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In Two Sections

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Mid-Island Times & Levittown Times

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Friday, January 3, 1992

Holiday Gifts



Plainview resident Aaron Asple accepts a holiday gift from U.S. Marine Corps Staff Sergeant Bernard Hilton (left), Roosevelt Field General Manager Joseph P. Cilla (right), and Chrysler Corporation District Sales Manager Dan Payne (rear center), during a recent Toys for Tots delivery to the United Cerebral Palsy Center in Roosevelt. The center's Executive Director Salvatore Gullo (second from left) and Developmental School Program lead teacher Joy Inserra share in the delight.

Roosevelt Field is in its third consecutive year as a major sponsor of the U.S. Marine Corps Reserve Toys for Tots campaign. Chrysler and the L.I. Jeep Eagle Dealers Association, since 1990, have donated a jeep to serve as the official Toys for Tots toyobile for pick-up and deliveries throughout Nassau County.

Rotary Club Holiday Dinner



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.

Santa Comes To F.D.



Oyster Bay Town Councilman Thomas L. Clark (back row fourth from right) recently was on hand to greet Santa Claus as he visited with members of the Hicksville Fire Department and their families.

Beat The Winter Doldrums

On Wednesday, January 22, at 1 p.m., Marilyn Margulis will be at the Bethpage Public Library to help you with a Winter Pick-Me-Up (make-up tricks and skin care). Sign up for this informative workshop at the Reference Desk or call 931-3907 to register. Bring a mirror, tissues, Q-Tips, shower-cap and a clean face and Marilyn will expertly help you chase away your winter look. All Welcome - Admission Free.

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

Wet On Wet Art Demo

Art instructor Rick Skiba will be at the Bethpage Public Library on Friday, January 17 at 7:30 p.m. to present a lecture/demonstration on the "wet on wet" oil painting technique as seen on PBS-TV. This innovative art method can bring out the "artist" in everyone. Perhaps you too have an inner artist - here's your opportunity to find out!

All Welcome - Free Admission.

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

Y JCC Presents 'Fiddler On The Roof'

A New Year of cultural programming on Long Island will begin Sunday, January 5, at 7:30 p.m. Plaza Theatrical Productions and the Mid-Island Y JCC presents "Fiddler On The Roof" at Plaza Playhouse, 712 Old Bethpage Road, Old Bethpage.

One of Broadway's best-loved musicals, Fiddler tells the story of Tevye, a pious Russian peasant, trying to raise his five daughters according to "tradition," in the face of a dramatically changing world.

Admission is \$10 - \$14.50; advance sales are available in the Mid-Island Y Jewish Community Center at 822-3535.

Town Develops Plan To Fight Rabies

In response to the Board of Supervisors' decision to declare Nassau County a "rabies county," the Town of Oyster Bay has developed a plan that will ensure the inoculation of all dogs and cats brought to the Animal Shelter.

"In anticipation of the 'rabies county' designation, the Town of Oyster Bay has already taken steps to prepare for the necessary changes," said Town Clerk Carl L. Marcellino. "Animal Shelter employees have been issued pre-exposure rabies inoculations, and the Shelter has purchased rabies vaccine that will be administered to all dogs and cats brought into the shelter."

According to Town Clerk Marcellino, the Director, Assistant Director and Senior Animal Warden of the Animal Shelter have all been authorized and trained to administer intramuscular inocula-

tions to dogs and cats housed at the facility. Massapequa Animal Hospital has agreed to provide supervision, at no cost, in order to ensure proper administering of the inoculations.

The Town Clerk noted that at this time, the mandatory rabies requirements only apply to dogs but cats will also be inoculated at the Shelter since it is believed that the mandate will be expanded to include them within the near future.

"All animals brought to the Shelter by either residents or the Animal Wardens will be inoculated prior to adoption or redemption by the pet owner," Town Clerk Marcellino continued. "Each pet owner who adopts or retrieves a lost animal will be issued a certificate of rabies inoculation."

The Town Clerk advised residents to contact their pet's veterinarian if they have any questions about rabies.

Holy Trinity Student Ties For 2nd Place

To the Editor:

The Voice of Democracy Committee of the Wm. M. Gouse, Jr. VFW Post No. 3211 & the Ladies Auxiliary, under the chairmanship of William P. Bennett, is pleased to announce that Karen Jendras, a 10th grader, at Holy Trinity High School was tied for second place on the county level of The Voice of Democracy Contest, sponsored by the Veterans of Foreign Wars of the United States.

The Nassau County judging was held on December 9, 1991. Twenty VFW posts participated, with a total of twenty-six tapes and scripts submitted. The Nassau County chairman, Mr. Vincent P. Oesterle, was extremely pleased with the Wm. M. Gouse, Jr. Post #3211 for having eighty-six entries on the high school level, from Hicksville.

We are most pleased to print Karen's essay that was selected for first place, by our local VFW VOD Judges, out of a total of sixty-eight entries from Holy Trinity High School.

On behalf of VFW Commander, Vincent Ferrara, and Ladies Auxiliary President,

Joan Chwalisz, we wish to congratulate Karen Jendras, and our thanks and appreciation go out to the Principal of Holy Trinity Diocesan High School, Mr. James Boglioli, Mr. John Boglioli, Social Studies Chairman and to Sister Noreen Healy, Karen's teacher.

Respectfully submitted,
William P. Bennett, Chairman
Voice of Democracy Program

Meeting America's Challenge

By Karen Jendras

The scene is grim on the proverbial wrong side of the tracks. The sound of gunshots drowns out that of chirping birds. "Transactions" are made on almost every corner, the participants never blinking an eye. A ten-year-old girl rummages through a garbage can for her only meal of the day. In the middle of the school day, young children run through the streets amidst the dangers of one of America's most perilous neighborhoods.

On the other side of town, but seemingly in another world, a Mercedes roars up the driveway of a majestic mansion.

Continued On Page 12

Letters to the Editor

To The Editor:

The recent actions taken by our Hicksville School Board under the advice of our school superintendent indicate to me that our school district is finally on the road to fiscal responsibility. I draw this conclusion from the following three main events that will have a long lasting beneficial effect on our community:

1. The transfer of the 6th graders to our middle-school.
2. The reorganization of the administrative and supervisory staff that will result in a potential cost reduction of about \$1.1 million per year.
3. The closing of an elementary school which is now an almost irreversible fait accompli.

The only question remaining is which school is the best candidate. And that will be decided at the school board meeting of January 29, 1992.

I submit that the above actions call for public applause and commendation from the entire community. To the best of my recollection, no prior board in the history of our district ever had the mettle to take such heavy measures all in the course of one single school-year. It is quite understandable that not every one should accept the above changes with the same enthusiasm as I do. That's what we call freedom of expression. However, it is regrettable that the very people who complain the most about the high cost of education and call for fiscal restraint, do shout the loudest when our school trustees sharpen their pencils to act in that direction. Although well intended as they may be, it is not altogether clear to me how constant carping about the

decisions of the board serves the best interest of our community. Either we want fiscal sanity or we don't. Playing both sides makes matters that much more difficult for our elected school trustees and creates adversity in our community. We are now at the threshold of a new era in our school district. Let us rejoice in it.

A happy holiday season to you all!

Sincerely,
Jean Diradourian

To the Editor:

In your issue of December 20, Mr. Salvatore Mugavaro, the Hicksville School District Messiah replied to a previously published letter from a very anguished Mr. A. Goldstein. Unfortunately Mr. Mugavaro's lengthy response contained mostly education and budget rhetoric that fell like a hail of pigeon pearls from a theater marquee - in short, garbage which surrounded but never answered two important questions asked:

1. Did the school attorney in a timely manner know of the court's decision which caused our taxes to rise an additional 5 percent? If he knew before the 1991-92 budget vote, who did he advise and why was the information withheld from the taxpayers?

2. Did Mr. Mugavaro hire an additional administrator other than as a replacement? If so, who, and what for?

Those two accusatory-type questions required answers not disdainful lectures to taxpayers.

Sincerely yours,
Frank H. Willard

In Service

Navy Lt. Jane M. Harman, daughter of Lloyd C. and Margaret A. Harman of Mangan Place, Hicksville, N.Y. recently completed the Officer Indoctrination School.

During the final week, studies concentrate on the application of civilian professions within the Navy.

The 1978 graduate of Hicksville High School joined the Navy in July 1991.

Marine Pfc. Stuart E. Briskin, son of Elizabeth and stepson of William Callaghan Jr. of Evergreen Ave., Bethpage, recently completed recruit training and was promoted to his present rank.

During the training cycle at Marine Corps Recruit Depot, Parris Island, SC, recruits are taught the basics of battlefield

survival, introduced to typical military daily routine and personal and professional standards.

All recruits participate in an active physical conditioning program and gain proficiency in a variety of military skills including first aid, rifle marksmanship and close-order drill. Teamwork and self-discipline are emphasized throughout the cycle.

He is a 1990 graduate of Bethpage High School.

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Appointment At Mid-Island



Barbara Hohlowski, R.N.

Robert J. Reed, President of Mid-Island Hospital, Bethpage announced today the appointment of Barbara Hohlowski, R.N., M.S. as the new Assistant Director of Nursing for the Operating and Recovery Rooms.

Before coming to Mid-Island, Barbara Hohlowski spent over 12 years in the Operating Room and School of Nursing at University Hospital, Stony Brook. Recently, she held the position of Clinical Nurse Specialist with a joint appointment between the School of Nursing and the hospital's Operating Room. Previous to this, she was a Head Nurse in the Operating Room, predominantly in the area of Gynecology.

Mrs. Hohlowski received her Registered Nurse degree from the Diploma School in Oakland, California. Her Masters of Science degree in Perinatal Women's Health was achieved at the SUNY at Stony Brook. Her graduate research was accomplished in Operating Room Orientation. She is a Laser Nurse Specialist and a Certified Nurse for the Operating Room.

Barbara Hohlowski is an active member of the Association of Operating Room Nurses and is involved in their Continuing Education programs. Also, she is a member of the Suffolk County Chapter District 19 of the Suffolk County Nursing Association. Mrs. Hohlowski is on the Board of Directors of the Three Village Community Youth Services organization.

She and her husband Richard reside in Port Jefferson with their two children Heather and Sean.

Bethpage Student Wins Honors

Shawn Brickley, a senior at Bethpage High School was honored at Nassau Tech for his outstanding efforts in his carpentry class. He was chosen as Student of the Month for November because he surpassed his classmates in production, attitude, safety and study.

Shawn has pursued his program of carpentry as part of his high school education and plans to enter the field of carpentry upon graduation.

Jottings From Yesteryear

By Bill Clark

Christmas has passed and the New Year ahead brings thoughts of when I was young (what a memory). Groups young and old sang carols at your door. Just as a group of teenagers sang door to door on Lee Ave, this year and sang well. When I was young my Aunt & I went to Just Rite Bakery Christmas Eve. Returning home on Cherry St. we passed Wheeler's house where my Aunt showed me Santa Claus in their house making an early delivery. She rushed me home for early supper & early to bed before Santa reached our area.

House decor those days was window wreaths with an electric candle or candelabras and garland & wreaths on doors made from live branches. The indoor live trees were placed before a window to be seen from outside. Tree lights had larger bulbs and shorter lengths compared to present day sets.

Many of the homes today decorate with hundreds of lights & figures. But in the 30's the house that I remember well was the Dr. Elwood & Ann Curtis residence on Nicholai St. It had a large size Reindeer, sleigh with tree & toy bay on the open porch roof with Santa going down the chimney to the porch below where a full size fireplace with logs & stockings hanging on the mantle. The porch lit by flood lights. Recently this home was the Jolly Swagman and now being renovated for a new eating place.

Broadway was decorated with lights, garlands, wreaths etc. stretched across from curb to curb with colored lights making the village attractive to all.

Have a Happy & Healthy New Year.

Reproduction of Dr. Elwood Curtis' Christmas card.



This is our home at Christmas. The home where we have lived for nearly forty years. Here our Children were born and raised and here they and our Grandchildren come to celebrate birthdays and special holidays. Especially do we look forward to our family gathering at Christmas, the holiest and most significant event in the history of man.

It is such a great privilege to watch the expression of wonderment and delight as the children gaze upon the Christmas tree with its decorations and should Santa arrive to hand out the gifts, then indeed is their cup of joy overflowing. This is our home at Christmas.

With humble hearts we thank God for these very pleasant memories. Memories which become more priceless with each passing year.

For our home, for our faith and the blessings of Christmas, also for friendships lasting through the years, we give thanks.

To all of you we wish a Very Merry and Pleasant Christmas and a Peaceful, Happy New Year.

Elwood and Anna Curtis

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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
Philip Irwin Aaron, P.C.
Attorney for Plaintiff
115 Eileen Way
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Bethpage H.S. Student of Month

The Hicksville Elks Lodge has honored Stacey Aronowitz, a Senior at Bethpage High School, as Student of the Month. Combining high motivation and organized hard work, Stacey has achieved a high degree of success both in academics and extra-curricular activities. Not only is she ranked number two in her class but she was named a National Merit Commended Student and won the George Washington Medal last year for excellence in Math and Science.

In addition, she has participated in every activity available. She is Co-Editor of the Yearbook, Assistant Editor of the newspaper, "The Eagle's Cry," President of the House of Representatives of the Student Council and a director of the Student Civic Association. Wherever things are happening, Stacey is there.

In a recent interview she described some of the programs of which she is most proud. She helped organize the Homecoming, for example, which drew more floats and generated more funds than before. She mentioned the Senior Prom, visiting nursing homes, scheduling the first annual Alumni College Fair and especially the special talent show for a Senior classmate who is seriously ill.

She has demonstrated her musical talents on the violin since third grade and the glockenspiel in the band since eighth grade. It is no wonder that she is a member of both the National Honor Society and the Tri-M Music Honor Society.

It is easy to understand then, why she was accepted into Cornell University on an early decision basis, something she has dreamed about since ninth grade. She described the Human Services College as being unique, a small school inside a large university in a beautiful setting. Her goal is to work with people in need, possibly in social work or in law. She has the drive to succeed.

Notice to Readers

Photos, manuscripts and news items are welcomed by this newspaper. All material is checked for its suitability, local relevance and space requirements. Not all material submitted can be used although a large amount of local news and photos will be used each week.

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Bethpage Man Won't Be Home For Holidays

Last December the eyes and hearts of Americans were turned towards the East as the country waited for what would happen in the Gulf region. There was mail by the ton and good wishes by the thousands, as Americans remembered their servicemen and women serving overseas at the holidays and perched on the edge of war.

This year the Mideast is quiet as Americans at home prepare to celebrate the holiday season. Desert Storm is part of history; but some of America's Navy remains on station in Saudi Arabia.

The men of Patrol Squadron 23 (VP-23) are part of America's forward-deployed presence that supports the national interest.

One officer observed, "We (the Navy) were out here for years before the Gulf War; we were the first ones on site when the trouble began; and we're the ones who stay behind after everyone else has gone home." The Navy currently has 180 ships or 35 percent of the fleet deployed. Twenty-three ships are in the Persian Gulf/Red Sea region, while aircraft like those assigned to VP-23 fly missions to support fleet operations.

Patrick Nicholas Curtin III, the son of Patrick and Rosemary Curtin of Bethpage, is a lieutenant assigned to VP-23. This year the 26-year-old Curtin will spend the traditional season of peace deployed to keep the peace.

"I've only been deployed for one month but the upcoming holidays drive home the family separation and the loneliness," said Curtin. "It's easier to pass the time away because I stay busy in this ever-changing and increasingly challenging environment."

Curtin is an aviator and flies in the Navy's VP-23, a land-



Patrick Nicholas Curtin III is an aviator serving with Patrol Squadron 23 (VP-23). The Bethpage native is currently deployed in Jeddah, Saudi Arabia.

Navy photo by PH1 Dante M. DeAngellis

based, long range anti-submarine warfare (ASW) patrol aircraft. Of the many uses of America's naval forces, the ability that ships and squadrons like VP-23 have to project power, to protect the shipping lanes, and to rapidly respond to emerging crises, keep naval assets wary and ready.

Keeping ships at sea and airplanes in flight would not be possible, however, without the dedication of men like Curtin.

An alumnus of the United States Naval Academy, Curtin takes a matter-of-fact approach to his decision to serve. "As part of the multi-national interdiction force, we are here to uphold the United Nations trade sanctions against Iraq," said Curtin.

Although proud to serve, the squadron crew assigned to Patrol Squadron 23 (VP-23) agree that mail is the biggest boost for morale when far away from home. They also wish that

they got more of it.

