



## Vietnam Veterans Helping Veterans



Pictured left to right, Ray Flanegan of Hicksville, 1st Vice President Bob Lorher, Committee Chairperson Marie Diugos, Rose Flanegan, Charlie Diugos, Julie Surico of Hicksville.



Pictured left to right, Marie Diugos, Rose Flanegan of Hick-sville, House Manager John Haskins, 1st Vice President Bob orher, Julie Surico of Hicksville, Ray Flanegan, Charlie Dlugos

The Nassau County Chapter of #82 Vietnam Veterans of America heard a call for help. Chapter members Frank Basta, Rose and Ray Flanagan, Bob Lohrer, Julie Surico, and Marie and Charlie Dlugos took time out on their day off to visit the United Veterans Halfway House at 761 Northern Parkway in Uniondale.

They brought lots of clothing and a \$100 donation from Chapter #82. John Haskins, manager of the house, greeted these volunteers and gave them a tour of the facility and explained the rules and regulations the men must abide by. This house is for veterans who would be homeless and who need alcohol rehabilitation.

The house needs a lot of work and they could use anything we can get our hands on. One ex-ample is small appliances, blankets, pillows, dressers, paper towels and the list goes

The chapter is going to try and set up a drop off center for whatever is donated. The goal of the Veterans Helping Veterana Committee is to continue

If you want further information you can call the Chapter at 483-3113 or write to Naasau County Chapter #82 V.V.A., P.O. Box 412, Hicksville, N.Y. 11802-0412.

These men who fought for our

## Museum Science Fair

Calling all junior scientists! On Saturday, March 21, the 4th Annual Children's Science Fair sponsored by the Hicksville Gregory Museum will take place in the Community Room of the Hicksville Public Library.

All grade 1-8 students livingin or attending school in Hick-sville are eligible. Private and parochial schools are included.

As in the past, prizes will be awarded in each of the following categories: grades 1-2, grades 3-4, grades 5-6, and grades 7-8. on.

to help Veterans for as long as they need us.

country need help and we as Americans will do it.

Every participant will receive a certificate. Public viewing of projects will take place in the morning, and the afternoon will be devoted to judging.

Entrance forms are available at the Gregory Museum, in the Children's Room of the library,

or through your school. Curator, Mr. Donald Curran will hold a special workshop to help you do a science project on February 21. Call the museum at 822-7505 to register for this workshop.

## Containing KSVILLE Board Delays Vote **On School Closing** Feb. 1

Hicksville Community Council will hold a meeting, Thursday, February 6. The program will include a community meeting with supervisor Lewis Yevoli, a talk on "Mail Fraud and Mail Theft," by Postal In-spector Martin Bidgelman, U.S. Postal Service, and a T.O.B. report - Hicksville Issues, by

Councilman Tom Clark. The meeting will be at 7:30 .m. at Hicksville Public p.m. at Hicksting Library, Community Room.

## Alumni Forms At Bethpage H.S.

An alumni association for all graduates of Bethpage High School has recently been es-tablished. Some of the activities that are being planned are a quarterly newsletter, monthly meetings, reunions, and fundraising for scholarships for graduating seniors.

Anyone interested in joining can attend the meetings, usually held on the third Thursday of the month at 8 p.m. in the Beth-Cafeteria. February's meeting age High School Teachers' will be held on the 13th due to the winter vacation. Those who cannot attend can send their \$5 membership fee to: Bethpage High School Alumni Associa-tion, Bethpage High School, Cherry Ave., Bethpage, N.Y. 11714. Donations are also ac-cepted. For further information, contact Kathryn Farrand at 799-9275

## East Woods School Open House

East Woods School, an independent coeducational day school in Oyster Bay, will host a general admissions Open House on Wednesday, February 5, from 9 - 11 a.m. Interested people are cordially invited to attend. Visitors will have the opportunity to meet faculty, parents and students, as well as have informal tours of the school. The Headmaster, James C. Ferrer, and other ad-ministrators will be on hand to explain East Woods' programs from Nursery to Ninth Grade. The admissions procedure will be explained, and refreshments will be served. By Maureen Traxler

In her third attempt in two weeks to achieve approval of a mo-tion to hire an architectural firm to conduct an engineering study of the school buildings in the district, trustee Helen Lafferty won a 5 to 2 Board acceptance last week of Edward Durell Stone Associates. The Oyster Bay firm will prepare a survey of the general construction and structural conditions of all ten public schools, including Willet Avenue School. The firm will complete its survey of the seven current elementaries by February 24, and will continue its review of the Middle School, High School and Willet Avenue School. The cost of the report will total \$45,000.

