and ends on Friday, April 3. **Special, Special! Begins January 30** - Theatre Workshop for Young People - 1st-5th Graders - by actress and drama major Jean McCormick.

Learn about acting, singing and dancing. Attend a wonderful workshop series and participate in a performance for family and friends on Sunday, February 23, at 2:30 p.m. Sign-up begins on January 2, and the first class will be held on Thursday, January 30, from 4-5 p.m. Pick up fliers with all details in the Children's Room. Grades 1-5 only.

And sign up for - Families as Reading Partners - an exciting Read-Aloud Club for ages 3½ to 8. The whole family can get into the act! Family members agree to read at least 20 library books to youngsters and submit a written book list by May 6, 1992. **Gala Read-Aloud party and Certificate Celebration** on Saturday, May 16, 1992, at 2 p.m., featuring one-man circus star performer Chester the Jester - with magic tricks, circus stunts, unicycling and delightful clowning around Register from January 2.

All programs are open to youngsters who reside in District No. 21 only. For further information, please call 931-3907.

Stressed Out No More

In connection with their study of "The Amazing Brain," 5th graders in the George A. Jackson School Gifted Education Module were treated to a presentation on "biofeedback" by Todd Benjamin, Jericho High School Community Counselor. Mr. Benjamin spoke of the relationship of stress, exercise and diet, and of how we may be instrumental in reduction of our stress.

Students viewed a video cartoon which showed how physical symptoms of stress - sweaty palms, rapid heartbeat, shallow breathing, as well as certain diseases, may be controlled through the use of visual imagery, control of breathing and proper diet. To measure degrees of individual stress, each participant was given a "stress dot" for his or her hand. Changing colors of the dots indicated the amount of stress experienced.

Dots were examined both prior to and following a relaxation exercise.

The success of biofeedback techniques was evidenced by the relaxed expressions on the faces of all who attended the presentation. Now, students should be able to face the next series of tests and class projects with ease.

Writer's Club To Meet

The Writer's Club, conducted by fellow-writer Mrs. Dorothy Freda, editor of the small press "The Pink Chameleon," will meet on Saturday, December 28, from 2 to 4 p.m., at the Hicksville Public Library, 169 Jerusalem Avenue, Hicksville. Come Join Us... Admission is Free.

Help Your Heart

American Heart Association

Stroke Is a Disease That Hits Home

Stroke seems foreign to you? It shouldn't. It's an American problem. In fact, it's the No. 3 killer in the United States, behind heart attack and cancer. About 150,000 of 500,000 stroke victims die each year, the American Heart Association says.

So learn about a disease that hits home. Hard.

Stroke is often a sudden and severe attack. It's caused when a blood vessel bringing oxygen and nutrients to your brain either bursts or is clogged by a blood clot or another particle. This prevents blood from flowing to a part of the brain, killing brain cells.

There are four main types of stroke. Clots that plug an artery cause the two most common kinds. Ruptured blood vessels cause the other two.

The variety of strokes could alter your behavior and thought patterns, memory, senses, ability to move parts of your body, speech and your ability to understand speech.

You could have one or more of the major uncontrollable risk factors. For example, the older you get, the greater your risk of stroke. Blacks and men have a higher incidence than others. You're more likely to have a stroke if you or a close blood relative already had one. Two other major risk factors are diabetes mellitus and asymptomatic carotid bruit (an abnormal sound doctors hear when placing a stethoscope over the carotid artery in your neck).

But you *can* control and treat four other major risk factors. So focus on these:

- **High Blood Pressure** - Have your blood pressure measured regularly. If it is too high, follow your doctor's advice, which might include eating a healthful diet, staying at your proper weight, exercising regularly and, if necessary, taking medication.
- **Heart Disease** - A history of heart disease is a major risk factor for stroke. The three major controllable risk factors for heart disease are cigarette



smoking, high blood cholesterol and high blood pressure.

- **Transient Ischemic Attacks (TIAs)** - "Mini-strokes" are strong predictors of stroke. These can be treated with drugs such as aspirin that can help prevent clots from forming.
- **High Red Blood Cell Count** - A high red blood cell count thickens the blood and increases the risk of stroke. Your doctor can help treat this problem.

• You indirectly increase your risk of stroke if you drink a lot of alcohol, if you're obese or if you're not involved in regular physical activity. But note that these secondary risk factors are related to lifestyle habits that you can change.

It's important to recognize a developing stroke, and to get medical help immediately. During a stroke, you may have sudden weakness or numbness in the face, arm or leg on one side. You could lose your speech or have trouble talking or understanding speech. Another sign is dimness or loss of vision, especially in one eye. Sudden severe headaches with no apparent cause may occur. And be aware of unexplained dizziness, unsteadiness or sudden falls.

If you have any of these signals, see a doctor immediately. How fast you respond could decide how much brain damage occurs - or whether you live.

So know and reduce your risks. You'll help stroke become less of an American problem.

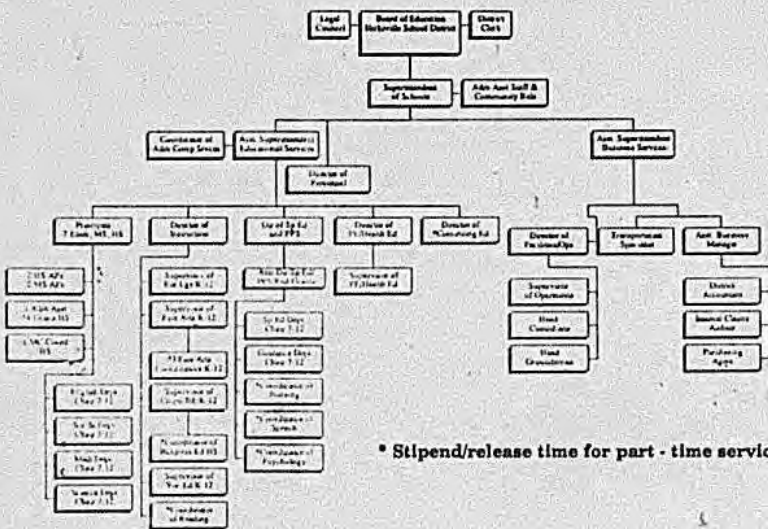


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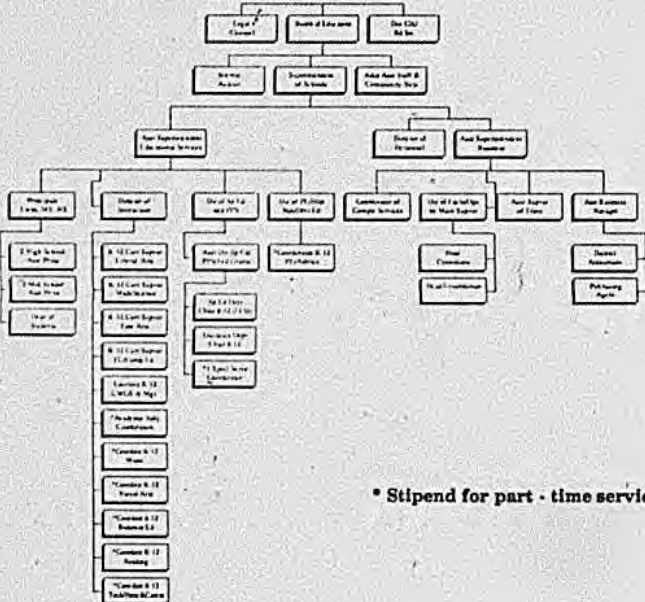
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Present Structure



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Revised Structure



* Stipend for part - time service

School Board Adopts New Type Structure

Continued From Page 1

In response to the previous evening's presentation by Consultants Bishop and Evans, Trustee Jim Black motioned that the Board relieve the consultants of their charge to name school(s) which they deem necessary for closing. Mr. Black acknowledged that even with the volume of data expected to be detailed in their report, the consultants will not cover several vital areas of concern, such as cost factor, safety and engineering studies, educational affects and the quality of the buildings. He warned that the good work of the consultants "could be discounted when the name is out." In asking the Board to reserve "as their prerogative, the naming of a school to be closed, Mr. Black said, "I don't want any school closed for the wrong reasons, based only half the criteria."

As had happened in early October when this same issue came before the Board, trustees Helen Lafferty and Richard Pfander supported Mr. Black, but the motion was defeated with the remaining four trustees voting "no." Trustee James Martillo stated that if Mr. Black did not agree with the consultants' opinion, he would have his chance to disagree (on January 29).

After residents expressed a strong desire to have quick and easy access to the consultants' report, the board agreed to print 500 copies as soon as possible, with a view toward distributing them after the January 8th meeting. Mr. Mugavero reminded the Board that he, himself, may not receive the report until a day before it is presented to the Board.

The Superintendent touched on the following areas in his monthly report to the Board:

* The budget process has begun and the citizens lay committee has been receiving presentations by staff members. The Superintendent says he is determined to deliver residents a "no increase" budget.

* In the aftermath of an incident recently at the high school, the district has adopted emergency procedures to be followed in case of fire. Mr. Mugavero said that those procedures have been distributed to each of the building principals.

* Stating, "Education can no longer be made a scapegoat for property taxes and Medicaid payments," Mr. Mugavero urged residents to take part in a letter writing campaign and green ribbon campaign directed against state aid cuts and for public education. The PTA and the Nassau/Suffolk School Boards Association are sponsoring these campaigns.

* The Adult Education Program has doubled its attendance since last year. Mr. Mugavero said that the district hopes to offer new courses in the spring that will appeal to residents. In order to cut expenses, the district will not be printing a spring edition of the Adult Ed handbook, but will keep the community informed through various articles in the "Mid-Island Times."

* The district is in need of improving its census information and will be sending new forms out to all residents in early January in order to set up an accurate database. Residents are asked to fill in the forms and return them as soon as possible.

During general public sessions, PTA Council President Peggy Theis expressed PTA's concern that the upcoming elementary consolidation could rip apart this community again. "We are all one community dedicated to a good educational program," said Mrs. Theis, and she asked residents (and Board members) to "be kind in our remarks and kind to the Board who will be making the decision."

The Board will hold a special meeting at 8 p.m. on Wednesday, January 8, 1992, in the high school auditorium. At this meeting, the Board will receive the final report from consultants Lloyd Bishop and Seymour Evans.

Below are the current and revised Administrative and Supervisory structures of the Hicksville School District:

Present Structure: * stipend/release time for part-time service
Revised Structure: * Stipend for part-time service

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Magazine

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Friday, December 27, 1991

new year HAPPY

A New Year's Greeting
A Voice From The Heart

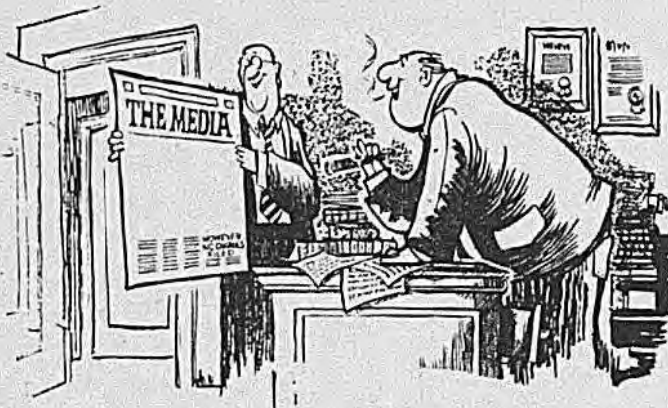
SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think the press overplayed the William Kennedy Smith trial?

Editor's note: Because of the holiday, answers on this question will be continued next week.



"TO HELL WITH A FAIR AND IMPARTIAL TRIAL, IT'S A GREAT STORY!"

Input Callers Say Too Much Coverage

Most callers to Input believe that there was too much press coverage of the William Smith trial in answer to this question: "Do you think the press overplayed the William Kennedy Smith trial?" Here are some of the answers:

OVERPLAYED BY PRESS

Definitely the press overplayed the trial. It covered every possible angle of the case right down to the nitty gritty details. Fortunately I do not think that this had much to do with the outcome of the trial. Good legal work for the defendant pitted against inexperienced work by the prosecutor showed greatly in the interrogation of witnesses. It probably meant that the case was lost for the state from the beginning. H.F.

PEOPLE TUNE IN

If people tune in to it, how can we say that there was too much coverage? If no one wanted to see or hear about the trial, then no one would have been there for the media. Very often the media are blamed for things that the public demands. We say there is too much sports coverage on TV and then we find that the more there is the more the ratings will increase. The public is the key. No interest, no coverage. J.D.

OUTRAGEOUS COVERAGE

It was pretty outrageous the way every aspect of that trial was covered, and the blue dot over her face was a sham. She wanted to be seen or she would not have gone on TV after it and let the public know her name. The blame should not be on the TV and newspapers but on the system that allows someone to make an accusation and pull people into court without any witnesses or any evidence. The whole court system has lost its integrity. It is being pushed around by special interest groups who use the courts to make points that are not what justice or the rest of the public wants. K.S.

NEED COVERAGE

I think they should have had complete coverage of the trial. That is, the backgrounds of both parties should have been given to the public and the jury. This was one-sided. The woman could make any type of charge she wanted and smear William Smith without even revealing her own name. The idea of having anonymity is not in the modern era. Everyone involved should have been revealed like in any other type of case. K.G.

KNEW IN ADVANCE

From the beginning I knew how this case was going to come out. Women's rights are always trampled on when there is money and power to back up a defendant. The Kennedy money bought this case off by spending a fortune in running down evidence and in hiring a very top notch lawyer who put on a great show. It did not tell whether there was guilt or innocence involved, just money. M.S.