Across the country Americans have reached out to keep in touch. A philanthropic organization of San Francisco businessmen, the Guardsmen, continued a 12-year tradition this year that brings holiday greenery to deployed naval units. Donated trees left San Francisco on November 24, and arrived in Saudi Arabia on December 20. The trees were transported by the Military Sealift Command.

Not to be outdone, children from the Woodrow Wilson Elementary School in San Leonardo, Calif., made Christmas cards and decorations to remind sailors on duty in the Mideast region that they aren't forgotten.

Efforts like these keep the holiday spirit bright for military people like Curtin. "I love and miss my family and hope they all have a merry Christmas," said Curtin.



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money & you



New tools and gadgets for around the house

By Molly Woulfe

Happiness is a hot glue gun to that rare breed, the do-it-yourselfer. For the rest of us, happiness is relying on a friend, relative or contractor to do the dirty work. Why?

Frankly, we're scared we won't measure up, that we couldn't chalk, caulk or hammer our way out of a paper bag, much less install a sink. It's not our fault. A toolbox is the original Pandora's box, full of evils like mud anchors and toggle bolts just waiting to

create chaos when unleashed in the home.

But brace yourself. A visit to the 1991 National Home Center Show revealed several new products and tools nice to have around the house, even for hapless sorts who think grout sponges live in the Caribbean Sea.

Note: Prices listed are retail prices. Some items will not be available for several weeks.

INDOOR & OUTDOORS

- Smoke detector by Generation

2 Inc. Pop a light bulb into one end of this gadget, twist the bulb into an overhead light and presto, an instant smoke detector that operates with the light on or off. A rechargeable backup battery kicks in if the power fails. \$19.99. (The Home Show presented a '91 Innovator Award to Generation 2 for this product.)

- Cricket II Counter Top Drinking Water Filter by Tectonics. Set this portable, thermos-sized device by the sink, hook up a few tubes and enjoy clean drinking water at home, in motels, or wherever. Filters last six months to a year. System, \$49, filters \$13.

- Variations Wall Shelving Systems by Knap & Vogt. The manufacturer had the brilliant idea of enclosing a template (similar to a dress pattern) with this three-shelf kit, making it goof-proof. When taped to a wall, the pattern shows just where to drill holes for screws. \$69-\$59.

Units are \$1.19 each. (Handy-Stone also won an Innovator Award.)

TOOLS & GADGETS

- Bucketbuddy by Pinnacle Products Inc. This device clamps onto a ladder and holds a gallon or quart bucket of paint, eliminating the ups and downs of paint jobs. \$9.95.

- T-Level Picture Frame Hangers by Trimilleni Corp. This wall mount fitted with a tiny T-level and adhesive back makes it easy to hang pictures straight. \$1.99.

- The Squeak-End by E&E Special Products. Fix a creaky floorboard in less than 10 minutes with a Phillips screwdriver, wrench and this simple kit. \$6.99.

- Jump-Proof Guards for sliding closet doors by John Sterling Hardware. Next time that closet door leaps off the track, fasten universal hinges on top that lock rollers onto the track. Package of four braces, good for one set of doors, \$3.

HOUSEHOLD

- Mildew-proof Perma-White Bathroom Ceiling and Wall Paint by William Zinsser & Co. Inc. Tintable white paint is guaranteed to prevent mildew growth for five years, a plus for homes where teens spend hours in the shower or under blow-dryers. Nontoxic, washable. \$25 gallon.

- Water Logic Toilet Reservoir by Water Logic Inc. Install this L-shaped plastic device in the toilet tank and it saves a gallon of water per flush and up to \$50 a year in water and sewer charges. A nice addition for the ecology minded household. \$19.95.

- Change-A-Lock Kit from Perfect Lock Co. Allows do-it-yourselfers to change up to six locks, including Kwikset, Schlage, Weslock and Weiser locks. New keys, tools and parts are supplied. This kit is trickier than others but non-Houdini types can figure it out if they pay strict attention to the directions. \$9.99.



money & you

- 2 in 1 Pet Odor & Stain Remover by Pet-Eze. Dilute this concentrated citrus extract with water and wipe away traces of Fido's mistake. Nice orange smell. Biodegradable and environmentally safe. \$7.99 for an 8-ounce bottle.

- No-mortar, no-foundation outdoor walls by Handy-Stone Retaining Wall System. Homeowners who hanker for a wall around their property, or just to edge flower beds, can stack these "rock-face" cement blocks into walls up to 3 feet high. The units interlock via a connecting lip.



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DENIS DILLON
Nassau County
District Attorney

Family Reading Night At Central Blvd. School

Almost 100 families participated in Central Boulevard Elementary School Family Reading Night on November 6, 1991 sponsored by Central Boulevard School PTA. Mrs. Janet Valadez, CBS Reading Specialist, organized the evening with the PTA in order to encourage parent and child involvement with literature. Families participated in reading/discussion group activities developed by Mrs. Valadez who led the discussions.

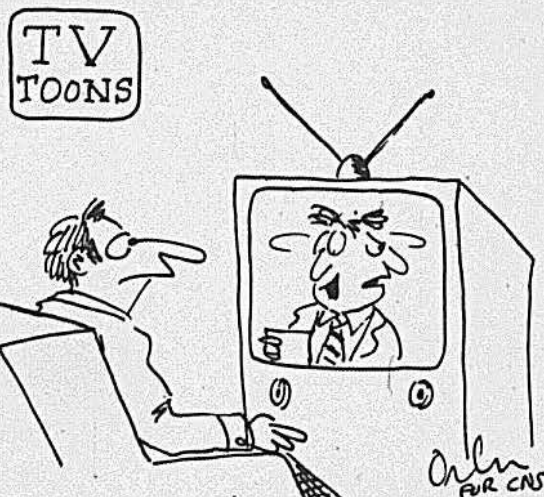
Families with children in grades 1, 2 and 3 read the book *Lyle, Lyle Crocodile* by Bernard Waber and families with children in grades 4 and 5 read *Stone Fox* by James Reynolds Gardiner. After the group discussion activity, *Lyle, Lyle Crocodile* families created a cardboard crocodile to play with. Gift certificates to Walden Books donated by the CBS PTA, were given to five families whose names were randomly selected at the end of the evening. Mrs. Steiniger and Mrs. Bielo, co-presidents of CBS PTA presented the winning families with their certificates. Everyone agreed that reading with family and friends is lots of fun!



Mrs. Valadez leads the group discussion for Lyle, Lyle Crocodile.



Discussing Stone Fox.



"Tonight's 'Masterpiece Theater' presentation: The Cat in the Hat. ... Well, I think it's a masterpiece!"

LEGAL NOTICE

Lien Sale: Jan. 11, 1992, at 10:30 a.m. at 197 Old Country Rd., Hicksville, N.Y., a 1982 Chevrolet G20 van #1G8EG25H7C7110402 re: IREC Inc.; B. Zurrow, Auct'r. Terms: Cash Only Day Of Sale. MIT 2542 2X12/27; 1/3

LEGAL NOTICE

Supreme Court: Nassau County. Uptown Fed'l Savings & Loan Assoc. Plt'f. vs. Abdul Mansury, et al. Deft.s Index #7501/90.

Pursuant to Judgment of Foreclosure and Sale dated July 3, 1991, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y., on Jan. 28, 1992, at 9:30 a.m. Premises known as 3 Montford Place, Syosset, N.Y., being on the southeast side of Montford Place, 100.61 ft. northeast of Split Road Rock, being a plot 70.36 ft. x 97.13 ft. x 65.77 ft. x 32.38 ft. x 78.11 ft.

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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 'he rest!

Holiday Party



Oyster Bay Town Councilman Leonard B. Symons (back row third from left), Town Councilman Thomas L. Clark (back row third from right), Councilman Leonard Kunzig (back row second from right) and Town Clerk Carl L. Marcellino (back row fourth from right) join with members of the Town's Group Activities Program (GAP) and their families during their annual holiday party. The GAP program, which is part of the Town's Community and Youth Services Department, provides a unique social-recreational experience for children and adults. On hand for the event (front row left to right) were Christopher Verini of Hicksville, Dr. Greenfield of Syosset, Loretta Clark of Hicksville, Wayne Curtiv of Plainview and Michael Coffet of Massapequa. Also in attendance (back row left to right) were Tony Sallo, Hubert Baumgaertner, Fred Baurman and Dick Greenfield.



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ARE YOU OVERLOOKING LONG ISLAND'S WILDEST NIGHTLIFE?



Photo by Don York

The black-crowned night heron (*Nycticorax nycticorax*) is a mostly nocturnal native Long Islander who is highly discriminating. You won't find him at just any watering hole. And for dinner the fish had better be fresh, the ambience unhurried.

You might say the black-crowned night heron is a hard bird to please. But The Nature Conservancy has been working hard for 38 years to provide the night heron and hundreds of other animals and plants the finest accommodations available on Long Island.

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The Nature Conservancy Magazine to keep you informed of Conservancy activities. As a member of the Long Island Chapter, you can participate in hikes and education programs led by experienced naturalists, and you are welcome to volunteer to take part in Chapter operations.

If you're concerned about Long Island—not just about its native flora and fauna but also about the

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

Please enroll me as a member of The Nature Conservancy. My \$15.00 check is enclosed.

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Friday, January 3, 1992

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LEGAL NOTICE

Town of Oyster Bay Zoning Board Of Appeals

Notice of Public Meeting By The Zoning Board Of Appeals

Pursuant to the provisions of Chapter 246, Article III, Section 246-18-E of the Code of the Town of Oyster Bay, notice is hereby given that the Zoning Board of Appeals has scheduled a public meeting which will take place in the Town Hall (East Building) Meeting Room, Audrey Avenue, Oyster Bay, New York, on January 9, 1992, at 7:00 P.M., to consider the following appeals:

LEGAL NOTICE

By order of the Zoning Board of Appeals. Holdover calendar

Appeal No. 91-182 A/B Syosset

Terrence Flood: Variance to (A) erect a second-story addition, atop an existing, one-story rear addition, having less than the required front yard, with an encroachment of eave and gutter; and to (B) erect the aforementioned second-story addition, as an amendment to the Specific Plan accepted by the Zoning Board of Appeals for prior Appeal No. 68-620.

SE corner of Orchard St. & East St., a/k/a 20 Orchard

LEGAL NOTICE

St., Syosset, NY December 30, 1991

By Order of the Zoning Board of Appeals Town of Oyster Bay, Oyster Bay, N.Y.

SYO 8047 IX 1/3

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HAVE YOU A HIDDEN TALENT that has yet to be discovered in print?

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.

Hicksville F.D. Called To Fires

Hicksville Firefighters responded to a kitchen fire at the Imperial Wok Restaurant, 12 W. Marie St. on December 24. The alarm was reported by a passerby. Upon arrival firefighters found employees fighting the fire and patrons inside were unaware of the fire. No injuries were reported, but a large quantity of food was exposed to smoke and the Health Department was requested to investigate. Four units responded to the 11:41 alarm under Asst. Chief Patrick Scanlon. Damage was estimated at \$1500.

Office/store Destroyed

Hicksville firefighters responded to a 2:24 a.m. call from an alarm box at So. Broadway and Rave St. Upon arrival minutes later Asst. Chief Scanlon found a house converted to a store and office totally involved in flames to the point you could see through it to the rear. 10 units, 100 firefighters responded under Chief A. Wigdinski and had the fire under control in 45 minutes but not before a neighboring building suffered heat damage and several vehicles and neighboring fences also sustained fire damage.

Chief Wigdinski had first arriving units initiate protective measures on homes to the rear on Linden Blvd. The building at 476 So. Broadway was occupied by the Supreme Home Improvement Co. Years ago it was a stereo shop and before that a Bar & Grill. The cause is under investigation by the County Fire Marshal. One firefighter suffered a minor injury after stepping on a nail which punctured his foot. The building was totally destroyed. No estimate was available.

Holiday Safety Tips

With the holidays upon us Hicksville firefighters wish to remind residents of certain hazards that seem to always mar a happy holiday season.

- 1) Do no overload electrical circuits with holiday lights. Be sure the lights you use are U.L. approved.
- 2) If you are not at home it's a good idea to leave the holiday lights off.
- 3) Use caution when disposing of smoking materials. Leave ash trays in sink overnight. Do not empty into trash containers inside or outside. They have been known to flare up hours later.
- 4) Be sure your children are under the supervision of a babysitter who knows how to call for help, who knows how to get the children out if a problem occurs. Before you leave go over with the sitter what they need to do in case of emergency.
- 5) After a party take time to inspect overstuffed chairs, trash, for cigarettes, etc.
- 6) Be sure all your smoke detectors are working. A working smoke detector will save your life.

The Chiefs, officers and members wish all residents a Happy - Safe - Holiday Season.

The Lombardis share Helen Keller's vision

As parents, the Lombardis want nothing more for their child who is deaf-blind than what Helen Keller wanted: the chance to lead a life in the mainstream. The choice to join the community, to get a job, to find a place to live, to enjoy friends, to ride a bike. The Helen Keller National Center shares the vision, and sponsors the National Parent Network, a clearinghouse and support system for and by families with individuals who are deaf-blind. If you'd like to know more, call 1-800-255-0411.

Helen Keller National Center

for Deaf-Blind Youths and Adults*

Headquarters:

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Regional Offices: TTY/Voice

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*Operated by Helen Keller Services for the Blind
Agency: GTFII, 114 Fifth Avenue, New York, NY 10011



Scanning the Bookshelf



The eyes have it

"Eyes of Prey" by John Sandford; Putnam; 318 pages; \$19.95.

This is a classic mystery, better than anything Sandford has yet written — and he has written some good ones ("Rules of Prey," "Shadow Prey").

Lucas Davenport, a Minneapolis homicide detective, slowly penetrates the maze of false clues that conceals the murderous activities of a psychotic medical man who is aided by a troll-like actor who has his own reasons to kill. But why are the eyes of each victim destroyed? Are there two killers at work? Or only one?

Haunted by a failed marriage and trying to cling to a new love, Davenport's life explodes in personal tragedy in a killing that he blames himself for not having foreseen.

There is a postscript ending to this novel that is a masterpiece in the art of deception.

"On the Spine of Time — An Angler's Love of the Smokies" by Harry Middleton; Simon & Schuster; 237 pages; \$18.95.

Ingratulating mix of fishing and philosophy by a man who has pared down at least some of his life to the essentials.

Sample: "I am getting ready to take off ... into the spruce-blue haze and fog that shrouds the Smoky Mountains, where I will for a week or so purposely give up chasing time, the futile and exhausting obsession to grasp it, hold it down, mend it to suit me."

"We give too much of life over to the wasteful chore of trying to undo, resolve, overhaul, resuscitate, and heal what passing time has a habit of leaving on our doorstep. So busy are we with the past, that we never feel or know the present. ... When I go into the mountains I live on mountain time: the warm press of the present splashing against me, filling the narrow river canyons and steep gorges where the swift water sounds like wind through hollow bones and threatens to absorb the very air. When a trout rises there is only a chill on the skin to remind me that time passed at all."



Scanning the Bookshelf

"Albert Bierstadt — Art & Enterprise" by Nancy K. Anderson & Linda S. Ferber; Hudson Hills Press-Rizzoli; 328 pages; 10 by

12½ inches; 87 colorplates, 260 black-and-white illustrations; \$75.

Bierstadt had the good fortune to paint America's magnificent Western wilderness in the middle of the 19th century when the land was still pristine with clear skies and sparkling lakes and rivers. His paintings reflected that vision and were immensely popular during most of his lifetime; his first sale was for the then princely sum of \$25,000.

He returned from one trip to California with not only sketches of what he had seen but also with Indian paraphernalia and regalia that he used to turn his studio into a veritable museum.

The popularity of his paintings declined in the 1870s as faddish eyes shifted elsewhere and by the time of his death in 1902 he had been virtually forgotten. A fellow artist remarked at the time: "I did not know he was alive until I saw he had died."

But his paintings have endured and now are considered marvelous examples of the landscape art that holds the Young West frozen in time. The illustrations in this volume will attest to that.

Illustrated Reverse Dictionary: Reader's Digest; 608 pages; \$25.

If you ever have strained to recall a word and have it stay tantalizingly just outside of your consciousness, this is the dictionary for you.

It works this way. To find the name for a person who studies butterflies, you look up the cue word "butterfly" and locate the target word "lepidopterist." If trying to recall the word "trajectory," you will find it listed under "path," "curve," "flight," "ball," "throw" and "missile."

There is a vast amount of information scattered throughout the dictionary. Charts explain subjects ranging from alphabets and alchemy terms to wines and zodiacal signs. Illustrations complement the charts by showing parts, types and the organization of such things as kites, cheese varieties, the components of a theater and of a plane, the bones in the human body, and architectural columns.

"Helen Brown's West Coast Cook Book": Knopf; 423 pages; \$21.95.

