

In Two S

The Only Newspaper

Mid-Island Times

& Levittown Times

35¢

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USPS 346-760

Friday, January 10, 1992

Santa Visits Brownie Troop



Santa visited and gave out the holiday gifts to Troop 3554 of Lee Avenue School in Hicksville during their Holiday Party on December 17. Santa - you are the greatest - we loved having you.

Top left to right: Jaclyn Balata, Heather Kaplan, Ursula Simicic, Kaitlin Jensen, Amanda Roche, Jennifer Trahan, Jennifer Knudsen, Marissa DeRosa, Theresa Schuck. Left to right of Santa: Anita Watterson, Santa Clause, Melissa McGovern, Carolyn Fitzgerald. Bottom left to right: Melissa Excurra, Christina Excurra, Therese Fitzgerald, Monica Leary, Kerri Anne Hughes, Elise Gramaglia, Alexis Sedoruk and Allison Watterson. Emily Gramaglia not present.

Christmas Show At St. Ignatius



"Toys" in kindergarten who wait to march.

On December 18, the students in grades K to 8 at St. Ignatius Loyola School entertained parents and other guests in the annual school Christmas Show. Children in grades 4 and 5 performed a short play on the birth of Jesus entitled "Silent Night." Students in grades 6, 7 and 8 acted out the play, "Ninetimes Christmas." Each grade level sang a Christmas song. The audience was particularly delighted by the kindergarten children who marched in dressed as toys and sang "Santa Claus is Coming to

Town." For the finale, the entire student body gathered on the stage and sang "Joy to the World" and "The Twelve Days of Christmas." The Christmas Show was produced and directed by Mr. Crosio, the school's music teacher. Scenery for the show was made by Mrs. Boettcher, the art teacher. Refreshments for the students and guests were provided by the Parents' Association.

Congratulations to Mr. Crosio, Mrs. Boettcher, and all the students for a magnificent performance!

Parent Workshop

The Children's Room of the Hicksville Public Library is holding a Parenting Workshop on Tuesday, January 21, from 7-8 p.m.

Alison Mack, author of "Toilet Learning" and "Dry All Night" will present a program for interested parents based on her books. "Toilet Learning" is in its 14th printing and "Dry All

Night," published in 1990, is already in its 3rd printing. Both use the picture book format to explore their subject and are published by Little, Brown. Titles are available at local bookstores and the author will sign any books brought that night. No books will be sold at the program. Alison Mack lives in Jericho.

PTA Offers Workshop

The Hicksville Council of PTAs is now sponsoring "How To Talk So Kids Will Listen and Listen So Kids Will Talk," an extremely successful, award-winning workshop based on the book by the same name. Over 20,000 groups nationwide have offered this program through schools, homes, churches and industry. It has also been featured several times on syndicated talk shows such as "Donahue" and "Oprah Winfrey."

There are six sessions, each covering one textbook chapter and lasting approximately 2 1/2 hours. Dates are on the following Mondays: February 3, 10, 24 and March 2, 16 and 23. Unless otherwise notified, the workshops will be held at the Hicksville Senior High School. All classes start promptly at 7:30 p.m.

The fee is \$16 which covers the cost of the textbook and workbook. Husbands/wives accompanying their spouse, as well as workshop "graduates," are admitted to any (or all) sessions free of charge. Books must be ordered in advance, therefore prior reservations are required and must be received no later than January 22.

For reservations or further information, please call Diana (D'Antuono) DePalma (931-7072) or Karen Garbus (735-0646). Checks should be made payable to the Hicksville Council of PTAs and mailed to "Parent Workshop," 104 West Avenue, Hicksville, New York 11801. Please include your name, address, telephone number and whether your spouse will be attending. Class sizes are limited.

Artworks Artist At Hicksville Library

On Sunday, January 12, 1992, from 2 to 4 p.m., a reception at the Hicksville Public Library will celebrate the January exhibition of artworks by Pearl and Milton Hellerbach.

The public is invited to the reception and the retrospective exhibition, which is already on view in the Community Room of the library and will continue all month.

Milton will be showing paintings, pastels, etchings and drawings, while Pearl's work includes acrylics, mixed media and watercolors.

First Democrat In 24 Years

A new era came to Town Hall Oyster Bay as Lew Yevoli was sworn in as Town Supervisor. Yevoli was not new to Town Hall, having served on the Town Board under the late Mike Petito beginning in 1964. Yevoli defeated Angelo Delligatti in November elections. Petito left office in 1969 for a judgeship but was murdered while visiting Puerto Rico. Yevoli later became an Assemblyman where he served until election.

The swearing-in ceremony was performed by George O'Haire, village justice for Lloyd Harbor. O'Haire had served as deputy supervisor for Petito 20 years ago. Attorney General Robert Abrams was originally scheduled to perform the ceremonies but was delayed at the swearing-in ceremonies in North Hempstead.

All Republicans in the Town, with the exception of the Supervisor, were re-elected and sworn in on Tuesday.

World War I Veteran's Funeral Services Held

Memorial services for Emil Philip Boerckel of Kraemer Street, who served with the United States Army in the First World War, were conducted by members of Hicksville's Charles Wagner Post 421 of the American Legion at Wagner's Funeral Home, on January 2. Mr. Boerckel, 96, was a member of Post 421 since 1925, joining the American Legion on his arrival in Hicksville. He was the last surviving World War I member of Post 421, and very possibly Hicksville's last survivor of the "war to make the world safe for democracy."

Born in 1896, Emil Boerckel worked for many years as a crane operator for the Republic Steel Corp. of Maspeth, Queens County. He was predeceased by his wife Lillian, and is survived by his sons, Henry and Robert Boerckel, long-time resident of Hicksville, who served in the U.S. armed forces during World War II.

Following the American Legion's memorial services on the morning of interment in Plainlawn Cemetery, Hicksville, Rev. Herbert Kern conducted funeral services for Trinity Lutheran Evangelical Church. Emil Boerckel's military funeral flag will fly at the John F. Kennedy Memorial, in the near future. Commander Richard Hochbreuckner of Post 421 has announced that a volume of New York State History will be placed in Mr. Boerckel's memory in the American Legion's Memorial Collection of rare state books in the Hofstra University Library.

AARP Driving Course

Because of the great demand for AARP Mature Driving Classes, the Hicksville Public Library is offering these two courses:

Friday, January 24, and Friday, January 31, from 6:30 to 9:30 p.m.

Thursday, February 20, and Friday, February 21, from 6:30 to 9:30 p.m.

These classes are for mature drivers, 50 and over. Attendees must attend both classes to receive a certificate. A fee of \$10 is payable to AARP. Completion of the course qualifies one for a 10% reduction on liability and 10% on the collision portion of insurance premiums. Also, attendees will be entitled to a reduction of four points from their driving records.

Applications are now available at the library.

Historical Society Social Jan. 26

The Annual Social Meeting of the Hicksville Historical Society will be held on Sunday afternoon, January 26 from 2-4 p.m. at the Kenneth Barnes Community Room of the Hicksville Public Library. Members and prospective members are invited to hear the Hicksville High School Madrigals under Director Dan Kristoff in a program of Renaissance and early music, and to enjoy a slide photo review of Hicksville's community history in 1991 by Richard Evers. Refreshments and cordial socializing will add to the pleasures of the Society's mid-winter gathering.

Letters to the Editor

To the Editor:

While some taxpayers might jump with joy over the actions of our Ship of Fools, the Hicksville School Board, I do not. A Suitcase Santa from Florida and Hicksville's self-proclaimed education Messiah, the Ship's Captain, brought a grab-bag of goodies and sold them to our ship's crew as a remedy for all our educational ills just like an old time salesman selling cure-all snake oil to farmers.

Removing very young and very immature elementary sixth graders from parental influence, manifold teacher supervision, and the confining perimeters of neighborhood schools and transferring them to the vast areas of the middle school subject to less parental control, much less teacher supervision, and much much greater peer pressure from older students just doesn't make any sense. It could have been done to make continued use of the decidedly older dilapidated-prone Middle School more palatable to taxpayers. However, that wasn't the case. The ship's crew realized that greater utilization of the middle school meant lesser utilization of the elementary schools thus easing the way for them to close another elementary school.

The transfer of the young sixth graders was done without much thought given by the board to their education. Other than educator's jargon and rhetoric there are no specifics as to scholarship improvement. I hope the board did not consider as improvement the instruction these young immature impressionable children could and most probably will receive from exposure to older peers such as in smoking, drinking, profanity, sex, and drug-abuse.

The transfer of the young sixth graders was done without much thought given by the board to safety. Jeopardizing the safety of immature children, including sixth graders, by requiring them to cross major highways was one of the main reasons that the East Street School remains open this year. That same sixth grader and more will now have to cross these same major highways to reach the middle school. Did one year make the walk that much safer? And does not busing the sixth graders further distances or having them walk greater distances across more major highways and more major intersections jeopardize child safety?

The transfer of the young sixth graders was done without much thought given by the board to dollar savings. I have yet to see any documentation

reflecting how much money will be saved when the cost of busing the youngsters from all ends of the district to the middle school is computed and compared to present costs.

All the information I have on the reorganization and realignment submitted to the board is what has been in your paper. Unfortunately I had to leave the meeting early on December 18 during which the reorganization was discussed and apparently adopted by the whole board without much, if any, opposition. Nevertheless I have several reservations:

- An organization is a weak organization if it has as many individuals reporting to a supervisor as does the Director of Instruction. There is no way he can properly and efficiently supervise, monitor, and evaluate eleven subordinates directly assigned and reporting to him.

- An organization is a weak organization if educational responsibility is delegated to a school principal who then has supervisory direction removed from under his jurisdiction and away from the work area. The new administrators with new combined functions and now located in the central district office under the Director of Instruction will be spread too thin and will be too hard-pressed to fully and efficiently carry out the educational responsibilities and goals formerly assigned to department chairpersons. Education suffers as a result. You cannot separate responsibility, supervision, and authority and have a good organization. The ship's captain is now building an empire of administrators in the central office.

- An organization is a weak organization if individuals are assigned to positions for which they are unqualified and then charged to "see if the curriculum in all areas is continual and sequential."

Furthermore, can a science teacher really develop a program to monitor a mathematics curriculum including algebra, plane and solid geometry, trigonometry, and even calculus to the degree required to evaluate the use of the curriculum by mathematics teachers in such a fashion that it will show a "student's skill development?" And can a math teacher do the same with a science curriculum? Again, education suffers as a result.

I have many more reservations about the new organization other than educational effects, but in the interest of brevity will forego them for this letter. My main thought is the ship's captain is wrong relative to his new educational structure and the reorganization is

the first step in the downgrading of our education system. It is time that more questions be asked of the ship's captain such as: From who or where the idea for his new type structure originated? If used previously, from who or where can documents be obtained which evaluate results of its previous use? Was it used in the Bellmore-Merrick school district from which he was last employed and if so what were the results and how long was it used after his retirement five years ago?

If this reorganization just came from the top of the ship's captain's head and has never before been used successfully, I strongly urge the board to move slowly and piecemeal on implementation - perhaps even a trial run in one or two schools. If there are problem areas with our present organization you can always fix the problem. But be careful of destroying a good work horse because of a thrown shoe.

You know my thoughts about the impending school closing, having so graciously printed them in your edition of December 27, 1991. I will not repeat all the reasons but merely restate that I am absolutely against closing any more schools in the Hicksville School District. There is very little educational value in a school closing. Further, there is nothing gained if the money saved is used for other purposes and not used to lower the tax rate. I just hope the mind-set of the ship's crew is not on closing a school regardless of public opinion and a fractured community.

Sincerely yours,
Frank H. Willard

To The Editor:

It is with great concern and urgency that I write this letter for it is important for us to make our legislators in Albany aware that education can withstand no further budget cuts, whether it be this year or next year.

It is also important that you know that when education is cut in Albany, the reflection of this cut increases your property tax as local residents. The burden of supporting the school system should not be borne almost totally by local residents, especially in the fact that the Long Island area sends many more tax dollars to Albany than it receives in services.

It is time that we stand up and fight to end the raiding of education by Albany for other social programs. Albany must be aware that we are educating the future leaders of our country, our state, and our nation.

Very truly yours,
Salvatore Mugavero
Superintendent of Schools

To the Editor:

The Hicksville Youth Council is happy to let you all know that we are still here and grateful to all of you who were so supportive of us in the past year of troubled times. We would like to wish you all a healthy and prosperous New Year, and update you on what will be happening at the Youth Council in the upcoming months.

On January 25, we will be taking a trip over to the Nassau Coliseum to see the Islanders take on the Stanley Cup Champion Pittsburgh Penguins. The cost of this trip will be \$20, which will

include transportation. We must have all permission slips in by January 15.

On February 16, we will be going again to the Coliseum to see the Harlem Globetrotters display their basketball antics. The cost of this trip will be \$15 which includes transportation. Permission slips must be in to us by January 31.

During the winter recess week we are planning a few fun activities for our young people. We will open the week with a ski trip to Cortina Mountain on February 17. On February 20 we will be taking a group over to Woodbury Lanes for an afternoon of bowling. On February 22 we will be going to see the Islanders

take on the Minnesota North Stars. Coming up on March 6 we will be going to the Coliseum to hear the roar of the Monster Trucks.

Don't forget that the lounge will be open for pool, Fuzz Ball and Nintendo on Monday and Friday afternoons from 2:30 to 5 p.m., and on Wednesday evening from 6 to 8:30 p.m.

We will be starting a Wiffle Ball League that will meet at the Middle School on Monday nights, and an Open Gym Program that will meet on Friday nights. For the times and locations of the gym programs or information about any of the above mentioned trips or activities, please call us at 822-KIDS.

Jottings From Yesteryear

By Bill Clark

Watching the parades, sports and movies on T.V. during the holidays, reminded me of the 30's when we had only radios with batteries and long wire serials, listening to the announcer describe the sports and using your imagination to enjoy the other broadcasts on WEAF in Bellmore, WOR and WJZ etc.

Our parents prepared the dinners on coal/wood stoves or kerosene ranges. Some had gas stoves. The kitchens were hot and so were the cooks. Kerosene and coal were delivered to your house. They filled your kerosene can or you, like I, would take a one or two gallon can to Kasten's General Store. Kerosene also used for extra space heaters like the one in our bathroom that gave me a huge blister on my heel as I touched it stepping into the tub. Your shower curtain hung on a large ring above the faucets. If you were slender you didn't have the curtain cling to you when wet.

If you called your friends or relatives, some had party lines which could mean others on line or interruptions when you are talking. After the holidays and fortunate not to have a cold or sore throat you didn't need a doctor. When I was young they took me to a doctor for a sore throat. He depressed my ton-

gue, I said "Ahhh," then he put the shoe horn back in his jacket pocket.

For a movie, we went to the Playhouse in town. One time my folks took me to Central Park (now Bethpage) to see Clara Bow in the "It Girl" in a building now The Hayes Building, on Broadway. I still remember some of the movie (especially Clara Bow). I was young then.

There were still some hitching posts and stepping stones that were used when horses and carriages were popular. One white marble stone still exists with "Curtis" on its side. I believe it is now at the Hicksville Gregory Museum.

Movies At The Library

On Friday, January 10, at 8 p.m., The Bethpage Public Library will be presenting the film *Awakenings* as part of its Friday Night Film Series. It stars Robert DeNiro and Robin Williams, is rated PG-13 and runs 121 minutes.

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

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Sing Me Story At Children's Rm.

The Children's Room of the Hicksville Public Library invites you to attend "Sing me a story" with Heather Forest on Saturday, January 18, at 2 p.m.

Heather Forest is a nationally acclaimed storyteller whose minstrel style of storytelling interweaves original music, guitar, movement, poetry, and the sung and spoken word. Her unique retellings of traditional folktales and fables from around the world have delighted audiences everywhere.

Her program "Sing me a story" is specifically designed for children 4 years of age and older, and includes plenty of audience participation. Families are welcome. No strollers please. There are no tickets and seating is first come, first seated.

This program is partly subsidized by TOBAY'S Department of Community and Youth, Cultural and Performing Arts Division.

In Service

Marine Pvt. Joseph T. Rothschild, son of Robert and Nanette Rothschild of 173 Blueberry Lane, Hicksville, N.Y., recently completed recruit training.

The 1987 graduate of Hicksville High School joined the Marine Corps Reserves in August 1990.

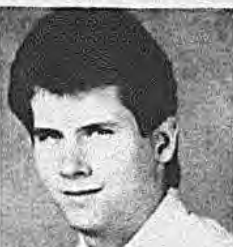
**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT OF
THE STATE OF NEW
YORK, COUNTY OF NAS-
SAU, Index No. 90-21645,
Marine Midland Bank,
N.A., Plaintiff, against
Carl F. Sacco, et al,
Defendants.**

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

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

Said premises being known as and by street ad-

Hicksville Man Selected For Fellowship



Thomas McDowall

Thomas McDowall of Hicksville was recently awarded a Grumman Master's Fellowship.

McDowall is an electrical engineer at Grumman, working in Advanced Development on test equipment products. "Receiving the master's fellowship award," said McDowall, who had already started master's studies on his own, "will not only be of tremendous financial assistance, but will enable me to concentrate on my studies and complete my degree during 1992." He is studying for an M. S. in electrical engineering at Polytechnic University of New York, concentrating in computers.

Grumman's Master's Fellowship Program allows Grummanites to pursue advanced degrees in science and engineering. Master's Fellows take nine credit hours per semester while continuing to work at least 24 hours a week in rotating assignments at the company. Grumman covers costs of tuition and books and provides a \$1,200 stipend that reimburses study time away from work.

McDowall started with Grumman in 1990. Prior to that, he was three years with the World Computers Company as a salesman, technician and trainer. He earned his bachelor's degree in Electrical Engineering from Polytechnic in 1990.

Among his honors, he won a Polytechnic University scholarship, a New York State Regents Scholarship, a Burns Avenue Elementary School Scholarship and a Presidential Academic Fitness Award.

LEGAL NOTICE

dress 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
(516) 384-4500
(718) 463-8918

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

English Lessons At Library

The Hicksville Public Library is offering a course in English as a Second Language. Registration will be held on Tuesday, February 4 at 9:30 a.m., and classes will take place on Tuesday and Thursday mornings from 9:30 to 12:30 from February 11 through March 19.

Adults 16 and over may enroll in these classes, and registration, which is limited, must be in person. Classes will be held in the Local History Room of the library.

Experienced teachers will help students learn easy English words and sentences they can use every day. Participants will practice talking and listening to one another, and will begin to write, read and "think" in English.

VOLUNTEERS NEEDED FOR FREE CHOLESTEROL AND TRIGLYCERIDE PROGRAMS

Long Island Jewish Medical Center, Manhasset is seeking volunteers for free cholesterol and triglyceride programs. If you are between 18 and 80 and have elevated cholesterol or triglycerides, you may be eligible. Participants are seen by board certified physicians and receive complete physical exams, blood tests and electrocardiograms.