WENT TOO FAR

The press went too far in covering the Kennedy Smith trial. We only got glimpses of what was going on, but they were edited to make the woman accuser look like a fool. I think all this did was make many women have second thoughts about ever going to court for justice in this type of crime. G.S.

HYPROCRISY

Most people have a great deal of hypocrisy. They will say that there is too much coverage of trials like William Smith and then we find that they are glued to the TV set. The ratings could not have been high without an audience to back up the decision of the media to broadcast the details of the trial. B.S.

NO IMPACT

I think that insofar as influencing the jury, the media coverage of the William Smith trial had no impact. However, it appears that most polls show that the decision of the jury to acquit was the one most people who saw the media coverage agreed on so I cannot then conclude that any damage was done. A.B.

DIFFERENCE OF OPINION

As with most popular issues there is always a difference of opinion. I wanted to see the William Kennedy Smith trial but the blue dot and the cutting off of the sound when the woman's name was mentioned made the coverage harder to follow than it should have been. There was not reason for not covering the trial and I would have rather seen it right out in the open. N.F.

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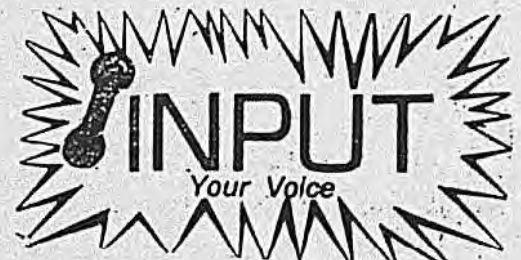
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3. Limit your opinion to five minutes (make notes before calling)
4. Leave your name and telephone, or simply use a pen name (your message can be anonymous)
5. Publishers reserve the right to edit, modify or omit any and all material.



Discovery!

HAPPY
new year

A New Year's Greeting A Voice From The Heart

By Mollie Gussow

I feel - there will always be a rainbow in the sky of all colors to brighten the heavens. The rainbow represents "us" the people. We can make it exist on earth too, for people of all colors.

I feel - if we have a gentle and loving touch for all, it will make us stronger. It's how much people love us, how they regard us, is all in the size of the heart.

I feel - if we can't find a way to live and respect each other, there will be no tomorrow for any of us.

I feel - that God is not looking down at us, or we looking up to Him. He is walking among us, because He has given us our hearts. I would like to think He's in the form of a heart, and always nearby.

I feel - if your hand is extended a little, there is always someone who will lead you in the right direction.

I feel - if your hand is always in your purse, counting your money, your purse may be full, but your heart will always be empty. A sympathetic heart means little, unless it's attached to a helping hand.

I feel - that all our ancestors had it rough, regardless of color or race. We must accept one another, and start on a solid base.

I feel - that our heart beats, and feels, cries and laughs, and knows everything we say and do. We must become caring, loving people, and perhaps the rainbow in the sky will reflect on the earth one day.

I feel - because the wind doesn't always blow in the same direction, and because the skies aren't always blue, should teach us that in order to exist, we all must be flexible, and bend and turn too.

I feel - because we are all human, we all want peace. Life could be very simple; it is we, who confuse it so, by looking for things out of reach, when it's so close from head to toe.

I feel - we can all enrich our lives, playing some minor part, in bringing peace and quiet at hand, and put back some gladness in our hearts.

I feel - if we are strong enough to face the world each day, we will be willing to help and share with each other.

I feel - that my heart is dictating all I write, because I'm worried about the future of the world. The world ahead is a bumpy one, and our children have to travel that road.

I feel - that many threads are woven into the fabric of people who care, and when we do things from the heart, there are always kind echoes that will reply. All of this will give us a Happy New Year ahead.

Until then, we all wonder what's in store for us,

In wonder all philosophy began,
So let's fill our hearts with hope and love,
Like when God created man.

ABOUT THE AUTHOR

Mollie Gussow lives in Great Neck. She is a senior citizen who says her grandchildren are "saving all her writings." This is her second contribution to Discovery.



DINING GUIDE

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READER RATINGS



DINNER AND MUSIC
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Q. In my neighborhood there are quite a few restaurants. All of them do a brisk business and several have even expanded. Is it my imagination, or do people really dine out more frequently than ever before?
 A. It is definitely not your imagination. Years ago it was a rare treat for most families to dine in a restaurant. But that was at a time when women had more time to prepare meals, since they did not as a rule work outside the home. Today, the average American eats out several times a week.

DINING GUIDE

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 6 Hours - Open Bar
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 FULL DINNER
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Wine Talk

By Richard Nalley.
 Chardonnay has turned more Americans into wine drinkers over the past decade than any other wine ever, and the good news is that the less expensive Chardonnays keep getting better and better.

We are getting flavorful and affordable Chardonnays from Australia and South America these days, and California is looking up, too. At the \$10-and-under end of the market, California's patchy 1989 vintage Chardonnays are being phased out this fall by the more consistent 1990s. This is good news for a Chardonnay-loving nation.

I don't need the statistics that show that Chardonnay is the fastest-growing type of wine in the hottest-selling segment of the business — California wine labeled by grape content — to back me up. Any waiter or sommelier will tell you that the stock phrase of restaurant and bar customers has changed from the simple "a glass of white wine please," to "Chardonnay, please."

Though Chardonnay comes in every style from crisp and lean to rich, thick and unctuous, the style that has captured our tastes is fruity, buttery and suffused with the vanilla character of new French oak barrels. This is the typical style of California's "Reserve" designated Chardonnays, wines that sell for upward of \$25 these days and climbing fast.

With the improvement of vineyard "gardening" and wine-making techniques around the world, however, these juicy, creamy flavor characteristics can also be found in many less expensive bottlings. The \$10 Chardonnays typically lack the depth and complex flavors of the more expensive wines, and may tend more toward sweetness or acidity rather than a balance of the two. Still, these are wines with lots of freshness and flavor appeal.

If many of the less expensive Chardonnays aren't as dry as you'd been led to believe, this is a trait shared with a surprising number of their more expensive California cousins. A touch of residual sugar is hardly a sin — in fact, most people don't really like bone-dry wine — but the key is the offsetting acidity. Acidity gives a wine its refreshing, palate-cleansing quality, and also makes a Chardonnay more able to cut through oily foods like smoked salmon and richer foods like cream sauces and retain its flavor.

Less expensive Chardonnays generally pay less attention to this balance in going all out for fruit appeal. On the other hand, lighter, easier-going wines like these are more graceful with nearly any food than the big, fat, overalcoholic "Reserve" Chardonnays of California vintages past. This is now a style that most California wineries are moving away from and the better international wineries have stayed away from.

The best of the \$10 and under Chardonnays previously reviewed: Meridian 1989; Haywood 1990 Vintage Select; Caliterra 1990 (Chile); Rosemount Estate 1990 (Australia); Bel Arbors "Cask 90."

Chardonnays \$10 and under recently sampled include some beauties from Australia. Australian winemakers have developed the knack of putting flavor punch into their wines without a great deal of alcohol. These are hardly Chardonnays for the ages, but they are some of the most exciting wines for the dollar you can buy.

DINING GUIDE

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This is truly an intimate restaurant. I know your readers will enjoy the excellent food, the attentive service and the warm welcome by the new owners, Louis Tullo and Al D'Elia. Highly recommended!
E.H.

Q. If an uncut loaf of bread is served to a couple in a restaurant, who should cut and serve it?
A. It would be gracious for the man to cut several slices from the bread for his woman companion and himself. Then he would offer the bread to her before taking his own portion.

Q. When dining out with a group of ten or twelve people is it necessary to wait until everyone at the table is served before starting to eat?
A. No, at a large table such as you describe it is usual to begin eating when three or four people have been served. It would be thoughtful for the host or hostess, if there is any, to urge guests to begin eating so their food will not get cold.

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Joanne Starkey, N.Y. Times 5-5-91

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Richard Scholem, N.Y. Times 6-2-91

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By: Bernard Slade

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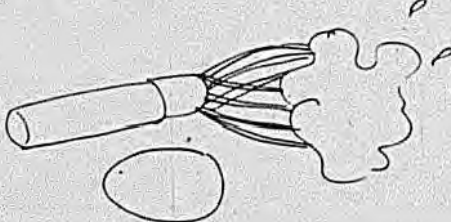
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KITCHEN HINTS

Beaten egg whites are not consistent
 Sometimes volume is greater.

Here's how to get that much every time:

1. Older egg white is beat to greater volume. Do not use very fresh eggs.
2. Use yolks in other recipes. Refrigerate egg whites, or freeze.
3. Defrost egg whites and bring back to room temperature. They will beat up voluminously.



READER RATINGS



Q. Can you tell me the proper way to eat French fries? At a restaurant recently, I saw a young man spear them with his fork and nibble them in mid-air. I found this appalling!

A. The best way to eat French fries is to cut them with the side of a fork into bite-size pieces. You are right - food should never be eaten while dangled in the air.

Q. Recently my fiance and I ate in an expensive restaurant. The food was excellent and so was the service. However, our table was located quite near the door and we felt a terrible draft anytime someone entered or left the premises. We were both extremely annoyed and will certainly never return to that particular restaurant. What is your opinion?

A. You should have told the maitre d' politely but firmly about the problem. He would certainly have shown you to another table if one was available. Even at this late date, you should consider sending a letter to the restaurant owner. I'm sure he wants to please his customers and will take your complaint very seriously. It would make good business sense for him to eliminate the draft!



DINING GUIDE

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Desiree Vivea

When I was a child, one of my favorite fairy tales was "Potato, Potato," about a little peasant girl who loved potatoes. She lived with her mother in a humble hut in the forest. One day her mother had to leave her alone and cautioned her that the last remaining potato in the sack was for their evening meal.

The little girl got hungrier and hungrier and reached for the potato, which jumped out of the sack and ran off crying, "Catch me if you can." After many a mishap, of course, she caught the potato and her reward was a sack of potatoes whose supply never dwindled.

I rather think the fascination of the story was my own liking for spuds — a continuing love affair and one I was happy to find had a good nutritional basis.

Spuds are a great source of nutrients and fiber. And now, with winter closing in, it's reassuring to know that one medium potato provides 50 percent of the Recommended Daily Allowance of the sunshine vitamin.

It used to be that dieters felt they had to eschew the lowly tuber, but actually potatoes have no more calories than an apple of a corresponding size. The embellishments are the culprits, calorie-wise. Potatoes can be as plain or fancy as you choose in order to fit into your daily calorie count.

In fact, a baked spud can easily constitute a meal in itself. To garnish baked potatoes, try serving small side dishes of condiments such as shredded cheddar, crumbled cooked bacon, chopped red onion, pimento, fresh parsley sprigs, and of course, the ubiquitous but always delicious sour cream and snipped chives.

For best results, choose baking potatoes of a uniform size and shape. To ensure even cooking, try this trick: Arrange several rows of wooden chopsticks on oven floor. Cover with paper towels and set pierced potatoes atop chopsticks. They will raise potatoes off the oven floor, allowing microwaves to more easily reach all sides, and paper towels will absorb any moisture that might cause the bottoms to go soggy.

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

MICRO-TIP OF THE WEEK

If twice-baked potatoes have been prepared in advance and refrigerated, increase warming time for each potato by half a minute.

TWICE-BAKED POTATOES

4 medium russet potatoes
8 tablespoons butter
8 tablespoons sour cream
½ teaspoon salt
½ teaspoon freshly ground black pepper
Snipped chives for garnish (optional)

Yields 4 servings.
Preparation time: 10 minutes.

Microwave time: 17 to 23 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Pierce potatoes well with fork and place on floor of microwave. Microwave uncovered for 13 to 19 minutes, or until tender, rearranging and turning potatoes over every 6 minutes. Let stand 3 minutes.

Slice top from each potato. Use a spoon to scoop out pulp. Remove pulp to mixing bowl, leaving shells intact.

Add butter, sour cream, salt and pepper to bowl and mix with electric mixer until smooth. Divide potato mixture evenly among shells. Sprinkle with snipped chives, if desired.

Arrange potatoes in circle on microwave-safe serving dish. (Potatoes may be refrigerated at this point, if desired.) Microwave 4 minutes, or until heated through, rotating dish ½ turn after 2 minutes.

CHEESE 'N' CHILI SPUDS FOR TWO

2 medium russet potatoes
4 tablespoons milk
4 tablespoons sour cream
2 teaspoons chopped green chilies
2 tablespoons shredded cheddar

Yields 2 servings.

Preparation time: 10 to 15 minutes.

Microwave time: 9 to 13 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent).

Pierce potatoes well with fork and place on floor of oven. Microwave, uncovered, for 4½ minutes. Turn potatoes over and microwave 1½ to 4½ minutes more, until they give slightly when squeezed. Wrap in foil and let stand 5 minutes.

Slice tops from potatoes, scoop out pulp with teaspoon into mixing bowl. Leave shells intact. Add milk and mash. Stir in sour cream, green chilies and cheddar. Divide potato mixture between 2 shells. Place on microwave-safe dish (may be refrigerated at this point, if desired). Microwave 3 to 4 minutes, or until heated through.



FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: This girl I know from school has started to write notes to me. She puts them into my school locker and has begun to mail me some at home.

Just getting them is bad enough, but what she writes in them is plain embarrassing and I wish she would stop.

I've told her to lay off, but she says she likes me and that's why she writes in her notes as she does. I get red in the face just reading them.

I don't like her, and her notes make me like her even less.

How can I get her to stop? I wish you'd tell me. — Embarrassed

Embarrassed: Here is an approach that may be worth trying: Ignore the notes without even reading them, don't talk to her about them, be patient because girls like her sometimes hang on much longer than they should, spend time with other girls, but only with those whose company you enjoy (if she sees you with them, that might help turn her off).