This is a new edition of a classic in its field, first published in 1952, and solidly endorsed by James Beard: "The author has captured with complete success the unique qualities of Western cooking and has given us one of the most delectable books of regional cookery, in its true sense, that I have ever read."

In compiling her book, Brown researched the dishes of the first Spanish and Mexican settlers, of Yankee pioneers, of Russian, Scandinavian, Italian and Danish farmers, gold diggers and adven-

turers, and Chinese railroad builders.

There are recipes for the West Coast specialty of barbecuing, for the famed crabs of the Northwest, for roast wild goose, for Mexican chicken cazuela, for California potato salad with white wine, for fruit soups, Oregon cherry soup, Chinese pressed duck, Spanish steak, roast saddle of antelope, and many more.

It's a book to savor.

THE PAPERBACKS

Everything you ever wanted to know about baseball is in "The Sports Encyclopedia of Baseball" (by David S. Neft & Richard M. Cohen, St. Martin's Press, 649 pages, magazine-style format, \$18.95); it has 90 years of baseball history in it with all the teams, players, World Series games, statistics and famous legends

If you're pondering retirement, a good book to pick up is Tom & Nancy Biracree's "Over Fifty — The Source Book for the Better Half of Your Life" (Harper Perennial, 495 pages, \$15.95); it has exhaustive lists of agencies and organizations that assist older Americans in such fields as finances, health care, recreation, housing, insurance, housing and social life — complete with addresses and phone numbers.

Chesapeake Bay is famous for, among other things, its great cuisine, which is featured in a book by John Shields titled "The Chesapeake Bay Cookbook — Rediscovering the Pleasures of a Great Regional Cuisine" (Addison Wesley, 252 pages, \$12.95); it contains more than 200 recipes for bounty ranging from blue crab, oysters and bluefish to country hams, mustard greens and game birds.

Help Your Heart

American Heart Association

Shake the Salt Habit

You may not know it, but you and millions of other Americans may be getting too much of a good thing — sodium.

Sodium (Na) accounts for about 40 percent of common table salt (NaCl). Your body needs a certain amount of salt every day to maintain a natural balance of water and sodium. But Americans are taking in much more than they need.

Excessive sodium in the diet may contribute to high blood pressure. And persons with high blood pressure are at a greater risk of heart disease and stroke. The American Heart Association encourages you to limit your sodium intake to less than 3,000 milligrams (mg) per day. That's a little more than a teaspoon of table salt. This amount includes the sodium that's already in the foods you eat.

Cutting down on sodium may be a smart move in warding off high blood pressure. But now that you know this, the question is how.

You can begin by giving the salt shaker a rest. Table salt is a major source of excess sodium in the average diet. You get enough sodium from the fresh foods you eat without showering them with salt.

You will probably miss the taste of salt a lot at first, so it may be easier to gradually reduce the amount you use until you can enjoy food without it. Use pepper or other spices to enhance flavor, but avoid garlic salt and onion salt.

which are also high in sodium. Non-sodium salt substitutes are available in most grocery stores.

You should also use other spices and seasonings when preparing meals. Try cooking with herbs, vinegars, wines and fruit juices.

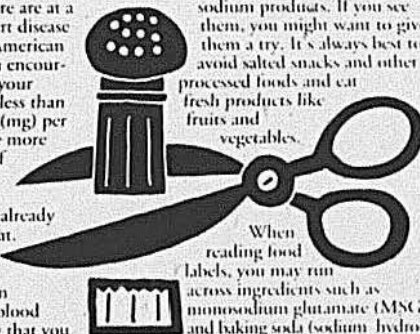
But even if you're not salting your food, manufacturers probably are. Processed foods are some of the saltiest, so be sure to check labels for sodium content.

Fortunately, some companies have developed low-sodium and no-sodium products. If you see them, you might want to give them a try. It's always best to avoid salted snacks and other processed foods and eat fresh products like fruits and vegetables.

When reading food labels, you may run across ingredients such as monosodium glutamate (MSG) and baking soda (sodium hydroxide). You should limit your intake of these and other sodium compounds.

Restaurants also tend to add a lot of sodium to your food. So when dining out, ask that your meal be prepared without salt or MSG.

Before you begin a low-sodium diet, consult your doctor or a dietitian. And check out *The American Heart Association Low-Salt Cookbook*, now available in local bookstores. These resources can help you avoid a salt overdose. And help you shake a bad habit.



LEGAL NOTICE

Notice Is Hereby that the Board of Fire Commissioners of the Jericho Fire District will hold their Re-Organization meeting on Friday, January 3, 1992, at Fire Headquarters at 8:00 P.M.

The first regular Board meeting will be held on

LEGAL NOTICE

Thursday, January 9, 1992, at Fire Headquarters at 7:30 P.M.

Board of Fire Commissioners
Jericho Fire District
Joseph Agosta,
Secretary
12/23/91

JNJ 7897
1X 1/3

Holy Trinity Student Ties For 2nd Place

Continued From Page 1

The driver, talking earnestly on his car phone, nearly crashes into the foliage. His children rush out and greet him affectionately, but his tenderness is fabricated. His time is better spent climbing further up the corporate ladder, or taking for granted the enormous amenities of his home in one of America's poshest neighborhoods.

A newspaper blares several headlines: "Teenage Boy Dies in Racial Beating," "Scandal in Congress!" "Number of Homeless Soars." But in the midst of this gloom there shines a light of hope.

The opinion of an important high school student may not matter to the powers that be in this nation. If the government hasn't been able to solve America's problem, how can a naive teenager? But perhaps that's exactly the change our country needs - a voice of reason from a leader of tomorrow.

We have been fighting the drug war - in vain - for years. Every idea seems to fail, but we must continue trying. Education on the dangers of drugs should begin as soon as a child can understand the concept. There should be greater security in schools and schoolyards to keep drugs from entering them. Parents need to learn that if they don't talk to their children about drugs, drug dealers will.

It is unsettling to think about the number of illiterate adults in America, and the

trouble in our educational system. At the rate we are traveling, falling dangerously far behind other nations in terms of learning and technology is inevitable. Children need to be taught from the beginning of their educational careers that this is a privilege that should not be taken for granted. State governments should set aside much more money for their public schools. Programs could be created in which illiterate adults would be taught to read and write. Damaged school buildings need to be upgraded to provide students with a better learning environment. Most importantly, the greatest lesson that can be taught in schools is that almost nothing can be achieved without an education.

A severe problem facing America is that of prejudice. We cannot afford to have something so unnecessary hold back our progress. Once again, it is a matter of teaching our children that we are all equal despite differences in race, religion, or lifestyle. Ignorant adults should not be allowed to corrupt the minds of young people, at ages when they are beginning to form their own opinions about the world around them. The law needs to come down harder on those who discriminate in the workplace, in housing, in schools, and elsewhere. There should be absolutely no trace of prejudice in schools, places that influence young minds perhaps more than anything else.

The problems facing our

country today may seem innumerable. If we don't attempt to solve them we may be smothered by them as a nation and as people. But if Americans join together, there is no reason why they can't face - and overcome - America's challenge.

Karen Jendras, Holy Trinity Diocesan H.S., Hicksville

Craft Workshop At Hicksville Library

Because of the popularity of her workshops, Esther Tollen will be back at the Hicksville Library with another great idea - tole painting on a pillow. Yes, it's washable.

The workshop will be given at 8 p.m. on Wednesday, February 5. Registration starts on January 6 at 10 a.m. There is a materials fee of \$6.

The tole painting will be on a fabric heart, which will be glued onto a square pillow with a piping outline.

Homemakers Meet

The Homemakers Council of Nassau County will hold their monthly meeting on January 2 between 10 a.m. and 2 p.m. at the Community Church on Stewart Avenue in Hicksville.

Mid School Presentation



JFK Middle School principal Bruce Jaeger and director of reading Dr. Regina Cohn.

On Sunday, November 10, Bruce Jaeger, Principal of John F. Kennedy Middle School in Bethpage, and Dr. Regina Cohn, Director of Reading and related services for the Bethpage Public Schools, made a presentation at the National Middle School Association Con-

ference in Louisville, Kentucky. The conference, held each year at a different site, was attended by over 9,000 middle school administrators and teachers. Mr. Jaeger and Dr. Cohn's presentation focused on "An Equation for Success: Staff Development for Cooperative Learning."

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!

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

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Recycle Your Fresh Christmas Trees and Old Phone Books

Recycle live Christmas trees and old phone books (white and yellow pages) by placing them curbside the night before these special S.O.R.T. collection dates:

Residents who do not receive Town S.O.R.T. collections and would like to recycle their Christmas tree and phone books are invited to call 921-7347, ext. 5656 for more information.

RING IN THE NEW BY RECYCLING THE OLD

ATTENTION

OYSTER BAY TOWN RESIDENTS

If your S.O.R.T. recycling day is:	Your phone books and trees will be collected:
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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Discovery! Magazine

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



Friday, January 3, 1992

How It Was Inside Russia

10 Days That
Changed The World



SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think Gorbachev will be recorded in history as a hero?



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Callers Strongly Say Press Overplayed Case

Continuing the question for the week: "Do you think the press overplayed the William Kennedy Smith trial?" held over from last week because of holiday deadlines, most callers still believe the case was overplayed even after the complainant appeared on TV. Here are some of the answers:

CORRECT VERDICT

The more I see and read and hear about the William Smith trial, the more I believe the trial was unneeded. The appearance on TV of the victim, Patricia Bowman, and now an announcement that she is going to write a book on the subject, certainly makes me believe that the verdict was correct and that justice was done but the sensational aspects are being played and re-played. Now we are going to be put through the hoops of a book. This was all too much. G.V.

SET BACK RIGHTS

As an advocate of women's rights I was sickened by the fanfare of the Smith trial. I think it has set back women's rights because it makes this light weight trial into a landmark for other more involved and I believe more authentic cases. This went overboard from the beginning when one of the witnesses appeared on national TV and the final touch was when the victim also went on TV. There is a real and serious need for rape control but this case brought out the seamy side. H.F.

SOAP OPERA

What a farce. The entire trial was like a TV soap opera. I think the press shamefully exploited it and it was very difficult to know whether there was fact or fiction. But perhaps the jury did not get much of a taste of it and I think they probably came to a correct decision. J.B.

TOO MUCH MONEY

The Kennedy Smith trial does bring to the front and center the fact that it is sometimes difficult to be too well known and to be rich. Although Smith came off "not guilty" it cost a great amount of money to bring about the verdict. I think a lesser known person could have gotten the same verdict at half the price and maybe even the grand jury would not have returned an indictment on the little evidence that was presented. Maybe the grand jurors thought that they would be criticized if they had not brought an indictment. J.F.

IMPOSSIBLE TENSION

I think the press ruined the life of the victim. They knew that she was up against a well organized and well compensated legal team. The prosecutor was totally mismatched and far over her head. The judge was extremely hard on her and the victim was the loser. I think the press coverage added impossible tension to the trial. A.F.

WASTE OF TIME

I hate to say this but the whole damn trial was a waste of time and energy. It replaced truly important news events in the press and made our legal system seem to be filled with trivia and outlandish work. Where there was so little actual evidence the thing should have been resolved without cameras and behind closed doors. The testimony could have been recorded and reviewed. It did not need the staging it received. H.D.

A FARCE

So many people sat and watched the TV performance with the blue dot and then were dismayed when the victim appeared a few nights ago without the blue dot that most of us believe we have been taken. This case was a farce. K.F.

FORGET TV

Let's face it, any scandalous story involving the Kennedys would be over-emphasized by the media. As for the rape trial, in my opinion, what with the sordid and erotic details etc., I do not believe that this trial should have been televised. In the interests of true justice, how could the judge, the jury and the witnesses not be influenced by the television cameras, knowing that every word and every gesture was being listened to and watched by millions of people? C.K.

PRESS OVERPLAYED

I think that what this "Question" actually brings into focus is not so much the part that the press played in the William Kennedy Smith trial but rather the possible need to limit the media in their ability to influence court decisions through slanted publicity during a trial. Needless to say, the Smith trial was overplayed by the press and the electronic media to the point where the public at large came to a conclusion pretty much the same as that of the jury and it was inevitable that the conclusions being built up day after day by the media and exploded to the eyes and ears of the public inside and outside the courtroom couldn't help but create an atmosphere which would influence everybody who was interested. The real danger was that all those in the courtroom and particularly the jury couldn't help but absorb the attitudes of the press and/or the media as a whole. To answer the "Question", I don't believe that the press could possibly maintain a neutral position but did, in fact, make a judgement of their own and overplayed the trial. P.G.S.



Discovery!

How It Was Inside Russia

By Randy Vogt

The 1917 Bolshevik Revolution has been called "10 Days that Shook the World."

My ten days in Moscow during the military coup and subsequent reinstatement of the government, would best be called "10 Days that Shook the World Again."

I wasn't expecting to see history being made, nor was I a regular tourist—a youth soccer tournament, Liberty Cup Moscow, invited me to referee some of their matches, several of which included American teams.

When we arrived in Moscow on Saturday, August 17, everything seemed quite normal for Russia. An 18-year-old soldier, whose wholesome face looked out-of-place on top of Soviet military gear, was the first person I saw debarking the plane.

And then I saw some more soldiers—their duty was to check passports and visas at customs. All these teenage boys did not seem at all happy to be in the Army. They can at least find solace in the fact that military conscription has been reduced from the mandatory three years to two. Soviet girls do not serve in the Army.

I spent that weekend relaxing with the Russian hosts at the tournament headquarters outside of Moscow. Two things struck me as being rather unusual by Western standards.

First, Russians wear the same garments again and again since they don't have many clothes at all. The American T-shirts I gave them were worn throughout my ten-day stay.

Second, nearly every Soviet citizen, including soliders, tries to sell items on the black market since this is one of their few ways to earn real money.

I often received knocks on the door past 11 p.m.—not from the KGB, but from Russians attempting to sell me icons and Soviet military uniforms. Both the good and bad aspects of capitalism are starting to catch on in Russia—I wouldn't be surprised if three-card monte is now being played in Red Square.

I was very surprised when the coup, which had been rumored for over a year, started on Sunday night, August 18. We at Liberty Cup Moscow were toasting the freedom and friendship of all nations in several languages while several miles away, high-ranking Communist members of the government were planning Gorbachev's overthrow.

On Monday morning, August 19, the Liberty Cup was being played at the Stadion Izake on the outskirts of Moscow when the participants thought they heard a loud freight train passing. Instead, it was three long columns of tanks on their way to attempt to surround the Kremlin and Russian Parliament Building in a tragic reenactment of "The Empire Strikes Back." On the bus ride from the stadium, the Russian players, who were used to seeing soliders but not this many, knew something was wrong.

A news blackout was imposed—only Communist newspapers were permitted to print and only one of the five television stations was allowed to go on the air. I was completely in the dark about what was happening in Moscow although we did know an 11 p.m. curfew had been imposed and could see military helicopters flying regularly overhead.

We realized that Gorbachev had been overthrown but instead of being in the Crimea, we thought he was a prisoner in the Kremlin, if he even was alive. Boris Yeltsin, it was rumored, had disappeared, while he was actually making a dramatic speech on top of a tank in front of the Russian Parliament Building, nicknamed the White House.

It was on a solitary walk the next day through Moscow that I noticed something adrift. I took a photo of ten Army trucks lined up outside a museum while a soldier twenty yards away clearly saw me take that picture and didn't try to stop me. I said to myself, "What type of military crackdown is this if the Army is going to let photos be taken of their units?"

This military coup was the only one in history where the leaders were swayed by public opinion. That's a major reason Red Square didn't become Tiananmen Square.

Another reason is, unlike China in 1989, the Soviets have been experiencing the beginning of freedom since Gorbachev came to power six years ago. The USSR is just a little free—but being a little free is like being a little pregnant.

You're either free or you're not.

So the reforms that Gorbachev put into place with glasnost eventually saved him.

Parts of the Army then declared it is for the original government instead of the junta and leaves its equipment behind—unfortunately, not before five people are killed near the U. S. Embassy.

On Thursday morning, August 22, Gorbachev returned to power and to the Kremlin. I went to the Russian Parliament Building where the barricades were still in place—some adorned with the Czarist Russian flag, others with Christian religious symbols. The whole area had the anti-establishment ambience of 1967—many of those at the building were young people with long hair.

I was approached by an older man who told me in English that these people were bad Russians. This man was one of the few who want to return to the old Communist government. Having seen what 74 years have done, there are fewer Marxists in Moscow nowadays than there are in New York.

The openness of glasnost has let the Russians see what they lack in material items when compared to the West or Japan. Many Soviets are extremely anti-Communist and pro-American but nearly half are apathetic about any form of government.