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Tree Planting



Oyster Bay Town Supervisor Angelo A. Delligatti, right, and Town Councilman Thomas L. Clark, join in planting a tree along Broadway in Hicksville. Planting new trees and preserving existing trees has long been a priority of Town Government.

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.

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V.F.W. Christmas Party

By P.P.C. Carmine A. Somma

Hicksville V.F.W. Post 3211 held its annual Children's Christmas Party on December 8, at the V.F.W. Hall in Hicksville. The officers, members and the ladies auxiliary did an outstanding job. There were toys, soda, ice cream and cookies for all the children. Santa arrived at 2 o'clock and was given a grand welcoming by the children. Cmdr Vincent Ferrara said that this is the one Post function that he and members enjoy the most. Just watching the happy expressions on the children's faces is the reward. While waiting for Santa to arrive the children sang Christmas songs and entertained everybody. The Post thanks Santa and all those who worked so hard to make this party the success that it was.

On December 10, at the V.F.W. Hall we had a different kind of Christmas Party for our comrades from Northport Veterans Hospital. They have complete turkey dinners, and Santa gave out presents to all the guys from Northport Veterans Hospital.

The Post had its annual Christmas Party on December 21, for members, their wives, lady friends and the Ladies Auxiliary and their spouses or male companions. We had a buffet, open bar, and music by D.J. Mike Sherbo. Chairman of this event was Sr. Vice Cmdr. Dennis Ladislav.

On December 20, at the V.A. Satellite Clinic, post members and Ladies Auxiliary had a Christmas Party Luncheon for the doctors and nurses and the vets who come for medical help.

On February 7, 1992, at V.F.W. Hall we will have our annual Voice of Democracy Awards Night for all students who entered the contest. Chairman is William P. Bennett.

On Saturday, February 15, the Wm. M. Gouse Jr. Post No. 3211 VFW celebrates its 50th anniversary with a Dinner and Dance to be held at the V.F.W. Hall, 320 South Broadway, Hicksville. Chairman is Sr. Vice Cmdr. Dennis Ladislav.

January 11 is our next Las Vegas Night from 7:30 p.m. to 12 midnight. Our games are Black Jack, Roulette, Joker Seven, Big Six, and Beat the Dealers.

For information or directions call the V.F.W. Hall at 931-7843.

In Service

Navy Petty Officer 2nd Class Deano Vandernoot, son of Carol Vandernoot of 23 Roxton Road, Plainview, recently graduated from Field Medical Service School.

proficiency in emergency medical techniques, casualty evacuation, field sanitation and preventive medicine procedures.

The 1988 graduate of Miami Beach High School, Miami Beach, FL, joined the Navy in January 1983.

To graduate, students are required to demonstrate basic



Post members and wives do a skit. Front, Rita W, Frank Bove, Theresa Tisdell, Mike Tisdell, Frances Ferrara.



Left, Cmdr. Vincent Ferrara gets ready to pick out lucky numbers for giant, Christmas stocking. To the right is D.J. Mike Sherbo assisting the Cmdr.



Left, President of Ladies Auxiliary Joan Chwalisz. Center, Cmdr. Vincent Ferrara, P.P.C. Mike Montellone. Back row, D.J. Mike Sherbo and assistant.



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November Students Of The Month

Several students in grades 1 to 3 at Saint Ignatius Loyola School were named Students of the Month for November by their teachers. Each student was chosen for their effort, achievement, and good conduct. The students were honored during December. They each received a certificate at a special Honors assembly.

The November Students of the Month are;

- Class 1-1 Caitlin Carroll
- Class 1-2 Courtney Wedlock
- Class 2-1 Stephen Pelle
- Class 2-2 Jason Velarde
- Class 3-1 James Bligh
- Class 3-2 Judy Koh

Congratulations to each of these students!

Challenger Class Studies Bill of Rights

Students in each of Mrs. Hartmann's Challenger Classes in the Bethpage Elementary Schools studied the Bill of Rights in conjunction with the bicentennial celebration of this historic document on December 15.

Each Challenger Class performed a play called "Rights in Conflict" for the 4th and 5th graders of their respective schools. The play graphically explained the 1772 U.S. Supreme

Court decisions upholding the right of Amish parents to refuse to send their children to high school as part of their first amendment right to freedom of religion. The Challenger students in Central Blvd. and Kramer Lane Schools are shown enacting the play in these pictures. The Campaigne Challenger students are shown welcoming their surprise visitor, Santa Claus. (Rich Furey, local pharmacist).



Charles Campaigne Challenger Class



Central Blvd. Challenger Class



Kramer Lane Challenger Class

PROFESSIONAL GUIDE

Advertising on this page is only open to NYS licensed professionals

PAGE FIVE Friday, January 10, 1992

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ACCOUNTANT

Louise E. Gregg
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Paula A. Iacovissi
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Christmas At Home

With the passing of the Christian Feast of the Epiphany and the Three Wisemen of the East, for another year, the holiday season draws to its close. Christmas trees appear at curbside, family festive lights go out one by one and we settle down for three months of a Long Island winter. Before we do, this historian offers for happy memories, a few photo scenes soon to be a part of Hicksville's historical records.



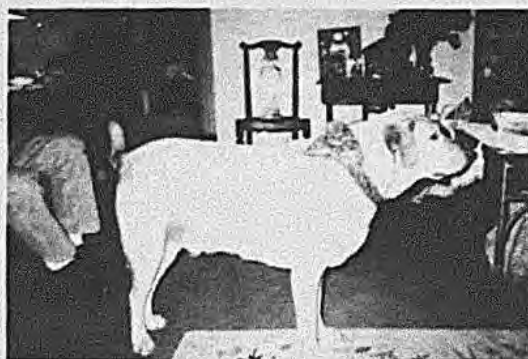
Of the business lighting displays this holiday season, Pete Petekal & Son's Texaco service station at Park Avenue and Plainview Road was a cheerful and festive corner.



Celebrating the Hicksville Public Library's annual holiday luncheon in the library Community Room was this happy group of recent long-service retirees: Library Director Ken Barnes, seated with, left to right, Mrs. Peggy Shin and Mrs. Shirley Szabo. Standing are Mrs. Loretta McNierney and Mrs. Mildred McLaughlin.



A radiant Dr. Leo Kanawada of the East Street School faculty and wife, Carol, enjoying the scene at Hobby Images.



"Relax" examines his Christmas stocking. The robust pet of Shelley Oates of South Elm Street, he's just one of Hicksville's canine and feline family members wearing a touch of holiday finery.



Talking about pets, here's a ten member litter of rottweilers keeping warm at Petekal's gas station, the still unseeing pups of guarddog, Grace.



A musical interlude at Warren and Rosemary Barrow's holiday party for Gregory Museum folks. Jane Hinchley with guitar, Trustee John Kean and Edward Bady with his harmonica.

Photos and text by Dick Evers

Kindergarten's Shining Stars



The children in Kindergarten 2 at Saint Ignatius Loyola School prepared for Christmas by performing a play on the birth of Jesus. The class presented the play for the students in grades K to 3, on December 11, and for their parents on December 12. After the presentation for their parents, refreshments were served including treats that the children had made. The children were directed by their teacher, Mrs. Semanario, and assisted by their aide, Mrs. Sullivan. The children portrayed the true meaning of Christmas. Everyone who saw the play was delighted by the children's performance.

In Memoriam

John Adessio

John Adessio died on December 10, 1991. He was a veteran of World War II, wounded in Africa. He received the Purple Heart.

He is survived by his beloved wife, Rose; sons, Joseph M. and John A.; sisters, Johanna DuBritz and Lydia Hedrix, and brother, Alfred Adessio.

He was reposed at the Stock Funeral Home Inc.

Funeral Mass was held at St. Ignatius Loyola Church, Hicksville. Interment was at USVA Cemetery, Calverton.

'Athlete Of The Fall'



Tim Blind, a 1991 graduate of Hicksville High School was recently named "Athlete of the Fall," at the State University of New York College at Old Westbury. Tim, a freshman fullback for the Old Westbury Soccer Team, is gearing towards a career in criminal justice. As a defensive specialist he started every game for the Panthers and impressed his coaches greatly with his hustle and determination. One of his best games this fall came against Jersey City State College in which he had two assists in a 4-1 victory. Tim played soccer for the Hicksville American Soccer Club, on the Tornadoes Travel Team and then on the Wolverines. He also played on the Junior and Senior High School teams.

In Service

Marine Pfc. Joseph P. Garry, son of Robert J. and Kathy B. Garry of Fireplace Lane, Hicksville, recently reported for duty with Marine Corps Security Force Company, Naval Submarine Base, Kings Bay, Ga.

The 1990 graduate of Hicksville High School joined the Marine Corps in March 1991.

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!

Joseph Barry Council

Joseph Barry Council 2520 took part in the State-wide Annual Christmas Lighting on December 3. Each year on the first Tuesday of December all Councils within New York State turn on their Christmas lights at 8 p.m.

On Tuesday, December 17, Joseph Barry Council held its Annual Christmas Party for its members and friends. This festive occasion was chaired by PGK Emond Tuohy, assisted by Co-chairmen Ed Byrnes and

Tom Joyce and Brian Dunker and his kitchen staff prepared and served a delicious repass. Santa was present and gave grab bag gifts to the ladies.

On December 21, the Council's Annual Childrens Christmas Party filled the Council Hall with many excited little ones. Santa and some of his friends came to visit and present gifts to all the children present. Joy abounded that day thanks to Charles Barhold, Jr. and his Committee.



Children's Party Chairman Charles Barhold, Jr., and his son waiting the arrival of Santa.



Santa greeting some of the many children of the Annual Children at the Annual Children's Christmas Party.



Barbara Kelly, wife of PGK Ed Kelly enjoying a laugh after receiving her gift from Santa.



Pictured left to right, PGK Vincent Murphy and Phil Baumgartner, Chairman, throw switch to light inside of the Council Chambers.



Santa Claus waiting to present gifts to the ladies of the Knights.



Pictured left to right, Grand Knight Steve Stiehle, Chairman Phil Baumgartner, Deputy Grand Knight Joe Leo, Jr., and District Deputy Walter Skinner turn on switch to light the outside of the Hall.

Bethpage Santa Claus



Oyster Bay Town Councilman Douglas J. Hynes (left of Santa) and Councilman Leonard B. Symons (right of Santa) join with Santa Claus, portrayed by Jim Cossaro of Bethpage, for the Plainview-Old Bethpage Roadrunners Club's 4th Annual Ho Ho Ho Jingle Bells Run.

L.A. Zoo Director Hails From Hicksville



Dr. Mark A. Goldstein

Mark A. Goldstein D.V.M., the son of Mr. and Mrs. Allen Goldstein of Hicksville has been appointed to direct the 113 Acre Los Angeles Zoo.

The zoo boasts more than 2,000 mammals and 500 different species of birds and reptiles. Dr. Goldstein, a veterinarian, was formerly the director of the Metro-Parks Zoos in Boston and served as executive director of the Boston Zoological Society.

Goldstein, who lives in Stoneham, MA, assumed the zoo directorship, which pays \$116,448, at the end of last year.

In 1987, Dr. Goldstein was appointed the executive director of Metro Parks Zoos, and in 1988 was elected executive director of the Boston Zoological Society. As zoo director and zoological society executive director, he successfully reorganized the Franklin Park and Stone Zoos, oversaw the opening of one of the largest tropical forest exhibits in the world at the Franklin Park Zoo and dramatically increased zoo attendance.

He points to the recent accreditation of the Franklin Park Zoo as one of the highlights during his stay in Boston area.

Dr. Goldstein is a graduate of Hicksville High School and Cornell University with a Bachelor of Science degree in animal science and a Doctor of Veterinarian awarded in 1978. He practiced veterinary medicine in the Boston area at the Massachusetts Society for the Prevention of Cruelty to Animals - Angell Memorial Animal Hospital - for more than nine years. He also served as a clinical assistant professor of medicine at Tufts University school of Veterinary Medicine since 1984.

Dr. Goldstein has authored various publications in the field of veterinary medicine, given lectures regarding zoos to community and service organizations, and been a member of various veterinarian and zoological organizations.

The 39-year-old zoo director is married and has two young daughters, Lauren and Nicole. His wife, Kris, is a physical therapist and has worked with the local Visiting Nurses Association for the past seven years.

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LEGAL NOTICE Public Notice

Notice is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, January 21, 1992, at 10 o'clock a.m., prevailing time in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering an application from Market Associates, for permission to modify restrictive covenants numbered 7, 9 and 13 effective pursuant to Town Board Resolution No. 828-89, dated August 15, 1989, with regard to the following described property:

LEGAL NOTICE

All that certain plot, piece or parcel of land, situated at Hicksville, Town of Oyster Bay, County of Nassau, State of New York, which is bounded and described as follows: An irregularly shaped parcel of land having a frontage of approximately 552 feet along the east side of Broadway-Hicksville Road (NYS Route 107), approximately 850 feet North of the Northwest corner of the intersection of Broadway-Hicksville Road and Lauman Lane, having an area of approximately 12.3 acres. Said premises is further identified as Section 46, Block 629, Lots 21, 56, 57 and 59 on the Land and Tax

LEGAL NOTICE

Map of Nassau County. The abovementioned petition and maps which accompany it are on file and may be viewed daily (except Saturday, Sunday or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the Office of the Town Clerk at Oyster Bay and Massapequa. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated. Town Board of Town of Oyster Bay. Angelo A. Delligatti, Supervisor. Carl L. Marcellino, Town Clerk. Dated: December 10, 1991, Oyster

LEGAL NOTICE

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LEGAL NOTICE

The People of
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Harold Donnelly, and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said Richard Joseph Donnelly, deceased, and if any of the said above distributees named specifically or as a class be dead, their

LEGAL NOTICE

legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

Greetings:

Whereas, Kathleen June Rini who is domiciled at 32 Indiana Street, Hicksville, New York has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 27th day of September, 1971, relating to both real and personal property duly proved as the Last Will and Testament of Richard Joseph Donnelly, deceased who was at the time of his death domiciled at 30 Indiana Street, Hicksville, in said County of Nassau.

Therefore, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 26th day of February 1992 at 9:30 A.M. of that day why the said Will and Testament of Richard Joseph Donnelly should not be admitted to probate as a Will of real and personal property.

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

Witness, Hon. C. Raymond Radigan, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 26th day of December, 1991.

Albert W. Petraglia
Clerk of the
Surrogate's Court

This citation is served upon you as required by law. You are not obliged to appear in person. If you fail to appear, it will be assumed that you consent to the proceedings, unless you file written verified objections thereto. You have a right to have an attorney-at-law appear for you.

A true copy of the will must be attached to this citation.

Edward J. Waldman
Attorney for Petitioner,
Office & P.O. Address
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MIT 2547

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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.

The publishers cannot take responsibility for returning news items, manuscripts or photos that are lost or destroyed.

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LEGAL NOTICE

Surrogate's Court,
Nassau County
Order for Service of Citation by Publication

In the Matter of the Probate Proceeding, Will of, Richard Joseph Donnelly Deceased.

A citation having been duly issued in the above-entitled matter, and the petitioner having produced proof to my satisfaction that the place or places of residence of Harold Donnelly, the persons cited upon this proceeding as distributees of said Richard Joseph Donnelly deceased, are unknown, and cannot, after diligent inquiry, be ascertained; and that if said persons or any of them be dead, that the names or parts of the names, and place or places of residence, of any and all unknown persons, who are the respective executors, administrators, heirs at law, next of kin, distributees, legatees, devisees, husbands or wives, or successors in interest of said deceased persons are unknown, and cannot, after diligent Citation cannot, with due diligence, be made upon them within the State.

I do hereby Order and direct that the service of the said Citation upon said persons and any and all unknown persons whose names or parts of whose names, and whose place or places of residence are unknown, and cannot after diligent inquiry be ascertained who are the respective executors administrators, heirs at law, next of kin, distributees, legatees, devisees, husbands or wives, or successors in interest of said persons, if any be dead, and on any and all other persons interested in the estate of Richard Joseph Donnelly late of Hicksville in this county be made by publication there in two newspapers to wit: in the Mid-Island Times, 81 Barclay St., Hicksville, N. Y. 11801 931-0012 and the Hicksville Illustrated News, 135 Liberty Ave., Mineola, N. Y. 11501 747-8282 being two newspapers printed and published in the County of Nassau, once in each of the four successive weeks, which is the time I deem reasonable.

And it appearing to my satisfaction by the petition and affidavit upon which this order is granted, that the petitioner cannot, with reasonable diligence, ascertain a place or places where said Harold Donnelly, if living or if any be dead, where their respective executors, administrators, heirs at law, next of kin, distributees, legatees, devisees, husbands, wives, or successors in interest, or other persons interested in the estate of said Richard Joseph Donnelly would probably receive matter transmitted through the Post Office. I do hereby dispense with the deposit of any papers therein directed to them.

Dated:
Mineola, New York
December 26, 1991

C. Raymond Radican
Judge of the
Surrogate's Court

LEGAL NOTICE

SEALED BIDS will be received by the Board of Fire Commissioners of the Hicksville Fire District, 20 East Marie Street, Hicksville, New York, until 3 p.m. prevailing time, January 24, 1992, for the following: Firefighter's Class "A" Uniforms for the year 1992.

Complete specifications for the above items may be obtained at the office of the Dispatcher, Hicksville Fire house, 20 East Marie Street, Hicksville, New York.

BOARD OF FIRE COMMISSIONERS
HICKSVILLE FIRE DIST.

Dated: January 6, 1992
Attest: John Knight,
District Secretary
MIT 2548
IX 1/10

LEGAL NOTICE

Public Notice

Please Take Notice, that the Town Board of the Town of Oyster Bay, New York, shall hold a regular meeting to conduct the public business of the government of the Town of Oyster Bay, on Tuesday, the 21st day of January, 1992, at 10 o'clock A.M., prevailing time at the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York. All interested members of the public are invited to attend. Pursuant to law, a public hearing will be held at the aforesaid time and place, or as soon thereafter as practicable, to consider the following amendment to Chapter 233 "Motor Vehicles and Traffic" of The Code of the Town Of Oyster Bay, New York. Stop Signs shall be added to Section 17-25 in the hamlet of Massapequa - Yield Signs shall be added to Section 17-28 in the hamlet of Plainview. No Stopping Zones shall be Added to Section 17-152 in the hamlets of Locust Valley and Syosset. Parking Prohibited on Certain Days or Hours, shall be added or deleted from Section 17-166 in the hamlet of Massapequa. Limited Parking Zones on certain Days or Hours shall be Added or Deleted from Section 17-168 in the hamlet of Locust Valley.

The above mentioned amendment to Chapter 233 "Motor Vehicles and Traffic" is on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 A.M. and 4:45 P.M., prevailing time at the Office of Town Clerk. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated. By Order Of The Town Board Of the Town Of Oyster Bay. Angelo A. Delligatti, Supervisor; Carl L. Marcellino, Town Clerk. Dated: December 17, 1991, Oyster Bay, New York.