Dr. Abraham: I'm worried to death about going out after dark and also about driving on the freeways in our city. Gangs and crazy people are everywhere, innocent ones have been shot at, hurt or killed all around, including in their cars.

What is this world coming to anyway? I can't imagine things getting much worse, and I know it hasn't always been this bad.

How do you feel about all this? — Scared Girl

Scared Girl: I agree with you. What you are worried about has increased tremendously in recent years.

One thing you can do is get in touch with the top people in your city's police department to find out what they are doing about the problems you (and millions of others) are concerned about and ways that you and teens you know might be able to help in controlling and preventing them.

Preparation by police in coping with the problems, neighborhood safety efforts, possible citizen input and educational programs are among the topics you could include in your inquiries.

I hope other teens who share your concerns (as well as those who are less aware than you are) will join in on the type of activities in which you and they can participate. By getting involved, your reward will be the feeling that you are doing something very important instead of just

standing by and watching it happen.

Dr. Abraham: Why is it that a girl I've known for a long time and I are so different in a way that I don't understand? I'm a girl, too, and we are the same age (we're both 15 years old), but she can stuff herself with candy, cookies, soft drinks (not the diet type) and all kinds of snacks and never put on an ounce, while if I did — don't even ask. But I'll tell you anyway. I'd be a big, fat blimp.

I know that for a fact because whenever I go on a gorging trip for even a little while it all seems to go from my mouth directly to my stomach, hips, arms and legs. It's just gross. It almost seems to me that even if I look at the fattening stuff she eats, I start to spread, while she remains as she always is, in good shape from any angle.

Frustrating? You bet. So what do you say about this? — Eating Problem

Eating Problem: It could be the result of metabolism or any one of several other problems that your family physician can explain to you based on your personal situation. His or her advice could be important related to your diet as well as other influences that affect your weight.

Dr. Abraham: I want braces for my crooked teeth. I need them a lot. But my parents won't do anything about them. They say I'm too young, and in time (whatever that means) they will have my teeth checked by an expert. They say that I'm no expert, so what's the rush? I'm 12 years old.

Does that make sense to you? — Tooth Needy

Tooth Needy: Although you aren't an expert, they probably aren't, either. So getting an opinion from someone who is may help satisfy you and provide the facts that they also need.

The professional to make an appointment with is an orthodontist. I hope your folks will cooperate with you enough to go with you and get your teeth checked out. It probably isn't too early at least to take that step.

FOR TEENS

Cooking Corner



Familiar pepper takes center stage

By Charles Britton

I speak severely to my boy, I beat him when he sneezes; for he can thoroughly enjoy the pepper when he pleases — Duchess' song, "Alice in Wonderland."

The Duchess' cook, thought Alice, used entirely too much pepper.

"When I'm a Duchess," Alice said (not in a very hopeful tone, though), "I won't have any pepper in my kitchen at all. Soup does very well without."

A modern-day Alice might feel very differently, for pepper in vast quantities pleases the modern palate. Americans, along with other Western peoples, have sharply increased their consumption of spices of all types, especially those that add a fiery taste to food, and they reach for the pepper shaker more often than ever.

Nevertheless, Americans import more than 31,576 metric tons of pepper. And this bit of data leads to one of those zany statistics without which an article of this type would not be complete. That was enough pepper to provide 1,578,780,000,000 sprinkles from heaven knows how many shakers.

However common it has become on our dinner tables, pepper remains a precious commodity.

The subject also remains highly confusing. The word "pepper" has been given to a number of other spices, while true pepper itself has traditionally appeared in two guises, increased to three in recent years.

Here we are not going to consider the great family of the so-called chili peppers. New World natives that have now spread their incendiary influence all over the world. We are going to narrow the subject to the classic black pepper, its relatives and some pepper-like interlopers.

The tropical shrub *Piper nigrum* provides us with true pepper, and today we can enjoy it in three varieties:

- Black pepper — by far the most common — is made from the berries of the Piper bush, picked while still green, allowed to cure in the sun, then dried. When whole, they are called peppercorns. Black pepper has both the hotness and the characteristic aromatic taste of the spice.

- White pepper is made by letting the Piper berries mature until they turn red and then removing the skin. This leaves the peppercorns a pale tan color. Much of the special flavor of pepper is taken away along with the skins, but the hotness of the kernel

remains. White pepper has little use except in light-colored dishes, where dark flecks of black pepper would be unattractive.

- Green peppercorns are a more recent addition to the spice shelf. The immature berries are canned in water, brine or vinegar, or they can be freeze-dried. Green peppercorns bring a sharper, fresher version of the aromatic pepper flavor.

When the previously xenophobic French chefs began to accept new ingredients in the late '60s, they embraced green peppercorns with such enthusiasm that eventually you could hardly open the menu of a fancy restaurant without encountering this nouvelle spice. The fad has died back, but you still see such dishes now and again.

Leaving true pepper, we find several spices claiming a relationship:

- Pink peppercorns came in about the same time as green peppercorns but faded more rapidly from culinary fashion. These are not from the Piper plant but the berries of a subtropical shrub, said to be regarded as a nuisance in parts of Florida. The spice has a mildly peppery flavor and a sweet pungency. They are sold in brine and freeze-dried.

- Szechwan pepper arrived with the popularity of the spicier varieties of Chinese cooking. These dark red-brown seed pods don't look much like true pepper on close inspection, and, indeed, they come from a totally different plant — *Zanthoxylum simulans*. The spice is mildly hot, with its own character. It is used extensively in Chinese dishes, and Western chefs sometimes experiment with it.

- Jamaican pepper is another name for allspice. This familiar spice isn't particularly peppery, but the Jamaicans call it "pimento," after *pimienta*, the Spanish word for "pepper." The Spanish, for their part, call allspice *pimienta inglesa*, "English pepper," and, to close the circle of confusion, "pimento" also refers to a kind of sweet red pepper.

In any event, allspice is usually included among the "sweet spices," such as cinnamon and cloves. Occasionally, however, you will see the larger round berries of allspice mixed with true pepper in proprietary blends.

- Purchase and storing: Spices and herbs in general do not benefit from aging. The oils that give these products their flavors dissipate with time, so you are better off keeping only a few months' supply on hand.

Whole spices always retain their qualities longer than ground spices. After a few months, ground pepper becomes about as flavorful as so much sawdust.

The best green peppercorns are packed in water or brine. Once opened, the spice must be refrigerated and covered with liquid.

Those in water will last about a week, those in brine or vinegar about a month. They should be discarded when they turn dark. Green peppercorns in water or brine are superior to those in vinegar.

Freeze-dried green peppercorns are much more convenient and long-lasting but the flavor is not as good.

- Grinders: Feinschmeckers, who argue about almost everything in the culinary field, are as one in urging that black and white pepper be freshly ground.

The shaker should give way to the peppermill in both kitchen and dining room. Many types of peppermills are now on the market, and there are even pocket-sized models for the discriminating to carry with them.

The best type of mill allows the user to adjust the grind from fine to coarse.

In grinding pepper, don't turn the knob back and forth; turn it consistently in one direction or the other.

This most familiar of spices, often an accent, can play a main role.

Pepper appears in countless dishes, almost as ubiquitously as its traditional partner, salt. But there are some recipes that highlight the use of both true pepper and some of its namesakes.

One of the classic uses in the French kitchen is beefsteak coated with coarsely ground black pepper and then sauteed until done to taste. The dish is often flamed with brandy. The noted Provencal chef Roger Verge has used these flavors in a new way:

FILET OF BEEF WITH RAISIN AND PEPPER SAUCE

½ cup golden seedless raisins

¼ cup Armagnac or brandy

1½ pounds of beef filet, cut into steaks of desired thickness

2 tablespoons coarsely crushed black peppercorns (see note)

Salt

Butter, cooking oil

½ cup strong beef stock or bouillon

Yields 4 to 6 servings.

Bring raisins to boil in water and simmer for about 5 minutes. Drain well, rinse in cold water and drain again. Place in small container with Armagnac and set aside.

Roll steaks in crushed peppercorns. Press peppercorns into meat so they will adhere. Sprinkle steaks lightly with salt.

Heat butter and cooking oil in a frying pan and saute steaks over medium heat until done to taste. Reserve.

Pour raisins and their soaking liquid into pan. Stand well back, because alcohol might flame up. Stir to release coagulated juices

from pan. Add beef stock and reduce somewhat over brisk heat. Reduction has gone far enough when the sauce has a pronounced flavor. If you wish to thicken sauce in Verge's manner, beat in 2 tablespoons butter a little at a time off heat.

Serve the steaks with the sauce.

Verge accompanies this dish with fresh spinach, and fried potatoes would be excellent.

Note: To crush peppercorns, place a layer on paper towels and roll and pound with a rolling pin. Cracked peppercorns also are available in markets, but these are subject to loss of flavor as with ground pepper.

Chef Rene Verdon of Le Trianon in San Francisco came up with an elaborate chicken dish with a sauce of green and pink peppercorns. Here we simplify it a good deal.

This rather less elaborate preparation exploits the affinity of pepper for poultry.

PEPPERED TURKEY LOAF

2 slices firm-textured white bread

2 large celery ribs, cut in chunks

1 large carrot, cut in chunks

½ medium green bell pepper

2 tablespoons minced onion

1 pound ground turkey

1 egg, beaten

1 (8-ounce) can tomato sauce

Salt

½ to 1 teaspoon freshly ground black pepper

Apricot Mustard Sauce (recipe follows)

Yields 6 to 8 servings. Preheat oven to 400 F.

In food processor, grind bread into fine crumbs. Reserve. Process celery, carrot and green pepper until finely chopped.

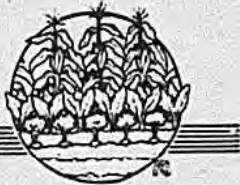
Place in mixing bowl with bread crumbs and minced onion. Add turkey, egg, tomato sauce, salt to taste and black pepper. Toss lightly just until mixed. (Excess working will result in a dense texture.) Form mixture into an oval about 10 inches long and place in baking dish; or turn into 9-inch loaf pan. Bake until fully cooked, 50 to 60 minutes. Cool in pan 5 minutes before turning out to serve.

Apricot Mustard Sauce: In blender or food processor, place 1 (16-ounce) can of apricots, drained, 1 cup chicken broth, 2 tablespoons Dijon-style mustard, ¼ teaspoon salt, ¼ teaspoon pepper and ¼ teaspoon paprika. Blend until smooth.

Transfer to a saucepan and heat, stirring occasionally. Yields 2½ cups.



By Patrick Denton



Paperwhites make pretty long-term flowers

Today let's look at a timely project and some long-term flowers for next year's garden.

PAPERWHITE NARCISSUS

It's about time to consider planting some of the tender tazetta narcissus, known as paperwhites, for bloom at Christmas. Bulbs planted at this time will take about five weeks to produce their fragrant bloom clusters. The yellow form, Grand Soleil d'Or, often takes a little longer.

Very attractive plantings can be made with three bulbs in a 5-inch-wide container or four to five bulbs in a 6-inch-wide container, though even one alone looks pretty blooming in a small pot or bowl. A paperwhite planting in bud would be a fine Christmas gift.

There are two ways to plant paperwhite narcissus bulbs. The traditional method is to spread a shallow layer about 2 inches deep of clean pebbles in a watertight bowl and add water to barely cover the uppermost pebbles. Set the bulbs on top, stabilizing them with more pebbles.

Place the bowl in a cool spot, ideally where temperatures are close to 63 F at night, for the rooting period. As water evaporates, add more to the base of the bulbs. With root formation, keep the water level about 1/4 inch below the bulbs' base plates.

When a good root mass shows when you poke aside the pebbles and top growth has begun, the planting can be moved gradually to a warmer location and the full-possible light for flowering. The plants will give the strongest, longest-lasting bloom in bright light and coolish temperatures.

The second method is to plant in a sterile soil mix as for other bulbs, leaving about a third of the bulb above the soil surface. Move the pots gradually into the planting's blooming site when roots begin to show at the drainage holes and top growth has begun.

EVERLASTING FLOWERS

Having decided last winter to expand my usual repertoire of everlasting flowers, I selected several different varieties from the ones I usually grow and made a bed of these easy, multipurpose plants in the spring.

Except for two really outstanding new varieties, I was a little disappointed overall with my choices. I discovered that I don't like the really tall strawflowers, and I'll certainly be going back next year to my old reliable Fortress Mix statice.

Assessing this year's everlasting flower bed, I think that the miss-

ing element was the delicacy of the more gracefully slender flower stems, such as xeranthemum with its small papery daisy flowers in white, rose and pink and Russian statice (*S. suworowii*), which yields thin, spiraling spikes of rose-pink flowers.

But two new globe-flowers (*Gomphrena*) grouped next to each other at an edge of the everlasting planting were superb. They were a bright red-flowered variety called Strawberry Fields and its companion form, Lavender Lady —

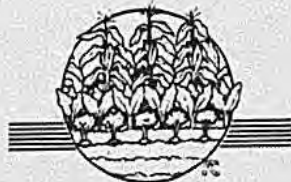
both exclusives from Park Seed (Cokesbury Road, Greenwood, SC 29647-0001; catalog free).

Three globe amaranths grew to around 18 inches tall in neat, delicate mounds that were covered all through the summer with rounded blooms like giant clover flowers.

Everlasting annual flowers are excellent choices for sunny, well-drained flower beds. The bloom production on these plants is prodigious, and the plants serve a triple purpose, yielding as they do garden decoration, fresh-cut flowers and blooms for dried arrangements and for dressing up pot-pourri.