As I left the USSR at the end of August, I reflected on how this on-going saga would develop. The Soviets need food to make it through the winter as well as business expertise to become capitalists. A Marxist nation just can't become capitalistic overnight—it will take ten to twenty years before that economy is truly functioning.

And finally, the United States should be very concerned over who will control the nuclear arsenal of breakaway republics with those weapons. Breaking up is hard to do, especially when nuclear warheads are involved.



Russian hot air balloon about to take off from in front of the Russian Parliament Building. This occurred the day the coup was over.



Laying flowers where one of the freedom fighters was killed.



The author (center) standing in front of the Russian Parliament Building.

ABOUT THE AUTHOR

Randy Vogt lives in Syosset. He writes for several sports publications. This is his first contribution to *Discovery*.

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READER RATINGS



Q. What is the limit for visits to an all you can eat salad bar?

A. If you are only paying to eat at the salad bar, then hunger and a certain amount of self-consciousness should dictate the number. It is at a restaurant that includes it in with the entree then twice would seem sufficient considering you will have a meal to eat afterwards.

Q. What is the proper amount to tip a waitress at a buffet brunch where all she serves you is coffee?

A. Since the waitress is still providing you with a service and she is not being paid any more for the brunch shift 10 percent would be appropriate unless the service and food has been very good. The waitress still has to share her tips with the rest of the staff.

Q. What do you think of a mother who slaps her two-year old's hand-and I mean hard-when the youngster spills his milk? I saw that happen recently in a restaurant and frankly I was appalled!

A. I think we both agree it was not right for the mother to do what she did. It would have been far better to remove the child from his high chair without comment, sit him on his mother's lap, and signal for the waiter for a quick clean-up.

A baby of two does not have good coordination so he often has accidents. From that point of view, the toddler you saw in the restaurant was only exhibiting normal behavior. Mom should have shown more common sense (and kindness).

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

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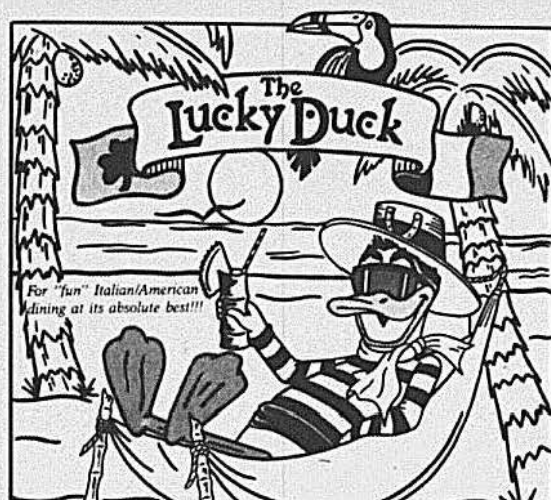
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Wine Talk

By Richard Nalley

Ho, ho, ho — what's that wine lover on your list hoping for this holiday season? Naughty or nice, it's good to have a lead before you shop. If you happen to have a certified wine maniac at your package store — the kind who follows you down the aisles to talk about fermentation temperatures in Bandol — by all means ask him what wonders his store has in stock this season, if you have the patience.

Personally, my wine gift giving centers on stout red wines (it's winter, right?), sparkling wines (it's holiday time, right?), and maybe Port (see first parenthesis).

Below, I've also suggested a couple of new wine books that are actually useful to the recipient, and — don't say I never did nothin' for you — a recipe for Glogg that really, really works.

HEARTY REDS

(Ultra-luxe; \$30 and up): It's a rare wine-lover who doesn't get a charge from a present of fine Bordeaux. With the "off-vintage" 1987's still around, you don't have to pay an arm and a leg (maybe \$20) for a famous name. To extend yourself (and your budget) a bit, you might want to give your cellar-owner a 1988.

The 1988 Bordeaux got lost in the shuffle a bit after the 1989's were hyped to the sky, but they are available now, and showing classically structured Bordeaux style. Prices will vary widely from store to store, so call around.

Some great 1988's to look for: Ch. Latour, Ch. Lafite-Rothschild, Ch. Leoville-Las Cases, Ch. Cheval Blanc, Ch. Figeac, Vieux Chateau Certan, Ch. Ducru-Beaucailon, Ch. Beycheville, Ch. Lynch-Bages and Ch. Pichon-Longueville (Baron).

(Very Good Stuff; \$15-\$25): The indefatigable Californians have been working hard to break out of the same-old Cabernet/Chardonnay mold. Perhaps the most successful are the "Rhône Rangers," 20 or so wineries producing intensely aromatic, flavorful wines in the style of French Rhones such as Chateau Neuf-du-Pape, etc.

Numero uno as a gift purchase is the Bonny Doon Vineyard 1988 "Le Cigare Volant." Not only is this wine deliciously packed with plum and raspberry fruitiness, but its "flying cigar" label will knock you out.

Other superb Rhone-style Californians include the various Qupe 1988 Syrahs and Los Olivos Cuvee, the Cline Cellars' 1988 or 1989 Mourvedre, and the Joseph Phelps 1986 Syrah "Vin du Mistral."

(Good Stuff; \$10 and down): The Taja 1988 from Spain's Jumilla is deep, extracted stuff. True French Rhone spiciness can be found in the 1989 vintages of Guigal's Cotes du Rhone or Jaboulet's "Parallels 45."

A taste of Bordeaux comes from the B&G 1989 "1725" red and the 1989 Michel Lynch red. From Australia come the rich, but nicely balanced Penfold's 1988 "Koonunga Hill" and the Rosemount Estate 1989 Shiraz.

Chile also provides a wealth of intriguing reds, such as Cousino Macul's 1987 Cabernet Sauvignon, Callierra's 1988 Cabernet Sauvignon and Los Vascos' 1988 Cabernet Sauvignon.

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READER RATINGS



Q What do you do if you enter a restaurant and some friends at another table tell the waiter to see what you are drinking because they want to buy you a drink and you do not drink?

E.R.
A. There is no set answer to your question. You obviously have some very generous friends who do not know your habits. The best thing to do would be to inform the waiter that you do not drink but you might make a gesture with a water glass towards your friends table as a toast.

Q. If I'm awaiting my host in the restaurant and he or she is very late, is it all right for me to order my own drink at the bar and pay for it?

A. It's far nicer to wait for your host to arrive before ordering a drink.

Q. If I have a party of about 30 guests, is it best to go to a restaurant or a regular caterer?

A. Generally you can find a restaurant that would be more interested in that size party than a caterer although some caterers do have mid-week and off-season rates. But, in general restaurants have rooms that they can close off and give you special service. Often the price is no higher than the menu rates.

Q. Why in some restaurants do I have to sit there so long before the waitress gives me the check?

A. Well the answer to your question is hard to define. It might be simply because the restaurant is so busy that the waitress hasn't time to add up the check. But at some of the better restaurants you will never get a check unless you ask for it. In these establishments they feel that the guests should decide how long they wish to talk or occupy the space after eating and only on rare occasions will they bring a check that has not been solicited and then with apologies.

Q. Recently I was a guest at a club luncheon in a restaurant. Accidentally, I overturned my tomato juice. What was the right thing to do? The waiter didn't see the accident immediately.

T.L.
A. A waiter seeing such an accident would immediately change the cloth, or if that was impossible at a long table, would spread a clean napkin over the spilled food. As the waiter did not do this because he was busy elsewhere, at a large luncheon you could have spread a napkin over the spot yourself, without undue discussion of the incident. Everyone occasionally has things like this happen.

Q. How many people does a bottle of champagne serve at dessert time?

A. Normally four. If you're at a wedding-rehearsal dinner or an anniversary party, the toasting might go on for quite a while, so you have to supply twice as much champagne for your guests as you would for a regular dinner party.

If you have questions about etiquette or dining out you may call them into WE 1-0027 and we will find the answer.

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PAGE 7A Friday, January 3, 1992 READER RATINGS

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After Work Gourmet



Meals with English muffins

English muffins — the British won't claim them, and they're not really muffins by any usual definition, but we Americans adore them anyway. Most popular first on the East Coast, where Mr. Thomas introduced them in New York in the 1880s, their availability has spread far and wide across the country.

Really more akin to the British crumpet than to our muffins, these round, flattened yeast breads are made with a little vinegar in the dough to create the characteristic "nooks and crannies" when they're split and toasted.

We eat them all the time for breakfast and for snacks, but we also love them as a base for an open-face supper sandwich.

The general idea is to first lightly toast the muffin halves so that they make a firm, just-barely-crisp base for the other ingredients. Then you can do almost anything.

TUNA MELTS

1 (12½-ounce) can tuna or 2 (6½-ounce) cans, drained
½ cup chopped celery
3 tablespoons chopped onion
¼ cup chopped pimiento olives (optional)
½ cup mayonnaise
Black pepper to taste
6 English muffins, split
Softened butter for muffins
4 to 6 ounces mild or medium-sharp cheddar cheese, sliced

Yields 4 servings.
Preparation and cooking time: 20 minutes.

Place tuna in bowl and break into small chunks with a fork. Add celery, onion and optional olives. Stir in mayonnaise and mix well to combine. Season with black pepper to taste.

Lightly toast English muffins and spread with softened butter. Divide tuna mixture among 12 muffin halves and top each sandwich with slices of cheese. Preheat broiler.

Broil until cheese is melted and bubbly. Serve hot.

HAM, EGGS & CHEESE ON A MUFFIN

4 English muffins, split
8 teaspoons Dijon mustard
4 tablespoons butter, divided
8 slices (6 to 8 ounces) Cana-

dian bacon
8 eggs
2 tablespoons water
8 ounces medium-sharp cheddar cheese, sliced
Black pepper

Yields 4 servings.

Preparation and cooking time: 20 minutes.

Lightly toast English muffins and spread with mustard. Heat 2 tablespoons of butter in

large skillet. Sauté Canadian bacon over medium heat until edges are tinged with brown, about 5 minutes. Place slice atop each muffin half. Preheat broiler.

Wipe out skillet with paper towels. In bowl, gently whisk eggs with 2 tablespoons water. Heat remaining 2 tablespoons butter in skillet, pour in eggs and scramble over low heat, stirring almost constantly with spatula, until set. Divide among muffin halves.

Top scrambled eggs with sliced cheese, and run under broiler until cheese is melted and bubbly. Sprinkle with black pepper and serve immediately.



After Work Gourmet

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Wine Talk

By Richard Nalley

Ho, ho, ho — what's that wine lover on your list hoping for this holiday season? Naughty or nice, it's good to have a lead before you shop. If you happen to have a certified wine maniac at your package store — the kind who follows you down the aisles to talk about fermentation temperatures in Bantol — by all means ask him what wonders his store has in stock this season, if you have the patience.

Personally, my wine gift giving centers on stout red wines (it's winter, right?), sparkling wines (it's holiday time, right?), and maybe Port (see first parenthesis).

Below, I've also suggested a couple of new wine books that are actually useful to the recipient, and — don't say I never did nothin' for you — a recipe for Glogg that really, really works.

HEARTY REDS

(Ultra-luxe; \$30 and up): It's a rare wine-lover who doesn't get a charge from a present of fine Bordeaux. With the "off-vintage" 1987s still around, you don't have to pay an arm and a leg (maybe \$20) for a famous name. To extend yourself (and your budget) a bit, you might want to give your cellar-owner a 1988.

The 1988 Bordeaux got lost in the shuffle a bit after the 1989s were hyped to the sky, but they are available now, and showing classically structured Bordeaux style. Prices will vary widely from store to store, so call around.

Some great 1988s to look for: Ch. Latour, Ch. Lafite-Rothschild, Ch. Leoville-Las Cases, Ch. Cheval Blanc, Ch. Figeac, Vieux Chateau Certan, Ch. Ducru-Beaucallou, Ch. Beycheville, Ch. Lynch-Bages and Ch. Pichon-Longueville (Baron).

(Very Good Stuff; \$15-\$25): The indefatigable Californians have been working hard to break out of the same-old Cabernet/Chardonnay mold. Perhaps the most successful are the "Rhône Rangers," 20 or so wineries producing intensely aromatic, flavorful wines in the style of French Rhones such as Chateau Neuf-du-Pape, etc.

Numero uno as a gift purchase is the Bonny Doon Vineyard 1988 "Le Cigare Volant." Not only is this wine deliciously packed with plum and raspberry fruitiness, but its "flying cigar" label will knock you out.

Other superb Rhône-style Californians include the various Qupe 1988 Syrahs and Los Olivos Cuvee, the Cline Cellars 1988 or 1989 Mourvedre, and the Joseph Phelps 1986 Syrah "Vin du Mistral."

(Good Stuff; \$10 and down): The Taja 1988 from Spain's Jumilla is deep, extracted stuff. True French Rhône spiciness can be found in the 1989 vintages of Guigal's Cotes du Rhône or Jaboulet's "Parallele 45."

A taste of Bordeaux comes from the B&G 1989 "1725" red and the 1989 Michel Lynch red. From Australia come the rich, but nicely balanced Penfold's 1988 "Koonunga Hill" and the Rosemount Estate 1989 Shiraz.

Chile also provides a wealth of intriguing reds, such as Cousino

Macul's 1987 Cabernet Sauvignon, Caliterra's 1988 Cabernet Sauvignon and Los Vascos' 1988 Cabernet Sauvignon

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Desiree Viven

Custards seem to be made for microwaving. When baked in a conventional oven, custard must be set in a pan of water to prevent drying and browning. But the microwave's moist heat cooking steams custard perfectly and won't dry or brown it.

Made from ingredients most of us keep in stock — eggs, milk, sugar — custard is a great standby dessert that's equally good for brunch or as a nourishing after-school snack for kids. Even if you're watching your calories or cholesterol, you can still enjoy Low-Cal Custard Cups, made with skim milk, egg substitute and sugar replacement.

Or go fancy with Caramel Flan Custard, dressed up in a browned-sugar glaze. This custard is microwaved at LOW/DEFROST (30 percent power) setting for slow, even cooking that ensures a creamy, smooth texture.

Custard is done when edges appear set and center jiggles slightly (the center may look soft but will firm as it cools). Or test by inserting a knife halfway between center and edge of custard; if it comes out clean, custard is done.

It's easy to microwave a soft custard sauce to serve over spice cake, fruit tarts, bread pudding, etc.

To make custard sauce, combine 3 tablespoons sugar and 2 tablespoons flour in a 1-quart microwave-safe casserole. Slowly blend in 1½ cups of milk. Microwave at HIGH setting 3 to 4½ minutes, or until mixture bubbles and thickens.

In a small bowl, beat 2 egg yolks until frothy, then beat yolks into hot milk mixture. Cover and microwave at LOW/DEFROST (30 percent power) setting 1 to 3 minutes, stirring every 30 seconds, until sauce thickens. Stir in 1 teaspoon vanilla or brandy extract; let stand for several minutes before serving.

Leftover potatoes? Try Potato Custard with Cheese and Bacon, a delicious side dish that goes especially well with grilled sausage, or doubles as tasty breakfast fare.

Refrigerate all custard dishes promptly; salmonella bacteria may be present and can multiply rapidly in foods containing milk and eggs. (Custards do not freeze well.)

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

MICRO-TIP OF THE WEEK

To prepare egg custard from a 3-ounce package, mix according to package instructions in a 4-cup glass measure. Microwave at MEDIUM-HIGH (70 percent power) setting 8 to 10 minutes, stirring every 3 minutes.

CARAMEL FLAN CUSTARD

½ cup water
½ cup sugar
1½ cups milk
3 eggs
¼ cup sugar

1 teaspoon vanilla extract
Dash salt

Yields 4 servings.
Preparation time: 5 to 10 minutes.

Cooking time: 19 to 26 minutes (plus cooling and chilling time).

Oven setting: HIGH (100 percent power); LOW/DEFROST (30 percent power).

Combine water and sugar in 4-cup glass measure. Microwave at HIGH setting 6 to 9 minutes, until golden brown. Pour into a 1½ quart microwave-safe casserole, tipping to coat sides and bottom. Set aside to cool and harden.

Measure milk into clean 4-cup glass measure. Microwave at HIGH setting 3 to 4 minutes, or until scalded (milk should almost boil).

Meanwhile, in small mixing bowl combine eggs, sugar, vanilla and salt; beat briefly with wire whisk to mix thoroughly. Gradually pour scalded milk into egg mixture, stirring well. Pour into prepared, caramel-coated casserole. Cover with casserole lid and microwave 10 to 13 minutes at LOW/DEFROST setting.

If your oven does not have a carousel, rotate dish ¼ turn every 3 minutes. Remove lid and let stand to cool slightly, then refrigerate at least 3 hours to chill. Unmold onto serving plate.