For several weeks the Board had been grappling with the necessity of such an engineering report in its preparation for decision on school closing. The Board has already commissioned a demographic report, and is currently working with a redistricting consultant. A building survey of the type to be conducted by Stone Associates has not been carried out in this district for about ten years.

Since the engineering study of the seven elementaries in use will not be forthcoming until February 24, the board postponed its decision on the closing of any elementary building until that report is received.

On January 22, the board held its second public work session with its redistricting consultant, Applied Data Ser-vices. Noting some displeasure with the redrawing of atten-dance lines should Lee Avenue School be closed, the consultant modified this scenario, distributing more students to East Street and Fork Lane Schools, with a portion of the students still reassigned to Old Country Road School.

Acting on the demographic consultants second option, the redistricting consultant offered one scenario for the closing of Old Country Road School, in which students north of Old Country Road would attend Burns Avenue School and those south of Old Country Road would be assigned to Dutch Lane School, School district personnel caution that all redistricting lines are preliminary at this time and that until the board comes to closure on this item, no new attendance lines have been drawn. Superintendent of Schools Sal Mugavero will, in turn,

postpone his recommendations to the board on school clos-

ing until the regularly scheduled February board meeting. In other action, the board accepted the resignation of Dr. G. Robert Couillard, Assistant Superintendent for Educational Services, as of January 31, 1992.

The board's monthly January meeting was held this Wednesday, January 26, and will be covered in next week's edition of the Mid-Island Times.

## **Cohen To Run For Yevoli Seat**

Nassau County Republican Chairman Joseph N. Mondello today announced that Jeffrey D. Cohen would be the party's can-didate for the New York State Assembly in a special election that will be held next month. The election will fill the seat which was vacated by Lewis Yevoli at the beginning of this year.

An attorney, Mr. Cohen cur? rently serves as Nassau's liaison to the New York State Senate, Assembly, and the Governor's office. He is a former village prosecutor and has handled a variety of litigation on behalf of the county. Under Republican bylaws,

Mr. Cohen was nominated by members of the Republican Executive Committee whose areas include portions of the 13th As-sembly District. Those communities are Glen Cove, Bayville, Bethpage, East Nor-wich, Hicksville, Jericho, Locust Valley, Old Bethpage, Oyster Bay, Plainview, Syosset and Woodbury. Mr. Cohen, 28, is a graduate

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of the Georgetown University Law Center and the State University of New York at Oneonta. He lives with his wife, Betsy, in Woodbury.

The special election is s + for Tuesday, February 18. In 1990, Mr. Cohen received 11,963 votes in the 13th A.D. race.

The following is an open letter to the Hicksville community: The Coalition of Hicksville

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Friday.

Civic Associations is an umbrella organization comprised of representatives from all of our community's civic groups. The Coalition exists for the purpose January of uniting the civics whenever an issue affecting all of Hicksville arises.

The construction of a 246 foot high antenna tower on New South Road is just such an issue. Cablevision wants to build this tower on the Servo TIMES property as a backup to their fiber optic transmission net-work that serves Long Island. They have established a major ISLAND communication facility on leased space in the Servo building and now wish to augment QW this facility with a tower that will be 24 stories and could be equipped with up to 14 satellite dishes of varying sizes.

The Coalition is opposed to . Cablevision's construction of this tower. At a recent hearing at Oyster Bay Town Hall, which was not advertised until four days before the date, Cablevision representatives were not able to provide adequate assurances as to the safety of the tower. Its ability to withstand high winds was not proven and no experts were on hand to address the potential dangers of microwave or other signal transmission methods.