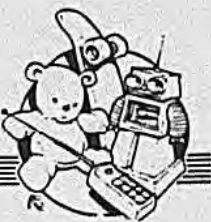
A perennial everlasting flower that I value highly in my garden is a trailing pink baby's breath (*Gypsophila repens rosea*). From an unlikely-looking few green sprouts in the spring, this plant spreads in a low, frothy circle over a yard across at the front of a perennial garden bed.

The plant bears a cloud of tiny pink flowers through June and July, tumbling over a low rock wall bordering the driveway. Then, even when I don't shear the plant back after flowering, it reblooms in the fall.



Our Children

By Willard Abraham, Ph.D.



Curing a child of biting

Q. Our little girl is almost 2 years old, and she has a habit that bothers us a great deal. She bites some of her toys, but, more important, she bites people, even those who do the most for her, like my husband and me.

I have a feeling that this will pass, but my husband thinks we can cure her by biting back. So far I've discouraged him, although I haven't been able to give him a good reason for him not to do that.

We would appreciate your opinion very much.

A. I went back to an old standby whose common-sense suggestions on most child issues seem as good today as when they first appeared in print. See how you feel about them.

"Biting a child back in turn or slapping or scolding him is not a very clear lesson. One toddler may gleefully decide that this tit-for-tat is all a game; another may be more deeply hurt than was intended; another may seek some different and equally unacceptable form of assault."

In connection with a child younger than 2, it goes on to say that "simply avoiding the bite and turning aside usually indicates sufficient disapproval. He sees then that biting is something other people don't like and don't do."

Merely "turning aside" (as this passage suggests) may sometimes not be enough to discourage this

practice. A serious facial expression from a parent, pretending to be hurt or honestly reacting to the pain might be more effective as a turnoff.

The source is "The Encyclopedia of Child Care and Guidance" edited by Sidonie Matsner Gruenberg and published by Doubleday and Company Inc. in 1954. Too long ago? Not really, when its recommendations are often still quite sensible. Some competent libraries may have it available for you to read and use.

Biting back by parents or other adults may give a young child an idea that it is OK for grown-ups to do it, so why not me?

Many of you parents have coped with this situation. What worked best for you? Please tell me, and I'll pass on your ideas to other parents.

Q. I check on my children's health very carefully. Because I also am concerned about the

health of other children, I keep mine away from them if my own aren't feeling well, have a temperature or seem to show other beginning symptoms of a health problem.

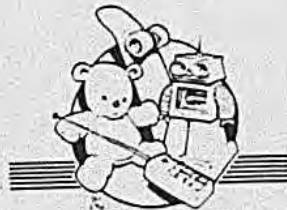
I wish others were as considerate of my children as I try to be of theirs. One so-called friend of mine certainly isn't. She became very angry when I telephoned her to pick up her sneezing, coughing 6-year-old. It was inconvenient for her to come for him, she said, and besides, she insisted that he was in fine shape when she dropped him off at our house. The implication, of course, was that mine caused hers to get sick.

I resented her attitude and told her so. Now I'm beginning to wonder whether I was right. What do you think?

A. It may all come down to priorities, your children versus her friendship. Judging by what you wrote, I think you would easily choose the health of your youngsters.

In time she might recognize that you were right to be offended and will make an overture toward renewing the friendship. Or you could try to renew it — but with no apology.

A few days or weeks to let the situation cool off may be in order.





Fitness Forum

Cattlemen, science wage war on fat

By Jack Williams

After years of being accused of raising a product that could grease your skid into the nearest graveyard, cattlemen of the United States are being asked to take part in a campaign that traditionally has gone against their grain.

The war on fat, they call it. Or, the last ground-roundup. It's all part of an industrywide effort that, ultimately, may reward the consumer where he can most appreciate it — in the pocketbook.

But it also represents an acknowledgment by the beef industry, if not the consumer, that red meat needn't be marbled with greasy, juicy, artery-clogging suet to titillate the taste buds and mollify the mouth.

The beef people say they've got it down to a science. Which is to say they've come up with a substance that has dramatically reduced the fat content of ground beef — as seen in the recently developed McLean Deluxe — and they can define the least amount of fat needed to preserve taste.

"We used to think that taking an extra lean cut below 10 percent fat would kill the taste, texture and juiciness," said H. Russell Cross, Ph.D., head of the Department of Animal Science at Texas A&M University.

And now? "We know the beefy flavor comes from the proteins in meat. The fat flavor is a sensory perception, an aroma. We can protect the moisture and flavor components (of extra-lean cuts) with fat content as low as 3 to 7 percent."

As few as two years ago, extra lean cuts were 12 percent to 15 percent fat, compared with 15 percent to 18 percent for lean cuts and 20 percent to 25 percent for regular cuts.

Ground beef, meanwhile, has gone from 19 percent to 20 percent fat to 9 percent to 10 percent fat with the advent of fat substitutes such as carrageenan (a natural food additive that helps retain moisture) and a process using oat bran or oat fiber.

All this because today's consumer is as likely to ask "where's the fat?" as "where's the beef?" — and at a time when per capita beef consumption has stabilized at roughly a pound per week.

"We've got to meet the consumer's taste requirements and eliminate waste fat," said Cross.

"We also need to remove the inefficiency in the industry that costs the consumer money. And the biggest is fat — producing it (with ample feeding), then taking it off.

"If we're successful, the consumer may see the price impact of the war on fat within a year."

Don Smith, president of the National Cattlemen's Association, concurred: "By reducing fat production, cattle producers and beef processors and marketers not only satisfy demands for leaner meat; they will lower costs."

According to the National Cattlemen's Association, the industry has changed dramatically in the last 25 years by raising a leaner animal. In previous decades, beef was routinely 50 percent to 80 percent fat, according to the School of Public Health, University of California at Berkeley.

Today's cattle gobble less grain at the feedlots and are subject to the genetic engineering designed to produce the optimally palatable animal.

In order to wage the war on fat from conception to consumption — or from range to range, as the industry says — the breeders are being asked to play a significantly increasing role. Growing, feeding, packing and processing are all part of the combat plan.

By 1995, the industry hopes, excess trimmable fat will be reduced by 20 percent and lean production will be increased by 6 percent.

The campaign involving a coordinated effort on all segments of the beef industry comes at a time when beef is taking a back seat to fish and chicken as the preferred protein on many dinner tables.

It also comes at a time when Americans, according to a Gallup Poll study, regard the amount of fat in food products as their No. 1 health concern.

Industry-sponsored consumer research indicated that, by trimming the fat on beef cuts from the standard half inch to one-eighth of an inch, sales of beef would increase. In response to this, said Cross, the amount of separable fat on retail cuts was reduced by 27 percent.

The fact remains, though, that ground beef still is the No. 1 source of cholesterol-elevating saturated fat in the diet, points out Jayne Hurley, R.D., a nutritionist for the Center for Science in the Public Interest, a non-profit consumer organization in Washington, D.C.

"We applaud the beef industry for cutting the fat content of ground beef," said Hurley. "It's a breakthrough.

"But if the industry is truly interested in helping people cut

back on fat, they would label fresh cuts of beef with nutritional information based on the servings people normally eat."

The industry's nutri-facts campaign, said Hurley, provides consumers in some venues with nutritional information on a 3-ounce serving of meat, which is considerably less than the average person consumes.

U.S. Department of Agriculture surveys, Hurley pointed out, indicate that 5.8 ounces is the average serving of beefsteak consumed, compared with 4.4 ounces for beef roast and ground beef and 4.6 ounces for a pork chop.

The 3-ounce servings, about the size of a deck of cards, are recommended by health authorities. Most nutritionists suggest that you eat about 6 ounces each day from the food group that includes lean meat, fish and poultry.

While red meat is considered the best dietary source of iron and vitamin B-12, there is no getting around its cholesterol content — even if you trim the fat.

A University of Arkansas study showed that beef with twice as much marbling had no more than 10 percent more cholesterol. The study supported earlier findings

that cholesterol is found in muscle tissue as well as fat and is not directly related to fat content.

Other studies, pointed out Cross, have shown that the stearic acid in beef can lower artery-clogging LDL cholesterol.

And Cross and his colleagues are encouraged by a report in the spring issue of *Nutrition, Metabolism and Cardiovascular Disease*, a health journal.

The research said lean beef is as effective as chicken and fish in low-fat diets given to men with borderline high levels of blood cholesterol.

Researcher Lynn W. Scott, assistant professor, department of medicine, Baylor College of Medicine, acknowledged the role of beef in a prudent diet.

"It is more difficult to get adequate zinc and iron if meat is not used," she said. "We can formulate adequate diets without meat, but meat provides more flexibility for dietitians, and it provides more variety for patients in their food selections.

Scott, in her research, compared select-grade top round and top loin steaks with skinless chicken breast and red snapper.

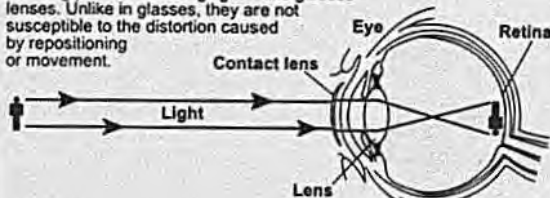
DISCOVERY

Contact lens considerations

Convenience and vanity are the biggest reasons for contact lens wear. They do not fog up or get dirty like glasses and are undetectable when worn properly.

How they work

The lens fits over the eye's surface and alters the focusing point of incoming light — like glasses' lenses. Unlike in glasses, they are not susceptible to the distortion caused by repositioning or movement.



Contact types

You and your eye care professional should choose the type of lenses best suited for your lifestyle and hygiene habits.

Hard lenses

- Last a long time.
- Require low maintenance.
- May be difficult to wear for some people.

Soft lenses

- Easy to wear.
- More maintenance required (except for disposables).

Regular rigid.

- Can last five years.
- Cheap.
- Can fall out.

Gas-permeable

- Easier to wear but cost more.
- Last about three years.

Daily wear

- Cheap.
- High maintenance.
- Low infection rate.

Extended wear

- Lower maintenance.
- Good hygiene important.

Disposable

- No maintenance.
- Infection rate believed low.
- Becoming very popular.

SOURCE: AMA Encyclopedia of Medicine, Mayo Clinic Family Health Book

Barry F. Mulligan, D.D.S.

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By Kit Saedaker

Substitute surimi a healthy choice

By Kit Saedaker

Surimi is imitation crab meat found in fish markets across the country. It's made from other fish, not tofu or some synthetic stuff, and flavored to resemble crab. I've avoided it because it wasn't the real thing, but recently I discovered it's lower in calories and cholesterol than real crab meat if higher in sodium.

Since sodium no longer is regarded as a menace, I tried it and it passes the crab-meat test. Tastes like crab, feels like crab and smells like crab. It's pretty good. I've used it in place of real crab in several recipes, even crab meat salad and liked the results. Of course it's also less expensive than crab meat, which makes it more appealing.

However, in any menu that includes surimi, watch the salt in the rest of the dishes. Don't, in other words, serve it with pretzels. Don't salt the surimi.

SURIMI

MARYLAND STYLE

- 2 tablespoons minced onion
- 3 tablespoons canola or other vegetable oil
- 3 tablespoons flour
- 2 cups skim milk
- 1/2 teaspoon celery flakes
- 1 tablespoon snipped fresh parsley
- 1 tablespoon minced green bell pepper
- 1 pimento, minced
- Dash hot pepper sauce (optional)
- 2 tablespoons dry sherry
- 1 egg, beaten
- 3 cups surimi, rinsed and flaked
- Freshly ground black pepper to taste
- 1 tablespoon vegetable oil
- 2 slices bread, toasted and crushed to crumbs

Yields 6 to 8 servings. Each serving has about 175 calories, 54 milligrams cholesterol, 1 gram fat, 315 milligrams sodium.

Spray 6 to 8 individual dishes that can go into the oven with non-stick coating. Preheat the oven to 350 F.

Put onion in a non-stick skillet with canola or vegetable oil, and saute until transparent. Add flour and cook, stirring for 1 minute. Whisk in milk and continue to stir as the mixture cooks and thickens. Add celery flakes, parsley, bell pepper, pimento and hot pepper sauce. Mix well.

Remove from heat and add sherry. Stir some of sauce into egg to warm it and pour egg mixture slowly into the sauce, stirring as you do. Add surimi and season with black pepper. Spoon into prepared dishes. Combine remaining tablespoon of oil and bread crumbs. Sprinkle some of this on

top of each dish. Bake 15 to 20 minutes or until lightly browned.

SURIMI IN PITA

- 8 ounces surimi
- 6 tablespoons light, reduced-calorie mayonnaise
- 1/2 cup non-fat yogurt
- 1/2 teaspoon grated lemon rind
- 1/4 cup diced green onion
- 1/2 cup diced ripe tomato
- 1/2 cup diced cucumber, unpeeled
- Hot pepper sauce to taste
- 5 pita breads
- Lettuce leaves

Yields 5 servings.

Each serving has about 190 calories, 19 milligrams cholesterol, 6 grams fat, 670 milligrams sodium.

Combine everything except bread and lettuce in bowl. Cover and refrigerate until chilled. Split each pita halfway around the top. Stick in lettuce leaf or two and divide surimi among the pitas. Serve at once.

SURIMI BISQUE

- 8 ounces surimi
- 3 tablespoons low-sodium margarine
- 1 1/2 cups diced leeks, white only
- 4 tablespoons flour
- 4 cups skim milk
- 1 1/2 teaspoons Worcestershire sauce
- 1 tablespoon chopped fresh dill (1 teaspoon dried)
- 1 tablespoon chopped fresh thyme (1 teaspoon dried)
- Nutmeg to taste
- Cayenne to taste

Yields 4 to 6 servings.