BN 3124
IX 1/10

Toddler Training At Beth Library

Calling All Parents! Is your toddler ready to be toilet trained? When is the right time to start? If you've read everything available on this subject, but still have questions, come meet Alison Mack, author of Toilet Learning: The Picture Book Technique for Children and Parents. She will discuss all aspects of toilet training, answer your questions, and give you timely tips on avoiding the many pitfalls connected with this stage of your child's development.

Ms. Mack has also written Dry All Night: The Picture Book Technique That Stops Bedwetting. She will also discuss this topic, and answer any questions you may have. So join us for this informative program on Tuesday, January 7, 1992, 7:30 p.m. at the Bethpage Public Library. The library is located at 47 Powell Avenue, two blocks west of Exit #8 on the Seaford Oyster Bay Expressway, (Route #135).

Improve Your Self Esteem

Improve Your Self-Esteem with Duffy Spencer, PhD. - Do you tend to look for errors, mistakes or failures in yourself or others? To be effective in life it is essential that we believe we are capable and responsive to others...in short that we have self-esteem. In this unique seminar Dr. Duffy Spencer will tell you exactly why it's so important to esteem yourself and will guide you in uncovering and discovering the uniqueness of You! Through an interactive approach the methods we can utilize to enhance our own self-esteem and that of others will be investigated.

Date - Tuesday, January 14,
Time - 7:30 p.m., All Welcome
- Admission Free.

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).

LEGAL NOTICE

Notice is hereby given that an Order entered by the Supreme Court, Nassau County on December 24, 1991, bearing Index #32770-1991 a copy of which may be examined at the Office of the Clerk, located at Mineola, NY, grants me the right, effective on Feb. 10, 1992 to assume the name of MITCHELL ERIC AXEL-ROD. My present address is 40 East End Ave, Hicksville, NY. The date of my birth is Jan. 30, 1962, New York City, NY. My present name is MITCHELL ERIC SAKOL.
MIT 2548
IX1/10

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....



Birthday And Anniversary Club

HAPPY BIRTHDAY

January 1
Mario Salvo
Donna Sheppard
January 2
Vinnie LoFar
Jennifer Rapuano
Wendy Girma
Peter Boyle
Evelyn Parisi
Anthony & Nicholas Descalzo
Maria Moffett
January 3
Sue & Robert Ramundo
Andrew A. Shayer
January 4
Kevin Shortt
Joanne Breitfeller
Lynne Cerullo
Isabel Malle
January 5
Stephanie Anderson
Thomas D'Amelia
Charles M. Chayka
Tommy Findlay
January 6
Laurie Briggia
January 7
Kim Smith
Scott Kraemer

January 8
Cathy Bennett
Alice Banos
Vincent Edwards
Marie Lewis
January 9
Richard Budinich
Timmy Moffett
Dori Breitfeller
January 10
Kelley Hild
Cheryl A. Schaeffer
Cheryl Schaeffer
January 11
Roslyn Schnysper
Donna Sheppard
Chris Murray
January 12
Ann Trongone
Jeanine Clark
January 13
Kelly Lohmeier
Kenneth Uhlich
January 14
Dennis Healy
Florence Sklarz
Donald Rapuzzi
Keith Feldman
January 15
Jimmy Boyle
Alice Spinella
Howard Hoffman

January 16
Sieglind Smith
Richie Winter
Christopher Reilly
January 17
Anna Harrison
Alice M. Ofenlach
January 18
Benjamin Knight
Bryan Reilly
Athena Scheidet
Michael Molle
Mitchell Molle
January 19
Todd Master
Jennifer Sullivan
January 20
Kimberly Waters
Diane Cohen
Kim D'Amelia
Hilda Findlay
January 21
Robyn Sadowski
Steve Lohmeier
Steven Edwards
Dolly Angell
January 22
Bob Hild
Linda Uhlich
Joseph Hild
Sandy Ross

January 23
Lauren Snadecky
January 24
Mary Alice Feldman
January 25
Raymond Erhart
Danny Thurmbechler
Raymond D. Marshall
Glady's Ann Jones
Nicholas Fiore
January 26
Margaret Harris
John A. Chepak
January 27
George B. Karman
January 28
Mary Hudson
Bobby Findlay
Walter Gaylor, Sr.
Mary Hudson
Eleanor Lambert
January 29
Richard Heidiman
Corinne Clark
Felicia Sissons
Frances McCormack
January 30
Carmine Barricelli
William Grams
Frankie Seier
Rosemary Zuber
January 31
Suzanne M. Walsh
Kathleen L. Kennedy



HAPPY ANNIVERSARY

January 1
Marie & Roy Ganlele
January 2
David & Isabel Malle, Jr.
January 3
Mary & Anthony Greggo
January 10
Frank & Lorraine Willard
January 11
Julia & Nevin Watson
January 12
Ralph & Ida Antonetti

January 13
Barbara & Artie Uhlich
January 14
Mr. & Mrs. Mario Salvo
January 19
Olga & Arthur Wallender
January 20
Donna & Arthur Wallender
January 22
Timothy & Virginia Germain
January 24
Sandy & Burt Watson



January 25
Kay & Rich Winter
John & Mary Sarrero
January 29
Mike & Claire Cerello
January 30
Ron & Marlene D'Amelia

THIS WAY UP.

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NURSERY - GRADE 12

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broadening. Each student is prepared to excel in the rigorous college preparatory program of Portledge's Upper School. Here, we

shape the critical thinking skills and work habits that have resulted in the successful placement of our graduates at many fine colleges and universities. A superb faculty committed to personal attention, small classes, a very strong athletic program.



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Barnard	Johns Hopkins	Union
Bates	Lafayette	University of
Boston College	Middlebury	Pennsylvania
Brandeis	Northwestern	University of
Brown	Notre Dame	Vermont
Bryn Mawr	Princeton	U.S. Naval Academy
Colgate	RPI	Vassar
Columbia	Skidmore	Villanova
Cornell	Smith	Wellesley
Dartmouth	St. Lawrence	Widener
Duke	Syracuse	William & Mary
Georgetown	Trinity	Williams
Hamilton	Tulsa	Yale

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355 Duck Pond Road, Locust Valley, New York 11560

Hicksville PTA Attends Convention



(Back Row, L-R: Sandy Johnson, Marie McEneaney, Anne Chin; Front, L-R: Arlene Robinson, Nancy Callari, Beate Pucci and Anita DeFelice).

Seven representatives from Hicksville's PTA units attended the New York State PTA Convention held November 8-11 in Rochester. The theme of the annual meeting was "Education - Everyone's Responsibility: A Partnership for Children."

PTA Council Vice President Nancy Callari and six unit representatives attended two days of intensive workshops and participated in voting on resolutions that will become part of PTA's legislative program for this year.

Emergency resolutions adopted by the voting delegates included urging the State Education Department to require school districts to train all school volunteers and school personnel in infection control techniques recommended by the Centers for Disease Control. Another resolution supports legislation regarding safety procedures for electrically operated partitions and doors, which would include requiring the posting of such procedures in the immediate vicinity of the operation mechanism.

LEGAL NOTICE NOTICE TO TAXPAYERS

The undersigned Receiver of Taxes for the town of Hempstead, County of Nassau, State of New York, hereby gives notice that he has received the Tax Roll and Warrant attached hereto, dated December 30, 1991, and the Receiver of Taxes will be in attendance

LEGAL NOTICE

to receive taxes at 200 NORTH FRANKLIN STREET, HEMPSTEAD, NEW YORK 11550, beginning Thursday, January 2, 1992 and each weekday thereafter from 9:00 A.M. to 4:45 P.M. (Saturdays and Sundays and holidays excepted).

Property Tax Rates By Class

	Class 1	Class 2	Class 3	Class 4
Nassau County-General Purpose	2.615	2.719	3.043	2.109
Nassau County-College	0.712	0.727	0.805	0.541
Town of Hempstead-General Purpose	0.463	0.494	0.577	0.742
Town Highway-Repairs and Improvements of Highways	0.028	0.044	0.024	0.044
Town of Hempstead-Fast Town Building - General	0.463	0.428	0.445	0.391
Town Building and Board of zoning Appeals in Inc. Village of Atlantic Beach - 0.000				
Nassau County Police - 0.305				
Nassau County Police Headquarters	4.298	4.389	4.687	3.527
Nassau County Sewer Taxes				
Special District Taxes				

* Classes Not Applicable

PENALTIES:

The following scale of penalties is hereby prescribed for neglect to pay County, Town and Highway and Special District taxes after they become due and payable.

If the first half is not paid on or before February 10, 1992, penalty will be added at the rate of one per centum per month from January 1, 1992, calculated to the end of the month during which payment is made.

Penalty on the second half will be added after August 10, 1992, at the rate of one per centum per month from July 1, 1992, calculated to the end of the month during which payment is made.

DISCOUNTS:

If the full year's tax is paid on or before February 10, 1992, discount will be allowed on the second half tax at the rate of one per centum of the second half. No discount allowed on payments made after February 10,

1992.

Taxes are payable in cash, check, or money order. Third party checks will not be accepted. Uncertified checks will be accepted subject to collection and payment made therewith will not become official until collection has been effected.

When requesting tax bills, please state the School District location, Section, Block and Lot numbers in accordance with the Nassau County Tax Map.

After August 31, 1992, the 1992 Tax Roll will be turned over to the County Treasurer and all payments after that date should be made at the Office of County Treasurer, 240 Old Country Road, Mineola, New York 11501.

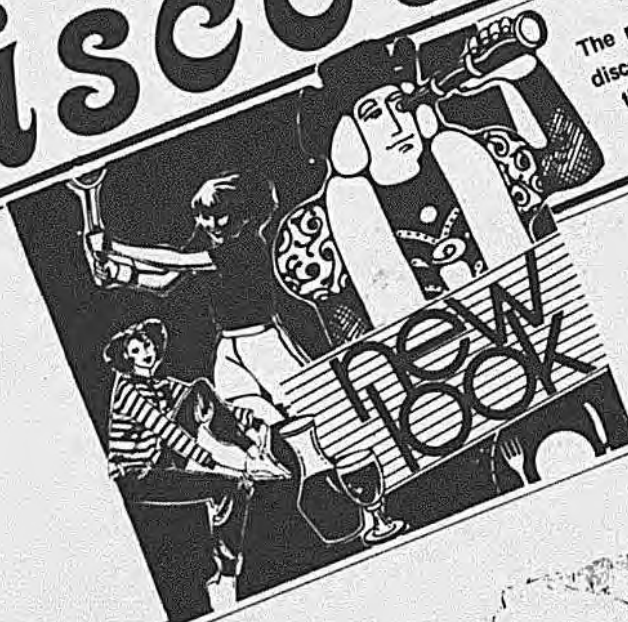
Robert D. Livingston, Jr.
Receiver of Taxes
TOWN OF HEMPSTEAD
Dated: December 30, 1991
Hempstead, New York
11550
MIT 2544
1x 1/10

Part Two of the Mid Island Times
Syosset Advance, Williston Times,
New Hyde Park Herald Courier,
Bethpage Newsgram, Jericho News Journal,
The Garden City News
and Great Neck News



Discovery! Magazine

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through input and special
family features.

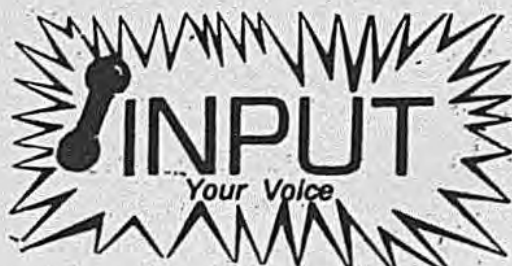


Friday, January 10, 1992

New Year's Resolutions
"Take 2 Aspirins
And Call Me In The Morn"



SEE PAGE 3



THE QUESTION OF THE WEEK

County Executive Gulotta called for the elimination of property taxes for funding schools. Do you agree?



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a Day

Ground Rules
You are not limited
to the above
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any subject of
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Simply dial 931-0027 - 24 Hours a Day and follow these simple rules:

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

Gorbachev Not Really Hero To Callers

Input callers had doubts about the importance of Gorbachev in answer to this question: "Do you think Gorbachev will be recorded in history as a hero?" Here are some of the answers:

MINOR HERO

While we have to say some good things about Gorbachev in that he was not about to toss the world into another war to preserve the declining Communist system, it cannot be said that he is a hero. He grudgingly and haltingly allowed his country to pull itself out of the grip of the Soviet system. He didn't do much more than step aside. He will only be a minor hero. The bigger ones are yet to come. J.G.

WANTED END

I think Gorbachev, from the beginning, wanted to see the USSR end. He didn't want to see it happen so quickly and he may be right about that. If there had been a longer well thought out plan, the Russians would not have to endure the many hardships that seem to be in store for them. I think he is really a hero in that he sat at the top where war lords could have had him executed if he made one misstep that they could take advantage of. That is what it is like to be a hero. K.G.

WILL DEMOCRACY GROW?

It is too early to tell whether there will be a democracy grow out of the end of the USSR. Certainly things are difficult right now and they are headed downhill. We are not in a position to help out very much and there is so much that could be done to pull the Russians into the free world. Gorbachev may not be finished. He may be needed in the future and then we can see whether he fits the mold of "hero." M.F.

NOT SO HARD

It is far easier for us in America to make judgements on what Gorbachev or anyone is doing in Russia. We don't have to face the possibility of being jailed or starving to death. Gorbachev did do quite a bit in making things turn around. Whether he did it right and would be considered a hero, the next year will tell. M.C.

BLACK AND WHITE

We too often put things in black and white. "Time" magazine had Gorbachev on the cover. He won the Nobel peace prize but those things were judgements by people outside of his country. If you interviewed people inside the country I believe you would hear a more down to earth answer. It would be that he didn't do enough to feed or clothe the people and that is the kind of hero they really want. D.B.

RISKS LIFE

Yes, it takes guts to be a hero in Russia. Just last month Gorbachev was arrested and nearly taken off to jail. Only the force of Yeltsin and his followers straightened out the mess. I would say that anyone who risks his life is a hero. P.N.

WILL LEAVE

I do not think that Gorbachev really did anything. He was in charge at a time when everything was collapsing. He didn't have any real economic choice. His country was finished economically and had trouble keeping things going. He knew he could not pretend forever, so he let it unravel. He was surprised that it happened so soon but he clearly does not think he can make it in a free society. He is not really a hero since he is looking out for his own welfare by stepping down and probably leaving the country. K.F.

HIGHLY THOUGHT OF

I just can't believe that Gorbachev will be recorded as a hero. I believe he had the right philosophy to improve the fortunes of the Governments and peoples of the USSR but when the various states began to act independently to obtain economic freedom as democratic nations, they obviously completely ignored the fact that the change from communism to democratic independence just couldn't be achieved overnight. It is one thing for a communist government to legislate price and supply controls but quite another to base these economic objectives on hard facts. As is quite ap-

parent, true democracy isn't achieved overnight - it takes patience, understanding, planning, and technical and administrative talent, understanding and patience. So, while Gorbachev told the world of his plan for democracy, he failed to inform his people of the painful road to be followed for achievement. So, I really can't say that Gorbachev will be recorded in history as a hero - hopefully he will be highly thought of because of his vision but he will never be credited for the achievement of his democratic goals. Somewhere in this situation is the pivotal effect that Russian President Yeltsin will have an ultimate outcome especially in view of the rather strained relations between him and Gorbachev but that's food for another "Question." P.G.S.



Discovery!

New Year's Resolutions "Take 2 Aspirins And Call Me In The Morn"

By Marjorie Wolfe

In late December I visited my family physician for a case of "Morbus irragationis" (Latin for "a rare disease aggravated by watering friends' plants").

Surprisingly, this whippersnapper in his ironed white coat, did not adhere to his usual KISS (Keep It So Short/Keep It So Simple) method of communicating.

"Marjorie," he said, "after seeing the movie, *The Doctor*, starring William Hurt, I've made a resolution to listen more carefully to your medical complaints." American Health Magazine reports that the average M.D. listens only 18 seconds before interrupting a patient.)

During 1991, whenever a member of my family visited his office with an assortment of bizarre complaints, not only did they endure accusations of hypochondria, but the doctor ended each visit with the Yiddish expression, "Es vet zich oys-hallen biz der chasseneh" -- It will heal in time for the wedding.

No more quick diagnoses?

"Hello, Doctor. Just returned to Syosset from Sanibel and Captiva where my husband and I spent a glorious week on the beach examining exotic seashells. It's nothing like Jones Bea..."

"Sanibel Stoop--a back ailment caused by constantly bending over."

"Hi, Doc. Just returned from Loehmann's, Syms (shmotte, shmotte, shmotte), Bloomie's..."

"Shop-aholism -- a disease that addicts its victims to shopping sprees. Cut up the plastic."

"Doc. I have this constant need to visit my son, Jonathan, at Georgetown Univer..."

"Hoya Paronola. Have a nice trip."

"Oh, Doc. Since Christmas I've had this uncontrollable desire to stand in line at IKEA, Friday's, Ben's..."

"Textbook case! Q-Fever."

"Doctor, I'm addicted to the King Features comic strips. Just read that Blondie Bumstead joined the labor force and -- after 60 years of keeping Dagwood happy -- she's running a catering busi..."

"Some of today's happiest reunions occur when the children find their parents at home."

"Hi, Doc. Just returned on Harran Coachways. Caesars was g-r-e-a-t but my wrist is killing me."

"Carpan Tunnel Syndrome (AKA "Harrah's Syndrome") -- injury of a tendon in the wrist frequently suffered by blackjack dealers and players."

"Doc, my husband, Howard, is obsessed with the possibility of going bald. What do you think of Minoxodil, the hair-growth stimu..."

"Typical peladophobe. Have him watch re-runs of the 1985 movie, *Lost In America*, where Albert Brooks says, 'I've seen the future! It's a blad-headed man from New York.'"

"Doctor, I'm having heartburn or an adverse reaction to something I ate at a pricey ("Park your Brinks truck") Chinese restaurant. Could it be the MSG, Mu-shu-pork, TNT-peppered..."

"Chinese Restaurant Syndrome, first reported in a medical journal in 1969. Drink 8 glasses of designer water P.R.N. and call me in the morning."



Doctor, I'm a computer programmer and find myself suffering from LAPTOP LUST."

"Contact Appleholics Anonymous or SMUG (Stanford Mac Users Group) IMMEDIATELY!"

"Oh, Doc. I'm experiencing chest pains. Although it's usually a male affliction and women usually live as much as seven years longer than men, don't let me hear about *The Yentl Syndrome*!" (Once a woman showed that she was just like a man, by having severe coronary artery disease or a myocardial infarction, THEN she was treated as a man would be.)

"Take 2 aspirins and call me in the morning."

"Doctor, I just returned from West Palm Beach and am experiencing terrible sinus pains. Enjoyed Teddy's Best vanilla ice cream spiked with the Senator's favorite drink, Chivas Regal..."