In addition to safety concerns, we believe Hicksville does not need another "landmark." Two asphalt plants, the destruction of our downtown, seven Superfund sites - enough is enough! We have worked hard in recent years to stop the "put it in Hicksville" mentality and this tower is, one more example.

We need your help. Please plan to attend the new hearing that has been scheduled for Thursday, February 20, at 7 p.m., at Town Hall. Tell your friends and neighbors, too. Together we can make people stop dumping on Hicksville.

Coalition of Hicksville Civic Associations Eleanore Draycott Co-Chairperson Thomas J. McGovern Co-Chairperson

#### To The Editor:

14

For over 21/2 years each time the issue of school closings had come up I have been accused of protecting the East St. School. This time I attempted to depoliticize the process. I voted to hire consultants with a distinguished reputation in the field of school closings and charged them with making a recommendation on which was the best school to close. A committee was established made up of Letters

10. If there were at least six votes for this proposal, Mr. Mugavero would recommend it. tions and PTA's to give them

It would appear that I should be very willing to accept this plan. However, I won't sell out any school! Nor would I work behind closed doors to attempt a compromise. I am compelled to ask whether this was Mrs. Lafferty's proposal alone, or did she, Mr. Black and Mr. Pfaender work on this together? Further, I must ask who's protecting which schools, which friends, and which children in such a compromise?

I will work-with the entire board, in public discussing the consultants report, the redis-tricting plan and the Superintendents's recommendation. Further, I pledge that if, after the engineer's report, East St. is found to be structurally unsound. I will make the motion to close the East St. School. However, if all the buildings are structurally sound I expect the board to move forward and vote on the Superintendent's recommendation on February 26. This is a decision that is long overdue for the best education of our children and the needs of the taxpayers of Hicksville.

Sincerely James A. Martillo

To The Editor: Who Will Speak For Hicksville? That question asked in November 1967 by Mr. Fred Noeth, now deceased but then editor of the no-longerpublished Mid-Island Herald, was not answered. Shortly was not answered. thereafter a big demolition ball ripped the heart from our village by razing the west side of downtown Hicksville. Twenty five years later the village has

not fully recovered. Who Now Will Speak For Hicksville? Our neighborhood school system is being violated -- and the school district is being urbanized in the name of "educational parity" -- rhetoric meaning stuff the classrooms and pack the schools. The school system is being ur-banized by closing Lee Avenue so that parents can be black-mailed: either vote FOR the school budget or your children will walk the longest distance, across the busiest major highways, and through the most dangerous intersections of this community. As for "educational parity" only one school has singleton classes. The demog-rapher's report does not indicate singleton classes in any other school.

Our school district never built an excessive number of schools. As families flocked to Hicksville following World War II, the board expected a large influx of students into the school population. Therefore, in 1949 the school board, composed of Hicksville's finest business men and professionals, contracted Columbia University to determine the school building requirements of the district. The board also began to acquire land for the new high school and for an elementary school (Burns Avenue site).

In Febraury 1950, a prelimi-nary report urged the board to select eight sites for school construction. The report also advised the board that when locat-

ing schools it should take into consideration "hazardous highways and traffic arteries - to use them as district boundries so as to minimize the traffic hazards for the vast majority of children." And so Safety became the heart and soul of our neighborhood school system as the schools were located in accordance with the university AXIOM. In May of 1950, in another preliminary report the university urged the board to immediately acquire the 10 acres of land off Lee Avenue for the building of a 20 classroom elementary school. Thus was conceived the Lee Avenue School.

As the number of children grew to 13,000, again the board in their wisdom added temporary buildings to established schools instead of constructing new ones. As the number of students declined the temporary buildings were removed. Other school districts with large numbers of students built several schools too many and are now in the process of retrenching by closing schools. It is not necessary for this district to do the same. If we do, the closing is for the reason of blackmall as cited above. We did not build an excessive number of school buildings.

And now forty two years later Safety the heart and soul of our neighborhood school system will be ripped from us: children, five to eleven years of age, will bus or walk long distances, across the busiest major highways, and through the most dangerous intersections of our community. Who Now Will Speak For Hicksville?