Each serving has about 190 calories, 15 milligrams cholesterol, 6 grams fat and 670 milligrams sodium.

Rinse surimi, pat dry and flake. Melt margarine in saucepan and add leeks. Saute until transparent. Stir in flour and whisk in milk. Stir constantly while mixture thickens.

Add rest of ingredients except nutmeg and cayenne and heat, stirring for about 5 minutes. Season to taste with nutmeg and cayenne and serve.

HEALTHY GOURMET



HEALTH WATCH

Top 12 sports for women

A recent survey revealed that women are more likely to exercise than men.

Leading sports for participation by women (in millions)

Exercise walking	42.6	Miniature golf	14.0
Swimming	39.8	Roller skating	12.5
Bicycling	17.4	Volleyball	12.0
Aerobics	17.3	Running/jogging	10.8
Exercising with equipment	15.3	Tennis	8.1
Bowling	15.2	Snow skiing	7.2



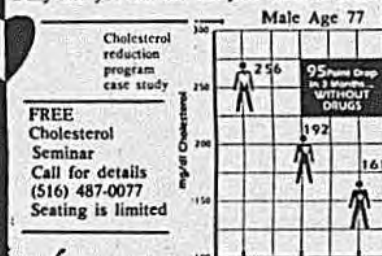
SOURCES: National Sporting Goods Association; Women's Day magazine

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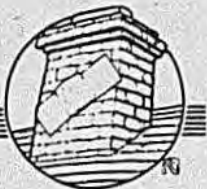
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Here's How

By Gene Gary



Most cleaners safe for slate

Q. We recently purchased a house with a slate entry foyer. The surface is dull and dingy. What is the proper way to clean slate? And what would be the best thing to use to polish the slate once it is clean?

A. Natural slate is practically immune to all common chemicals and almost any of the standard cleaners can be used on slate safely. However, strong alkaline solutions can affect the grout on tile installations.

Because of its density and extremely hard surface, slate is not affected by detergents. Weak solu-

tions of ammonia can be used and the surface can be scoured with steel wool or an abrasive pad.

Clean the entire surface with a strong solution of detergent. Spread over the surface and let it stand for several minutes. Then, with a fresh solution, scrub with a stiff brush. If spots and dullness remain, try a weak solution of ammonia.

After the slate has been thoroughly cleaned and allowed to dry, a coat of sealer will render the surface easier to clean and keep clean. Any good floor sealer should serve. Spread thinly and

rub out well.

Being non-porous, slate will absorb very little of the sealer; just enough to adhere, but it is not the purpose to build up a surface coating. An ideal sealer for slate is one of the colorless terrazzo sealers.

The richness of slate can be improved somewhat by waxing, either with the solvent type or a water wax emulsion. Even an emulsified resin finish will serve well. There also is an old-fashioned (but not outdated) linseed oil formula that some homeowners still prefer to use. It is more difficult to apply than a commercial prepared wax or sealer, but it is effective in maintaining the beauty of slate.

The solution is made of one half turpentine and one half boiled linseed oil, heated over boiling water. Apply warm to the slate and let set for an hour. Wipe off all surplus. Apply three coats of this preparation. Dry thoroughly and wipe clean between each coat.

A reader writes:

Regarding your answer on cleaning grout on a kitchen counter, I have a suggestion. Easy-off Oven Cleaner requires a minimum of scrubbing, nothing to mix and gets dirt out of the cracks and nicks in tile. You need only to leave it on for about one or two minutes and scrub with a soft-tooth brush (scrubbing with a stiff brush eventually removes the grout as well as the dirt).



Decor Score

By Rose Bennett Gilbert



Simplicity marks postmodern decor

Q. What exactly does "postmodern" mean? We have bought a condo with what I guess you call classical architecture, I mean, lots of columns and half-round windows. I like the look and would enjoy having it inside, too, but I need help. — A.C.

A. The name postmodern goes a long way toward explaining the look — it quite literally means the evolution of architectural design since the modernism of the earlier 20th century.

The look is characterized by the reinterpretation of such classical architectural motifs as columns, palladian windows, peaked roofs and detailed moldings. It has a lot in common with neoclassicism, both of which distinguish the room we show here by a leading proponent of the postmodern revival, architect Robert A.M. Stern.

He may be best known, worldwide, for his exteriors, but in this case, Stern has brought his postmodern ideas inside. Among his neoclassic classics are the fanciful Greek revival chairs, column

torcheres and giant, but gentle, geometrics in the rug (custom-designed for the room in Anso IV nylon).

Stern's room is cast in soft, buttery yellows, grays and off-whites, a subtle palette as classic as the Parthenon itself. You may be more familiar with the teals, peaches and clay reds also associated with postmodern design.

Another hallmark — and good reason for its appeal — is simplicity. Postmodern rooms are all about elegance and graceful proportions. Clutter, rampant pattern and strident colors definitely are not in the classic idiom.

Q. I have chosen a rather expensive fabric for the new living room curtains, which I'd hoped to have made full and luxurious looking under a swagged valance. Now I'm caught between the fabric I really love and not being able to afford enough of it to cover the triple-width window. Do you have any suggestions? — L.M.



SOFT AND SYLISH — Architect Robert A.M. Stern of post-modern fame gives classic themes an upbeat in this creamy sitting room.

A. A little of a really great thing can go a long way if you use a few clever "extenders."

For example, the author of "Designing Windows," Lamar Griggs of Arlington, Texas, suggests that you use interlining to stretch the fabric visually. According to this expert, a width of fabric that is interlined will look as voluptuously full as a width and a half that

hasn't been.

To her suggestion, I'd add another trick: Use your expensive fabric on stationary side panels and the swags across the top of the window, then use solid-color shades over the windows themselves to control light and privacy. You'll get the full effect of your beloved fabric, using much less yardage.





LOCAL READER

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Help Wanted

TYPIST. IMMEDIATE. PERMANENT Part time. Mon., Tues., Wed. 9-5. Call 931-0012. htfh

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

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. 11601. htfh

LOVING, RESPONSIBLE babysitter for 6 and 8 year old in my Roslyn home. Three weekday afternoons. Must have car. Call 625-8437 wd3

DRIVER WANTED 8:45 A.M. - 9 A.M., Monday thru Thursday, and 5 P.M. - 5:15 P.M. Monday and Tuesday. \$5 per day. Garden City retiree preferred. 742-7095 after 6 p.m. gcd4

MOTHER'S HELPER 10 to 15 hours per week to care for two young children. Also light housekeeping. References required. Call 775-7210. wd4

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.

INSURANCE P/T, F/T CLERICAL Mon.-Fri., non-smoking office. Returnees welcome. Call John 747-2000. gcD4

Help Wanted

DENTAL ASSISTANT P/T Thurs. evenings 5-9, Fri. 9-5, Sat. 9-3. Will train. Call 746-0445 gcD4

TELEMARKETING SALES If you really want some \$\$\$ join our winning team! We sell network services for N.Y. Telephone and AT&T. Salary plus commission. Call 593-3000, ext. 238. gcd3

AU PAIR/CHILD CARE Warm, responsible person needed for 2 girls 8 and 9 in Garden City. Live-in, own room/bath. \$150 a week. References required. 741-3483. gcj3

WANTED CHILD CARE from 3-5:30 p.m. M/F for my 6 and 4 yr. old. Non-smoker, own transportation, and references required. Please call 747-0680. wj3

PART TIME TYPIST for reputable insurance company in Jericho. Friendly atmosphere, 20 hours, flexible. Salary open. Call 681-0700 between 9 a.m. and 5 p.m. Ask for Sherry. hj3

FIELD SERVICE/P/T DAYS Agissar Corp. is seeking an energetic field service rep. in the Hicksville area. Earn extra money as a part-time electro/mechanical contractor! Must love to "tinker", or take things apart and put things together. Position is ideal for the individual who is either semi-retired, ex-military or has a non-demanding night job and who is also looking for 10-20 hours of work per week. Qualified individuals can earn up to \$10 per hour. Please send resume or work history to Agissar Corp., 626 Benton St., Stratford, Conn. 06497, Attn: Paul Riordan. hj1

Help Wanted

BABYSITTER NEEDED approximately twenty hours a week. Hours must be flexible. Morning, afternoon or evening. 516-437-8465. W-J-3

REAL ESTATE FIRM seeks experienced sales manager for active Garden City office. Call Ed Keusey, 747-1300. gcm3

Situations Wanted

HOUSECLEANER available Monday-Friday. Own transportation, references & experience. Please call (516) 741-0815 gcJ3

HOUSECLEANING/OFFICE Cleaning available. Have car, experience and good references. Call Hilda (516)294-4341 w-D3

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. gcja2

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 gcfl

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. gcF4

COMPANION FOR THE Elderly available part time and weekends and evenings. College educated, single mother (Jewish), compassionate and gentle. Own car, good cook, good listener, good caretaker. References. Call C.J. 338-4510. gcd4

MATURE, HONEST reliable person seeks part time/full time, live out job as babysitter, days worker or to take care of elderly person. Checkable reference. Please call Jackie (718) 778-6007. gcd4

Situations Wanted

PLEASANT, HARD WORKING lady seeks live-in or -out position to care for the elderly. Good references available. Please call Phyllis (718) 528-3534. gcd4

HOUSECLEANER available Monday and Tuesday. Experienced and reference. 294-5475. gcd4

MATURE, RELIABLE woman seeking sleep-in housekeeping job. Speaks French and has green card. Call any time. 483-3790. gcd4

FEMALE COLLEGE JUNIOR available Dec. 16 thru Jan. 10 to babysit, run errands, office work, clean. Own transportation. Call 742-0562. gcJ1

IRONING LADY available Wed. and Sat. Will do cleaning, experienced, reference available. Call after 4 p.m. 248-3035. Ask for Maria. gcd4

HOUSECLEANING - REFERENCES, experienced. Monday, Tuesday and Thursday. 481-0702. wd4

HOUSECLEANER - REFERENCES, Tues., Wed. and Sat., good experience. 486-5394. wd4

POLISH WOMAN IS available for housecleaning. Please call 432-8722. hj1

HONEST, RELIABLE LADY seeks position as a baby sitter, housekeeper, part time cleaning or as a companion. References available. Please call Audrey at (718) 342-0576. gcJ1

I AM A YOUNG Christian Woman looking for work as companion to the elderly. Recent references are available. Please call Amanda at (718)337-2501 anytime. gcJ1

MATURE WOMAN SEEKS position as nurse's aide companion. Will sleep in. Call Naida (718)493-6244. gcJ1

EXPERIENCED GIRL SEEKS position as companion/day worker. References available. Call Sharon at (718) 528-0662. gcJ1

CLEAN YOUR HOUSE for the holidays and if you like our job, stay with us during the year. No Agency. Call or leave message. (516)868-4790. gcJ1

HOME HEALTH AIDE with experience will take care of your loved ones. Affordable, reliable. Excellent references. ask for Rose. (516)326-2917. gcJ1

Situations Wanted

HOUSECLEANING available. Experience and own transportation. Call 466-5990. gcJ1

RELIABLE, YOUNG UKRANIAN woman seeks housecleaning job. Available Tues., Thurs., & Saturday. Own transportation. Call 681-8157 gcJ1

STATE CERTIFIED NURSING Assistant seeks position in Geriatrics or convalescent care. Will work day or night or private duty. Good references. Call Marge 378-8771. gcfl

CLEANING LADY already working in area, looking for housework to fill in some mornings still available, including Saturdays. Location preferably within walking distance to Willis Ave. References available. Please call after 6:30 p.m. 746-3967. wd2

HONEST, RELIABLE woman with years of experience will clean your home. Reasonable, own transportation. Mrs. K., 822-3587 htfh

HOUSECLEANING available. Experience and own transportation. Call 466-5990. gcJ1

HOUSEKEEPER WITH EXPERIENCE afternoons only. Have references and own transportation. 746-4636. gcj2

EUROPEAN, GARDEN CITY resident, nurse's aide available to care for elderly or sick afternoons & nights. Call 741-6347. Ask for Jeanette. gcj2

POLISH WOMAN available for sleep-in job as housekeeper or day worker. References. Call 997-5092. Ask for Grace. gcj3

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. wtfnj2

PRIVATE HOME HEALTH Aide available. Live-in or out. Own transportation. References available. Call 328-7620. wj2

CLEANING LADY available to clean your house and office. Dusting, scrubbing kitchen and bathroom floors, etc. Will also run errands. Own transportation, references. Please call for appointment. 516-574-0242; 718-592-0000. gcja2

Situations Wanted

POLISH LADY IS looking for a position as a housekeeper, companion or child care provider. For more information, call after 6 p.m. 968-5315. gcja2

IRISH GIRL AVAILABLE for painting and decorating and general household repairs. Call Cathal, 212-994-6431 or 212-882-6553. Fully insured and free estimates. gcja2

IRISH GIRL SEEKS child care position. Live-in, Monday-Friday, weekends off. Driver's license, local references. 746-5639. gcja2

FROM ONLY \$35, I will clean your house or office. Good references and own transportation. Call 516-574-0242; 718-592-0000. gcja2

EUROPEAN GIRL AVAILABLE for housecleaning. Reliable, references. Also very thorough. Call 783-4143. gcja2

COMPUTER REPAIR POSITION wanted. Certified in private or commercial repairs. Available for large company repair program. Reliable. Efficient. Responsible. Write: Larry, P.O. Box 1011, Great Neck, N.Y. 11023; or call 466-9690. gcja2