"Baskinrobbsinitus -- the Paul Dickson term for that sudden pain one gets in the sinuses when one eats ice cream too fast."

"Doc, I'm participating in the mall walking program at the South Shore Mall and my feet are killing..."

"Call the Nassau County Podiatric Medical Association, or stop in at Goldman Bros. in Hicksville. Rumor has it that they now carry the 1991 line of Mario Cuomo running shoes."

"Achoo! Hi, Doc. My Allergies are terrible. The pollen count is..."

"Take Actifederal Express, when you absolutely, positively have to stop sneezing overnight," (suggested by Barbara Taylor)

"Hello, Dr. what's your name? I'm experiencing a loss of memory. Or, perhaps I've got Alzheimer..."

"Do as I do. When I meet a patient whose name I can't remember, I give myself two minutes. Then, if it is a hopeless case, I say 'And how is the old complaint?' Have a happy AND HEALTHY new year."

Marjorie Wolfe is a business teacher in Plainview, and a free-lance writer.

DINING GUIDE

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READER RATINGS



Q. Whenever my husband takes me to a restaurant he never says "please" or "thank you" to the waiter. This bothers me because he is always polite with house guests or other members of the family. What do you think?

A. Your husband mistakenly believes that paying for a meal entitles him to be discourteous. Not true! The words "please" and "thank you" are certainly proper to use in speaking to a waiter when a favor is requested or a service is acknowledged.

Q. If an uncut loaf of bread is served to a couple in a restaurant, who should cut and serve it?

A. It would be gracious for the man to cut several slices from the bread for his woman companion and himself. Then he would offer the bread to her before taking his own portion.

Q. When dining out with a group of ten or twelve people is it necessary to wait until everyone at the table is served before starting to eat?

A. No, at a large table such as you describe it is usual to begin eating when three or four people have been served. It would be thoughtful for the host or hostess, if there is any, to urge guests to begin eating so their food will not get cold.

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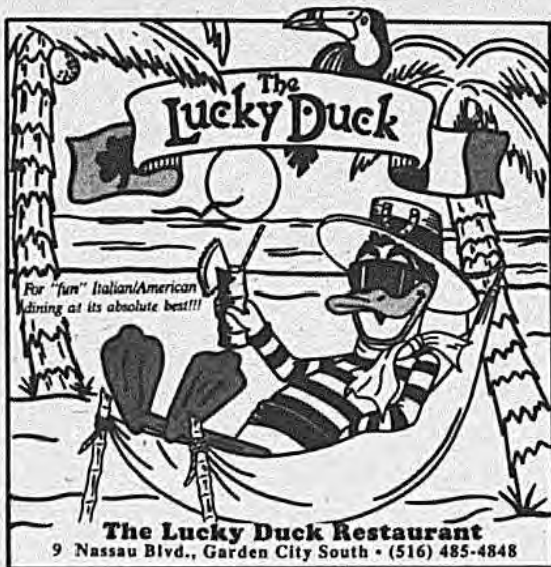
Each week Litmor Newspapers presents a select dining guide called Reader Ratings to its readers. The guide presents the messages of outstanding restaurants in this area and it also is a forum for readers to tell other readers about why they like certain restaurants.

Reader Ratings, although it is read by up to 100,000 readers is an inexpensive way to meet the public and have the public meet you. Throughout many years, Reader Ratings has helped build loyal followings for some of the best restaurants in the area.

If your restaurant qualifies as a leader in the area we want to talk to you about being included in our guide. The cost is nominal and the results can be great.

Call 931-0012 for details

DINING GUIDE



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Wine Talk

By Richard Nalley

A beach wine with a taste of sunshine can be just the antidote for a gray winter evening, especially if the beach happens to be on the French Riviera.

It's not every day in this world of "Bordeaux," "Rhine" and "Napa Valley" labels that you come across a winery whose home address is "Antibes," a name that conjures images of swept-hull yachts, powder blue water and paparazzi snapshots.

Well somebody — in fact several somebodies — are on the job in this place, and they belong to the large extended family that produces the wines of Domaines Ott.

Chances are that you've noticed these wines before. Most of them (the wines include a range of whites, roses and reds) are packaged in impressively heavy bottles that are tapered to look like Greek amphorae. Admit it, when you saw them, "amphorae" leapt right into your mind. (OK, the Ott bottles look like bowling pins to me, too).

What may have kept you from buying a Domaines Ott wine on first sight is the considerable expense of it. Ott's price tags are truly stiff, in the \$17 to \$25 range. If you ask someone in the Ott family about these prices — I asked the urbane export manager Olivier Ott — he will tick off a respectable list of premium qualities.

Most importantly, Ott's wines are produced from strictly pruned, low-yielding vines to give them greater concentration of flavor. All Ott wines are also produced organically, with sheep manure and straw for compost and no chemical spraying.

Writing in *Gourmet* magazine last summer, visitor Lorraine Alexander was surprised to see flies whizzing around an Ott winery office, until she was told that there were no bug sprays allowed on the property, period.

Of course, what goes into the bottle is one thing. It's what comes out of it that counts. Frankly, these wines are not for everybody. It is very possible to spend the extra money for Ott wines and not hear the music.

Domaines Ott's wines tend to be very dry (even the roses) and harmonious, but they are rarely flashy. The payoff for those who enjoy these wines comes at mealtime.

Ott's wines were recently brought to my attention by a friend who is a budding wine fanatic. In her beginner's wine class, several variants on rose — white zinfandel, Tavel, Mateus, etc. — were served together with some rose-enhancing foods such as ham, grilled fish and fried chicken.

On the first round, just tasting the wines, everyone liked the Ott wines perfectly well. On the second round, with the food added in, the class agreed that the Ott roses were truly something special.

I had a similar experience with the 1989 Bando Blanc, a rather plain-seeming wine that blossomed in my glass with notes of melon and vanilla when tasted after a bite of chicken in mustard sauce.

Wine for the table is the strong suit of Ott wines from whatever property you buy. There are several Ott Domaines, and more than several Ott's. The family vineyards and wineries are run today by the seven grandsons of Marcel Ott, who founded the winery in 1896.

Continued On PAGE 8A

DINING GUIDE

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Reader Ratings, although it is read by up to 100,000 readers is an inexpensive way to meet the public and have the public meet you. Throughout many years, Reader Ratings has helped build loyal followings for some of the best restaurants in the area.

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WITH THE CARTOONS AND
THE RECIPES PAINTED RIGHT
INTO THE ENAMEL

EN

READER RATINGS



Q. Whenever my husband takes me to a restaurant he never says "please" or "thank you" to the waiter. This bothers me because he is always polite with house guests or other members of the family. What do you think?

A. Your husband mistakenly believes that paying for a meal entitles him to be discourteous. Not true! The words "please" and "thank you" are certainly proper to use in speaking to a waiter when a favor is requested or a service is acknowledged.

Q. I notice that some restaurants have exceptionally crowded checkrooms. When I see this is so, I usually take my fur coat with me to the table. Frankly, it was expensive and I don't want it to be crushed!

A. It's acceptable to take your coat to the table. You should wear it until you are seated, then allow the shoulders to fall back over the chair. If you have an escort, he may wish to help you in arranging it.

Q. We are a group of young business women who have lunch together once or twice a month. Since we are coming from many directions, we generally meet at the restaurant. Is it proper for the first person who arrives to be seated, or should she wait for the others?

A. Usually, the first arrival waits for the second. They ask to be seated, telling the waiter that others are coming. It would not be practical for everyone to wait in the vestibule until the whole party arrives!

Q. If I am dining out with a large group and do not feel like a cocktail, am I really obliged to order one so as not to put a damper on the party?

A. Absolutely not—and this applies to all size groups. No one should ever order an alcoholic drink to please others. If you wish, you may order a soft drink or mineral water, but this is purely optional. **Q.** I seem to remember that years ago salads always came to the table with the entree. But now they are served in advance of the main course. Why did this change occur?

A. Salads are now customarily served before the entree in order to provide the hungry diner with something to eat while his main course is being prepared.

With today's emphasis on nutrition, salads are treated with much more respect than they once were. They are regarded not just as accompaniments to meals, but as important courses in their own right.

Q. If three or four couples dine out and wish to make reservations, in whose name should the reservations be made?

A. It really does not matter. However, it is best to make reservations in one name only in order to avoid confusion. The same person should be responsible for notifying the restaurant if plans should change and the dinner is delayed or cancelled.

DINING GUIDE

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KITCHEN HINTS

Dried herbs and spices are handy

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1. Mark the date on the caps of newly purchased jars of herbs and spices.
2. In about a year the color and aroma will begin to fade.
3. Throw away the little that remains; using the insipid seasonings is false economy.



RESTAURANT GUIDE

PAGE 7A Friday, January 10, 1992 READER RATINGS

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Hooray For Hollywood-Jan. 18
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The Golden Days of Operetta-Feb. 22
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Broiled Steer Liver Steak w/Fried
onions.....\$ 7.95
Broiled 1 lb. N.Y. Steak.....\$9.95
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Parmigiana.....\$8.95
Chopped Sirloin Steak.....\$8.95
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Hot dog Platter with French Fries.....1.95
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Grilled American Cheese with French Fries.....1.95
Chicken Finger Strips (5) with French Fries.....2.50
Sliced American Cheese with French Fries.....2.25
Spaghetti topped with Marinara Sauce.....2.25
Roast Turkey with Gravy, Dressing & French Fries.....2.95

Kids Desserts

Jelly......75
Soup of Ice Cream.....1.25
Soup of Sherbet.....1.25
Rice Pudding......75
Chocolate Pudding......75
Chocolate Chip Cookie......75

Kids Sundae \$1.95

Soup of Ice Cream, Hot Fudge or
Chocolate Syrup and Whipped
Cream, crowned with a Cherry

Kids Drinks

Shade (8 oz.) Vanilla, Chocolate, Strawberry.....1.45
Milk......70...large 90
Soda (8 oz.)......70...large 90

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

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with Butter & Syrup
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Coffee, Tea or Sanka.....\$1.95

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MUFFIN
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with Imported Ham,
Bell Peppers & Onions
Potatoes and Toast
Coffee, Tea or Sanka
3.50

11. Choice of Small Juice
FRESH SPINACH
and MUSHROOM OMELETTE
Potatoes and Toast
Coffee, Tea or Sanka
3.95

2. Choice of Small Juice
SINGLE EGG, Any Style
Potatoes and Toast
Coffee, Tea or Sanka
1.90

7. Choice of Small Juice
ITALIAN STYLE OMELETTE
Sliced Onions, Tomatoes and
Sausage with Melted Mozzarella
Potatoes and Toast
Coffee, Tea or Sanka
4.25

12. Choice of Small Juice
AMERICAN CHEESE
OMELETTE
Potatoes and Toast
Coffee, Tea or Sanka
3.50

with Bacon, Ham or Sausage
3.40

8. Choice of Small Juice
BROCCOLI & CHEESE
OMELETTE
Sautéed Broccoli and
Melted Imported Swiss Cheese
Potatoes and Toast
Coffee, Tea or Sanka
4.25

13. Choice of Small Juice
CORNED BEEF HASH
and EGGS
Potatoes and Toast
Coffee, Tea or Sanka
3.50

3. Choice of Small Juice
TWO EGGS, Any Style
Potatoes and Toast
Coffee, Tea or Sanka
2.60

9. Choice of Small Juice
CHICKEN LIVERS
CHAMBERLAIN
Sautéed Chicken Livers,
Mushrooms & Eggs Omelette
Potatoes and Toast
Coffee, Tea or Sanka
3.50

14. Choice of Small Juice
CHALLAH BREAD
FRENCH TOAST
with Butter and Syrup
Coffee, Tea or Sanka
3.25

with Bacon, Ham or Sausage
3.80

10. Choice of Small Juice
NOVA SCOTIA LOX,
EGGS & ONIONS
Scrambled or Omelette Style
Potatoes and Toast
Coffee, Tea or Sanka
4.25

15. Choice of Small Juice
STACK OF THREE
GRIDDLE CAKES
with Butter and Syrup
Coffee, Tea or Sanka
3.05

5. Choice of Small Juice
GRILLED VIRGINIA
HAM STEAK & EGGS
Potatoes and Toast
Coffee, Tea or Sanka
4.75

(All Egg Orders served with Home Fries or French Fries &
Toast - Onion Roll, Bagel, English Muffin or Roll 25¢ extra)
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extra) (Second Cup of Sanka 20¢ extra) (Third Cup of
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Scrambled or Omelette
Potatoes and Toast
Coffee, Tea or Sanka.....\$1.95

**CHALLAH BREAD
FRENCH TOAST**
with Butter & Syrup
Coffee, Tea or Sanka.....\$1.95

CHILDREN'S BREAKFAST

1) One Egg, Fried or Scrambled served with Home Fried
Potatoes and Toast.....1.75
2) Challah Bread French Toast served with Butter and Syrup or
Jelly.....1.80

(For Children Under 12 Only) All items served with Juice or Milk
3) Two Golden Brown Griddle Cakes served with Butter and
Syrup.....1.95
4) Silver Dollar Pancakes served with Butter and
Syrup.....2.10
5) Grilled American Cheese with Fried Egg.....1.75

DINING GUIDE

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Wine Talk

Continued From PAGE 5A

This sounds like a setup for either a sitcom or a blood feud, but apparently harmony reigns among the various Ott's, at least according to Olivier Ott.

"We have decided that the wine will be the master, not one of us, so we get along well."

The family currently owns three wine properties along the Cote D'Azur. At Clos Mireille, in the photos the vineyard appears so close to the Mediterranean that it must be almost submerged at high tide.

Clos Mireille is best known for its blanc de blancs, a still wine with a champagnelike name, champagnelike bottle and champagnelike price. Described in Ott's press material as an "ocean wine," the Clos Mireille 1989 Blanc de Blancs is a white wine of substantial, cheek-filling body, with classically crisp, seafood-loving acidity and a lingering melony savor.

Chateau Romasson's vineyards are planted in the limestone soil of the Bandol district, along the coast just west of Toulon. It produces both the Bando Blanc mentioned above and one of Ott's two well-known roses, the Bandol Cuvee Marise.

The 1990 Cuvee Marine is a pale copper in color, with an intense aroma and flavor suggestive of strawberries, or even strawberry preserves. It also has a steely, mineral edge that would make it perfect for cream sauces or shellfish.

Ott's flagship rose, however, is the Clair de Noirs from the Chateau de Selle property. Bigger-bodied, with more red in its copper-hued cast than the Cuvee Marine, the Clair de Noirs is made from a blend of familiar Cabernet Sauvignon with the typical Provence grapes Grenache and Cinsault.

The 1990 Clair de Noirs is a broad-textured mouthful with lively berry and cherrylike fruitiness and a mildly oxidized quality that gives it a mineral flavor. Like all the Ott wines, it has a firm, acidic backbone.

Though best known for its roses and whites, Ott does make winter-weight reds as well. This spring, in fact, Ott will debut a "Reserve" red that is so rich, Olivier Ott tells me, "We make it from 60 percent Cabernet Sauvignon, 20 percent Grenache, 20 percent Cinsault and 5 percent Syrah. Yes, you see: It adds up to 105 percent! That is because it is a very *billig* wine!" You gotta love the French.

I believe him, though. I settled in for "Monday Night Football" a few weeks back with a couple of grilled veal chops and a bottle of the Chateau de Selle 1989 red wine.

This supple, largely Cabernet Sauvignon wine was so concentrated it was almost tarry, with an emphasis on a ripe blackberry fruitiness that is still evolving. It was simply too much, even for the veal chops, at this stage. Give it another five years, then drink it with a serious steak.

PICK OF THE WEEK

Foppiano Vineyards 1989 Cabernet Sauvignon, Sonoma County (\$9). I think of Foppiano as a reliable friend when I see its wines on a list. This soft, medium-rich Cabernet is a case in point. It is a mainstream Cabernet done well, with a delicious lick of cherry/berry fruitiness and notes of green pepper and mild oak.

DINING GUIDE

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Okinawans



Desiree Vivea

Parsley is the most universally popular herb — used in everything from soups and sauces to casseroles, vegetables, pasta, meat and seafood dishes.

It's one of the mildest-flavored herbs, so it's often added to recipes by the quarter- and half-cup rather than being measured out by teaspoons or tablespoons. And if you're cutting down on salt, parsley's a great flavor enhancer that's also good for you.

Many think parsley's just a garnish — a bit of green to dress up the plate in restaurants. But fresh parsley is a good source of minerals as well as vitamins A and C, with only negligible calories.

Originating in the Mediterranean, parsley has been prized since antiquity for its versatility in the kitchen. Its name derives from the Greek "petroselinon," meaning "growing among the rocks."

The curly-leaf variety ("Petroselinum crispum") makes a lovely garnish that's also a tasty cooking herb. Flat-leaf Italian parsley ("Petroselinum sativum") is also widely used as a cooking herb. Parsley is related to carrots, celery and parsnips.

Fresh parsley is available all year, and it's best when young, tender and crisp. Use soon after purchase since fresh herbs, like lettuce, will surely turn to mush in your vegetable bin if neglected for more than a few days.

Wash and chop fresh parsley just before use to preserve color and flavor. To clean, rinse well in several changes of water to remove any dirt particles that cling to the leaves.

Cooking parsley intensifies its delicate flavor, and microwaved parsley keeps its color well. Dried parsley is easy to keep on hand and a good ingredient in crumb coatings for microwaved chicken and fish, since it adds appealing color.

To make a quick microwaved parsley-flavored sauce — delicious over fish or vegetables — place 1 tablespoon cornstarch in a 4-cup glass measure. Add 1 cup half-and-half, a little at a time, stirring until smooth. Stir in ½ cup chopped parsley, 2 tablespoons chopped green onion, 1 tablespoon white wine, and a dash each of salt and ground white pepper. Cover with plastic wrap and microwave 4 to 6 minutes, or until thickened, stirring after 3 minutes. Yields about 1 cup sauce.

Try Parsleyed Parmesan Potatoes as a side dish with a grilled steak and salad. Hearty Spinach Bean Soup is flavored with onion, bacon and a good handful of chopped parsley. Serve with crusty bread for a warm and nourishing winter supper. Nan's Microwave Meatballs, flavored with either fresh or dried parsley, goes well with a side of rice and a steamed green vegetable.

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

PARSLEYED PARMESAN POTATOES

2 cups cubed potatoes (½-inch cubes)
¼ cup water
¼ teaspoon salt
2 tablespoons butter or margarine
½ cup chopped fresh parsley
1 clove garlic, minced
1 tablespoon grated Parmesan cheese
Dash paprika
Dash ground black pepper

Yields 4 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 10½ to 14 minutes.

Oven setting: HIGH (100 percent power).

Combine potatoes, water and salt in 2-quart microwave-safe casserole. Cover and microwave 8 to 10 minutes, stirring to rearrange after 5 minutes, until potatoes are tender. Drain well and set aside.