Sincerely Yours, Frank H. Willard

## Volunteering... A Work Of Heart

Do you have a free morning or afternoon once a week? Do you have a free Sunday once a month? If either answer is yes, Variety Pre-Schooler's Workshop, America's 523rd Daily Point of Light, invites you to join our volunteer corps.

You can work with young children in special education classes during the week; you can make telephone calls from our information and referral center for disabled children to five years of age; or you can help children with special needs and their brothers/sisters enjoy a Sunday filled with recreation activities. The choice is yours.

Come to our morning (10 Come to our morning (10 a.m.) or evening (7:30 p.m.) Volunteer Orientation Meeting on Thursday, February 27, at 47 Humphrey Drive in Syosset. Learn more about our programs and how you can make a dif-ference. Then decide where you want to give your gift of time.

Call Rose Miller at 921-7171 today to let us know which session you will attend.

> 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 ....

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

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 ascer- tained, 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 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 per sonal 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,

ve 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 ap-pear, it will be assumed that you consent to the proceedwritten ings, unless you file 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 254 Pettit Avenue Bellmore, N.Y. 11710 (516) 221-8777

#### MIT 2547 4X 1/10, 17, 24, 31

## Mid Island Times & Levittown Times

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citizens from our civic associa-

input. I wanted to create a

credible and viable process this

time. Yet, the accusations still

fly that I am protecting the East St. School, because it was not

the recommendations of the

At our last meeting January

15. I voted not to hire a firm to

do an engineering study of the

district's schools. I believed then, as I do now, that we

should not be spending \$15,000 to \$25,000 of the taxpayers money to get this report. Each of our buildings are inspected

every other year by our ar-chitects, Knappe and Johnson,

who work with us to develop our

capital project needs for each building. They have been doing

this for our district for many years now. They have been licensed in their field for over 42

However, because of innuen-

dos and fears that have been implied, Mrs. Wolf and I put

gineering consultants to do this

study, even though it will delay

our decision another month and

will be very costly. I have concerns for the safety

of all the children in our district

and if I thought for one minute

our children weren't safe, I would be addressing that issue

immediately, because our

children are using all our school

Within hours of the January

15 meeting Mrs. Lafferty con-

tacted Mrs. Rudin offering a

compromise on school closings.

Ironically, comprise was the

very word Mrs. Lafferty used in

describing the behavior that

took place between Mr. Shaw and Knappe and Johnson in

regards to the letter which

stated that all our buildings were in fine shape. She asked

Mrs. Rudin to contact Mrs.

Wolf, Mr. Collins, and myself

with the following compromise:

1. An engineer's report should

be done of all the elementary

2. If East St. is structurally

sound it will remain open. 3. Future siblings of Willet

Avenue children would remain

4. Lee Avenue would remain

5. Old Country Road will

remain open. 6. The Duffy Park children will

7. Only one school would close and it would be Dutch Lane.

8. The Dutch Lane Pre-School

program will remain at Dutch Lane and the people in the

Dutch Lane area would decide what tenants would be accep-

table to that community. 9. Mr. Mugavero would accept this compromise in parity.

not go to Burns Avenue.

at Woodland Avenue.

buildings now!

schools

open

into motion the hiring of

consultants.

years.

## **Many Sides To Mountain**

Mr. MacDonagh's sixth grade students at John F. Kennedy Middle School in Bethpage are shown proudly posing beneath their Congruent Learning Projects. Assisted by Reading Specialist Mrs. Azoff, and aide, Mrs. Patterson, (not pictured), the class combined facts assembled from the reading of the novel My Side of the Mountain, a science field trip to the Caumsett Preserve, a social studies unit of the hunting and gathering skills of early man, and their language arts skills in the preparation of individual projects. Brian Temple studied cartography, and drew two maps of the Catskill area. Monica Roubik wrote and illustrated a poster on trees. Theresa Musilli demonstrated knot tying, and making a backpack out of a pair of jeans. Joseph Beshears wrote and illustrated a report on falcons, and Chris Knudsen assembled and illustrated a woodland survival kit.