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References. 475-7966. gcm1

Real Estate for Sale

REDUCED - REDUCED. Price Slashed \$40,000. Garden City Western Section, corner Split, 3 BRs, 1 1/2 baths, LR/FPL, DR, Kitchen, Den, Basement, Patio, CAC, 1 car Garage. \$284,647. 488-4796, by appointment. gd4

ALBERTSON/ROSLYN HTS. Adult Condo - 1 BR, living/dining area, 1 1/2 baths, 4 closets. own laundry & storage rm. Indoor parking, terrace, walk to all. 6 yrs. old. Asking \$179,000. Owner. 747-4221. gcj3

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, 3 1/2 over 4 1/2. Income over \$19,000. Taxes \$3415. Currently vacant. By owner. Priced \$195,000. 741-4198. No broker. wd4

EAST WILLISTON; FIRST showing. Gracious Robbins Hill home. Approx. 1/2 acre, 3-4 BRs, 2 1/2 baths, large EIK, mbrl (pl), den, playrm, fin. gsmt, CAC, \$599K owner. 294-8357 wj1

GARDEN CITY NEWLY painted brick CH Colonial/slate roof, 75 x 112. First floor FDR, LR/pl, 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 gcd4

Real Estate for Sale

CUTCHOGUE / NASSAU Point, 1 acre picture perfect Dutch Colonial. LR, DR, den, greenhouse, 3 BRs, 2 baths, 3 (pls), A/C, 2 var garage, solar panels, beach rights, many amenities. \$485,000. Principals only. 248-2188 weekdays. 734-7301 weekends. gcd4

GARDEN CITY PRIME Estate Section, split, 3BRs, 2 baths, LR/pl, 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: LARGE Split, 4 BRs, 2 baths, excellent family home/location. Cath. LR/pl, DR, new EIK, fin. bsmt, 2 car, 70x100, trees/landscaped, near courts/park/RR. \$395K owner, 747-6386. gcd4

GARDEN CITY ESTATES Large custom built 3 bedroom/2 bath Ranch with central air. Huge Living Room; separate formal dining room. Ultra modern kitchen with skylight. Finished basement with bar. Oversized property. Reduced to \$379,000. sold by Agent/Owner (Bill) Days 741-4422, Evenings 742-4082. gcj1

GARDEN CITY 3 BR Mott Colonial. New siding, roof, windows, new appliances, finished basement, underground sprinklers. Asking \$348,000. Owner 746-3241. gcj1

ESTATES NEWLY Renovated 3 BR, 2 new baths expanded Ranch. Large cathedralled ceiling family room, new EIK, by owner. Asking \$399,000. 742-8337. gcd1

STUART, FLORIDA Martin Downs. Cheerful patio home view Tee Pond Green, 3 BRs, 2 Baths \$118,000. By owner (407) 288-2387. gcj1

LARGE, SPLIT, MINT, 3 bedrooms, 3 1/2 baths, den or fourth bedroom, living room, fireplace, dining Room, Eat-In-Kitchen, finished basement with wet bar, 2 car garage. Asking \$390,000. Owner. 747-9346. gcf1

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. gcj1

GARDEN CITY BEAUT SPAC home, 80x100, 5 BRs, 3 baths, scr. porch, fin. rec. rm., walk RR. Asking \$315K. By aupt. Princ. only. 775-5974. gcj3

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

HICKSVILLE: 4 BR Levitt Ranch. New Euro kit and bath. 60 x 100. Taxes \$2600. 2 zone heating and ceiling fans throughout the house. Asking 165K. Principals only. 735-0793. htfn

Real Estate for Sale

BEAUTIFUL JEFFERSON ST., newly decorated 5 bedroom, 2 bath, Colonial. Vinyl sided with canvas awnings. New Kitchen with top-of-the-line appliances, adjoins large family room and eating area, all with imported tile floors. Formal dining room, elegant living room with fireplace. Exquisite oak floors throughout. Five large bedrooms upstairs with second family room. Finished basement with spacious laundry room and cedar storage closets. Attached oversized garage. Two zone electric, new gas heat and hot water. AC. Walk to RR and shopping. Low taxes. Mint move-in condition. Best neighbors in town. Principals only. \$390,000. Call 354-5186. gcj1

GARDEN CITY SOUTH Motivated owner - 3 BR Colonial, large EIK, den, Florida room, 2 car, large property, low \$200's. Super Mint Contemp 5 bRS, 4 marble baths, modern EIK, family room, 2 car, CAC \$300's. Vera Atamian 354-1994. gcD3

GARDEN CITY WESTERN Section, bright, cheery, Split. Walk to RR, close to shopping & churches. 4 BRs, 3 full baths, LR/cathedral ceiling, FDR, EIK, finished paneled bsmt. CAC, thermal windows, alarm system, low \$300's. Principals only. Call 352-0208. gcj2

GARDEN CITY ESTATES by owner. 3 BR Split, 2 1/2 baths, LR/cathedral, ceiling, DR, updated EIK, den, 2 car garage, basement, w/d, gas heat, alarm, new windows & roof. \$379,000. 747-0774. gcj1

WILLISTON PARK - 4 BR Chatlos Colonial, EIK, large LR/DR, tiled bath, 2 car garage. 742-0256. Leave name & phone number. WJ-1

NEW HYDE PARK Legal 2 family, 5 BR, 3 baths, walk all, den, large EIK, fin. basement. \$255,000 352-0799 wd4

HAPPY HOLIDAYS from all of us at Marilyn Lang Real Estate 734-6472, 734-6690. Marilyn, Bud, GERALYN, Donna, Marcia, Eileen. GC4

GARDEN CITY CAPE 4 BRs, 2 full baths, large EIK, fin. basement, private backyard, property 60 x 100. By owner. Asking low \$200s. Low taxes. 747-3667. gcj1

NASSAU POINT Bayfront Contemp. Unique design, superior custom construction on elevated wooded 1 acre. Privacy plus, great views, 100 feet sandy beach. Great room, hi-tech kitchen, 4 BRs, 2 1/2 baths, (pl), all appliances, Andersons, finished basement, double garage. Asking \$550,000 Book-miller Realty 722-4423. gcd4

FRANKLIN SQUARE / GARDEN City South - 3/4 BR Cape, new kitchen, 2 new baths, new windows, Florida room, low taxes. S.D. 17, desirable area. \$190,000. Owner, 486-1651 gcJa3

Real Estate for Sale

GARDEN CITY VILLAGE - Strangely unique Australian Ranch nestled in pines on a double lot "out back". Come, "walk about" & see it all. If you like it, then come on inside. It could "Mate" your day! Spacious 4 BR, 3 Bath, has it all home, with excellent flow. Crocodile free; just birds, bunnies & lots of room. Recently appraised at \$680K; offered at \$523K; but will consider reasonable offers. Call owner 741-1716. gcj3

FRANKLIN SQUARE SD# 17.4 BR brick Cape, brand new up-dated EIK with skylights, detached garage. Relocating. Must sell. Low taxes. Principals only \$179,900. (516)775-8719. gcj1

SOUTHOLD CONTEMP. Hide-A-Way on secluded lot features LR/pl & cathedral ceiling. Master BR & bath plus 2 BRs & bath, deeded beach \$239,500.

East Marion Bayfront Country Cape with sandy beach, large LR/pl, FDR, Den, 4 BRs, 2 baths, forever views \$480,000. Peconic perfect vacation retreat in private bayfront community. Great room/pl, 3 BRs, 2 baths, steps to sugar sand beach. \$149,900. Mattituck Waterfront - Cedar shake countryhome features 2 BRs, 2 baths, enclosed porch, deeded bay beach \$269,000. Happy Holidays. Burt Lewis Realty 298-4600, 734-5533, 765-5810. gcd4

SOUTHOLD WATERFRONT - Delightful 2 BR Ranch with dock & lovely views. Large waterside family room & new OHA heat. Nicely treed 1/2 acre. Priced right at \$215,000. Cutchogue - Attractive 3 BR cedar shake Ranch in quiet area with deeded boating rights. Features oak floors, attached garage, OHW heat & full basement. Owner transferred. Asking \$149,000.

Nassau Point Exclusive - Stroll to beautiful bay beach. Striking Contemp. with open floor plan. 3 BRs, plus loft, 3 baths & artist's studio on treed acre. Asking \$299,000.

Southold - Custom built Ranch surrounded by hundreds of flowering shrubs and trees on one acre. This is a magnificent private setting plus a very short walk to beautiful bay beach. \$235,000. Marion King Real Estate - 734-5657. gcd4

A VERY SPECIAL spacious apartment will soon be available in beautiful village of Bronxville. Convenient 5 minute walk to RR station, 25 minutes into Grand Central, Manhattan. Very short walk to village, shopping & other interesting advantages. Newly decorated LR & 2 BRs ++. Principals only. To see by appointment 741-5267. gcj2

GARDEN CITY 3 BR Co-op on 7th St. Oversized LR & DR. Fpl, Country EIK, 2 full baths, foyer, A/C, new windows. Walk to RR, shops, schools. Mint condition. Must sell. \$199,000. Call 742-1268. gcj2

GARDEN CITY LOVELY 1 BR Co-op. Excellent location. Walk to all. A must see with lots of extras. \$85,000. Days (718) 641-4945, eves. 741-8894 gcj2

GARDEN CITY CHERRY Valley Co-op, 2 BRs, second floor, new EIK, CAC. Walk to RR. \$115,000. 747-8850, 747-1771. gcj1

Real Estate for Sale

GARDEN CITY CO-OP 2 BR second floor unit. Center of Village. One block to LIRR and all shopping. Refinished floors, new windows. owner \$139,000. 873-9469, leave message. gcd4

GARDEN CITY HEART of Village. LR/fp and built-in bookcases, refinished floors, FDR, EIK, 2 BRs, \$145,000. 741-9659 gcd4

STEWART AVENUE - BEST Apartment in town. 3 BR, 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 516-746-4165 gcd4

GARDEN CITY/LOVELY 1 BR Co-Op. Excellent location. Walk to all. A must see with lots of extras. \$85,000. Days (718) 641-4945, eves. 741-8894. gcj1

G.C. HAMILTON GARDENS Gorgeous, oversized 1 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. gcj1

MINEOLA - HORTON House, 1 BR, large LR, secure building, convenient to RR, hospital, stores. Must sell \$79,000. By owner. 747-8711. gcd4

GARDEN PLAZA: MINEOLA Co-Op, Madison, II. Fully renovated, closets galore, W/W, 2 A/Cs, 24 hr. security. Walk to LIRR/shops/courts. Maintenance \$477 a month. Ask 294-9498. \$99,000. gcd4

GARDEN CITY CO-OP Cherry Valley, 1 bedroom, first floor, old world trim, newly installed ceiling, baseboard and chair-rail throughout. CAC, full size washer, dryer, microwave, fresh paint and wallpaper, wall to wall, all new fixtures, updated electric, newly redecorated. Principals only. \$98,000. Call 294-4704. gcd4



HORTON HOUSE, MINEOLA Large 1 BR, sunny corner apt. Walk to RR, hospital, courts & shopping. Principals only. Eves 248-4171. gcj1

GARDEN CITY CHERRY Valley Co-op, 2 BRs, second floor, new EIK, CAC. Walk to RR. \$115,000. 747-8850, 747-1771. gcj1

Real Estate For Rent

CATHEDRAL GARDENS
rent with purchase option for qualified payers. Established co-op complex. Studio, 1BR & 2 BR apts. from \$650. 1/2 of rent applied topurchase. Located on picturesque Cathedral Ave. Call 488-1942. gcd4

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

MINEOLA, LARGE FURNISHED room for rent. Queen size bed, air conditioned, large closet, share bath, non-smoking, professional female only. \$85 per week/Two week security. Call 746-2138. gcj1

GARDEN CITY ROOM with kitchen privileges and own bath. Walk to RR. Female only. References required. Days 333-5626, eves. 248-8531. gcj1

STUDIO APT. HICKSVILLE/Levittown area. Near transportation, shopping. \$450 plus month security, all. 796-2130. hja1

HICKSVILLE APT. FOR rent. Skylight, 2BR, LR, DR/kitchen, parking. Near RR, bus, shopping. Call owner 935-0858. hifn

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 746-2138. hd4

MONTHLY PARKING SPACE Available opposite Great Neck LIRR station. \$85. plus tax. Bayberry Hotel 482-2900. hd3

CENTRAL SECTION GARDEN City Close to RR, private bath, kitchen privileges. \$125 weekly. References required. 742-7129. gcj1

GARDEN CITY UNFURNISHED Room. Share kitchen, laundry, living, dining areas, near RR. Professional/business, non-smoking female preferred. 747-6420. gcj1

FRANKLIN SQUARE/ GARDEN City Border. 3 rooms, first floor, new kitchen & bath, all new windows. Suitable single or couple. No pets. Available Jan. 1 \$675 utilities included 328-9678. gcj1

CONDO RENTAL/ WEST Palm Beach, seasonal, 3 months minimum. 2 BRs, 2 baths, fully equipped, tennis, pool. \$1,200 monthly. (518) 966-5021 or (518) 354-2823. gcj1

WILLISTON PARK - ROOM & bath for rent. Second floor, Hillside Ave. Private entrance. Walk to all conveniences. \$475 a month, call Calivere R. E. 627-8866. Available January 1st. W-J-1

ROOMATE WANTED to share house in Williston Park. Walk to LIRR. \$450 per month includes utilities. 248-5378. W-D-4

Real Estate For Rent

MINEOLA/ WILLISTON BORDER, room for rent. Walk RR, light kitchen privileges. January 1st occupancy. Call after 6:30. 742-4377. W-J-1

FLORAL PARK - LARGE studio with a full kitchen that's new. Private entrance utilities included. \$450 per month. Walk to RR & transportation. 352-2464. W-J-1