LOW-CAL CUSTARD CUPS

2 teaspoons cornstarch
1½ cups low-fat milk
½ cup plus 1 tablespoon egg substitute
6 packets sugar replacement
1 teaspoon vanilla extract
Grated nutmeg

Yields 4 servings.
Preparation time: 5 minutes.
Cooking time: 5 to 8 minutes.
Oven setting: HIGH (100 percent power); MEDIUM (50 percent power).

Measure cornstarch into a 2-cup glass measure. Slowly blend in milk and stir well to dissolve cornstarch. Microwave 1 to 2 minutes at HIGH setting, or until very hot (do not boil).

Gradually blend in egg substitute, beating constantly. Add sugar replacement, 1 packet at a time, stirring well after each addition. Stir in vanilla.

Pour custard mixture into 4 microwave-safe custard cups (6-ounce size). Sprinkle each lightly with grated nutmeg. Arrange in a circle in oven and microwave 4 to 6 minutes at MEDIUM setting, rotating and rearranging cups every 2 minutes, until custards are set.

If some custards are done before others, remove these and continue with remainder until all are done. Let stand on heat-proof surface until centers are set. Serve warm or chilled.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: When I am alone with my boyfriend, his personality is one way (gentle, sweet and loving), but when we're with others, he is so different (loud, crude and domineering). He is like an old movie I saw on television called "Dr. Jekyll and Mr. Hyde." I like the movie guy so much when he is Dr. Jekyll, but I hate his Mr. Hyde.

Why is my boyfriend like that, and is there anything I can do about the way he acts? — Worried Girl

Worried Girl: People sometimes put on the kind of act he performs in public because they may be shy and insecure.

Although such traits aren't easy to overcome without competent counseling, you might try to help him in these two ways: praising him for the gentle qualities, commenting on how wonderful he is to be with at those times, and secondly, telling him quietly during some calm moments that it is polite to give other people a chance to talk, and listening on his part could be more enjoyable than he may think it is.

The first approach might, of course, be easier to use than the second which has to be handled without pressure or sounding too critical.

A theme that is often useful in human relationships is "accent on assets." You might want to try it out with him.

Dr. Abraham: I'd like your opinion about a word that my mother has started to use as a kind of loving nickname. She calls me a "nosher," and when I ask her what the word means she says she can't tell me exactly but it has to do with eating.

I do a lot of it, and so does she. I'm getting fat, and she already is.

Two girlfriends of mine are curious about this word, as I am. Please fill us in if you can. — Nosher Girl

Nosher Girl: If you eat on the sly, between meals, have a sweet tooth, are weak-willed about food and dieting or frequently take a snack, you are a real "nosher."

The word originally came from the German and has been a part of the Yiddish language for a long time. It has more recently been adopted as part of the English language by many people. It's used as a noun ("nosher") or a verb ("nosh").

If you want to have a good time, locate one or both of the books prepared by Leo Rosten ("The Jaws of Yiddish" and "Hooray

for Yiddish"). He is an expert on this subject, and even skimming through will quickly let you in on a great sense of humor. They're really a lot of fun.

I guess I don't have to point out to you the possible relationship between "noshing" and putting on weight.

Dr. Abraham: My parents always show how interested they are in my little sister (she's 4 years old), listening and talking to her and spending a lot of time with her. They even bought a book about young kids, and I guess are raising her with its help.

I wish they'd pay that much attention to me, or at least more than they do now. I'm a 14-year-old boy, so maybe it's either the age or sex difference that makes them like her more than me. Whatever it is, I wish they'd see that I'm around, too.

Do you suppose there might be another book like the one they have, but one that deals with kids my age? I'd even give it to them as a present if it would help them understand how I feel and how I want them to show that they like me, too. I'm not such a bad kid. — Neglected

Neglected: I've heard from other teens who feel as you do, so you are certainly not alone with this concern of yours. It may not be because of neglect on the parents' part, perhaps more like just not being aware of the needs kids like you have.

A new book that your folks may be interested in and perhaps benefit from is called "Caring for Your Adolescent." It covers the years from 12 to 21, and comes from a dependable professional source, the American Academy of Pediatrics.

Because it goes into so many aspects of teen development and is in a very readable style, your parents could probably find it to be useful. And it may be helpful for at least the next seven years in your life.

Your local library or nearby bookstore may not have it on their shelves yet, but they might have it on order. A question or suggestion from you may speed along their ordering it.

Since it deals totally and clearly in a commonsense way with teen health and well-being, it might be right on target in your family.

FOR TEENS

Cooking Corner



Making sense of sauces

By Charles Britton

Over the ages, the Chinese have developed their own way of doing things, especially when it comes to cooking and eating.

They may serve soup at the end of the meal, for example, or offer noodles as a birthday dish. Some Chinese techniques run flat against Western practice, and none is more at variance with what we think of as good cookery than the use of prepared sauce concentrates.

In the West, we have such products, but those who resort to them had best do so on the sly or else forfeit any claim to "gourmet" status. The Chinese cook, however, uses purchased concentrates as a matter of course. Indeed, this greatest of cuisines is hardly imaginable without them. Over the centuries, the Chinese have developed several kinds, and the first job of any Westerner delving into the preparation of these dishes is to sort out one from another.

This task can leave the novice in a quandary, because terminology is confusing and the variations seem endless. "Just how many types of bean sauce can there be?" the shopper may well wonder while gazing at the array in an Asian market.

We've put together this guide to help you sort through the choices. Some products are basic to any attempt at cooking Chinese. Others are rarities that are seldom called for. Telling one from the other turns out to be a manageable task — provided that you have a little information.

Two general notes:

- Chinese sauces vary among manufacturers. Finding the ones you like best may take some trial and error. While most Chinese sauces are Asian imports, some very respectable products now are made here.

- Without exception, these products are concentrates. A little goes a long way. Be cautious until you learn your taste. All are high in salt — indeed, one of their functions is to bring salt to the dish. Some low-sodium soy sauces are now on the market, but most authorities think you are better off by simply using less of the original item.

The idea of sauce concentrates probably originated in the ancient practice of preserving protein foods by fermenting them. The same notion then was carried over into that rich source of vegetable protein, the soy bean.

SOY-BASED SAUCES

- Black beans.** Seniority among Chinese sauce concentrates probably belongs to preserved black

beans (also known as Chinese black beans or sometimes simply salted beans). These have been partly fermented, then dried and salted.

This product seems not to have changed much in at least 1,500 years. The beans have a particularly pungent taste, similar in some ways to dry-cured Mediterranean olives.

They are available as loose beans, packed in salt, a basic of the Chinese larder. Repacked in a jar with a tight-fitting lid and refrigerated, they will keep forever. This is less widely used.

Sometimes black beans are milled into a paste, often with other ingredients, such as chili. This is less widely used.

- Soy sauce.** What would Chinese cooking be without soy sauce? It goes into virtually every dish except for sweets, and it takes a place on tables as a frequently used condiment.

The product can be traced back for many centuries, apparently derived from the liquid residue of still more venerable fermented bean preparations.

To make soy sauce, the manufacturer mixes ground roasted beans with roasted grain, usually wheat. This is allowed to ferment for a while before being augmented with brine, yeast and a lactobacillus starter, the same bacteria responsible for yogurt and sour-dough bread. The mash may be aged for a year or two before being strained and bottled.

Soy sauce brings several benefits to a dish: It's a protein concentrate and so it adds nourishment. The dark color gives the food an appetizing brownness. And it contributes a depth of flavor and saltiness.

The Chinese generally distinguish between two types of soy: the light, which is roughly the color of very strong tea, and the dark, to which molasses has been added to give it slightly thicker texture and a more pronounced color.

Generally dark soy is used in heavier dishes, while the light is for more delicate foods and for use as a table condiment. Some soy sauces are flavored with, for example, mushroom essence and may be used as a variation.

Not all soy sauces on the American market are true fermented products. The La Choy brand, for example, is made by the process of hydrolyzation. Most authorities won't give such ersatz soy sauces the time of day.

- Japanese soy sauce (shoyu)** is comparable to a light Chinese soy, but the flavor is somewhat different due to the use of a higher pro-

portion of wheat. It can substitute for the Chinese variety, though with some change in taste.

The Kikkoman brand, made in Wisconsin, is the most widely distributed here, and it has a reputation for high quality.

- Tamari** often sells for high prices in health-food stores. If authentic, it is a dark soy made without wheat; there seems little objective reason to prefer it unless one has an aversion to wheat.

- Indonesian soy sauce (ketjap)** comes in two types: *asin* (salty) and *manis* (sweet). Very dark and rich, it brings an individual character to recipes and is perhaps best limited to Southeast Asian dishes that call for it. Incidentally, ketjap may have been the origin of our word "ketchup."

- Bean sauce** (also known as yellow bean sauce, brown bean sauce, ground bean sauce or sometimes bean paste). The origin of this paste of fermented soy beans goes back into the mists of time.

The light brown pastes may be more or less smooth; many have recognizable bean particles in them, and all are ferociously salty. Bean sauce of this type often appears in Northern Chinese dishes.

Two variants — hot bean sauce and sweet bean sauce — have chilies and sugar added respectively. These are less necessary because they can be simulated by adding your own hot or sweet seasoning.

- Hoisin sauce.** Americans have taken such a liking to this sweet, spicy, pungent sauce with its deep red-brown color that Chinese restaurants serve it as a table condiment, for example with northern dishes like moo-shu pork with its tortillalike wrapping. (In China, a sweetened bean sauce would be used.)

Hoisin is more characteristic of Cantonese cuisine, and it makes a wonderful flavoring agent to a broad array of dishes. *Chap kam* and *chee hou* sauces are similar.

SEAFOOD-BASED SAUCES

- Fish sauce** (*nuoc mam* in Vietnamese, *nam pla* in Thai). Though primarily identified with Southeast Asia, where it takes the place of soy sauce, fish sauce sometimes appears in Chinese dishes.

It resembles light soy sauce in color, but it has a distinctive aroma and taste that may take getting used to. We mention it here because it is probably the direct ancestor of more specifically Chinese sauces.

Historical aside: The ancient Romans used vast quantities of a fish-based sauce that they called liquamen or garum, both in dishes and as a table condiment. Though its recipe has been lost, chances are that it was very like today's Asian fish sauce.

- Oyster sauce.** We're in Cantonese territory with this deep-flavored sauce, made from oysters, water and salt, with cornstarch to give it a ketchuplike consistency and caramel to impart a rich brown color. Prices vary greatly, and so does quality due to the fact that manufacturers may use more or less expensive oysters in making a given product. Oyster sauce is fundamental to the Cantonese kitchen.

- Barbecue sauce.** Confusingly, several Chinese preparations go

by this name. Some are similar to hoisin but spicier. Others consist of a paste of ground dried fish, dried shrimp and peanuts, among other things. Not an essential, such products are fun to experiment with, used either as a coating of meat to be barbecued or as a sauce ingredient in stir-fried dishes.

OTHER SAUCES

- Chili sauces.** The Chinese took avidly to the hot chilies of the New World, and they have incorporated them in a number of preparations. Some are flavored with garlic, and yet others have soybeans in them.

These can be fun to experiment with, and one of the simpler varieties — such as Indonesian *sambal oelek*, a kind of jam made from apallingly hot peppers — is useful to have around. It can add hotness to a dish during cooking, and it can also be served as a table condiment, so that each person at the table can adjust the incendiary nature of the dish to taste. The liquid hot sauce of Louisiana has a similar hotness but not the puree-like texture.

- Plum sauce.** Despite its name, plum sauce is traditionally made from a kind of apricot, and that accounts for its golden appearance. The fruit is cooked with sugar and spices into a kind of chutney.

Different brands vary a good deal in flavor and consistency. Plum sauce is not used in the kitchen but served as a table condiment, often with duck dishes. For this reason, it is sometimes called duck sauce.

SUNBURST STIR-FRY

- 1 large sweet red pepper, cut up
- 2 tablespoons soy sauce
- 1 teaspoon crushed red pepper
- ½ teaspoon black pepper
- 2 tablespoons cooking oil
- 1 onion, cut into wedges
- 2 cloves garlic, minced
- 1 small yellow summer squash, cut into bite-size pieces
- 1 pound boneless beef sirloin steak, trimmed of fat and cut into thin bite-size strips
- Hot cooked rice (optional)
- Green onion slivers (optional)

Yields 4 servings.

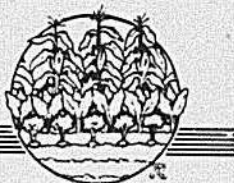
In blender container or food processor bowl blend or process sweet red pepper until pureed. In small bowl combine soy sauce, crushed red pepper and black pepper. Set aside.

In large skillet heat 1 tablespoon of the cooking oil over medium-high heat. Stir-fry onion and garlic for 2 minutes. Add squash; stir-fry for 1 to 2 minutes. Remove vegetables from skillet; set aside.

Add remaining oil to skillet. Stir-fry beef, half at a time, for 2 to 3 minutes or until no longer pink. Return all beef to skillet. Add pureed sweet pepper, soy mixture and squash mixture to the skillet; heat through. Serve over hot cooked rice; top with green onion.

Backyard Gardener

By Patrick Denton



Fuss-free blooms

Like most avid home gardeners, I've developed over the years a repertoire of favorite annual flower varieties that never fail to deliver an abundance of lovely, fuss-free blooms.

Not a static collection, this is one that ebbs and flows, fluctuating with time as I try newly released varieties and assess them against previously established favorites.

As the new catalogs arrive in the mail and home gardeners begin planning the new year's plantings, this would be a useful time to list some of the best annual flower varieties from my garden in recent years. You may enjoy trying a few of them along with your own personal favorites next year.

A great little miniature carnation for 5-inch pots is Lilliput. A pot or two of this diminutive charmer situated next to a patio or deck doorway yields both bright flowers and a delicious fragrance where they can be appreciated close at hand. Knight, taller at 12 inches, is another fine compact carnation for flower beds and pots.

Park's Cindy has been the most blatantly successful, early cineraria I've grown so far, each plant forming a long-lasting, compact display of bright daisy flowers in many eye-catching colors and color combinations.

These make wonderful potted plants and are dramatic as edging flowers along a garden pathway. Given a cool, moist soil and a location protected from direct, hot sunshine, the plants stay in flower over many weeks.

Though I've grown the dwarf varieties of cosmos and have found they give a fine, bright display, there is still nothing quite so beautiful for dressing up a sunny stretch of tall fence as old-fashioned Sensation with its delicate ferny foliage and large daisy flowers in white and several shades of pink.

Cleome, or spider flower, is another endearingly old-fashioned tall flower that is ideal for growing at the back of flower beds or against fences. Pink Queen bears huge trusses of bright-pink blooms with long, spidery stamens.

One of my favorite potted plants to grow for late autumn and winter flowers indoors is dwarf cyclamen. Mirabelle (Park Seed, Stokes) and Fast Track (Park) have been my two best varieties so far.

Low-growing dahlias from seed give a wonderful summer-through-fall flower display in containers and garden beds, with a bonus of tubers to dig, store and replant the following spring.

I like in particular the colargitte mixture called Dandy (Stokes). This style of dahlia bloom has a

tuft of petals around the center button and a broader petal layer framing the flower in a contrasting color.

For its delicious fragrance and large umbrella-shape heads of purple flowers I grow heliotrope Marine with geranium and trailing lobelia in pots near my sunny patio. Among the geraniums I'm fond of: the dramatic orange-marked deep-cerise Picasso and Hollywood Star in rose and white.

Telstar Picotee is a nicely mound-shape dianthus that covers itself with crimson-red flowers crisply edged in white. Described in catalogs as an annual, this dianthus winters over to become a perennial in mild-winter areas.

Blue Pearl is a wonderfully soft lilac-blue Super Elfin impatiens. It has been very effective in planters in my garden. Last summer, Futura Red gave me the best impatiens hanging baskets I've ever had.

An award-winning lavatera called Silver Cup produces a bright patch of shining pink in my garden every year. This is a flower I would not want to be without. Lavatera is related to hibiscus, and its silken, cup-shape blooms reflect the kinship.

Among the dwarf French marigolds, Janie Tangerine is a favorite. Inca is tops among the midsize marigolds. And the signet marigolds, such as Lemon Gem, are marvelously versatile with their dense mounds of ferny foliage and masses of tiny flowers with edible, citrus-flavored petals.

For sheer brilliance of color, the semitrailing Gleam nasturtiums are outstanding. Canary bird vine, a climbing nasturtium, will clothe a support appealingly with apple-green foliage and small, feathery yellow flowers.

Purple Pirouette is an unusually lovely large-flowered double petunia in purple with a white edge. Supercascade Lilac in delicate lavender is a standout in its group of hanging-basket petunias, both for its lovely coloring and its easy-growing durability.