Place butter or margarine in small microwave-safe bowl. Add parsley and garlic. Cover with plastic wrap and microwave 30 seconds to 1 minute, to melt butter and wilt parsley. Fold mixture gently into potatoes. Sprinkle with Parmesan, then with paprika and pepper. Microwave, uncovered, 2 to 3 minutes longer. Serve hot.

NAN'S MICROWAVE MEATBALLS

1 pound lean ground beef
1 egg
½ cup fine dry bread crumbs
3 tablespoons chopped fresh parsley or 1½ teaspoons dried parsley flakes
¼ teaspoon salt
¼ teaspoon dried onion flakes
¼ teaspoon pepper
1 (10½-ounce) can beef gravy

Yields 4 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 10 to 14 minutes.

Oven setting: HIGH (100 percent power).

In medium mixing bowl combine beef, egg, bread crumbs, parsley, salt, onion flakes and pepper. Mix well and form into 12 uniformly shaped balls.

Arrange meatballs in a circle in 10-inch microwave-safe pie plate. Cover with waxed paper and microwave 9 to 13 minutes, rotating and rearranging every 5 minutes. When done, center of meatballs should no longer be pink.

Drain off and discard fat. Pour gravy over meatballs and microwave about 1 minute longer, to heat through. Let stand several minutes before serving.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: Although I don't want to butt in where I'm not wanted, it was almost like an invitation when my best friend finally opened up and talked about her parents. They are both profoundly deaf, but she has normal hearing. I'm a 15 year-old-girl and so is she.

It was like a flood of words when she talked to me about how it was, and is, being in a family with them. I have a feeling that I might be the only friend she opened up to like that.

She told me that she had read a great deal on this subject over the years. It certainly was obvious to me because she knows so much about it. She also said that if I come across anything new about a normal child with deaf parents tell her about it.

I guess I could go to a library and check this out for her, but that would probably be like "carrying coals to Newcastle" or whatever the line is about telling somebody something they already know.

So I thought I'd ask you for the latest. You are usually right up there when other kids ask for your help. — Friend

Friend: I'm not always this lucky, but a book I recently heard about might be of value to her. It is so recent that it may not yet be in many libraries or bookstores.

It is called "In Silence" (Ballantine Books), with a subtitle, "Growing up Hearing in a Deaf World." The author is Ruth Sidransky, who writes based on her own experience.

It looks like a publication that will be of interest to your friend, and perhaps to her parents, too.

If you have a college or university nearby that includes a special education department with a specialization in this area, you might mention the possibility to her of contacting the professional people there. However, be prepared to hear that she may already have been in touch with them.

Dr. Abraham: Do you think movies will ever get over using words that shouldn't be heard in public? Kids these days seem to take them for granted and they aren't bothered by them. But I'm a kid and I'm bothered a lot because I think they are unnecessary and offensive.

I go to a movie to enjoy the story and the stars; foul language just gets in the way. It seems to be getting worse and worse, too.

Will there ever be an end to it? Please tell me what you think. — Offended Girl

Offended Girl: Entertainment of all types goes

through cycles, and motion pictures are no exception. One of the changes that will probably occur (but no one really knows when) is a toning down of film language.

While you're waiting for that to happen, read the reviews in advance and select your movies carefully. You'll be able to find some in which the story is major and what you consider offensive language is minimal or maybe even non-existent.

Although I haven't heard from many teens who object to current movie language, I'm sure you have some company on this issue. I hope they will write and tell me about their objections. It would also be interesting to hear from others who don't object to what they hear at the movies and their reasons why.

Dr. Abraham: This boyfriend of mine wears shorts all the time, no matter how cold it is outside. I don't think that is very practical and I told him how I feel. I just don't want him to catch a cold and then get more sick.

It hasn't happened to him yet and he insists that he is strong and healthy as an ox.

He says he likes the fact that I worry about him, but he doesn't do anything about keeping his legs warm. — Worried

Worried: Some recent research states that viruses, not weather, cause colds and can be found inside where it is warm as well as outside. The best way to prevent a cold, those studies say, is to get enough rest, eat properly and exercise reasonably.

I can understand why he appreciates your concern. It's so nice to know that someone cares as much as you do.

Dr. Abraham: I thought I knew all the words kids use these days, but my girl used one that I never heard before.

She said that there is a group of male teens at her school who "swarmed" a kid when he was coming out of school. When I asked her what they did to him, she said they knocked him down and held him while they pulled money from his pockets.

Then she told me that there is a word like "wilding" that means about the same thing. I think I might have heard that one somewhere, but "swarmed" is a new one for me.

How about for you? — Word Dumb

Word Dumb: Both of them are new to me, so I'll add them to my teen vocabulary list, but unhappily.

Cooking Corner



Ancient technique returns to modern kitchens

By Charles Britton

Depend on a convert to seek the conversion of everyone else: Recently I've found myself cooking more and more meals by steam, so naturally I think you should, too.

It's curious to reflect that steaming — strictly speaking, cooking by the vapor given off by boiling water — is a fundamental culinary technique but one seldom encountered in American kitchens.

The situation is quite different in the Far East, where steaming often comes into play and where many foods have been adapted to the technique. In China, for example, homes almost never have ovens, so steaming is used instead, even for such things as cakes.

Here, steaming food is commonly restricted to the preparation of a few severely plain veggies as part of some penitential regimen. We really don't know what we're missing.

Steam cooking has a host of advantages:

- It's fundamentally low in calories, because you don't have to add much fat, sometimes none at all.
- Foods emerge fresh-tasting and nutritious, because flavor, vitamins and minerals don't get much chance to be washed away. And ingredients don't dry out.
- The technique is very energy efficient.

• And, perhaps most important, steaming is about as easy a procedure as there is: Foods won't burn, and you don't have to indulge in careful placement and frequent manipulation as you do with microwave.

Here, we're talking about true steaming: The food is held by a rack or some other apparatus above boiling water, touched only by the rising hot vapor.

Perhaps the most difficult element in steaming is in assembling an efficient equipment setup. But it may well turn out that you already have most or all of the necessary gear.

Look through the kitchen drawers in many homes and you will come across a small steamer rack. This is an adjustable device that opens up like the petals of a flower to fit into pots of various diameter. The water goes under the rack, the food goes onto it. Then put the pot on heat and cover.

These devices are acceptable when steaming a few potatoes, maybe, but for more serious recipes, you will need something with more capacity.

You can invest in an electric steamer. One type looks like the old-fashioned electric roasters, but here water provides the medium to carry the heat to the food. Another style resembles a small microwave or toaster oven, but water goes into a reservoir to provide the steam. Such appliances sell for around \$150.

You can equally well improvise your own steamer. For the poached salmon recipe below, you need something wide and deep enough to hold the fish and the accompanying vegetables: a poultry roaster, say. Then there has to be something to hold a rack above the inch or so of water in the bottom of the container.

One homemade possibility is to take both ends off flat tuna or pet food cans and wash them well. A couple of the resulting rings will hold a rack securely.

USING A WOK

For the best and most efficient steamer, the winning design comes from China, where steaming is a popular technique. The wok is well designed for this cooking method.

Some wok sets sold in stores here come with a steamer rack. Otherwise, you can buy one as an inexpensive accessory. The Chinese, with their knack for using a minimum of equipment, improvise a rack by laying in four chopsticks in a crosshatch pattern.

Then you need a proper lid with a high enough crown to clear the food. The classic Chinese design is best: tapered sides rising to a flat top with a handle. The rim of the lid should rest just inside the edge of the wok. Such lids are available at cookware stores for around \$12.

Woks have another advantage as steamers. With their wide, shallow design, they make it easy to lift the food out after cooking. With a deep pot, you may be faced with the awkward job of reaching in past hot metal.

In these cases, you may be well advised to devise some kind of sling — perhaps no more than a couple of loops of string — that you arrange around the food as it goes in.

INTERESTING GEAR

Other possibilities are the picturesque bamboo steamers, imported from Asia, that rest inside a wok. These are best for small dishes, but, because they can be stacked in two or three levels, they allow separate cooking of different foods at once.

For more capacity, check out the metal steamer cauldrons imported from the Far East. These may look flimsy, but they work well. If you have a place to store one, it can be a useful purchase.

Now you're practically ready to begin. But first I should add these provisos:

• Some authorities think that steam cooking is faster than regular techniques, but I have never found this to be the case. Indeed, sometimes it seems to take a little longer.

In any event, you can lift the lid to test for doneness. You will lose some steam, but that doesn't make much difference.

• Stand back when lifting the lid from a hot steamer. Remember that steam can burn.

• Never let a steamer boil dry. You may ruin both the food and the cooking utensil.

FAVORITE DISH

One of my favorite dishes is poached salmon, and it can't be easier than in the steamer.

Steamed Salmon Dinner: You can cook any amount of fish that fits in your steaming apparatus; I recommend about 4 pounds of a whole fish, minus head and tail. Steaks and thick fillets work equally well.

To time fish for steaming (or any other cooking method): Note the maximum thickness of the cut you are using. Allow 10 minutes per inch.

Arrange the rack over water in your steamer. The water should be at least half an inch below the rack. Cover and bring to a boil.

Oil a plate very lightly and arrange the fish on it. The oil is necessary to keep the fish from gluing itself to the plate during cooking. Alternatively you can use a doubled piece of waxed paper.

Place the fish on its dish on the steamer rack, cover and begin timing. Turn the heat to medium. If necessary, replenish with boiling water.

You can add vegetables to the steamer according to the time they take to cook. For example, red potatoes go in at the same time as the fish. Broccoli can be added about 7 minutes before the fish is finished. You can always leave the vegetables in for a little longer after you remove the fish, which will stay hot for a while.

In actual practice, I usually steam corn after the fish comes out. Ears take about 4 minutes.

To serve the fish, peel off the skin and lift off sections of the meat. You can serve it with a favorite sauce, but I prefer it simply with lemon and, for those whose diets permit, with butter.

Note: When steaming on a dish, water will collect on the dish. Simply pour it away before serving.

Unlike many advocates of a cooking technique, I will not claim that steaming is the way to go for everything. For one thing, foods can't brown in the steamer. But the procedure turns out to be highly versatile, as these examples show.

... This is one of the classics of Chinese cuisine. The black beans used here have been fermented and salted. They are available at

Asian markets. Refrigerated in a closed container, they keep forever. Traditionally, the Chinese prefer a whole fish. You also can use steaks or fillets.

STEAMED FISH WITH GINGER AND BLACK BEANS

- 1 whole fish such as bass, about 4 pounds with head and tail or about 2 pounds of steaks
- 2 tablespoons Chinese black beans, rinsed and mashed
- 2 tablespoon soy sauce
- 2 tablespoons Chinese rice wine or domestic sherry
- 1-inch piece of gingerroot, peeled and finely shredded
- 4 scallions, shredded lengthwise
- 2 tablespoons chopped country ham, Canadian bacon or prosciutto (optional)

Yields 4 to 6 servings.

Prepare steamer and bring water to a boil. Meanwhile, if using a whole fish, cut through flesh on each side to central bone in several places, making diamond pattern. Fish should remain in 1 piece.

Place fish on serving dish. Sprinkle on black beans, soy sauce, wine, ginger, scallions and optional ham. Place in steamer and cook until done, according to the formula in the preceding salmon recipe.

The liquid that collects in the dish makes a fine sauce. Serve with rice.

...

Because of the salmonella problem, it's no longer a good idea to leave scrambled eggs on the runny side. If you don't like the dry results of thorough cooking, try this version:

STEAMED SCRAMBLED EGGS

- 8 eggs
- Salt, pepper to taste
- 2 tablespoons warm water or milk

Yields 4 to 6 servings.

Beat eggs with seasonings and liquid. Using water makes eggs lighter than using milk. Prepare a steamer and bring water to a boil. Place eggs in heat-proof bowl and place on rack in the steamer; cover. Steam 3 minutes; stir. Steam 3 minutes, stir again. Steam a further 2 to 3 minutes until the eggs are thoroughly cooked.

Variation: Add chopped ham, chopped green herbs, sautéed mushrooms or whatever garnishes you like.





Perils of houseplants

By C.Z. Guest

Q. What's wrong with my houseplants?

A. More people ask me this question than any other.

Most houseplants (especially foliage ones) come from tropical areas where they're accustomed to a humid, warm environment with little light. Our apartments (or houses), especially during winter months, often are too dry, too dim or too cool.

Overwatering is the No. 1 houseplant problem, and overwatering causes the No. 2 houseplant problem, root rot.

Waterlogged roots die simply because they can't breathe and get sufficient oxygen to keep them alive! Pots without drainage holes (with heavy, sticky soils) aggravate the problem. Bacteria and fungi in soil attack waterlogged, dying roots and change them from healthy, vigorous white-tipped fibers to slimy brown threads with blackened tips.

So if your favorite plant suffers from this complaint, cut off the brown parts and dip the remaining healthy root system in a solution of captan (1 tablespoon in a gallon of water). Repot the doctored plant in some well-drained sterile soil, and prune back a few stems to compensate for the lost roots.

However, if you have a plant with most of the root system nil, it is best to accept the loss and start over with a new one.

Brown leaf tips are another houseplant complaint. When furnaces fire up in winter, humidity in the apartment (or house) drops; as a result, tender-leaved plants and leaf margins of ferns may turn brown.

If you keep them away from vents, heating ducts and radiators and stand them on wet gravel or sand, these plants should revive. Better still, move them into the kitchen, where the air stays more humid.

Shortage of potassium also can cause leaf-tip browning. Although plants need less fertilizer in winter than during the growing season, one or two feedings are a must to keep them flourishing.

Yellowing and dropping of leaves, pale, small yellow leaves and slow growth could be your plants way of saying, "I need more sun!"

Remember, every plant has its own best light level and too much can be as bad as too little. Try to find the light level best for your plant.

Often leaves turn yellow and drop because the plant has out-

grown its pot and the roots are pot-bound. Your plant needs a new home. The new pot should be about 2 inches wider and deeper than the old one.

When you move a plant from one environment to another, it feels stressed (like you and me), and its leaves may turn yellow and fall. Just pamper it a little, sit tight and you'll both pull through.

Leaf spots could mean environmental or fungal problems.

Most leaf spots caused by fungi have sharp outlines and often are covered with tiny black dots (fungal fruiting bodies). Immediately isolate diseased plants from your healthy ones, and keep the leaves dry because most fungi travel through water on leaves to find openings for infection. Remove and destroy infected leaves; never mist diseased plants since fungi love moisture.

HOUSEPLANT PERILS

• **Symptom:** Leaf yellowing, stunted growth or small leaves.

Causes: Root rot, pot-bound roots, insufficient light, nutrient deficiency.

• **Symptom:** Browning of leaf tips or margins.

Causes: Hot or dry air, root rot, nutrient deficiency.

• **Symptom:** Wilting of entire plant.

Causes: Too little water, root rot.

• **Symptom:** Loss of leaves.

Causes: Environment change, root rot.

• **Symptom:** Bottom leaves turn yellow and drop off.

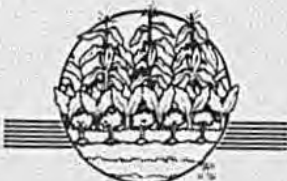
Causes: Nutrient deficiency, natural on mature plants, pot-bound roots.

• **Symptom:** Spots on leaves.

Causes: Environmental problems, fungus leaf spot.

• **Symptom:** White patches appear on leaves and flowers.

Cause: Powdery mildew.



Our Children

By Willard Abraham, Ph.D.



Book helps little ones get to sleep

• **Q. Right now, I'm writing to you when I am so tired that I can hardly keep my eyes open. The problem is twofold: My inability to get my little boy to sleep every night and his temperament and ability to stay awake for what sometimes seems to be an indefinite period. As a single parent, I don't have anyone with whom to share this problem.**

Do I need help? You bet I do. Can you come up with a good source or some practical ideas? I hope so!

A. How does this grab you — a new publication titled "The Sleep Book for Tired Parents" by Rebecca Huntley (The Parenting Press). It may be right on target for you.

Because all children differ from one another, this book logically provides a variety of possible approaches. Among the questions to which it offers answers are:

• Why should parents work to change the sleep problem? Almost immediate improvement, more parental sleep and self-confidence and less frustration are the usual results when parents stop trying to change a child's sleep pattern.

• What is the first step toward a solution? Chart the child's present sleep pattern, watch for subtle signs of a child getting sleepy, note what does and doesn't work.

• How does a parent choose among the possible solutions? Narrow the choices down to two and choose the one that you feel most confident you'll be able to carry out.

• If I finally solve the problem, will it no longer be an issue? Expecting your child to sleep all night every night isn't realistic.

• What about blankets, stuffed animals and pacifiers? They can be helpful and an important part of a successful bedtime ritual.

These and many other issues are handled in a practical, detailed manner. How the book's suggestions are used depend, of course, on the specific child's and parent's temperaments and needs.

You and many other parents of young children obviously need help with this problem. Good luck to all of you!

Q. Are kids these days really in the sad physical shape that I sometimes read about in the papers? Because I don't think my own are (or the ones with whom they pal around), I'm curious about whether all the scare stuff is overdone.

How about the facts, if you have some of them? Maybe we're just

too tough on the kids, on this issue anyway.

A. You'll have to admit that your "survey," which is limited to your children and their friends, may be less accurate than one conducted on a larger group.

This statement appeared in a source that I've found to be quite accurate: "American children don't get enough exercise. Recent studies indicate that today's children have 20 percent more body fat than children did 20 years ago." That, of course, doesn't apply to all children, like, perhaps, yours.

The statement went on to say that "experts predict health-care costs will rise to \$1.5 trillion by the year 2000 due in large part to medical problems caused by a lack of proper exercise."

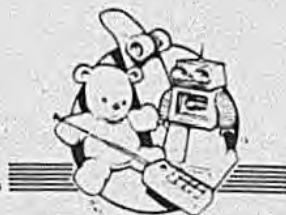
Three people quoted in this material were Arnold Schwarzenegger, Mary Lou Retton (gymnastic gold medalist in the 1984 Olympics) and George Allen (past chairman of the President's Council on Physical Fitness and Sports).

Schwarzenegger, current chairman of the council, stressed the importance of regular exercise because it may keep kids away from drinking, drugs and smoking, as well as teach lessons "crucial for life — discipline, self-esteem, camaraderie, and being proud of yourself."

Retton related physical fitness to feeling good about yourself and suggested a heavier emphasis on physical education in schools.

Allen emphasized exercise in the full scenario of self-discipline, growth of one's confidence, battling laziness and procrastination and a discovery of the "hidden force" that is "hidden within each of us."

These ideas were included in the September/October 1991 issue of *Take Good Care of Yourself* published by the Office of Community Health Education of Scottsdale Memorial Health Systems Inc. (3621 N. Wells Fargo Ave., Scottsdale, AZ 85251).





Fitness Forum

Juice — elixir of health or fad?

By Jack Williams

When Michael Murray gets on his nutritional soapbox — preaching the raw-liquid religion to those who would be saved from the ravages of the standard American diet — it's sometimes hard to separate the juice from the pulp.