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, non-smoker. \$475/mo, utilities included. 579-4186 gcj2

APT. FOR RENT Floral Park Crest - First floor and basement of 2 family home includes LR, DR, EIK, 2/3 BRs, washer/dryer, yard. \$1,075 per month includes gas and heating. 437-7372 eves. gcd4

W. HEMPSTEAD Spacious 3 room Apt., second floor, walk to RR. \$675 including utilities. Call 489-5375. gcj1

GARDEN CITY ROOM for rent. Non-smoker, private entrance, appliances available, walk to station, share bath. \$500. 742-7706. gcj1

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 746-2138. gcd4

GARDEN CITY HOUSE for rent. 4 BRs, 2 Bath Cape, large family room/fp, lovely yard. Asking \$2,300 per month. 742-8337. gcd4

VERY LARGE ROOM Available in nice home. Responsible M/F professional or student. Share kitchen, bath, LR, etc., washing machine, dishwasher, Ppl. Near transportation, faces golf course Eisenhower Park. Nice neighborhood. Non-smoker, references. Available immediately \$425 month. 338-4510. gcj2

WEST HEMPSTEAD - PRIVATE entrance to lovely basement studio, full tiled bath, European kitchen. Walk to train and all. Mature, professional, non-smoking single, \$550 includes all. 538-0225. gcd4

WEST HEMPSTEAD PRIME area, fully furnished, large 1 room studio, new kitchen, new bath, wall to wall, A/C, cable, private entrance, 15 minutes to JFK \$589 includes all. 292-0582. gcd4

MARCO ISLAND - 2BR 2 Bath Condo on gulf beaches, tennis, pool, 2 elevators. Available after April 1, 1992. 271-6479. gcd4

MINEOLA/ FURNISHED ROOM Occupancy for one. Share bath. No smoking. 747-1100. hja2

Real Estate For Rent

ROSLYN - 2 BR APT 1 1/2 baths, dishwasher, parking, upper floor. Young 2 family house. \$950 plus utilities. Owner 746-8023 or 484-6685. gcj1

GARDEN CITY/WEST Hempstead - sunny, spacious 3 Rm. (1 Bdrm) apt., second floor, walk to RR. \$675 includes utilities. P.M. & weekends call Cynthia 433-3492. gcj4

NEW HYDE PARK Large furnished room for rent, second floor, 1 block north of Hillside, 1 block bus & stores. Quiet house, large cedar lined closet, wall to wall carpeting, hot pot, refrig., TV. Share bath. Mature person. No overnighters. \$288/mo. 1/2 security. 742-7975. gcj3

POINT LOOKOUT - 2 BR furnished house available Jan.-Oct. Porch view of ocean, beach rights. \$1,500 a month plus utilities. Call owners/broker at 432-8200. gcj3

FRANKLIN SQUARE: 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. gcd4

Real Estate Wanted

QUALIFIED MATURE couple seeks Garden City Cape or Ranch, St. Anne's Parish, south of Stewart Ave., no main streets or corners. 2 BRs, first floor, 2 car garage or space for 2. \$300,000. 358-9768. gcd4

GARAGE WANTED TO Rent in Eastern section of Garden City. 746-1237. gcj1

GARDEN CITY PROFESSIONAL couple seeks a four bedroom, 3 bath, 2 car garage, full basement, ranch or colonial. Have pre-approved mortgage; ready to move immediately. principals only. Leave message. 731-5123. gcj1

TWO CAR GARAGE Wanted for antique cars. Garden City resident. Estates area or nearby. 741-3284 gcd4

PROFESSIONAL COUPLE Looking for 3 BR house to rent in Mineola/Garden City vicinity for 3/15/92. Call evenings 741-3549. gcj2

HOUSE OR 2 BR apartment wanted by professional couple near Adelphi. Immediate occupancy if possible. Call evenings. (718) 921-2403. gcd4

WANTED: GARAGE FOR rent near Nassau Blvd. station. Call Dean Wetzel at Adelphi 877-4341 daytime. gcd4

Vacation Rental

SKI RENTAL STRATTON Mtn., Vermont, off access road, 3 BR house, large sleep-in loft. Available all dates. Daytime call 227-2976; evening 873-6210. gcd4

Vacation Rental

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. gcj1

SARASOTA, FLORIDA Lovely 3 BR, 3 Bath House on Sarasota Bay. Pool, CAC, lanai, great views. Available Feb. 1. Two months minimum. \$2,500/mo. G.C. Phone 248-8016. gcd4

POCONOS - SKI IN HEART of the Pocono Mountains. Now is the time to make your reservations. Private chalet in recreational community, sleeps 6, accommodates 8. Indoor sport complex, clubhouse, entertainment nearby. Cable TV, stereo, fireplace, very cozy atmosphere. Twenty minutes from Tanglewood, Montage & Elk Mountain ski resorts. Weekend \$300, full week - \$500. Some holidays still available. Call owner, evenings, 352-2130. wd4

WINDHAM MOUNTAIN IMMACULATE Slope Side Condo. Sleeps 10. 2 baths, sauna, washer/dryer. View. Available weekends, weekdays & holiday weeks. 536-2668 gcj4

MT. SNOW/HAYSTACK Large fully equipped 4 BRs plus loft, 2 1/2 baths with color TV, VCR, microwave. Available by the week or weekend. Beautiful views, lots of privacy, heated garage. Call 466-6120. gcj4

GURNEY'S HEALTH SPA Montauk, L. I. Relax, rejuvenate. Week of Feb. 7-14, \$100 per day or \$500 for the week. Makes a great gift. 747-0537. gcj2

SANIBEL ISLAND FLORIDA - Tropical paradise, lush unspoiled setting, southern Florida Gulf coast. Sundial Beach & Tennis Resort, 2,000 foot beach, 5 pools, jacuzzi. 13 soft/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 gulf front, 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. 746-2211, 326-7711. gcM1

POCONO PENNSYLVANIA, CAMEL Back Mountain. 90 minutes from N. Y. top of the mountain town house with 3 state views. Sleeps up to 10. Ski on/ski off, 100% snow making, night skiing, indoor sports complex, pool, gym, tennis. "The Crossings" 40 factory outlet shopping complex, antique shops, restaurants, horse back riding & sleigh rides minutes away. Available monthly, weekly or week-ends. Security & deposit. 20% lower than mountain rate. 747-7019 eves. Also for sale. gcj4

Vacation Rental

MT. SNOW VERMONT 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 & downhill skiing. Less than 1 mile from slopes & beautiful view of mountain from condo. Short & long term rentals. Call 741-1824 GCJ5

PENNSYLVANIA TOWN House atop Camelback Mountain. Largest ski area in the Poconos. Ski on/Ski off. 100% snow making, night skiing. Club house with indoor tennis, pool & exercise room. 20 mile view from Great room, sleeps 10. 747-7019. gcd4

Car For Sale

'87 MITSUBISHI JEEP 16,000 miles, like new, 4 wheel drive, large wheels. \$6,000. 747-2560 hd4

'88 DODGE OMNI 5-door hatch back, light blue, auto, PS, AM/FM. New battery, brakes, oil, 90K highway miles. Good condition, clean car. \$1,950. Must sell 741-6524. gcd4

986 CHEVY CAMARO V6, 26,000 miles, loaded, white, black interior, T-tops, tint, mint condition. Must see! \$6500, neg. Evenings 741-9545, ask for Connie. hd3

'89 CHEVROLET CELEBRITY 4 door, Euro-sport, 6 cyl., 27,000 miles, 2 tone dark grey. Like new. \$6,950. 747-5672. gcj1

LINCOLN 1988 TOWN car. A dream! \$10,990 and it's yours. Fully equipped. Call 741-6675. gcj4

CAR FOR SALE 1987 CHRYSLER LE BARON Turbo, loaded, 63,000 miles. Best offer over \$3,200. 873-9134. gcJ2

1976 OLDSMOBILE - NINE passenger wagon. All electric. 1990 transmission, new tires. A good station car. \$200 - 742-2396. WJ2

1984 VOLVO - 760-GLE, 102,000 miles, loaded. Climate control, power sun roof, power windows, power mirrors, power door locks. New interior. Garaged. \$5,600. 741-0972. WJ2

VOLVO 1983, 4 door, excellent running condition, new tires & battery. \$2,800. 746-7608. gcJ2

'87 MITSUBISHI JEEP Montero, 16,000 miles like new, stick shift, 4 wheel drive, large wheels, chocolate color. \$6,000. 747-2560. gcJ3

NISSAN '88 200 SX-XE, 2 door, hatchback, sun roof, red, auto, ps, pb, A/C, 24,000 miles \$8,800 746-6458. gcJ3



Car Wanted

WANTED: FOREIGN, domestic, exotic cars. We visit you with highest cash prices. Any year/condition. Prompt, professional 24 hour service. 826-5611. gcl1

Wanted

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hja1

DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hja1

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. gcjnl

ATTN: TENNIS PLAYERS. Anyone with extra court time they cannot use next fall at Garden City pool/bubble. Mon., Tues., or Wed night 8-9:30 p.m. Call 742-9257. gcj1

Services

BUILD WITH BRICK
Stoops • Fireplaces • Patios
• Driveways • And all types of Brick & Stone Work
Quality Workmanship at Reasonable Prices
Satisfaction Guaranteed
No Job Too Small
• Waterproofing
• Slate Roofs Repaired
Estimates 538-3813
LIC #H1735940000 gcj3

LEAKS & SQUEAKS
Handyman Service. No job too small, old house specialist. General home repairs. 15 years experience. Day and evening hours available. Call Jim, 868-4984. gcj4

TIRED OF BAKING? TRY Us. Homemade apple and pumpkin pies, pumpkin bread, holiday platters and more. Call Susan at Breads & More for free brochure. 248-9349. gcjJ3

ALLCLEAN CO. SPECIAL offer... Residential & Commercial cleaning done at very reasonable prices. Housecleaning/apartment cleaning/office cleaning/window cleaning/chandelier cleaning/polishing and much, much more. Our work is done to your perfection in which your satisfaction is guaranteed. If you act now, your first visit of house/apartment cleaning is at 1/2 price. Allclean Co. is run by graduate educated Garden City residents who take special care in our work. For a free estimate please call: 877-2428. hd2

HANDYMAN: QUALITY Home Repairs. Plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences, doors shaved, carpentry, sheetrock patching. Ceiling fans installed, window air conditioners removed. Call Joe, 746-7517. wd3

Services

JAMES F. MENTZ
CARPENTER-ROOFER
Small Jobs Reasonable
Skylights Installed
Carpentry-Alterations
Slate Roof Repairs
Roofing-Gutters-Leaders
Kitchens-Attics-Basements
LIC #401750000 593-2933
gcja2

TELEPHONE INSTAL- lation & repair: TV cables & modular jacks installed. Electrical wiring and fixtures. Prompt, reliable and reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al Byrnes, 481-4665. gcja2

THE CUISINE SCENE
Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings, my specialty including beautiful cakes. Professionally trained staff. Call Susan 742-1956. gcm2

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

EXCEPTIONAL TUTORS Inc., est. 1981 - Diagnostic Educational Evaluations: for children (ages 5-16) having difficulty with schoolwork, homework, or concentrating in class. professional Tutoring: REading and math (grades 1-8), Learning Disabilities, English, H. S. Math, SAT's. 466-7178. gcj3

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

LITE MOVING & STORAGE Very reasonable. Call day or night. Long & short term storage. Local/long distance. Will beat any price. Free estimates. \$10 off with this ad. 599-0996. gcj4

PLAYGROUP BY CER- TIFIED early childhood teacher for 3-4 year olds. \$5 an hour. Arts and crafts, music, games, reading. Call 747-5853 before 9 p.m. hj2

HAIRCUTTING IN YOUR home. Perms, color touch up, special blow styles at reasonable prices. All convenient hours. Discount for wedding parties & engagements. Introductory special prices. 354-8098. gcD4

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

For Sale

CHRISTMAS SPECIAL. BLACK mink female jacket. Excellent condition. Hardly used, size M. Black fox collar & cuffs, beautiful. Best offer over \$500. 873-8723. gcj1

GARDEN CITY REMODEL- ING 24 feet all wood kitchen cabinets. Very good condition, formica counter & stainless steel sink \$895 or best offer. 248-4629. gcj1

NORTHGATE COMPUTER. 386/33MHZ, 64K, 4MB, 100MB/HDD, 5 1/4+3 1/2 floppy, color monitor, omni keyboard, inc. MS/DOS5, GW - basic, QA. Never used, 3 mos. old. HP laser jet 111P printer, never used, 3 mos. old. Original cartons & manuals + transferrable 2 year warranty. \$3,400. Call 294-4704. gcj1

MAHOGANY DR. SET circa 1905. Table, 6 chairs, 2 servers, china hutch & unique bar. All mint condition. Moving. Make offer. Call 352-8644. gcj1

HOCKEY SKATES. BAUER 944 - Supreme, size 6 1/2, original box, excellent condition, worn twice & outgrown. \$49. 248-0781. gcj1

QUALITY HAND STITCHED soccer balls. Low prices. Call 437-3333. gcj1

MOVING. GIRL'S FORMICA French Provincial BR set, twin bed, dresser with mirror, chest, night stand, corner desk. \$200. Good condition. Antique large pine 8 drawer chest, Castro convertible like new, original oil paintings (G. Sherwood), bar stools, etc. 741-8456. gcj1

MEDITERRANEAN SOFA (almond velvet), 2 high back chairs (gold velvet) all carved wood frames. Mint condition. Assorted size storm windows. 746-8023. wja1