Our Children

By Willard Abraham, Ph.D.



Many working women are good mothers

Q. Since I went back to work on a full-time basis after our children were in school, I've often thought of the importance of the time I spend with them. What seems to be most important is the quality of that time rather than the amount of it.

However, I've seen articles and heard people say that working mothers have more emotionally disturbed children than stay-at-home mothers.

I really don't see how that can be when many working friends of mine agree with me that bringing in that extra income helps us feel less stress, easier to get along with and generally more in control of our lives.

Can you understand where I'm coming from?

A. Yes, I can.

Even though some research seems to indicate more emotional difficulties in children whose mothers work full time, it certainly doesn't mean that such problems are inevitable just because a mother works.

For the reasons you gave, many families with two employed parents find that familial peace and quiet, as well as their children's adjustments, increasingly becomes part of their lives. The same can often be said of many single working mothers and their children.

It is sometimes just too easy for research results to generalize (like concluding that working mothers mean more home problems) without recognizing the many who differ from such research conclusions.

You may be interested in an article that appeared in the July 1991 issue of *Working Mother* magazine. According to a Roper poll, even though more of today's mothers work full time than women did in the 1970s, mothers spend more quality time with their kids, "including going out to eat together, watching television, enjoying recreational activities and just sitting and talking."

Dear parents: Here is something you might want to look forward to, especially if the children in your family are in the 7-to-10-year-old group and if you're interested in their reading and writing. I imagine most of you have that interest, right?

A new public television program called "Ghostwriter" is aimed at them and you. Tentatively scheduled for airing in 1992, this weekly series of dramatic pro-

grams is targeted to help children develop reading and writing skills.

It may also appeal to the 40 percent of our adults who are either totally or functionally illiterate. That same figure applies to our 9-year-olds who lack basic reading skills.

Because this project's emphasis is on mystery and adventure themes, it should be a grabber for youngsters.

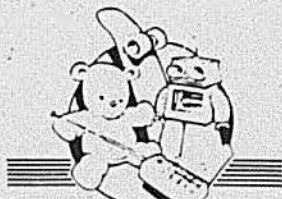
It is a \$20 million plan that will include a free distribution of 20 million copies of a related mini-magazine and 200,000 copies of teachers' materials.

Produced by Children's Television Workshop and funded by the Corporation for Public Broadcasting, this effort has the potential for breaking through the illiteracy problem in millions of homes. No doubt many children, literate or not, will enjoy it.

Two other children's series from CPB may be well worth watching for from your local public television station. Their working titles are "Barney and the Backyard Gang" (for preschoolers, set in a day-care classroom and featuring a large purple dinosaur) and the "Shari and Lambchop Show" (also for preschoolers, starring six-time Emmy award winner Shari Lewis and her puppets).

Several programs for older children are in the works, too. Included are "Africans in America" and "Legacy," which focuses on different cultures and how each civilization contributed to the modern world.

Whenever I watch most CPB programs, I'm reminded how worthwhile television can be. Many of you agree when you recall the "Civil War" project, which was recognized as the best miniseries by television critics. Incidentally, it's available for rent on videotape (Pacific Art Studio) and may rebroadcast on PBS again in your area.





Fitness Forum

Fighting an inhuman foe

By Jack Williams

The way, Stephanie LaMotta sees it, if multiple sclerosis were a knife-wielding mugger threatening to surgically remove her purse from her grip, it would be sorely overmatched.

A right uppercut would do the trick, set up by a deflating left to the solar plexus.

That was good enough to subdue and bloody a would-be robber nine years ago when LaMotta was accosted on a London street.

But MS is a phantom neither fists nor medical science can cure, striking the central nervous systems of some 250,000 Americans with all manner of debilitating symptoms. Among them: blindness and paralysis.

Its ability to defy diagnosis is exceeded only by its resistance to remedies.

LaMotta should know, MS temporarily took her eyesight and paralyzed one side of her body 12 years ago.

But, ultimately, it may have met its match in this tousle-haired, 132-pound, 33-year-old daughter of Jake LaMotta — the former middleweight champion so boorishly portrayed by Robert De Niro in the film "Raging Bull."

Today, Stephanie LaMotta is in remission, healthy enough to traverse the country as national spokeswoman for the National Multiple Sclerosis Society.

There are times when LaMotta's vision fails and her legs threaten to cut all that vitality right out from under her. On most mornings, though, she laces up a pair of boxing gloves and goes one-on-one with a punching bag.

Boxercise, she calls it. Or the Stephanie LaMotta Boxing Workout, which she teaches to 15 clients — about three-quarters of them women — usually in the privacy of their Los Angeles-area homes.

She does it for fitness only, she says. To tone muscles, promote coordination and tune up the heart. Self-defense is an afterthought. And she would no more step into the ring with an opponent than utter a disparaging remark about her 68-year-old dad.

But when the mugger assaulted her nearly a decade ago, LaMotta was ready.

Just like the time three years earlier when, as she put it the other day, "my brain switched off and my body went into a fighting mode."

"It was like with a cold. It may put you down for one or two days, but then you get up and get on with life."

In LaMotta's case, the paralysis lasted nine months.

It took six months for a doctor

to diagnose it.

"The first doctor," she said, "shot cortisone into my eyeballs. 'He thought I had optic neurosis.' Another physician suspected a brain tumor."

Meanwhile, muscles atrophied. A musical career that showed such promise in 1976, when she played guitar in a band that opened for Sly and the Family Stone at Madison Square Garden, became as remote as the thought of running a marathon.

But LaMotta had learned enough about boxing from her dad — "He started teaching me when I was 12" — to know her way around a gym. As her condition improved, so did her right cross and left jab — honed on the heavy bag and speed bag at the Los Angeles Athletic Club under the guidance of Tony Rivera, the ex-trainer of Roberto Duran.

Before long, the media noticed, and LaMotta was deluged with calls and requests from women and men alike wanting to learn the workout.

Among those who called: Columbia Pictures Television, which purchased an option to produce Stephanie's life story.

She only hopes it's more accurate than Martin Scorsese's "Raging Bull."

"That movie didn't show his positive, good, very spiritual side," she said. "It magnified his bad habits."

"Like Dad said, 'Even Hitler loved his dog.'"

Stephanie's life story, to be sure, won't leave out the time a schoolmate, who accused her of stealing her boyfriend, beat her up at the age of 12, prompting some fundamental boxing lessons from papa LaMotta.

Or the time she crawled across the finish line of a 12.4-mile benefit walk for MS, unable to lift her disease-ravaged legs.

Or the time when MS first struck, as she was recording an album in London, and she couldn't

move her fingers over the face of her guitar.

Or the time she recorded a song, "I'm Here at Last, So Forget the Past," that hit No. 3 in Germany.

Defiance and determination sparkle in her chestnut eyes, and a voice that still reflects her New York upbringing crackles with pugacity.

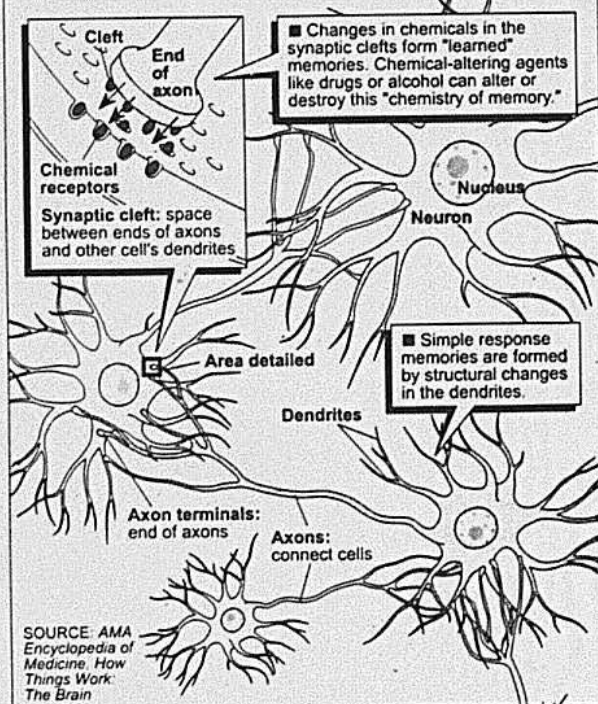
"So much of dealing with MS is mental," she said. "The flare-ups are unpredictable. They can come at any time."

"But when you really want to fight it, you can."

DISCOVERY

Neurons: brain's building blocks

The brain is made up of roughly 14 billion neurons, or nerve cells. Alterations to these cells and their interconnections form our memories.



Vegetarian View

APPLE MUFFINS

- 1½ cups whole-wheat flour
- ½ cup unbleached white flour
- 1 tablespoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Pinch of ground allspice
- Pinch of ground cloves
- ½ teaspoon salt (optional)
- 1 cup unsweetened applesauce
- ½ cup non-fat or low-fat buttermilk
- ½ cup apple butter (see note below)
- 1 tablespoon vegetable oil
- 1 egg or equivalent of low-cholesterol egg substitute

Yields 12 muffins.

Per serving (with egg and salt): 127 calories, 2 grams fat, 14 percent calories from fat, 18 milligrams cholesterol, 147 milligrams sodium.

Preheat oven to 400 F. Line 12 (2½-inch) muffin tins with paper baking cups; spray paper cups lightly with non-stick cooking spray and set aside.

In large mixing bowl, combine whole-wheat flour, white flour, baking powder, cinnamon, nutmeg, allspice, cloves and salt; set aside. In another bowl, whisk to-

gether applesauce, buttermilk, apple butter, oil and egg or substitute.

Combine wet and dry ingredients, stirring until well-mixed but not totally smooth. Divide batter evenly among prepared muffin cups; bake in center of oven 15 to 18 minutes or until tops are lightly browned and a cake tester inserted in the center comes out clean. Let muffins cool in tins 5 minutes, then remove from tins.

Note: Apple butter, a fat-free spicy apple preserve, can be found in the jam/jelly section of most grocery stores.

"The Gourmet Gazelle Cookbook" by Ellen Brown (Bantam Books).



By Kit Snedaker

Subtle poultry for holiday dinners

There is no culinary law that says Christmas dinner has to be turkey. True, a meal of sausage and eggs or liver and bacon would cause consternation at the holiday dinner table, but there are other, subtler poultry that do nicely. Moreover, they don't leave as many leftovers (is that good or bad?) and make perfect feasts for one or two people.

I'm talking about quail and squab, now available in most supermarkets. And if they are not, Cornish hens is a substitute. Consider the recipes given below. While they specify quail, squab and Cornish hens, they would be just as good and just as offbeat with small chickens.

QUAIL WITH VINEGAR SAUCE

- 8 quail
- ¼ cup low-sodium margarine
- ¼ cup beef broth
- ½ cup balsamic vinegar (or red wine vinegar)
- 1 tablespoon chopped fresh rosemary leaves or 1 teaspoon dry rosemary

Yields 4 to 6 servings.

Each serving has about 500 calories, 36 grams fat, 154 milligrams cholesterol, 380 milligrams sodium.

Save necks and giblets for stock. Rinse quail and pat dry. Melt 2 tablespoons of the margarine in a skillet. Add quail and cook, turning until deep brown on all sides (about 20 minutes). Remove to serving platter and keep warm.

Add broth, vinegar and rosemary to pan and boil until the liquid is reduced to about ½ cup (5 minutes). Add the last 2 tablespoons of margarine, reduce heat and stir until margarine is mixed. Pour sauce over quail and serve.

SQUAB WITH LEMON

- 4 squab
- ¼ cup each low-sodium soy sauce and dry sherry
- 2 tablespoons Oriental sesame oil (available on the gourmet shelf of a supermarket)
- 2 teaspoons honey
- 2 teaspoons Chinese five-spice powder or ¼ teaspoon each crushed anise seeds and ground cinnamon, cloves and ginger

Lemon Sauce

- 2 large lemons
- 1 teaspoon salad oil
- 4 slices fresh ginger
- 1 cup chicken broth
- 3 tablespoons sugar
- ¼ cup lemon juice
- 1 tablespoon cornstarch
- 2 tablespoons water
- ¼ teaspoon low-sodium soy sauce

Yields 4 servings.

Each serving has about 900 calories, 78 grams fat, 170 milligrams cholesterol and 450 milligrams sodium.

For the squab: Freeze necks and giblets for stock later. Split birds lengthwise along one side of backbone. Open bird and place skin-side up on flat surface. Press firmly, cracking bones slightly to flatten. Rinse, pat dry and place in a heavy-duty plastic bag.

Put soy, sherry, oil, honey and five-spice powder in a bowl and mix. Pour over birds in plastic bag, seal and marinate in refrigerator for at least 1 hour or overnight.

Drain birds, saving marinade. Place birds, skin side up, on rack in roasting pan and roast, uncovered in oven preheated to 500 F, brushing several times with the marinade until juices from birds run clear when stuck with a fork (about 20 minutes). Remove and keep warm.

Lemon sauce: Cut lemons in half. Thinly slice one of the halves and set slices aside. Squeeze juice from rest of lemon halves. Heat salad oil in large skillet. Add slices of fresh ginger and stir for 30 seconds. Add lemon slices, chicken broth, sugar and lemon juice.

Bring to boil, reduce heat and simmer for 2 minutes. Mix cornstarch with water. Pour into lemon sauce and cook, stirring, until sauce thickens. Add soy sauce and remove ginger slices with slotted spoon. Pour hot sauce over squab to serve.

HEALTHY GOURMET

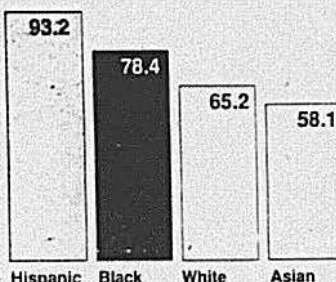
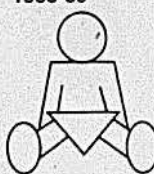


HEALTH WATCH

Hispanics have highest birth rate

Since 1985, Hispanics have had the highest rate of births per 1,000 women ages 15 to 44 of any U.S. racial or ethnic group.

Births per 1,000 women age 15 to 44 between 1985-89



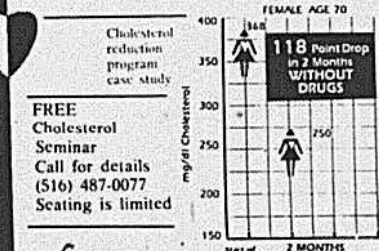
NOTE: Hispanics may be of any race.
SOURCE: Census Bureau

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Here's How

By Gene Gary



Q. I need some information about furniture durability in a well-used living room. My husband likes leather, but I am not sure it cleans easily enough or will hold its color. I am also concerned that it will be cold in the winter months. Can you give me your opinion before we make this major investment?

A. Leather can be a very good choice. It is durable, cleans well, actually improves in looks with age. Unlike fake leather look-alikes, real leather breathes and is cool in summer and warm in winter.

Today, leather is available in a wider range of colors and textures and is more affordable than in the past. However, there are certain things you should look for when

making a leather purchase.

First is quality. Like any product, the higher the quality, the more you usually pay. The best quality is referred to as "full grain," which is a hide in its natural state without sanding or embossing to correct imperfections.

A lower-grade hide, which has had correction, is often referred to as "top grain," and is not as highly recommended. It is important that the leather you choose is supple and flexible, not stiff, flaky or rough.

Use your hand to feel differences. You can quickly become familiar with various grades of leather quality.

Avoid painted leather which tends to flake and is often inferior in quality. For colored leathers,

choose aniline finishes. They are more like a stain and let the natural qualities of real leather show through. They will not hide the desirable patina that develops in leather as it ages.

Avoid suedes. They do not clean easily and are much more prone to fade if exposed to even filtered sunlight.

Be sure to check warranties from the manufacturer concerning any new purchase.

For maintaining your leather furniture, I recommend a two-part process merchandised under the name Lexol, available in larger housewares outlets or through leather suppliers.

One part is a cleaner that flushes out dirt and grime. The second solution is a polish and protector which helps restore the finish. Use every three months or more often if necessary. This product will keep moisture in your leather furniture and prevent it from drying out.

If you do have any major staining, leather can be refinished by a professional and the color restored.

Q. We have a door with thermal panes. Several of these panels have developed moisture between the panes. Is there any way the moisture can be removed?

A. If these are commercially produced double-paned glass doors, repairing a faulty seal is not a do-it-yourself job. The process involves removing the existing seal, cleaning out the edge joints and cleaning the panes.

Most insulated windows have a spacer around the edges between the panes that contains a desiccant to absorb residual moisture. If the seal fails, the desiccant becomes ineffective and must be replaced. Finally, the window must be reassembled and the edge joints sealed.