Murray, after all, is out to sell a juice-extracting machine his employer, JM (as in Juiceman) Marketing, deems as indispensable to the contemporary kitchen as the Cuisinart.

All for as little as \$289 (or \$455.90 in a complete package, including travel kit, recipes, newsletter, book, audio and video tapes and one-year access to a special nutrition hot line).

While there's no denying that raw, fresh fruit and vegetables are nature's gift to human well-being, there are those who question the therapeutic wonders of a juicer's — any juicer's — nectar.

Some would have you believe it's an elixir, rife with medicinal qualities. Others dismiss it as a mouth-watering (carrots and apples do suggest a marriage made in heaven) vehicle for nutrients that are equally accessible in other forms.

ARMED TO ARGUE

Murray, a 33-year-old doctor of naturopathy, comes armed with 90 minutes of scientific ammunition.

But at least one health professional — David Roll, Ph.D., professor of medicinal chemistry at the University of Utah's College of Pharmacy — has some claims of his own: The advantage of juice over the raw food itself is negligible at best, and canned juices — despite their processing and relative lack of freshness — are not the dietary disasters Murray & Co. make them out to be.

Says Roll: "A lot of it sounds like a pitch to sell juicers. The buyer needs to beware."

Murray — and a handful of other JM spokesmen who tour the country conducting free seminars — carry the same message as ebullient Jay Kordich, 69, whose dynamic television "infomercials" have identified him to millions of viewers as the original "Juiceman": founder of the faucet of youth.

Juice is therapy, they say — in a wide range of carotene, flavinoid and chlorophyll-rich flavors. Lose weight. Boost your immunity. Put off aging.

"People are starved for this information," said Murray, as a steady stream of people — many of them seniors — filed into a noontime seminar. "They all want ways to improve their health."

Yes, but why juice instead of fruits and vegetables in their natural state? Why not canned juices? Or freshly packaged juices sold at supermarkets and health-food stores?

Murray, who in four months on the job has been dubbed the "Juice Doctor" (as a naturopath, his degree from Bastyr College in Seattle is in a system of treating disease without the use of drugs and medication), is glad you asked.

A juice extractor saves the body the wear and tear of breaking the food down and digesting it — a procedure "that requires the most energy of any body process," says Murray.

When we eat fresh fruit and vegetables, we rely on our digestive system to extract the juice from the fiber, which is then transferred to the lower digestive tract. When we skip this process, we use fewer enzymes for digestion and more for other body processes. The upshot: more vitality, more energy — for the brain, physical activities, the immune system.

Juice provides nutrients in concentrated form. One cup of carrot juice, for example, contains the nutritional equivalent of four cups of raw carrots. Most health experts agree that at least three servings of vegetables and two or more servings of fruit each day are needed for optimal health and defense against cancer — yet the National Cancer Institute reports that less than 10 percent of us consume that much.

Says Murray: In 32 to 34 ounces of raw juice you can consume the nutritional equivalent of 2 to 3 pounds of solid fruits and vegetables.

The rinds, peels, seeds and stems of fruits and vegetables — often discarded when cooked or consumed in food form — can contain up to 95 percent of the food value. A juicer can utilize these elements.

In juicing, food without the pulp is typically absorbed within 10 minutes, while it may take 17 hours for raw food to be digested and 48 hours for cooked food.

Eight to 12 ounces of fresh fruit juice 30 to 45 minutes before a meal has been shown to reduce appetite and the number of calories consumed. (Drinking water before a meal also is frequently recommended by weight-loss authorities as a means of reducing appetite and calories consumed.)

"You can buy non-pasteurized fresh juices," acknowledges Mur-

ray, "but there is degradation over time of the active components."

"Apple juice, for example, starts turning from white to brown almost immediately, losing all its anti-viral properties. Fresh juice begins to deteriorate as soon as it's made."

And the canned variety? Sterilization and pasteurization — plus the addition of additives and chemicals — destroy and compromise nutrition, Murray insists.

But the juice, concedes Murray, is not for everybody.

"People with kidney problems are advised against consuming much juice because it's high in potassium, and people with kidney failure are placed on potassium-restricted diets."

NATURAL LAXATIVE

Because of their effect in raising blood sugar, juices also are not advisable for those with blood-sugar sensitivities, says Murray.

And, to be sure, anybody who changes from a fiber-poor diet to a regular juice regimen will experience a "mild laxative effect."

Murray, co-author of the "Encyclopedia of Natural Medicine" (Prima) and a consultant to manufacturers of nutritional and herbal products, speaks with unassailable conviction, spending a portion of his presentation indicting traditional medicine — "drug therapy" — while extolling the virtues of prevention.

But the concept of quick absorption and the preservation of enzymes — a key Juiceman theme — doesn't hold water, insists Roll, who often lectures on unproven health practices and nutrition.

"The stomach has a high acid concentration, and when the enzymes reach the stomach, they lose any biological activity they may have had."

While juices may bypass the digestive process, sparing the energy normally expended in breaking down food, there is little evidence to indicate an advantage in this,

said Roll.

"You could use the same argument for eating white table sugar — sucrose — over starch because it takes less energy to digest. And to assume that this enhances immunity makes no sense."

FRESH FOREMOST?

As for canned juices, they might contain less vitamin C and other nutrients than fresh, but whether that is significant is questionable, said Roll. "How much is enough?"

The biggest advantage to juices, said Roll, is in the taste of the freshly produced juice — which because of its palatability may encourage children and seniors, who tend to consume fewer vital nutrients, to drink optimal levels.

So far, more than 100,000 Juiceman juicers have been sold, according to Murray — most of them, he says, at seminars, where 10 percent of those in attendance are moved to make a purchase.

Meanwhile, such major manufacturers as Krups, Braun and Sanyo recently have introduced juicers in department and cooking stores that carry price tags at least 65 percent under the cost of the Juiceman — recipes included.

But the Juiceman mystique often attracts as many 1,500 to seminars in major cities, says Murray.

"I wouldn't be involved if it were a sales seminar," insists Murray. "It's educational, and I make the point that juicing is just one concept of a healthy diet and lifestyle."

"At least, half of the people who come here already own juicers, and they come for more information."

But some follow him from city to city — "juice groupies," he calls them.

"I see 20 to 30 at each seminar, and I'm giving the same presentation each time."

"It's like a religious experience, I guess."



Vegetarian View

CHEESE DANISH

1 whole-wheat pita pocket bread (6-inch diameter)
½ cup low-fat cottage cheese, briefly drained
1 tablespoon raisins
1 teaspoon honey or sugar (to taste)
Pumpkin pie spice or cinnamon to taste

Yields 1 serving.

Per serving: 356 calories, 57 grams carbohydrate, 23 grams protein, 3 grams fat, 8 percent calories from fat, 9 milligrams

cholesterol, 876 milligrams sodium.

Preheat oven to 350 F. Cut pita in half across diameter to create 2 pocketed half-rounds; toast lightly 3 to 4 minutes. In small bowl, mix cottage cheese, raisins, honey or sugar, and spice to taste. Spoon into warm pita pockets.

Place on baking sheet or aluminum foil and bake 3 to 4 minutes more. Serve immediately.

From "The American Heart Association, Low-Cholesterol Cookbook," edited by Scott M. Grundy, M.D., Ph.D. (Times Books).



By Kit Snedaker

Saucing up everyday fare

It is easy enough to say what's sauce for the goose is sauce for the gander, but what most of us need more than anything is a sauce for leftover chicken, fish, barbecued ribs and salad. And each of these delights should be calorie lean.

What we want are low-cal sauces that turn a ho-hum dish into something special quickly and effortlessly. Which means, it's time to rethink saucing.

Sometimes a reduction of pan juices poured over a simple dish raises it to spectacular heights. Other times a sauce has to be improvised with light ingredients, vegetable and fruit purees, plenty of herbs and spices, non-fat milk and yogurt.

And remember, any self-respecting goose, gander or whatever sauce also adds eye appeal to anything it touches and makes the cook look as though he or she could give cooking lessons to Julia Child.

MARINARA SAUCE

- 1 tablespoon good (extra virgin) olive oil
- ¼ cup coarsely chopped onion (1 small one)
- 2 teaspoons finely minced garlic
- 1 (16-ounce) can low-sodium tomatoes, drained, save the liquid
- 1 tablespoon tomato paste
- ¼ teaspoon red wine vinegar
- 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Freshly ground black pepper to taste

Yields 2 cups.
Each tablespoon has about 9 calories, .5 gram fat, 0 cholesterol and 150 milligrams sodium.

Put oil in saucepan over medium heat and add onion and garlic. Saute just until onion is soft and translucent. Add tomatoes and cook for a minute or two, breaking up tomatoes as you do.

Add tomato liquid and mix in tomato paste. Add vinegar, basil, oregano and black pepper to taste.

Simmer, uncovered, for about 20 minutes. The sauce will thicken, so stir it from time to time. Served immediately or cool and refrigerate or freeze. Good for pasta, chicken, turkey and meatloaf.

EASY BARBECUE SAUCE

- ¼ cup low-calorie ketchup
- ¼ cup chili sauce
- 2 teaspoons Dijon mustard
- 2 tablespoons Worcestershire sauce
- 1 tablespoon red wine or balsamic vinegar
- Pinch cayenne pepper
- ¼ teaspoon dark brown sugar
- 2 cloves garlic minced

Yields about ¼ cup.

Each tablespoon has about 12 calories, no fat or cholesterol and 360 milligrams sodium.

Put ketchup, chili sauce, mustard, Worcestershire sauce, vinegar, cayenne pepper and brown sugar in bowl. Add garlic, stir and serve.

This can be stored in the refrigerator or frozen. Good for chicken, pork or ribs.

PIZZA SAUCE

- 1 tablespoon olive or canola oil
- ¼ cup finely chopped white onion (about ¼ an onion)
- 1 clove garlic
- 1 (16-ounce) can low-sodium crushed tomatoes, undrained
- 2 tablespoons tomato paste
- Pinch dried basil
- Pinch dried oregano
- Pinch dried thyme
- ¼ teaspoon sugar

Yields about 1½ cups.

Each tablespoon has about 15 calories, no fat or cholesterol and 220 milligrams sodium.

Put oil in saucepan and add onion and garlic and saute until onion is translucent. Add rest of ingredients and stir. Bring to boil, turn down heat and simmer uncovered for about 50 minutes, stirring occasionally. Use at room temperature or refrigerate for 3 or 4 days or freeze.

Good not only for pizza, but also steamed vegetables such as cauliflower or eggplant.

MUSHROOM SAUCE

- 4 cups finely chopped fresh mushrooms
- ¼ tablespoon fresh lemon juice
- ¼ cup water
- 1 cup beef low-sodium beef broth
- 1 tablespoon cornstarch dissolved in 1 tablespoon water
- 1 teaspoon light soy sauce
- ¼ teaspoon nutmeg
- Pinch black pepper

Yields 1½ cups.

Each tablespoon has about 6 calories, a trace of fat, no cholesterol and 460 milligrams sodium.

Put mushrooms, lemon juice and water in saucepan and simmer over low heat, uncovered, for about 20 minutes. Whisk together beef broth, cornstarch mixture, soy sauce and spices and then whisk into mushroom mixture.

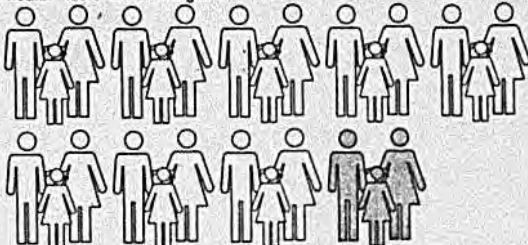
Cook just until thick, about 1 minute, whisking constantly. Serve at once or store in the refrigerator for a week.

Use on anything from roast beef to veal, turkey to tuna, including squash and good old mashed potatoes.

HEALTH WATCH

About 37 million American working families lack health insurance

Most of the uninsured work for small companies that do not offer health insurance coverage.



About one in nine working families lack health insurance.

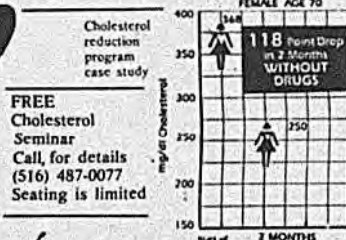
SOURCE: Time magazine

Healing the Heart without Drugs

Lower your cholesterol in just 10 minutes a day without drugs.

Not a diet, not a drug, but a unique, proven effective, medically-supervised program that can lower your cholesterol up to 30%.

Fast, easy and effective, takes just 10 minutes a day and you can still eat your favorite foods.



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Seminar
Call for details
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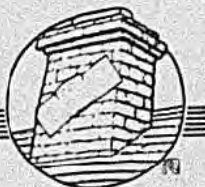
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Here's How

By Gene Gary



Q. Our concrete drive is spattered with dried tar resulting from a careless crew that reroofed our home. I tried removal of some of the spots with a solvent, to no avail. Can you recommend a method of removing tar from concrete?

A. Unfortunately, tar tends to penetrate the porous concrete surface, and it is very difficult to remove. However, the Portland Cement Association offers these suggestions in dealing with staining caused by bitumens (asphalt, tar or pitches).

Do not use solvents that can tend to increase the penetration of the stain in the concrete, making spots impossible to remove. Before applying any treatment, scrape off the excess tar and scrub the surface with scouring powder and water.

When molten tar is spilled on concrete, it is best to cool it with ice until brittle and chip of the tar with a chisel. Then proceed with the scouring powder treatment to remove residue. Rinse with clear water.

If the staining is a cutback bitumen (a solution of bitumen in a

solvent), it is probable that it has penetrated deeply into the concrete and it may be impossible to remove. You can try a poultice impregnated with toluene (toluol) or benzene (benzol), which is derived from coal tar and not to be confused with benzine.

After the poultice is removed, scrub the surface with scouring powder and water. If staining remains, you can have your driveway sandblasted. However, the sandblasting must be carried very deeply or the bitumen that has migrated into the concrete will give the surface a salt-and-pepper look.

Q. The exterior paint on our home is dull and chalky. Is there a way to clean this satisfactorily without painting, or should I repaint the surface?

A. You will probably have to do both, clean and then paint. Do not paint over the chalky surface in its current condition. First try cleaning your siding by washing with a solution of 1 cup detergent and 1 quart chlorine bleach in 3 gallons of water. Use an extra-strength detergent or trisodium phosphate sold by paint and hard-

ware stores.

A stiff-bristle brush will help remove excess dirt. Do not use a wire brush — it can leave behind fragments that will rust later on. Rinse thoroughly with clear water.

If chalking is still evident, use one of the new deck-cleaning products that can be effective in removing chalking. Wash off any visible dirt or grime prior to application of the deck-cleaning solution (mix according to manufacturer's directions).

Use a scrub brush to help remove the chalking. Be sure and wear old clothes and protect your eyes. Rubber gloves also are recommended for protection against strong chemicals in the cleaning solution.

A pressure washer is best to flush the surface after the chemical treatment. It will help remove any loosened particles.

Following this cleaning process, stabilize any remaining chalking with an oil-based primer specifically formulated for a chalking surface. Or, you can use a quality latex paint with an additive such as Emulsa-Bond manufactured by Flood Co. This will bind any loose chalking particles remaining on the surface.

Use only top quality paints for both undercoats and topcoats.

Q: We recently purchased a 13-year-old home. Both the tub and the shower are plastic and the finish is worn in many places. Also, rubber pieces have been used to prevent slipping and we are having difficulty removing them. I hope you can help us. — F.J.P.

A: If this is an older tub/shower it is possible that wear and tear have caused permanent discoloration.

Try using a thick paste made of scratchless scouring powder, a little cream of tartar and peroxide. Rub this on the worn, yellowing areas and allow to remain a half hour. Rinse with clear water.

You can also try commercial fiberglass cleaners, readily available through a marine supply dealer.

Rent a buffer after cleaning and use this to polish the surface.

First you will want to remove the rubber adhesive strips. Try using Spray and Wash, letting it soak on the rubber strips to soften the adhesive. Lemon oil is also sometimes effective in the removal of adhesive strips. Or, you can try the remedy which follows and was recently supplied by one of our readers:

"I read your article about removing bathtub flowers and I bring to you the easiest, safest solution to this problem.

Decor Score

By Rose Bennett Gilbert



Stylish small-space design tips

Q. We are thinking about opening up the wall between the living and dining rooms in this old house we've been remodeling. I'd like some way to separate the spaces without actually dividing them physically — the dining room is not very large. What would you suggest? A.D.

A. One smashing answer would be a free-standing fireplace like the one we show here. Designer Marilyn Lundy of Environmental Images in New York has used a two-sided fireplace as a room divider par excellence. Not only does it define the space without closing it off, but the fireplace warms the room both literally and emotionally.

Her room, which is featured in the East Coast edition of "The Showcase of Interior Design" (Vitae Publishing Co.), also offers several other imaginative ways to deal with a smallish space stylishly.

• The skylight overhead opens up the ceiling by day; by night, soft hidden lights shed a glow over

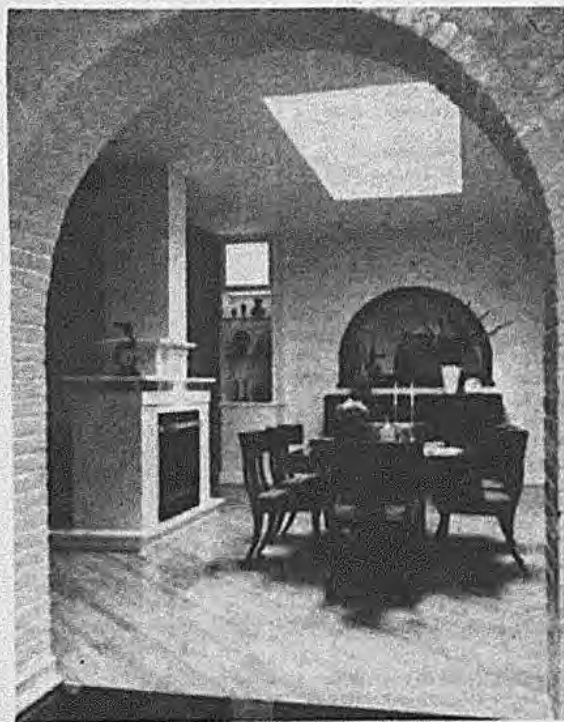
the table in lieu of the more predictable chandelier.

• A large mirror set into the arch on the far wall effectively doubles the space.

• Cream-colored gloss paint and a light-finish floor work further space-making magic.

• The floor is also laid on the diagonal, a masterful way to add movement and the illusion of greater room than really exists.

• She's also kept furnishing to a minimum, using accessories that stand out like sculpture and furniture dramatic enough to silhouette against the stark-but-warm background.



CONTEMPORARY CACHET — A free-standing fireplace, sleek painted bricks and light floors laid on an angle give this loft apartment a fresh, modern look.