## Open Discussion With Supt.

Salvatore Mugavero, Superintendent of the Hicksville Public Schools, invites all parents to join him for an informal meeting in the Board Room of the Administration Building on February 10 at 8 p.m.

At this meeting, Mr. Mugavero is looking forward to discussing any concerns or suggestions parents may have about the Hicksville schools. Discussions will focus on matters of a general nature (all matters regarding individual students should be discussed at the appropriate level).

#### Valentine Dance

The Columbiette 3rd Annual Valentine Dance will be sponsored by the Hartigan Columbiettes, Friday, February 14, from 9 p.m. to 1 a.m., at the Knights of Columbus Hall, 517 Central Avenue, Bethpage, New York 11714. Hot Buffet -Open Bar - \$20 per person. For tickets call Nancy - 935-3529, or Ann - 931-4886.

Pelebralio.

January 1

Mario Salvo

Donna Sheppard

January 2

Vinny LoFaro

Jennifer Rapuano

Wendy Girnis

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 Briggs

January 7

Kim Smith

Scott Kraemer

## **Students Visit Math Museum**

Mrs. Kerwin's fourth grade students at Trinity Lutheran recently visited the Goudreau Math Museum at Herricks Community Center, New Hyde Park. The class was involved in a fascinating workshop entitled "Math in Art." Director Althea Travis provided the children with hands-on-experience in concepts of shape, balance, symmetry, and reflection.

Each student constructed a geo-cube which included their own original Escher-type tessellation. The class was invited to explore in the games and puzzles area, as well as view the mathematical exhibits. The fourth graders' experience was one of challenge and enjoyment, and an adventure in mathematics they will never forget.



Adam Akiwowo, David Taylor, Jasmine Georges, Trancea Roberts, Michael Cognato, and Krista Gruhn challenge their minds and try their skills in the games and puzzles area.

> January 16 Sieglinde 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 Lobmeier

Steven Edwards

**Dolly Angell** 

**January 22** 

Bob Hild

Linda Uhlich

Joseph Hild

Sandy Ross



Mrs. Azoff, Monica Roubik, Brian Temple, Mr. MacDonagh



Mrs. Azoff, Chris Knudsen, Joseph Beshears, Theresa Musilli, Mr. MacDonagh



January 1 Marie & Roy Gantele 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 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 Lobmeier Kenneth Uhlich January 14 Dennis Healy Florence Sklarz Donald Rapuzzi Keith Feldman January 15 Jimmy Boyle Alice Spinella

Birthday And 🎽

Anniversary Club

HAPPY BIRTHDAY

#### HAPPY ANNIVERSARY

Howard Hoffman

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

**January 23** Lauren Snadecky January 24 Mary Alice Feldman January 25 Raymond Erhart Danny Thurmbelchler Raymond D. Marshall Gladys 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



January 25 Kay & Rich Winter John & Mary Sarrero January 29 Mike & Claire Cerello January 30 Ron & Marlene D'Amelia iday, January 31, 1992 MID ISLAND TIMES