PIANO - BALDWIN/HAMIL- ton, cherry finish with humidifier, 1 1/2 years old, mint. Transferable 25 year warranty. \$3200. Call 294-4704. gcj4

BEAUTY SALON Going Out of Business. Equipment for sale. Call evenings 741-0441. gcj4

NORWEGIAN SILVER Blue Fox Jacket worn 3 times. Cost \$1,000, sell to highest bidder. Coffee table, beautiful marble top, cost \$900, sell \$275. Large size dog house \$60. 248-9342. gcj4

LIVING ROOM SOFA Chair and/or love seat, tufted back, beige, mint, goes any decor \$550 B/O. Antique fixture with brass ship, exquisite, circa 1880, \$450 B/O. White spindle crib and mattress \$45. 739-3907. gcj4

MOVING - RARE FINE Arts, many bronzes, original antique carvings, exceptional signed modern and unique artists works, plus other museum quality pieces. By appt. 795-7707. wd4

For Sale

ETHAN ALLEN CARVED Wood Chippendale mirror. \$150; gold metal chandelier with crystals, candlelights plus crystal flowers. \$75. Two love seats - Lawson - Floral, mauve and blue. \$125. White ladies desk and chair with lift-up mirror vanity. \$50. 747-8145. wd4

LIVING ROOM, TWO country blue and tan plaid sofas, \$250 each. Matching wing chair \$150, less than one year old. Lane contemporary cocktail table, two end tables and twin wall units (originally \$3000) \$650. All excellent condition. 742-0464. hd2

TUNTURI EXERCISE Stair machine, hardly used, digital timer, counter, etc. \$150. 248-2484. gcj4

NEW MIKASA "CLASSIC Flair" peach dinnerware. 60 piece set, plus 5 piece completer set in original boxes, \$400, retails \$800. (212) 924-7807. gcj4

DINING ROOM JR. Set - breakfront, table, 4 chairs, formica. Asking \$175. Wood-burning stove by Vernon Casting, Model Vigilant, asking \$100. All in very good condition. 775-2383. gcj4

MUST SELL HENREDON 8ft. honey velvet couch 775-4944. gcj2

TWO FULL LENGTH leather coats, designed and made in Italy, size 12-14, one tan, one brown. Reasonable. Perfect condition. 746-4555. gcJa3

FORMAL WALNUT 10 Piece dining room set, hand carved, approximately 60 years old. Newly upholstered chairs. All pieces in excellent condition. Must be seen. \$4,000 neg. 599-8483. GCJ2

3 SOLID CHERRY WALL units 30x76. One open shelf, one cabinet bottom, one 3 drawer top shelf. \$250 each. Childcraft wood dollhouse with wood furniture. \$95. 741-6188 evenings. GCD4

Instructions

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MARY K. COSMETICS - Open house - discounted prices. Clearance sale: clothes, computer programs, Sit-one-exerciser, jewelry, etc. 160 Ferncroft Rd. Mineola, (Look for sign on Willis Ave.) Saturday/ Sunday 9 to 4. 741-8586. W-J-3

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

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



NOVENA TO ST. JUDE
 Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers.
 T.H. gd4

NOVENA TO ST. JUDE
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M.V.B. wd4

HOLY SPIRIT YOU WHO SOLVE
 all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit.
 A.R.C. gd4

NOTICE

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When guests are inconsiderate

By Carol Cutler

Now that the weather has cooled down, more invitations to dinner are in the mail. People are entertaining each other for social, political or business reasons. Whichever it is, the occasion is always eagerly anticipated.

However, the very guests who have been invited can turn out to be pitfalls. Usually it's only one person, but that's enough to sabotage the best-planned evening.

Let's begin at the beginning of the evening — arrival. I happen to prefer that guests arrive just a few minutes after the appointed hour. Everything is in readiness right on schedule, but minutes will slip away and there is always that last lipstick touch-up you'd like to do. There is nothing wrong with military punctuality, but I just think it's thoughtful to give the host and hostess a moment to catch their breath.

Real tardiness, on the other hand, is very rude. Anything beyond 15 minutes puts a strain on the serving schedule. Also, an extended cocktail hour can mean disastrous effects if guests aren't careful about their sipping.

Hosts who have a rigid serving time often phrase the invitation so that no doubt is left about when dinner will be served. "Come at 7 o'clock for cocktails, and we are sitting down at 7:45." Households lucky enough to have a chef don't want to keep him (or her) too late, so you can be sure that the stated dinner hour is strict.

Dress code. Ah, there is a thorny problem. I recall being at a dinner party where everyone was attractively dressed — but one. He has a reputation for dressing casually, and everyone knows it. But shorts

and running shoes? Clothes today are not so constricting that you can't be comfortable, even though nicely dressed.

I considered his attire insulting. The hostess had worked very hard preparing an exceptional meal, had set a beautiful table, and even lit candles in the garden since the dining room overlooks the garden.

It was to be a gracious evening, and this single person took some of the edge off it. Of course, he was making a statement, but better to leave your hang-ups at home.

When in doubt about dress code, ask. But beware. "Casual" can mean different things to different people. Casual to some means no jacket, to others no tie, and to still others, sports clothes (but no shorts, please). Whatever the suggested dress code, it is a compliment to the host or hostess that

your attire shows that you consider their invitation something special.

Sudden extra guests are rarely appreciated. No matter how well you know the host couple, don't assume you can just bring someone along.

"You don't mind, do you?" proffered at the door can only be met with a gracious, "Not at all."

But suppose a seated dinner is planned and not the informal buffet you were expecting? If you must bring someone, call beforehand and ask.

For the most part, smoking at the table is just not done anymore. Perhaps you are part of an entire group that smokes, then probably no one will object. But don't take any chances.

One sure sign whether smoking is tolerated at the table is ashtrays. If they are on the table, it's OK. If not, don't you dare. Even with ashtrays, any smoker should ask at least his immediate neighbors if they mind.

The best solution, though, is simply to control yourself. How long will you be at the table, anyway? About 90 minutes is usually the maximum, and that's not an eternity.

I know one hostess who never again invited the man who came into her tiny kitchen while she was putting the finishing touches to the meal. He picked up the phone and made a business call that went on and on. There was no space for her to work, so dinner was delayed. He never asked permission to make the call, so please note that he was not referred to as a gentleman.

I don't know a single well-organized cook who doesn't hate to have people get up from the table and help. Relax. You were invited to a party, not to be part of the staff. And when you get up, someone else will feel guilty and follow suit. Soon there are more people in the kitchen than at the dining table. You don't get up from my table, and I won't at yours. Promise.



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The **DINING GUIDE**

In the Discovery Section of this Newspaper

Kids Home Newspaper



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

By J.R. Rose

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DRAW SPOTS ON THIS GIRAFFE



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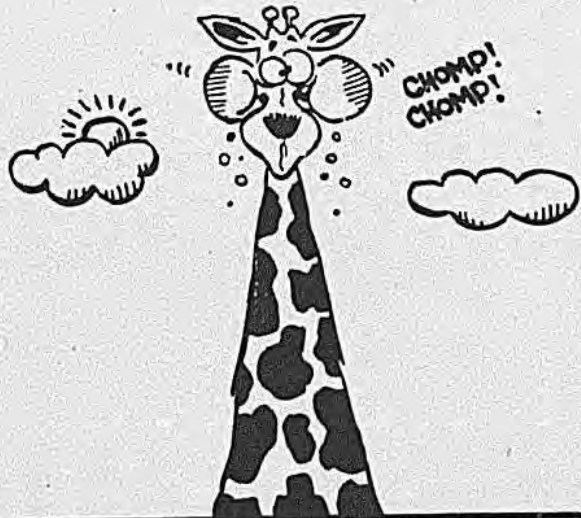
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LET'S MEET THE SPOTTED, TALL GIRAFFE. THEIR NECK'S SO LONG, IT MAKES US LAUGH! TO SOLVE THIS FRIENDLY MAMMAL GAME, JUST SPOT FIVE WAYS THEY'RE NOT THE SAME



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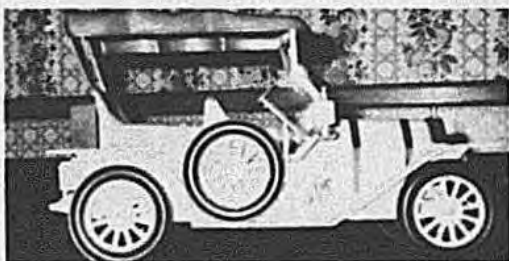
JUNQUE

By James G. McCollam



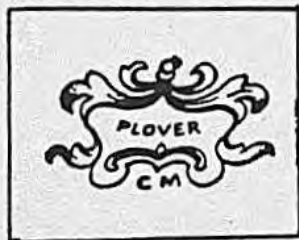
A whiskey bottle is worth something

Q. I am inquiring about the value of a Jim Beam whiskey bottle. It was made by Regal China Co. in the shape of an old "Thomas Hyer" automobile. It is dated 1976.



A. Your Jim Beam "Thomas Hyer" automobile bottle would probably sell for \$90 to \$100.

Q. I have an 18-by-14-inch blue-and-white platter with the enclosed mark. Can you identify the maker and estimate the vintage and value of the platter?



A. This was made by Charles Meigh in Hanley, England, between 1835 and 1850. The name of the pattern is "Plover," and most dealers would price this at \$125 to \$135.

Q. Can you tell me anything about the vintage and value of a pitcher with a portrait of Queen Victoria? It is marked "Doulton, Lambeth" and commemorates her Golden Jubilee.

A. This was issued in 1887 to celebrate Victoria's 50th year as queen of England. It would probably be worth \$265 to \$285.

three handles and is decorated with penguins on a yellow background.

A. Your Royal Bayreuth toothpick holder was made in Tettau, Germany, about 1900. It would probably be worth \$125 to \$135.

Q. What can you tell me about a porcelain toothpick holder marked "Royal Bayreuth"? It has

Q. I have several sterling silver demitasse spoons with bust of Christopher Columbus on the handles. Each spoon bowl has a different building at the Columbian Exposition. Can you give me any information about these spoons?

A. The site of the Columbian Exposition was Chicago in 1892 to 1893. Your spoons would probably sell for \$25 to \$35 each.

Q. Can you evaluate a man's pocket watch made by the E. Howard Watch Co., Waltham, Mass.? It has a 17-jewel movement No. 981,357. The case is marked "Warranted 20 Years."

A. Your watch was made between 1909 and 1912. It probably would sell for \$165 to \$185 in good condition.

Send your questions about antiques with picture(s), a detailed description, a stamped, self-addressed envelope and \$1 per item (limit one item per request) to McCollam is a member of the Antique Appraisers Association of America.



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Points on Pets

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

Q. Is it possible to keep a box turtle from the woods as a pet? What should we feed our turtle?

A. Box turtles are relatively easy to maintain as pets. They require very little care. They like a habitat that includes earth or sand, vegetation such as grass, rocks and logs and some shallow water. Box turtles need and enjoy occasional baths.

Box turtles thrive on a variety of fruits, vegetables, earthworms, lean hamburger and chopped hard-boiled eggs. Turtles like to bask in the sun. However, shade or materials that they can borrow under should also be provided.

During the cold months of the year, box turtles go into a state of suspended animation. Before

going into this form of hibernation, the turtle should be well fed. A well-fed turtle feels heavy — a sign that he has a good store of fat. Turtles usually like to bury themselves under leaves or grass while hibernating.

Box turtles often live to very old ages. It is not uncommon to hear of turtles living 20 years or more. Generally, wild animals of any form are better in their own natural habitat.



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This week we celebrated the Christmas holiday. My family celebrates mostly on Christmas Eve, the night before the holiday. The whole family gathers in the evening and we go to church at midnight for a special service.

After we come home, we open our presents and everyone enjoys playing with the gifts. The next day we have a large dinner.

These are my family's traditions. What does your family do on this holiday?

Your friend,
Aunt Tilly

The World's Most Beautiful Grandchildren



This is my second grandson, Jonathan Andrew Greenberg, born January 11, 1991, to my daughter and son-in-law, Susan and Charles Greenberg of Dumont, New Jersey.



This is my third grandson, Daniel Spindelman, born July 7, 1991, to my daughter-in-law and son, Barbara and Charles Spindelman of Pearl River, New York.

I was a lucky "Nana" who got two new and beautiful grandsons this year, within 6 months of each other.

Mrs. Jean B. Spindelman
Garden City

YOUR SOCIAL SECURITY

An increase in Social Security benefits

By William M. Acosta

Q. How much will the Social Security benefit go up in 1992? M.H.

A. Based on the increase in the Consumer Price Index from the third quarter of 1990 through the third quarter of 1991, Social Security beneficiaries and Supplemental Security Income recipients will receive a 3.7 percent COLA (cost of living allowance) for 1992.

Q. Is there anything I can do if I disagree with a decision Medicare made regarding my claim? L.O.

A. Yes, you have the right to appeal the decision. The notice you receive from Medicare tells you the decision made on the claim and also tells you exactly what appeal steps you can take. If you need more information about your right to appeal and how to request it, call Social Security or the Medicare intermediary or carrier on your state.

Q. I have recently become representative payee for my mother. How much record keeping am I required to do? J.H.

A. As a representative payee, you should keep records showing how much you received in benefits and how the money was used. You are required to account for the funds you have received by completing form SSA-623, Representative Payee Report, which is mailed to you about once a year.

Q. I have delayed filing for SSI. I plan to file soon. Will my benefits be retroactive? D.F.

A. You should apply for SSI right away. This is because SSI cannot start before the day you apply. You can apply for SSI by visiting a Social Security office or calling Social Security for an appointment with a Social Security representative.

YOUR SOCIAL SECURITY