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yr. old. Non-smoker, own
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required. Please call
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proximately twenty hours a
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Help Wanted

FULL TIME BABYSITTER
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TER for my 2 1/2 year old in my
home, Mon.-Thurs. school
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South area. 486-3602. gcj5

CLERICAL F/T Mineola.
Typing. PC knowledge helpful,
good phone manner.
741-7444. gcj2

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FT or PT wanted for our 2 1/2
year old son in our New Hyde
Park home 2-3 days weekly ap-
proximately 7:30 a.m. - 6 p.m.
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smoker & references required.
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Experience required. Please call
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PERSON needed for after
school supervision, one child,
Mon.-Thurs. in my West
Hempstead home, your
transportation, references. Call
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children (3 years and 7 years) in
my Garden City home on
Thursdays, 10 a.m. to 6 p.m.
Non-smoker, own transporta-
tion. References required.
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0815. gcj3

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ING Assistant seeks position in
Geriatrics or convalescent care.
Will work day or night or
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me so we can meet before you
may need me. Reliable, respon-
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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

HOUSECLEANING AVAIL-
able. Experience and own
transportation. Call
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HONEST, RELIABLE
woman with years of experience
will clean your home.
Reasonable, own transporta-
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Have references and own
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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
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teacher with master's degree
will care for your child in my
Mineola Home. Enriched en-
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sive references. 747-5350.
wtfj2

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ABLE to clean your house and
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kitchen and bathroom floors,
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Nurse's Aide caring for elderly.
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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

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

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ABLE. Experienced, own
transportation, references
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housekeeping job. Call after 6
p.m. 564-9148. gcj5

Situations Wanted

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RESPONSIBLE, GRAND-MOTHER WILL babysit your infant or small child in my Williston Park home, F/T. References available. 747-6726. WJ-5

TWO CERTIFIED NURSE'S aides wish to work with sick or elderly. Five (5) days a week. Will work weekends. Will do chores for patients. Have car. Local church references. 742-9498/484-4321. WJ5

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HOUSECLEANER AVAILABLE Monday-Friday. Good references, experience. 292-3074, call evenings. g3a5

HOUSECLEANER AVAILABLE MONDAY - Saturday. Good references, experienced, own transportation. 486-3626, call evenings. g3a5

HOUSECLEANER AVAILABLE five days a week. Own transportation. Good references. 294-3809. g3a5

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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. g34

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Real Estate for Sale

GARDEN CITY PRIME Estate Section, split, 3BRs, 2 baths, LR/fpl, FDR, EIK, paneled playroom and lower basement, oversized one car garage, patio, two zone gas heat, walk to schools and railroad. \$300's. Owner. 747-3882. g33

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. g34

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. g34

ALBERTSON/ROSLYN HTS. Adult Condo - 1 BR, living/dining area, 1 1/2 baths, 4 closets, own laundry & storage rm. Indoor parking, terrace, walk to all 6 yrs. old. Asking \$179,000. Owner. 747-4221. g33

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. g33

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GARDEN CITY BEAUTIFUL spacious home, 80x100, 5 BRs, 3 baths, scr. porch, fin. rec. rm., walk RR. Asking \$315K. By appt. PR. only. 775-5974. g33

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. g3a3

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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

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GARDEN CITY. CHARMING Estates Tudor, 4 BRs, 2 1/2 baths, fam. rm., bright & spacious. \$400's. Mint! Mint! Mint! Ranch, 4 BRs, 2 1/2 baths, fam. rm., c/a/c, central vacuum, 2 car, golf course view, 1/2 acre. Low \$600's. Solid brick center hall Colonial. Impressive. 5 BRs, 4 1/2 baths, fam. rm., 2 fpls, 2/3 acre. \$800's. Centrally located brick Colonial, circular staircase, 6 BRs, 4 1/2 baths, fam. rm., 3/4 acre. \$1,000,000+. Garden City South. Must sell spacious Colonial. LR/fpl, DR, den, Florida rm., 3 BRs, mod. EIK, 2 car, double plot. Low \$200's. Vera Atamian 354-1994. g3a2

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Real Estate for Sale

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RIDGE, LEISURE VILLAGE Condo Regency. Fabulous 2 BR, 2 bath, FDR, enclosed porch, garage, CAC, 24 hr. security, club house, pool, golf. Low \$120's. Owner. 744-5929. g35

GARDEN CITY ESTATES Brick CH Colonial. 3 BRs, 3 baths, LR/fpl, FDR, den, bsmt., rec. rm, screened porch, attached 2 car garage. Low \$400's. Owner 248-8425. g35

MOTIVATED OWNER OF FERS brick & slate Estates Colonial. 4 BRs, 2 1/2 baths, LR/fpl, FDR, den, EIK, playroom, 2 car garage. Walk schools & transportation. Low \$400's by appointment. 248-2966. g35

GARDEN CITY. LET'S make a deal on this N.E. Split Level home. Owner relocating. Move-in condition, low taxes, aluminum siding, CAC, 3 BRs, 2 baths, full patio. 60x125. Principals only. \$265,000. 746-7281. g32

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DELRAY BEACH, FLORIDA. High Point II. Two (2) BRs, 2 baths, LR, DR, Kit, Florida rm. Fully furnished. Ceiling fans. Heated pool, active clubhouse, N.E. exposure. Asking \$48,000. (516) 654-2859. wj5

Real Estate for Sale

EAST WILLISTON. MAGNIFICENT Tudor Colonial on large property in Robbins Hill. 3/4 BRs, 2 1/2 baths, huge EIK, gracious DR, sunny den, LR with marble fpl, fin. bsmt., plus separate playroom, CAC. Low taxes. \$569K. Owner 294-8357. wj5

MINEOLA. BRICK CAPE. 4 BRs, 2 baths. Move-in condition. Many extras. Near all. Owner asking \$219,990. 747-4061. wj5

GARDEN CITY ESTATES Ranch. 4 BRs, 3 baths, EIK, LR/fpl, huge fin. bsmt. Beautiful yard, 2 car garage. 80x110. \$485,000. Mint cond. 742-7706. g35

GARDEN CITY 3 BR, 1 1/2 bath, DR, LR/fpl, fam. rm., new EIK, plus breakfast area, partially fin. bsmt. Mint throughout, full alarm, in-ground sprinklers. Walk RR & village shops. 60x100 property. Principals only. \$385,000. Leave message 747-3604. g35

MONTAUK TIME SHARE for sale. Gurney's Inn. Reduced to 1/2 price \$6,000. Ocean view, sleeps 4, all amenities included, last week in Feb. Call owner for details 221-4825. g35

CUTCHOGUE (FLEET'S NECK) Cozy 6 rm. Cape near beach/boating. Ideal "Starter" - "Retirement" - "Vacation" home. LR/fpl, homey kit, Jr. DR, 3 BRs, 2 bath units, bsmt, garage, appliances. Out-of-state owner asking \$132,500. Offers considered. Bookmiller Real Estate 722-4423. g32

GARDEN CITY ESTATES 4 BR CH brick colonial, large country kit with breakfast rm., beamed fam. rm. LR/fpl, FDR, maid's rm., huge fenced-in back yard, 1 block to RR. By owner \$400's 248-7292. g35

SOUTHOLD. VERY ATTRACTIVE Colonial in quiet area features 4 BRs, 2 1/2 baths, LR/fpl, den & new roof. Perfect for young family. Just reduced to \$180,000. Mattituck. Waterview & boating rights. Spacious 3 BR, 2 bath Cape. LR/fpl, banquet size DR, den, Country kit & screened porch. Shy acre of flowering woodland. Exciting value at \$225,000. Southold Exclusive. Very special 2 BR, 2 1/2 bath home on landscaped 1/3 acre, new custom kit plus fam. rm. FDR, LR/fpl, OHA heat, CAC, fin. bsmt., garage. Just listed at \$275,000. Cutchogue. Stunning 2,800 sq. ft. Country home with Contemp. floor on 2 wooded acres with private sugar sand beach. A very special home. Reduced to \$379,000. Cutchogue Waterfront Exclusive. First offering. Cozy Ranch on rolling 1 plus acre with 120 ft. on good boating water, dock plus 2 car garage. To settle estate. \$275,000. Marlon King Realty 734-5657. g32

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

Real Estate for Sale



GARDEN CITY CHERRY
Valley Co-op. 2 BRs, second floor, new EIK, CAC. Walk to RR. \$115,000. 747-8850, 747-1771. gcj4

GARDEN CITY CO-OP
2 BR second floor unit. Center of Village. One block to LIRR and all shopping. Refinished floors, new windows. owner \$139,900. 873-9469, leave message. gcfl

GARDEN CITY HEART
of Village. LR/fp 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, 212-641-7887; evs. and weekends 516-746-4165 gcj4

G.C. HAMILTON GARDENS
Gorgeous, oversized 1 BR Co-op. Renovated, new Euro style EIK, separate DR, new bath, ref. hardwood floors. California closets. Extra large rms, heated garage. Close to all. Reduced to \$115,000. 747-3607. gcj4

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

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

MINEOLA, HORTON
HOUSE, sunny 1 bedroom, new wall-to-wall. A/C, lots of closets, live-in superintendent. Walk LIRR/hospital/courts. Must sell \$89,500. Owner (516) 294-0924. gcj5

THE MULFORD - JUST
REDUCED - Must sell 2 BR, 2 Bath, LR/Fpl, sun room, dining area, hardwood floors and much more. \$99,000. Owner 565-2963. gcj5

Real Estate for Sale

FABULOUS, OVERSIZED
ONE bedroom, 1 1/2 bath, co-op for sale or rent. California closet systems in each of three oversized walk-in-closets. Large, private terrace, eat-in-kitchen. Mineola, 30 minute commute to NYC. \$115,000 negotiable, \$950 month negotiable. Call owner (516) 741-9011. gcj5

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, evs. 741-8894 gcj2

HORTON HOUSE CO-OP:
Front apartment, 1 BR, new kitchen, updated bath, loads of closet space, air conditioning. Parking available on and off premises. Maintenance \$491. Principals only. \$99,000. 741-5210. gcj45

GARDEN CITY - HEMP-
STEAD Large 1 BR Co-op, mint condition, many extras \$63,900 (neg.) or rent with option to buy at \$795. Owner 485-8079. gcj5

Real Estate For Rent

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

LEVITOWN COZY FUR-
nished 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

GARDEN CITY ROOM
for rent. Non-smoker, private entrance, appliances available, walk to station, share bath. \$500. 742-7706. gcj4

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

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

Real Estate For Rent

MINEOLA: FURNISHED
ROOM Occupancy for one. Share bath. No smoking. 747-1110. hJa4

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

GARDEN CITY SOUTH /
Franklin Square. Large 2 BR apartment in 2 family home. LR, DR, EIK plus large basement with washer / dryer. Also included: garage & parking area, fenced & private back yard. Quiet safe area. \$1,000 per month. Business couple preferred. References required. 486-1534. gcj5

MANHATTAN EAST 30's, 1
BR with modern kitchen & bath. Door man, elevator building, long or short lease, furnished or unfurnished \$1,200 (516) 742-5018 Peg. gcj5

MINEOLA/WILLISTON
BORDER room for rent. Responsible person. Walk RR, light kitchen privileges. Immediate occupancy. Call after 6:30 p.m. 742-4377. WJ5

ALBERTSON - LARGE FUR-
NISHED room. Large walk-in closet. Private entry. Refrigerator, w/w, share bath. Prime location. Non-smoker. Male preferred. \$30 a wk. 741-8558. WJ5

MINEOLA, WESTBURY,
HEMPSTEAD & other communities: Beautiful Studios -- \$500 & \$550 per month: Large 1 Br. \$600 & \$725 per month: Large 1 Br. Co-op. \$850 per month: 2 Br. Apts. \$700 & \$800 per month: Luxury 2 Br. Co-op \$1,000: Royal International 742-3355 - 795-7707. WJ3

ROOMATE WANTED TO
share house in Williston Park. Walk to LIRR. \$450 per month. Utilities included. 248-5373. WJ5

NEW HYDE PARK - 1 BR.
Apt. for single non-smoking business person. No pets. Private entrance. Kitchen, full bath & separate heating. Walk to stores & public transportation. Call 354-0114. WJ5

WEST HEMPSTEAD Garden
Apartment, new kitchen LR combo, full BR, new bathroom. Walk to LIRR/shopping, no pets. \$700 a month 292-9402. Super. gcj2

GARDEN CITY - Studio
with wall to wall carpeting, lots of closets with own private entrance, mosaic tiled bathroom & off street parking available. Very private, quiet mature non-smoker preferred. References/security, walk to RR, bus, stores \$525. 328-1212. gcj5

FRANKLIN SQUARE/Garden
City border - 4 rooms & bath, private entrance, utilities included, second floor, no pets, no children. One month security \$750 owner. Call after 4 p.m. 485-6359 gcj5

Real Estate for Rent

FLORAL PARK Crest - Bright
2nd floor of 2 family home includes 2 BRs, large LR, kitchen, bath & garage. \$900 includes gas & heat. Available Jan. 15 by owner 437-7372. gcj5

FLORAL PARK Crest Studio
apartment \$450 includes gas, heat & electric. Available Feb. 1 by owner 437-7372. gcj5

DESK SPACE Available - Win-
dowed office on Franklin Avenue in Garden City. 248-8275. gcj3

WEST HEMPSTEAD Prime
Presidents area, fully furnished Studio. Newly renovated kitchen area, new bath, wall to wall, a/c, cable, own thermostat. Short term OK. Includes all. \$159 a week. 292-0582. gcj5

BRAND NEW Deluxe 4 room
apartment, EIK, queen-size BR, LR and spare room and/or study. Walk LIRR, convenient to all, utilities included \$950. Brand new studio room, furnished or unfurnished. Full size bed own entrance. \$500. Call owner, 358-9072. gcj5

FOR RENT by owner: Western section, 4 BR, 2 bath Cape. \$2000 per month. No dogs. 747-6247. gcj5

MINEOLA 3 ROOM Apt.
second floor of private commercial building. Jericho Tpke., large LR, EIK, modern bath, BR, wall-to-wall carpeting. Also suitable for small professional office. Immediate. No brokers. 746-7215. gcj5

GARDEN CITY border 1 BR
apartment. New kitchen, new bath, a/c, wall to wall, furnished (all furniture for sale). Available March 1. Rental \$850 plus security. 565-1757. gcj2

FRANKLIN SQUARE (2) one
bedroom apartments. First floor includes entire property, large backyard, full use of basement with washer/dryer. Both apartments are newly carpeted and painted. New appliances, walk to shopping and bus. Includes heat. \$790 and \$650. Call 775-4256. hJ5

WEST HEMPSTEAD 3 room
apartment, \$575, includes all. Separate entry, walk to RR, working female preferred. Please leave message, 538-1512, will call back after 3 p.m. gcj5

GC/HEMPSTEAD, Cathedral
Gardens, 2 bedroom co-op, fully renovated, dishwasher, sunny, airy, carpeted, best in complex, by owner. 565-3159. \$1,000. hJ5

GREAT NECK - LARGE
house to share. Separate bedroom, close to RR station, market. Call evs 482-5203. Rent \$550 plus utilities. hJa4

Vacation Rental

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

Vacation Rental

WESTHAMPTON - CHARM-
ING older redecorated 3 BR, 2 baths, fpl, quiet neighborhood, enclosed front porch. South of Montauk Highway \$10,000 season. Owner (212) 988-8088. gcj5

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. gcap2

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 evs. Also for sale gcj4

MARCO ISLAND SOUTH
Seas East Midrise - 2 BR, 2 bath condo on gulf beaches, tennis, pool, two elevators. Available after April 1, 1992. 271-6479. gcj45

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. gcj4

WINDHAM MOUNTAIN IM-
MACULATE 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

CLEARWATER BEACH, FL
Luxury 2 room apartment fully equipped, heated pool, jacuzzi, tennis court. March 7-14, \$600, 747-2422. gcj5

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

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. gcj4

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

MATURE, PARAPROFESSIONAL, 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

FEMALE STUDENT LOOKING for room-mate to share search for apartment to share in Garden City vicinity. (212) 593-1632. gcj5

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

MATURE, NEAT, QUIET, non-smoker, full-time office worker, part-time student seeks a reasonably spacious room, preferably in a large, single family residence in the Garden City area, affording very modest kitchen use. Call Andy Mon-Fri, 8 a.m. - 4 p.m., 683-5111. gcj5

LIST WITH US for a quick & profitable sale of your home. We have many professionals, qualified buyers, pre-approved & all cash. Call us! Vera Atamian 354-1994. gcja2

YOUNG COUPLE SEEKS 1 family house in Garden City. 3 BRs. \$300,000. Principals only. 352-0087. gcja5

QUIET, YOUNG, DIPLOMAT couple seeking an apartment in a bldg. or 2 family house in Garden City or vicinity near train station. Separate entrance, 2 BRs, washer/dryer & parking. Call Mr. Racadde days 212-687-0484. hj5

Real Estate Opp.