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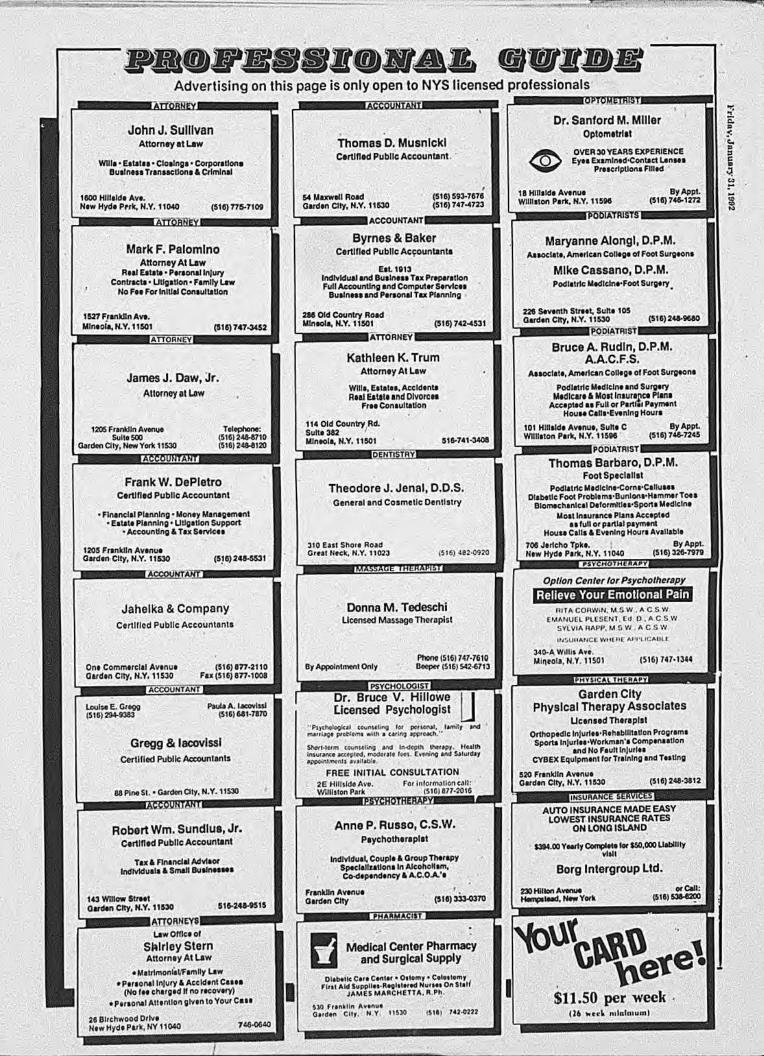
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## Medal of Valor

PAGE SUX

Friday, January 31, 1992

ISLAND TIMES

MIDI

Oyster Bay Town Councilman Tom Hogan, center, presents "Medal of Valor" pins to, left to right, Ex Captain Walter Wagner and Chief Kenneth Johnson of the Syosset Fire Department. The two men, who were both involved with rescuing an elderly woman from a burning house last year, were the first recipients of the Town's "Medal of Valor" for firefighters.



Saint Ignatius Loyola School Honor Students for the first semester.

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

## **Helen Keller National Center**

for Deal-Blind Youths and Adults\*

#### **Headquarters:**

111 Middle Neck Road, Sands Point, NY 11050 Regional Offices: TTY/Voice

Atlanta 404-766-9625, Chicago 312-726-2090, Denver 303-373-1204, New York (Sands Point) 516-944-8900, San Francisco 415-956-4562, Boston 617-350-8702, Dallas 214-490-9677, Kansas City 913-677-4562, Philadelphia 215-237-1575, Seattle 206-324-9120

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



Many students in grades 4 to 8 at Saint Ignatius Loyola School were named to the Principal's List, First Honors List, and Effort Honor Roll in December. Students who achieved an average of 96 or above and displayed exemplary conduct are on the Principal's List. Students who achieved an average of 90 to 95 and displayed very good conduct are on the First Honors List. Students who display outstanding effort and conduct are on the Effort Honor Roll.

Students on the Principal's List Grade 4

Jamie Costello, Meaghan Kenny, Michelle Maier, Suzanne Smith, Lauren Sullivan Grade 5

Alana Amplo, Joseph Panarelli Grade 7

Joanne Smith, Nicholas Donohue, Antonietta Suppa, Christopher Fingerhut, Omar Syed Grade 8

Jason Amplo, Christopher Lambot, Anthony Panarelli, Michael Totino Students on the

Students on the First Honors List

Grade 4 Danielle Rutherford, Meghan Keohane, Daniel Tergesen Grade 5

Bridget Donohue, John Vaz Grade 6

Jonathan Sattler, Jennifer Przybyszewski, Christina Wainer

Grade 7 Francesca Aquilia, Melissa Zoleta

Grade 8 Gina Palmieri, John Bran-

nan Student on the Effort Honor Roll Grade 7 James Turturro

## Lady of Mercy Unemployment Support

A meeting of Our Lady of Mercy's Unemployment Support Group will be held on Thursday, February 6, at 8 p.m. in the Our Lady of Mercy School on South Oyster Bay Rd., Hicksville.