Your best solution is to replace the glass. There's usually a warranty that covers window seal failure. Depending on the manufacturer, the warranty can range from five to 20 years. Keep your sales receipt so you can seek restitution if the panes fail within the warranty period.

Decor Score

By Rose Bennett Gilbert



Double your floor space

Q. The living room of my apartment is very long (24 feet) and narrow (12 feet), and a friend has suggested that I put mirrors on one wall to make it look wider. I like the idea, but what will I do with all my paintings? Can I hang them on the mirror? — L.C.S.

A. Yes, as you can see from the handsome New York City apartment we show here.

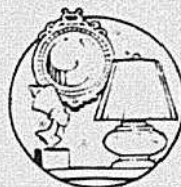
Designed by Maryann Johnson and William Florio, a design team from Connecticut, the room is typically long and narrow with its only window across one end. Johnson and Florio had floor-to-ceiling panels of beveled mirrors installed down one wall, effectively doubling the floor space and the amount of light from the window.

They've also used a reflective wall covering on the ceiling and floated the coffee table on a base of polished chrome to carry forth the mirror image. Over the mirror panels themselves, the designers have hung a double helping of black-and-white prints, flanked by branched sconces.

Consult your mirror installer — he'll have the right tools to drill

the necessary holes without shattering the mirror itself.

The room, by the way, has a totally black-and-white color theme (see it in "Showcase of Interior Design," a book by Vitae Publishing), in which the sparkle and shine of mirroring and crystal is especially striking.



SPACE STRETCHERS — Mirrors and such reflective surfaces as the ceiling and table base make the visual most of limited space in this apartment living-dining room.



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

COMPETENT SELF START-
ing clerical part time with good
typing (possibly shorthand)
skills able to follow systems.
Must be reliable, steady no spe-
cial time off person, able to as-
sume responsibility. Pay com-
mensurate with ability. Send
resume to Litnor Publications,
Box L, 81 East Barclay St.,
Hicksville, N.Y. 11801. htfh

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 wel-
come. Call John 747-2000. gcj1

AU PAIR/CHILD CARE
Warm, responsible person
needed for 2 girls 6 and 3 in
Garden City. Live-in, own
room/bath. \$150 a week.
References required. 741-3483. gcj3

WANTED CHILD CARE from
3:50 p.m. M/F for my 6 and 4
yr. old. Non-smoker, own
transportation, and references
required. Please call
747-0680. wj3

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

Help Wanted

DENTAL ASSISTANT P/T
Thurs. evenings 5-9, Fri. 9-5,
Sat. 9-3. Will train. Call 746-
0445. gcj1

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

FULL TIME BABYSITTER
needed. 5-6 days, 40-45 hours.
No evenings, one infant.
(516)921-7377. hj4

RESPONSIBLE BABYSIT-
TER for my 2 1/2 year old in my
home, Mon.-Thurs. school
hours. References required.
593-9365. gcj4

MOTHER'S HELPER
WANTED PT/FT. Mon.-Fri.,
days to help with 2 children.
Salary open. References.
354-6201. gcj4

Situations Wanted

ATTENTION
VACATIONERS - WOULD
you like to go away and know
that your dog or cat is well
taken care of? Mature woman
who loves animals will give
your pet lots of TLC. Fenced in
yard. 352-9113. gcj4

FEMALE COLLEGE
JUNIOR available Dec. 16 thru
Jan. 10 to babysit, run errands,
office work, clean. Own
transportation. Call
742-0562. gcj1

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

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

Situations Wanted

HOUSECLEANER
available Monday-Friday. Own
transportation, references & ex-
perience. Please call (516) 741-
0815. gcj3

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 reli-
able 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 es-
timate 248-8690, leave message
and we will promptly call you.
gcj2

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, respon-
sible mom with references.
Please call 489-1621. gcj1

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

HONEST, RELIABLE LADY
seeks position as a baby sitter,
nursekeeper, part time clean-
ing or as a companion. Referen-
ces 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 com-
panion. 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

HOUSECLEANING AVAIL-
able. Experience and own
transportation. Call
486-5990. gcj1

Situations Wanted

RELIABLE, YOUNG UK-
RANIAN woman seeks
housecleaning job. Available
Tues., Thurs., & Saturday. Own
transportation. Call 681-
8157. gcj1

STATE CERTIFIED NURS-
ING Assistant seeks position in
Geriatrics or convalescent care.
Will work day or night or
private duty. Good references.
Call Marge 378-8771. gcj1

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

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

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

POLISH WOMAN AVAIL-
able 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 en-
vironment. Playmates. Cer-
tified program. Excellent exten-
sive references. 747-5350.
wtfh2

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

CLEANING LADY AVAIL-
ABLE 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. gcj2

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. gcj2

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. gcj2

IRISH GIRL SEEKS
child care position. Live-in,
Monday-Friday, weekends off.
Driver's license, local referen-
ces. 746-5639. gcj2

Situations Wanted

FROM ONLY \$35.1 will clean
your house or office. Good
references and own transporta-
tion. Call 516-574-0242;
718-592-0000. gcj2

EUROPEAN GIRL AVAIL-
able for housecleaning. Reli-
able, references. Also very
thorough. Call 783-4143. gcj2

COMPUTER REPAIR POSI-
tion wanted. Certified in
private or commercial repairs.
Available for large company
repair program. Reliable. Effi-
cient. Responsible. Write:
Larry, P.O. Box 1011, Great
Neck, N.Y. 11023; or call
466-9690. gcj2

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

HOUSEKEEPER AVAIL-
ABLE Dependable, excellent
references, own transportation.
Call 6 p.m. - 11 p.m.
747-9237. gcj4

HOUSECLEANER IN
DETAIL \$10 per hour, 8 hours
a day Mon.-Fri. Good service.
Own transportation. Call now
747-1540. gcj4

WEST INDIAN CERTIFIED
Nurse's Aide caring for elderly.
Best care you can find with
references. You can call Violet
at 623-1216. gcj4

IRISH GUY AVAILABLE for
painting and decorating and
general household repairs. Call
Cathal, 212-994-6431 or 212-
882-6553. Fully insured and
free estimates. gcj2

EXPERIENCED NURSE'S
AIDE seeks job as a nurse's
aide, companion, babysitting or
cleaning lady. Will also work
weekends. Reference available.
Do not have driver's license.
Call (718) 346-3315. gcj4

HOUSECLEANING AVAIL-
ABLE. Own transportation and
experience. Call between 6-10
p.m. 486-5186. gcj4

Real Estate for Sale

FLORAL PARK SACRIFICE
- Legal two family, excellent
location, extra large yard, in-
come 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 brokers. wj4

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. gcj4

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

CUTCHOGUE / NASSAU Point, 1 acre picture perfect Dutch Colonial. LR, DR, den, greenhouse, 3 BRs, 2 baths, 3 fpls, A/C, 2 var garage, solar panels, beach rights, many amenities. \$485,000. Principals only. 248-2188 weekdays. 734-7301 weekends. gcj4

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

SOUTHOLD - IMMACULATE oversized custom Ranch completely renovated LR/fpl, FDR, large EIK, laundry rm., 3 BRs, 2 baths. A Must See. \$199,500. Peconic Waterview - Nearly new Country Châlet features great room/fpl, Master BR & bath plus 2 BRs & bath, professionally landscaped for privacy. \$225,000.

Southold Waterfront Contemp. Great room/fpl, 3 BRs, 2 1/2 baths, docking for your boat. Private sandy bay beach. \$425,000.

Southold Bayfront - sandy beach, secluded 2 story features 5 BRs, 2 1/2 bath, LR/fpl, DR, sun porch. Reduced \$625,000. Burt Lewis Real Estate 734-5533, 298-4600, 765-5810. gcj1

SOUTHOLD EXCLUSIVE - ROOMY comfort in this quality 3 BR, 1 1/2 bath Country home. All spacious rooms with double fpl, oak floors, OHA/CAC & more. Your home sweet home for \$145,000.

Southold - Real Country living. Mint 4 BR, 2 1/2 bath Cape in private community with deep water marina & bay beach. Seller relocating & our exclus. \$239,000.

Nassau Point - Waterfront on beautiful North Fork. All new 2 story Contemp. 1.3 wooded acres on peaceful lagoon with glorious bay views. Easy bay access & dock. Tremendous value! \$535,000.

Southold Exclusive - Spacious Cedar Shake Cape in private community. 2,350 sq. ft. of living space includes Country kit., fam. rm/fpl, FDR, LR, 3 BRs & 2 1/2 baths. Deluxe country living for \$225,000. Marion King Realty 734-5657. gcj1

GARDEN CITY: LARGE Split, 4 BRs, 2 baths, excellent family home/location. Cath. LR/fpl, DR, new EIK, fin. bsmt, 2 car, 70x100, trees/landscaped, near courts/park/RR. \$395K owner. 747-6386. gcj4

Real Estate for Sale

GARDEN CITY ESTATES Full Ranch on Whitehall Blvd., 3 BRs, LR, DR, den, 2 baths, gas heat, large plot. Five minute walk to RR. By appointment only. \$385,000. 746-1121. gcj1

GARDEN CITY MOTT charming brick & stone 4 BR, 2 car garage, LR/fpl, FDR, EIK, with coordinating den, 2 1/2 baths, full fin. bsmt. with laundry rm. & storage closet off, full attic with addl. storage closet. Shining oak floors throughout, all mint cond. Professionally landscaped. No exterior upkeep. \$399,000. Evenings only. Owner 746-2151. gcj3

NASSAU POINT / CUTCHOGUE. Private community with beach & mooring across the street. 3 BR Ranch, 2 baths, large kit, LR/fpl, 2 car attached garage, full attic & basement plus 2 story barn with workshop area & extras. \$260,000. Principals only. 323-3567. gcj4

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

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

GARDEN CITY - 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. gcj4

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

GARDEN CITY BEAUTIFUL spacious home, 80x100, 5 BRs, 3 baths, scr. porch, fin. rec. rm., walk RR. Asking \$315K. By appt. 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

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

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 wjl

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

HAPPY HOLIDAYS from all of us at Marilyn Lang Real Estate 734-6472, 734-6690. Marilyn, Bud, GERALYN, Donna, Marcia, Eileen. 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 gcj4

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

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

Real Estate for Sale

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



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

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. gcj4

GARDEN CITY HEART of Village. LR/fpl and built-in bookcases, refinished floors, FDR, EIK, 2 BRs, \$145,000. 741-9659 gcj4

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 gcj4

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. LARGE 1 BR 1 1/2 baths, terrace, top floor, EIK, walk in closet, indoor parking, 2 A/Cs. Walk to LIRR, courts, hospital. Motivated \$100,000. Owner. 747-8919. gcj4

GARDEN CITY CHERRY Valley Co-op. Spacious one bedroom, new EIK. Prime location facing courtyard. Walk to RR & stores. \$116,000. Principals only. 742-6843. hj4

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

Real Estate for Sale

MINEOLA - HORTON House, 1 BR, large LR, secure building. convenient to RR, hospital, stores. Must sell \$79,000. By owner. 747-8711. gcj4

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

Real Estate For Rent

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. HICKS-ville/Levittown area. Near transportation, shopping. \$450 plus month security, all. 796-2130. hja1

ROOMATE WANTED TO share house in Williston Park. Walk to everything. \$450 per month, includes utilities. Call days. 248-5278. wj4

1 BR APARTMENT Nassau Blvd., Garden City including all utilities. \$575. 483-6880. gcj2

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

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 326-9676. 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 (516) 354-2823. gcj1

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

Real Estate For Rent

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

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

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

MINEOLA: FURNISHED ROOM Occupancy for one. Share bath. No smoking. 747-1100. hJa2

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

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

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

Vacation Rental

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

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

Vacation Rental

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. gcj2

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

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

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

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. gcj4

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

GARAGE WANTED FOR one car. Garden City or Mineola. Please call 488-5285 or 746-2429. wj4

MATURE, PARAPRO-FES-SIONAL, non-smoking male, long term Garden City resident seeks room with bath & parking space in Garden City or immediate vicinity. Storage area helpful. Please call 742-8876 evenings. gcj4

Real Estate Wanted

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

Car For Sale

'86 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 741-6254. gcj4

1986 CHEVY CAMARO V6, 26,000 miles, loaded, white, black interior, T-tops, tint, mint condition. Must sell \$6500, neg. Evenings 741-9545, ask for Connie. hj4

1987 CORVETTE, DARK red with tan leather interior. 9,000 miles. Automatic, all options. \$18,000. Call 746-5864. gcj4

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MODEL TRAIN TOY & Doll show. Miniatures & craft extravaganzas, baseball memorabilia. Sun., Jan. 12, 1992. Free parking. St. Vincent de Paul auditorium. 2 floors fun & bargains. 1510 de Paul St., Elmont, N.Y. 10 a.m. - 4 p.m. Buy, sell, trade. Breakfast, lunch. Admission \$4, senior citizens \$2. Early admission 9 a.m. \$6 per person, children under 12 free with parent. Raffle door prize, 200 dealers. Operating layout. Information call 352-2127. gcj2

ANTIQUES AND COLLECTIBLES Show. Roslyn, Long Island, George Washington Manor, 1305 Old Northern Blvd. Quality Show - 40 dealers, Sunday, January 5, 10 a.m. - 5 p.m. Admission \$3.50 (\$3 with ad). hj1

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NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. **St. Jude, pray for us all who invoke your aid. Amen.** Say 3 Our Fathers, 3 Hail Mary's, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. P.G. wj1

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. S.M. gcj1

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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. A.A. gcj1

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Enjoy Yourself

What could be better than a great meal (at a great price!) Shared with that special friend?

The
DINING GUIDE

In the Discovery Section of this Newspaper



Weekend cooking

By Rena Coyle

Once children turn the age of 9, the kitchen becomes a place for creative curiosity. Kids start by putting around, experimenting with recipes and then eventually putting an entire meal on the table.

To nurture this natural curiosity, let your children cook on the weekend. This is the best time to have them in the kitchen, giving them an opportunity to ask questions and work free from the pressure of time restraints.

When your kids start cooking, let them choose the recipes. The recipes should be familiar foods as well as foods they enjoy eating. Once the meal is prepared, your kids will be able to judge their own success.

Mexican food is a favorite, an ethnic cuisine with easily recognizable flavors that kids enjoy.

Here are two recipes that your kids can follow with great results.

The first recipe is for enchiladas. What sets this enchilada recipe apart from others is that this recipe walks your kids through making a fresh tomato sauce from scratch. Then the kids wrap cooked chicken inside a tortilla and bake it with their sauce and cheese.

To accompany this Mexican Casserole, your kids can make the Desert Salad. This salad, a combination of avocado mixed with chick-peas then tossed with fresh lime, bursts with fresh Mexican flavor and makes a great side dish for the enchiladas.

A note of caution, though. If this is the first time your child has cut open an avocado, an adult needs to walk him through each step. Avocados have a large seed pocketed in the center of the fruit. The knife has to be worked around the seed carefully, so the youngster will need direction.

Weekends are a relaxing time to have your kids do some cooking. If your children are responsible for helping with the daily dinner, then let them use the weekend to experiment with new recipes. This way they will have the time to work through each step, slowly.

By the time your children have made a dish several times, they will have committed the recipe's preparation to memory. This makes preparing the recipe faster and easier. With proficiency and confidence, your children can prepare these recipes any day of the week.

ENCHILADAS

- 4 ripe tomatoes
- 1 medium-size onion
- 3 mild green chilies, canned
- 2 tablespoons oil
- 1 sprig cilantro
- 1 clove garlic, peeled
- 6 (10-inch) tortillas
- 1½ cups cooked chicken, shredded
- ½ cup sour cream
- 1 cup grated mild cheddar cheese

Utensils: Paper towels, food processor, saucepan, zip-seal plastic bag, mixing spoon, oven-proof casserole, measuring cups and spoons, oven mitts.

Yields 4 to 6 servings.

Preparation time: 30 minutes.

Cooking time: 20 minutes.

Preheat oven to 250 F.

Rinse tomatoes under cool running water and pat dry with paper towel. Place them on cutting board and trim off ½ inch from top. Cut tomatoes in half, and chop into small pieces. Put into saucepan.

Cut ends from onion. Set onion on cutting board and cut in half, lengthwise. Peel outside skin from onion. Put onion halves, flat-side down on cutting board. Cut halves into thin slices and add to saucepan.

Add green chilies and oil to saucepan and cook over medium heat for 10 minutes.

With adult help, pour tomato mixture into food processor. Add cilantro and garlic clove. Process to a rough chop.

Place tortillas into zip-seal plastic bag and microwave for 30 seconds. Remove tortillas and set flat on counter. Roll ¼ cup of chicken inside each of the tortillas and set them into casserole.