INTERESTED IN RELOCATING or investing in coastal North Carolina? Call the North East - South East for all your real estate needs. Residential, commercial land, Gulf Communities & all types of investments. Realty World MTI - (516) 587-3900 or (800) 231-3794. wj2

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

Wanted

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hja5

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hja5

Car For Sale

'88 DODGE OMNI 5-door hatch back, light blue, auto, PS, AM/FM. New battery, brakes, oil, 90K highway miles. Good condition, clean car. \$1,950. Must sell 741-6254. gcj4

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

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

1979 MUSTANG - EXCELLENT body & parts. Needs engine. \$400. 741-0114. wj4

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

1987 CHRYSLER LE BARON Turbo, loaded, 63,000 miles. Best offer over \$3,200. 873-9134. gcj2

1978 OLDSMOBILE - NINE passenger wagon. All electric. 1990 transmission, new tires. A good station car. \$200 - 742-2396. WJ2

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

VOLVO 1983, 4 door, excellent running condition, new tires & battery. \$2,800. 746-7608. gcj2

NISSAN '88 200 SX-XE, 2 door, hatchback, sun roof, red, auto, ps, pb, A/C, 24,000 miles \$5,800 746-6458. gcj3

1988 DODGE GRAND Caravan LE, black cherry, wood grain, loaded, low mileage. Excellent condition. \$9,500 774-0301. gcj5

CHEAPE! FBI/US. seized, 89 Mercedes \$200, 86 VW \$50, 87 Mercedes \$100, 65 Mustang \$50. Choose from thousands starting \$25. Free 24 hour recording reveals details 801-379-2929 Copyright ©NY49MJC. hf4

1991 MAZDA MIATA convertible, MX5, 9200 miles, not even 1 year old. A/C, pull out stereo CD, asking \$14,500 or best offer. (516) 487-8406. hj5

1991 ESCORT ultra blue with sporty graphics. AM/FM cassette, A/C, cruise control, power steering, custom wheels, auto, \$9,800 gcj4

Car For Sale

1988 HYUNDAI 6 cylinder sedan, a/c, stereo cassette, 55,000 miles. Minor body damage, good running condition. \$2450. 599-8538. gcj5

1987 VS JETTA GL 4 door, all power, low mileage, sun roof, a/c, original owner. For immediate sale. Must see. Accepting offers. Monday-Friday, 9-5, 742-5577; after 7 p.m., 877-0133. gcj5

1985 CHEVY MONTE CARLO SS 29,000 miles. Garage kept, excellent condition. \$6500. 747-1203. gcj5

1979 FORD FIESTA, 5 speed, very good condition, no rust, 60,000 miles. Many new parts. First \$500 takes it. 873-8908. gcj5



For Sale

DINETTE SET - DK BROWN formica table, 39 1/2 x 57 with two 9" leaves & 4 captain chairs. Asking \$200. Call after 6 p.m. 921-3438 - 921-8812. wj4

USED KOHLER TUB, deluxe shower body and doors. \$225. Excellent condition. 775-8875. gcj5

LIVING ROOM - WINE SOFA, 2 mauve chairs, tables, mint, kitchen set. Technic Organ with disc player. Best offer. 747-4061. wj5

SCANDINAVIAN GALLERY sofa & loveseat with pillows like new, natural tweed type fabric. Must see, \$200 for both or buy separately. Call 294-4857 day or evening. gcj5

MINT THOMASVILLE CONTEMP BR includes armoire & 2 night tables, queen headboard, dresser with triple mirror. Call anytime 354-8960. gcj5

MOVING - WASHER & DRYER, approx. 4 years old. Excellent condition. \$150 each. 741-8456. gcja5

BABY FURNITURE - ALL excellent condition. Simmons crib and mattress \$200, Childcraft changing table \$200 and matching dresser \$300. Century 2000 car seat \$40, Fisher-Price high chair \$35, Graco high back walker \$20 and wind-up swing \$25. New Kolcraft stroller \$75, Fisher-Price port-a-crib \$75 and playpen \$10. 739-1802. gcja5

MEN'S SKI BOOTS for sale. Gray front entry Caber size 9, worn three times asking \$50. Call 248-8357. gcja5

MEN'S WATCH - ABERCROMBIE & FITCH. New leather band. Excellent condition. \$75. 775-6329. gcja5

A GIFT FOR SOMEONE Special. Blue fox jacket, size 10-12. Full and luscious. In mint condition. \$250. 746-4109. gcja5

For Sale

CONTEMPORARY SOFA New upholstery, two matching tete-a-tete plus leather and chrome chairs. Singer sewing machine table and chair. 437-2273, call after 6 p.m. gcja5

CREAM COLORED WING CHAIR purchased December 23, 1991. Call weekends or weekday evenings after 6 p.m. \$262, firm. 486-2345. gcja5

MEDITERRANEAN DINING Room Set, six chairs and a breakfast. Other furniture. 487-1510. hj5

ALMOND FORMICA TABLE, 34" x 48". \$200; four wood chairs, \$100. All excellent condition. 747-0585. wj4

3 SOLID CHERRY wall units 30 x 76, 1 open shelf, 1 cabinet bottom, 1 three drawer top shelf. \$250 each. Dark finish. Will sell separately. Childcraft wood doll house with furniture \$95. 741-6188 evenings. gcj4

TWO FULL LENGTH leather coats, designed and made in Italy, size 12-14, one tan, one brown. Reasonable. Perfect condition. 746-4555. gcja4

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

Services

BUILD WITH BRICK Stoops • Fireplaces • Patios • Driveways • And all types of Brick & Stone Work Quality Workmanship at Reasonable Prices Satisfaction Guaranteed No Job Too Small • Waterproofing • Slate Roofs Repaired Estimates 638-3813 LIC #H1735940000 gcj3

BRIAN CLINTON MOVERS Licensed & insured. One piece to a house load. Free estimates, 333-5894. Owner supervised. Carle Place. License #F11154. gcj1

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

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

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

Services

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

TIRED OF BAKING? TRY Us. Homemade apple and pumpkin pies, pumpkin bread, holiday platters and more. Call Susan at Breads & More for free brochure. 248-9349. gcj3

HANDYMAN: QUALITY Home Repairs. Plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences, doors shaved, carpentry, sheetrock patching. Ceiling fans installed, window air conditioners removed. Call Joe, 746-7517. wml4

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

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

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

HOME/OFFICE PROJECT Assistant - Are you in need of skilled, quality assistance around your home or office? Accomplish those projects that have been put off for too long, new ones you'd like to get done, or those that no contractor considers large enough to bother with. We are the answer. Light electrical, light and custom carpentry, water damage and other repairs, phone / tv / computer cable installation, moving and/or installation of equipment (i.e., a/c's, computer systems) and other projects. Call and inquire with your need. Free estimates. C.E.M. Inc. 873-8654. gcja4

EXPERIENCED CERTIFIED N.Y. State home health care nurse's aide, also available as a companion or babysitter. Call Geri, 333-6363. gcja2

LEAKS & SQUEAKS - Handyman Service. No job too small, old house specialist. General home repairs. 15 year experience. Day and evening hours available. Call Jim 868-4984. gcA1

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

Professional Services

FREDERICK G. FERRARO
C.P.A. (516) 358-7082. 1991 Tax Returns prepared, accounting, auditing and tax services for you or your business. Reasonable fees. gqj5

Instructions

TENNIS LESSONS.
Keith Morris, Head Pro-North Shore Towers Country Club; Men's Varsity Tennis Coach, Great Neck South H.S. Currently residing at Great Neck Estates Tennis Courts. Group-Private-Semi-Private. Great rate: \$45 HR/\$30 1/2 HR. Call (516) 487-8025, (718) 352-3394. hF4

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

TUTOR FOR READING,
English and all elementary subjects. N.Y.S. certified experienced teacher willing to tutor in your home in Garden City and surrounding areas. Call 248-6773. Leave message. gqj3

SAT/ENGLISH TUTORING.
Expert help with SAT verbal - also achievements, basic and advanced English skills. Boost your scores with personal instruction and preparation in your own home. Certified career high school English teacher with years of SAT experience. 423-1967, day or evening. hj4

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GROVE STREET STRAY dog needs a home. Medium size black female with white markings. Playful, very gentle with lots of love to give. Call 248-8357 or 741-3789. gqja5

YOU CAN BE A RESTAURANT CRITIC if you visit any of the restaurants selected for inclusion in this section-call WE 1-6027 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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and TV scripts. Fill out simple "like/don't like" form. Easy! Fun, relaxing at home, beach, vacations. Guaranteed paycheck. Free 24 hour recording 801-379-2925 Copyright #NY49HEB. hf4

Fair

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. gqj2

Garage/Tag Sale

TAG SALE AT 187 Andrews
Road, Mineola. Contents of entire house to be sold. Saturday, January 11, from 11-5; Sunday, January 12, from 11-5. hj2

TAG SALE GARDEN CITY.
Must sell entire contents of interesting home. Mahogany dining table/chairs, 2 mahogany desks, 6 foot walnut bookcases with doors, drop leaf tables, small tables, chests, dressers, pictures, old autographed star pictures, old bric-a-brac, antique clocks, gold, sterling, costume jewelry, old pocket watches, loads of books & records. Household, antique oak wheel chair, 2 sewing machines, beds, grandma's baby items, old Dinky toys & lead figures, filing cabinets, typewriter, photo enlarger, loads of miscellaneous. Please join us at 78 Meadow Street (off Clinton), Sat., January 11, 9 a.m. - 2 p.m. gqj2

MARY K. COSMETICS - Open house - discounted prices. Clearance sale: clothes, computer programs, Fit-one-exerciser, jewelry, etc. 160 Ferncroft Rd. Mineola, (Look for sign on Willis Ave.) Saturday/ Sunday 9 to 1. 741-8586. W-J-3

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Novenas

HOLY SPIRIT YOU WHO SOLVE
all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. P.M.L.C. wj2

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NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. A.D. hj4

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. J.N. gqj2

MAY THE SACRED HEART
of Jesus be adored, glorified, honored, loved and preserved through the world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Say this prayer nine times a day for nine days. It has never been known to fail. Publication must be promised. I have had my request granted. E.B. gqj2

O, Saint Martha, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through the great favor thou didst enjoy when our Savior lodged in thy house. I beseech thee to have definite pity in regards to the favor (mention favor). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet.

One Our Father and three Hail Marys and a lighted candle every Tuesday and the above prayer made known with the intentions of spreading devotion to St. Martha. This miraculous Saint grants everything before the Tuesdays are ended. No matter how difficult. P.M.L.C. wj2

HOLY SPIRIT YOU WHO SOLVE
all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. A.R.C. gqj2

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NOTICE

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.

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

THE MOST TALENTED PERFORMER IN THE BUSINESS THIS SIDE OF HOLLYWOOD



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Kids Home Newspaper

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

By J.R. Rose



DRAW IT!

**DRAW A
BOW TIE
ON HIM
SO HE WILL
LOOK LIKE
HE'S IN A
TUXEDO!**

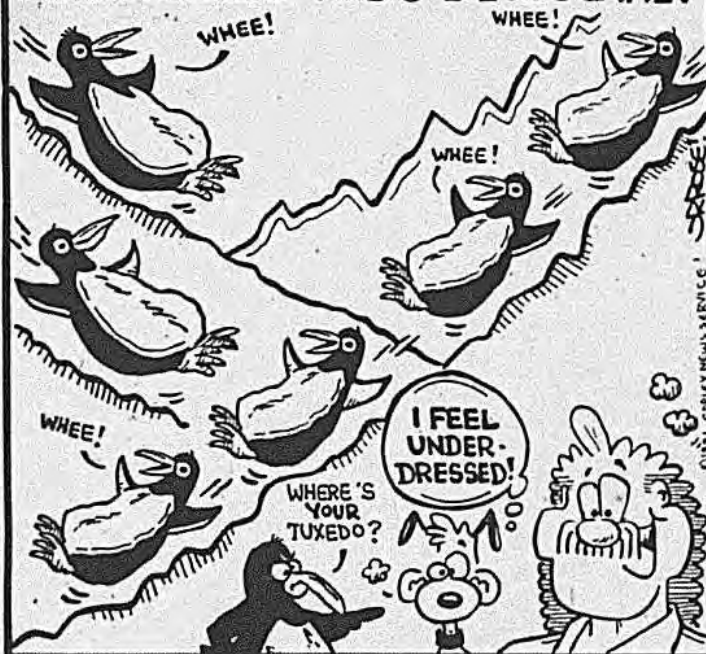
I FEEL LIKE
STEPPIN' OUT!



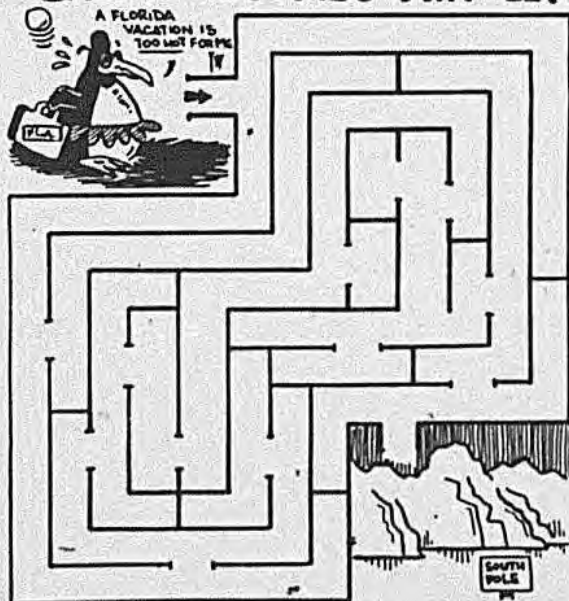
**PENGUINS CANNOT FLY, BUT
THEY TOBOGGAN ACROSS THE
ICE ON THEIR STOMACHS!**



**PENGUINS LIKE TO PLAY ON ICE
EVEN THOUGH THEY'RE DRESSED SO NICE!
ONLY TWO ARE JUST THE SAME.
FIND THESE TWO AND SOLVE THIS GAME!**



**PENELOPE PENGUIN NEEDS
YOU TO HELP HER FIND HER WAY
BACK HOME TO THE SOUTH POLE!**



WRITE US!

IF YOU HAVE ANY FUN
GAMES OR JOKE'S SEND
THEM TO : **PUP**

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

**WHAT'S BLACK AND WHITE AND
BLACK AND WHITE AND BLACK
AND WHITE?**

DON'T STOP ME...
I'M ON A ROLL!



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★ Home Decor Items ★
★ Expertly Done ★
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741-0002

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ANTIQUE OR

By James G. McColam

JUNQUE



Platform rocker

Q. Enclosed pictures are of a chair that was given to us about 40 years ago. The rocking action is controlled by coil springs on both sides. That is about all I can tell you. I hope you will be able to shed some insight as to its vintage and value.



A. This platform rocker was made in the late 1800s by one of several manufacturers of furniture in the Northeastern United States. It would probably sell for \$365 to \$385 in good condition.

Q. The enclosed mark is on the back of a porcelain mantel clock with chimies. It is decorated with flowers, even on the dial. It is about 8 inches high and 10 inches wide.

Please tell me what you can about the origin and value of my clock.



A. This would be called a Gouda clock; it was made by the Plazuid factory in Gouda, Holland, in the early 1900s. It would probably sell for \$800 to \$900 in good condition.

Q. What is the value of a china tumbler commemorating the Silver Jubilee of King George V of England? It is marked "Aynsley, England."

A. This was made by Aynsley & Co. in Longton, England, in 1935 on the occasion of the 25th anniversary of the coronation of King George V. It would currently sell in the \$50-\$60 range.

Q. Please tell me what you can about my Parker "Duofold Sr." mechanical pencil. It is brick red in color and appears to be larger in diameter than the average pencil.

A. This was known as the "Big Brother" mechanical pencil. They were popular in the 1920s and are currently selling for up to \$150 in good condition.

Q. I have an automobile license plate with the slogan "I like Ike & Dick" with their pictures at each end. It is in very good condition. Please evaluate for me.

A. This license plate was used in the 1952 presidential campaign. It might sell in the \$265 to \$285 range.

BOOK REVIEW

"Warman's Americana & Collectibles, Fifth Edition," edited by Harry L. Rinker (Wallace-Homestead imprint of the Chilton Book Co.), is an excellent price guide with detailed and accurate listings of information with hundreds of illustrations. It fills the gap between "Warman's Antiques and Their Prices" and contemporary collectibles.

McColam is a member of the Antique Appraisers Association of America.



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Points on Pets

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

Q. When do finches normally molt for the first time? Our 5-month-old male has not molted yet. He seems to be normal.

A. Most small birds molt for the first time at about 6 months of age. Many large birds do not molt until they are a year old. Once molting begins, most birds molt on a regular basis year after year. Molting usually occurs during late summer or early autumn.

There is quite a bit of variation in molting patterns among various types of birds. For example, birds that assume a special plumage during the breeding season usually molt twice each year.

Parrots usually molt over a relatively long period of time. It is not uncommon for male canaries

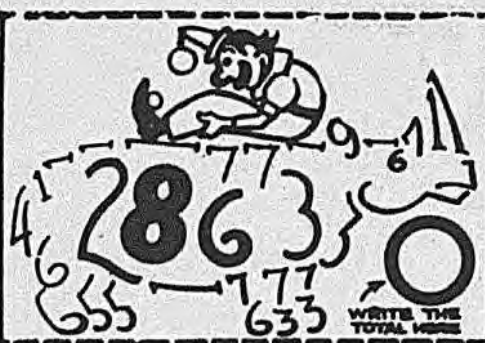
and other singing finches to quit singing while they are molting.

Molting is stressful for most birds because the production of new feathers requires a lot of energy. Therefore, it is important to provide molting birds extra food, adequate vitamins, exercise and plenty of rest.

Normal molts can be as long as three months. Continuous molting or molting for longer than three months in length are considered abnormal.



WIN
A BIG PRIZE!
ADD ALL THE
SINGLE NUMBERS ON THE
RHINOCEAROS
AND COLOR
THIS CONTEST
ENTRY.



This weekend I was stuck at home, sick in bed. Although I hate being sick, I was lucky enough to have someone to take care of me and bring me good things to eat. It was kind of like being home with a mom to take care of me. As a grown-up, often you have to take care of yourself when you are sick.

Do your parents make you feel better when you are sick? Do they bring you meals in bed and drinks of water? You should appreciate this - someday you will be grown up and you may have to do this for yourself.

Your friend,
Aunt Tilly

P.S. This week's coloring contest winner is Emily Rosen.

RULES

BOYS AND GIRLS

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, January 17, 1992
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the judges will be final.

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

The World's Most Beautiful Grandchildren



I simply cannot resist sharing this beautiful and delightful picture of my first and only grandchild with others. Chloe Telfeyan Glickman was born September 16, 1991. This picture was taken at 3 months. What a Gift! My entire life has changed. A very happy baby!

Charlotte Elbaum, Great Neck



Truly America is a melting pot and these beautiful grandchildren of ours attest to the fact that the resulting children of this mix of nations are something special. Their heritage is Irish, Dutch and Polish.

The children are Dennis and Tracy O'Connell. Their parents are Dennis and Jean O'Connell of Westbury. Their Dad is an exempt Williston Park fireman and had also been an AMT with the Williston Park Rescue Squad. Maternal grandparents are Bill and Ann Jaeger of Floral Park. We the paternal grandparents are Jim and Jeanette O'Connell of Mt. Airy, N.C.

YOUR SOCIAL SECURITY

Applying for benefits on ex-spouse's account

By William M. Acosta

Q. I have been divorced for 12 years and am nearing age 62. What kind of documents do I need to apply for benefits on my ex-husband's account? He is five years older than me and should be eligible.

A. You will need your ex-husband's Social Security number, proof of your age and proof of your marriage and divorce. You also will have to furnish information regarding any prior marriages either of you may have had. Call Social Security for additional information.

Q. My brother, who is an alcoholic, has applied for Supplemental Security Income. If his application is approved, will his checks be sent to him? I don't believe he can handle his own money.

A. A person who is medically determined to be an alcoholic must have a representative payee to whom his SSI check will be sent. Call Social Security information about the representative payee program.

Q. I lost my Social Security card. Is it possible to get a replacement without going into the Social Security office?

A. Yes, you can do so by mail. You must present evidence of your identity, such as a driver's license, school I.D. or work badge or any other document providing identifying data sufficient to establish proper identity. If you are foreign-born, you must submit evidence of your current U.S. citizenship or lawful alien status. All documents submitted must be originals or certified copies, and they will be returned.

Q. We have a 3-year-old daughter who had brain damage at birth. Since both my wife and I work, could my child become eligible for Supplemental Security Income?

A. In deciding whether a child would be eligible for SSI, part of the parents' income and assets are considered the child's. After discounting allowances for work and living expenses and for other children living in the home, the remaining amount of the parents' income is used to decide if a child meets the assets income limits. Contact your local Social Security office for complete information.

YOUR SOCIAL SECURITY