Pour sauce over tortillas. Spread sour cream over sauce and sprinkle on cheese. With oven mitts on, set casserole in oven. Bake 15 minutes; keep warm till ready to serve.

DESERT SALAD

- 1 avocado
- 1 lime
- 2 green onions
- 1 (18-ounce) can chick-peas, drained
- 2 tablespoons olive oil
- 1 tablespoon parsley
- ½ teaspoon cumin

Utensils: Cutting board, sharp knife, mixing bowl, strainer, can opener, spoon, juicer.

Yields 4 servings.

Preparation time: 10 minutes plus 30 minutes standing time.

Place avocado on cutting board. Carefully cut avocado in half, lengthwise. Work with an adult the first time you cut an avocado. Use a spoon to scoop out the seed.

Scoop out large pieces of avocado meat and set them on cutting board, discarding peel. Cut these pieces of avocado meat into small bite-size pieces. Put them in a mixing bowl.

Put lime on cutting board and cut in half. Juice the lime halves. Add juice to the bowl.

Lay green onions on cutting board and trim off roots. Cut green onions into thin slices and add to the mixing bowl.

Add olive oil, parsley and cumin. Toss until well blended. Let this salad sit at room temperature for 30 minutes before serving.

Home entertaining



Twelfth Night gifts in Spain

By Carol Cutler

Every country celebrates the year-end holiday season in its own special way. Here, Christmas is the big gift-giving occasion and spirits remain high right through the new year. Until recently, in the Soviet Union gifts were handed out by Father Snow on New Year's Day to avoid any religious connotation.

France spreads the season out by exchanging gifts on Christmas, but having another Twelfth Night, or King's Day, party on Jan. 6. In Spain, it's another tradition still — the big day for gift-giving is the Twelfth Night.

Santa Claus is replaced by the three kings, who hand out the largess. It was they, after all, who came bearing gifts to the newborn babe. Because the children go back to school on Jan. 7, some modern Spanish parents are beginning to distribute gifts on Christmas Day so there is time to play with them before hitting the books again.

Just about every town of any size has a parade with the three kings as the star attraction. In Barcelona, festivities begin the evening of Jan. 5 as the kings arrive in the harbor aboard a festive ship. The children are in a state of high anticipation, awaiting the little gifts to be handed out. For the really important presents from parents, aunts, uncles and grandparents, they will have to contain their excitement for yet another day.

Shops are jammed, especially bakeries and candy shops. Certain foods are obligatory, like the Twelfth Night cake, a pastry circle in which is hidden a tiny trinket. The person who receives the portion with the bauble will be blessed with good luck for the year.

This is preferable to the tradition in France, where the hidden ornament in the *galette du rois* makes you a king (or queen) for the day.

Marzipan candies are another customary treat. The almond paste mixture is fashioned into the most remarkable shapes — birds, flowers, fruits, vegetables, fish, meats, little mice, fat roosters and even larger crocodiles with open jaws. The teeth tend to be toasted almonds, which diminishes their menacing look.

Since the festivities in Spain begin on Jan. 5, and that happens to be a Sunday, why not have a Twelfth Night tapas party? There are many ways it could be presented. At midday, it's a tapas brunch; in the early evening, it's a tapas cocktail party, and a bit later, with the addition of perhaps

a Spanish fish soup, it's a tapas supper. Whichever you choose, the special Iberian note will give the party extra verve.

For the cook, tapas are a boon. In bars in Spain the tapas (dishes of finger food) are placed on the bar for constant nibbling. Many of the dishes require no cooking whatsoever.

Put out an assortment of olives, both green and black, roasted red peppers that can be bought at most fancy food shops; little squares of cheese pierced with a toothpick, filled pastries and little tarts; or halved hard-boiled eggs topped with a spicy mayonnaise.

Among the most popular of tapas snacks is sliced sausage and cured ham. The hams in Spain are exceptional, but a fine Smithfield ham makes a good substitute. Chilled dry sherry is the appropriate beverage, but offer a choice of other drinks as well. Cold beer (with or without alcohol) goes well with some of the saltier dishes, as does a crisp white wine.

If you would like to expand your tapas repertoire, try these golden potatoes from Jose Sarrau's book "Tapas and Appetizers" (Firestone). You will find yourself even making them for non-Spanish meals.

GOLDEN OVEN-FRIED NEW POTATOES

(Las Patatas Doradas)

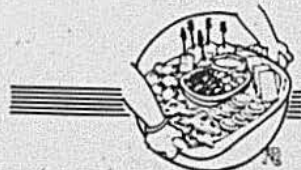
½ pound very small potatoes (new potatoes, if available), peeled and halved

Salt
3 tablespoons olive oil
3½ tablespoons butter, melted

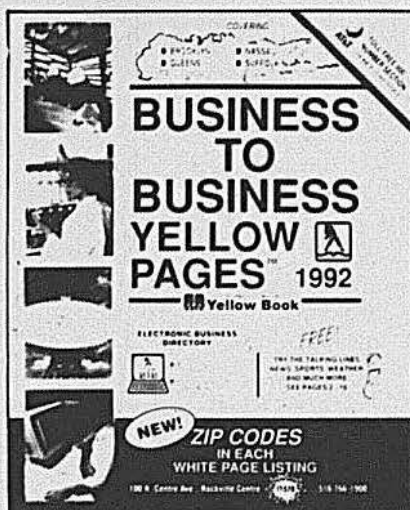
Yields 4 servings.

Place potatoes in saucepan with cold water to cover. Add teaspoon salt, place over high heat, and bring to a boil. Simmer 5 to 8 minutes.

Preheat oven to 375 F. Drain potatoes and place in baking dish. Pour oil and butter over potatoes and toss. Season with salt to taste. Bake 10 to 15 minutes, or until golden and easily pierced with a fork.



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Kids Home Newspaper

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

By J.R. Rose



PAGE 21A Friday, January 3, 1992 SOMETHING FOR EVERYONE

DRAW IT!

DRAW STRIPES ON THIS ZEBRA!



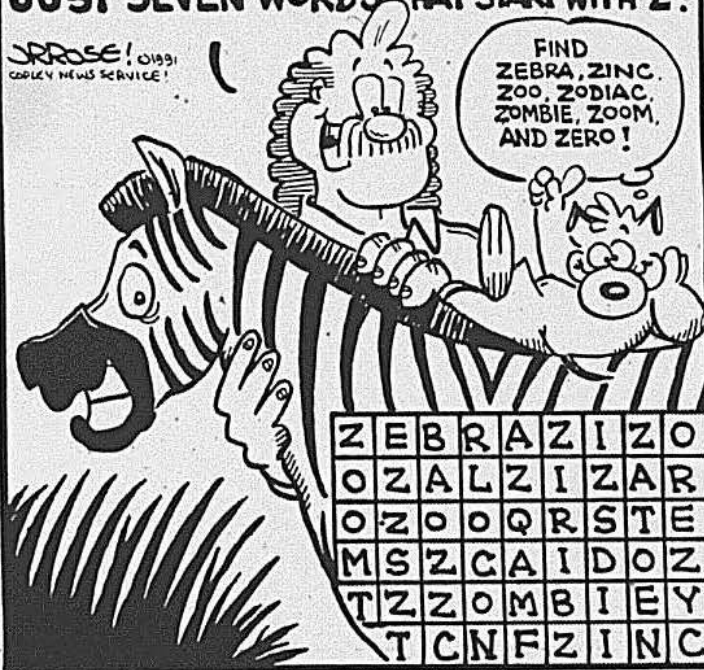
BY NOW, YOU KNOW THAT ZEBRAS HAVE BLACK STRIPES. UNSCRAMBLE THESE LETTERS AND FIND ANOTHER ANIMAL WITH BLACK STRIPES!

irte g

FRANKLY ZEBRAS ARE MUCH NICER!

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JR ROSE! ©1991
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O	Z	A	L	Z	I	Z	A	R
O	Z	O	O	Q	R	S	T	E
M	S	Z	C	A	I	D	O	Z
T	Z	Z	O	M	B	I	E	Y
T	C	N	F	Z	I	N	C	

WHICH SHAPE CORRECTLY COMPLETES THIS ZEBRA?

- A.
- B.
- C.
- D.
- E.



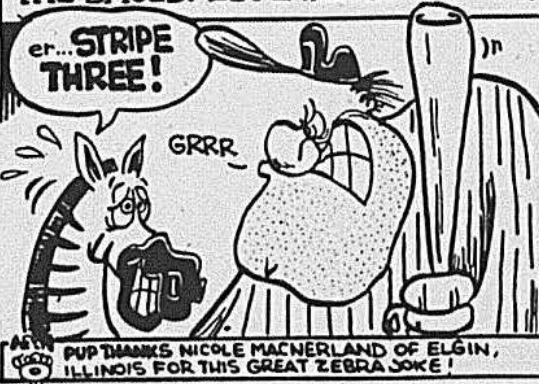
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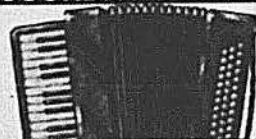
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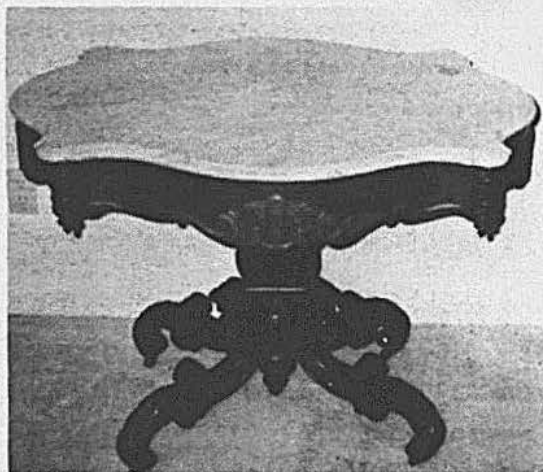
By James G. McColam

JUNQUE



Valuable tables, boxes and more

Q. Enclosed is a picture of a mahogany marble-top table. The legs have some carving on them. I believe it is at least 100 years old. I would appreciate any information and approximate evaluation.



A. This is an early Victorian marble-top table made between 1850 and 1860. It would probably sell for \$700 to \$800 in good condition.

Q. The attached mark is on the bottom of a covered porcelain box that measures 2 1/4 inches by 3 inches by 1 1/4 inches. It is decorated with pink and white flowers around the upper section and has a gold border on the lid. What can you tell me about the vintage and value?



A. The Royal Bayreuth porcelain factory was founded in Tettau, Bavaria, in 1794. Your box was made between World War I and World War II. It would probably sell for \$75 to \$85.

Q. I saw some castor sets at a recent antique show, and I found them quite interesting. Can you tell me something about castor sets and their history? I would

also like to know some typical prices.

A. A castor set consists of two or more condiment (vinegar, oil, etc.) bottles or shakers in a metal frame. This frame is usually silver-plated.

They were first used about 200 years ago, but most of those on the market today were made between 1870 and 1915. Here are some prices.

- Three bottles, amber glass, silver-plated frame: \$125.
- Seven cut-glass bottles, sterling silver frame: \$1,250.

Q. I have a pair of porcelain figurines of a man and woman in old-fashioned clothes. They are about 12 inches high and 10 inches wide. The mark is an acorn with a letter "E" and "Royal Dux, Bohemia." Can you tell who made them, when and how much they are worth?

A. E. Eichler founded the Royal Dux Porcelain company in Bohemia in 1860. It is now Duchov, Czechoslovakia.

Your pair of figurines was made around 1900 and would be worth about \$1,000.



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Points on Pets

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

Q. We recently acquired a pet bird. We are now wondering if the bird is male or female. Can veterinarians determine the sex of birds?

A. It is very difficult, if not impossible, to determine the sex of many pet birds merely by looking at their external appearances. Although there are several techniques involving examination of blood samples or stool samples for sexing pet birds, the most common and most sure method is to look at the sexual organs through a surgical incision.

Usually the bird is anesthetized and a special instrument called an endoscope is introduced into the bird's abdomen through a very tiny incision. The veterinarian can look through the endoscope direct-

ly at the gonads to determine if they are testicles or ovaries. Because the incision is so small, no suturing is required, and the bird is on its feet within minutes after completion of the procedure.

Surgical sexing of birds is quick, accurate and safe when performed by knowledgeable individuals. If your veterinarian does not do surgical sexing, he can refer you to a veterinarian who specializes in pet bird medicine. Most veterinary clinics associated with a college or veterinary school at a university have a specialist in pet bird medicine and surgery.



JUNIOR EDITION

WIN A BIG PRIZE!

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



Welcome to the New Year. Now that it's 1992, do you feel any different? I always feel that the beginning of a new year is a good time to break bad habits and start good ones. This is called making New Year's resolutions.

Have you ever tried to make a resolution by saying you would stop doing something bad (like teasing a brother or a sister) or start doing something good (like taking good care of a pet)?

New Year's is a good time to do these things because it is a time to get a fresh start. You can say to yourself that what you did in 1991 doesn't count as long as you do better in 1992.

Your friend,

Aunt Tilly
Shawn Dunn.

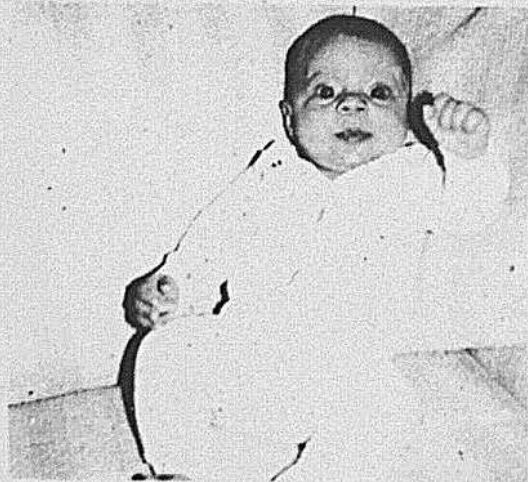
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Mail your entry (just clip our cartoon) to this newspaper at:
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The World's Most Beautiful Grandchildren



Jonathan Andrew Polignani was born September 15, 1991, weighing 7 lbs., 10 oz. and measuring 20" long. Today he weighs 14 lbs. 7 oz.

His maternal grandparents are Saul and Muriel Horing of Fordham Lane, Woodmere. Muriel is the office manager for Dolores Stern Realty (Woodmere) and Saul is a corporate attorney with offices in N. Y. City. This is the first grandchild for the Horings.

My mother and father have lived in Garden City since 1952 on Locust Street. My father sells fuel oil commercially and my mother is a mother and housewife (four children). Although my parents have five other grandchildren, this is the first to carry on the family name.

Karen and I originally met on the Long Beach boardwalk in the summer of '88 and will be celebrating our second wedding anniversary this coming January. Karen is self-employed conducting her own business as a physical therapist in the Long Beach area. I am a personal injury and divorce attorney with offices in Garden City. In addition I have a Masters Degree in Theology with a specialty in moral ethics and advise community groups and organizations regarding ethical-legal concerns. We live in East Atlantic Beach. I grew up in Garden City attending St. Joseph's grammar school, graduating Garden City High School in 1964.

William K. Polignani

YOUR SOCIAL SECURITY

Buying Medicare hospital insurance

By William M. Acosta

Q. If you are 65 but do not qualify for Medicare hospital insurance, can you buy coverage? — O.L.

A. Yes, you can buy coverage much like you buy private insurance. In 1992, the basic premium for hospital insurance will be \$192 per month. But you also have to enroll in Medicare medical insurance and pay a monthly premium.

Medicare medical insurance in 1992 will be \$31.80 per month, so the basic cost of both parts would be \$223.80 per month.

Q. Who does Social Security require to have a representative payee? — M.H.

A. Children under age 18, legally incompetent adults, recipients of Social Security determined to be incapable of managing benefits and people receiving Supplemental Security Income because drug addiction or alcoholism is their primary disability must have a payee.

Q. I understand that some of my Social Security benefits can be taxed for income tax purposes. How can I find out exactly how much I have been paid in Social Security benefits? — D.P.

A. Each January, Social Security mails Form SSA 1099 to all Social Security beneficiaries. This benefit statement shows the total

benefits paid for the prior year. This form can be used in the preparation of your federal income tax return.

Q. I have been a federal employee for the past 23 years. Prior to my going to work for the government, I worked in private industry for 10 years, thus having the necessary 40 quarters. Does my entitlement to a federal annuity affect my Social Security entitlement? — J.R.

A. Your Social Security retirement benefit may be affected if you reached age 62 after 1985 and you became eligible after 1985 for a pension based upon work not covered by Social Security.

A modified formula is used to figure your Social Security benefit. This will result in your receiving a lower benefit. Contact your local Social Security office for additional information.

YOUR SOCIAL SECURITY