The topic for this meeting will be Resume Writing. Human Resources personnel will be available to answer questions about effective and dynamic resumes.

Future meetings are scheduled for February 27, March 12 and 26, same time and location. Financial planning as well as career networking will also be discussed.

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!

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

The Lombardis share Helen Keller's vision

## LEGAL NOTICE THE PEOPLE OF THE STATE OF NEW YORK BY THE GRACE OF GOD FREE

AND INDEPENDENT T O : A T T O R N E Y GENERAL OF THE STATE OF NEW YORK, SIATE OF NEW YORK, and any and all unknown distributees, heirs-at-law and next-of-kin of RUBIN RODRIGUEZ a/k/a HEC-TOR RODRIGUEZ, de-ceased, if living whose names and/or place of residence and wat office ad residence and post office ad-dresses are unknown to petitioner herein, and if any of the said distributees, heirs-in-law or next-of-kin of RUBIN RODRIGUEZ a/k/a HECTOR RODRI-GUEZ, deceased, 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 ascer-tained by the petitioner, the distributees of RUBIN RODRIGUEZ a/k/a HEC-TOR RODRIGUEZ, deceased.

Upon the petition of JOHN C. DICOCCO/-RICHARD T. KERINS (Deputy) Public Administrator with offices at 272 Old Country Road, Mineola, New York 11501, as Administrator of the estate of RUBIN RODRIGUEZ a/k/a HECTOR RODRI-GUEZ late of Hicksville, New York, Deceased,

You and each of you are hereby cited to show cause before our Surrogate of the County of Nassau, at the County of Nassau, at the Surrogate's Court of said County, held at the Nassau County Court House, at Mineola, in the County of Nassau, on the 11th day of March 1992 at 9:30 a.m. of that day, why a Decree should not be entered ap-proving and authorizing JOHN C. DiCOCCO as such administrator to: administrator to:

(a) Settle the claims and causes of action arising out of the circumstances resulting in the wrongful death of said decedent and to discharge and release the aforesaid defendant from the said suit and claim for the sum of \$20,000.00;

(b) Modifying the Limited Letters of Administration heretofore issued so as to remove the restrictions contained therein and allowing Petitioner to collect and dis-tribute the recovery as provided herein.

(c) Allocate the entire amount of such recovery to the claim and cause of action for wrongful death of said decedent.;

(d) Allow the fixing of the fees of MAHON, MAHON & MAHON, ESQS, Petitioner's attorney, for legal services in connection with such claims and causes of action and in this proceeding in the amount of \$2,042.50 plus disbursements of \$450.00;

(e) Allow the fixing of fees of HARRY H. KUTNER, JR., ESQ. Co-counsel for MAHON, MAHON & MAHON, ESQS, for legal services in connection with such claims and causes of ac-

## LEGAL NOTICE

tion and in this proceeding in the amount of \$4,085.00 plus disbursements of \$1,167.50. (f) Direct payment out of

(1) Direct payment out of such recovery, as follows:
(1) Statutory commis-sions to your Petitioner in the sum of \$512.75;
(2) Costs of the office of your Petitioner in the sum of \$102.55

amount \$102.55

(3) Approve the payment already made of the no-fault death benefit in the sum of \$1,627.00 to funeral creditor named herein;

(4) Approve the payment of the balance of the funeral expenses in the additional sum of \$373.00.; (5) Allocate the balance

then remaining of the amount allocated to wrong-ful death to New York State Comptroller to be held in perpetuity on account of un-known distributees.

(g) Judicially settle and allow Petitioner's account with respect to the total amount of such settlement, except as to so much thereof as is distributable to Petitioner as such administrator for which Petitioner will be further ac-countable; and granting such other and further relief as may be just and proper in the may be just and proper in the premises; and petitioner fur-ther prays that process by is-sued to all necessary parties to show cause why all of such relief should not be granted, and that an Order be granted directing the service of process pursuant to SCLPA 307(2) upon such necessary parties who are non-domiciliaries or whose names or whereabouts are unknown and cannot be ascertained and who may be persons on whom service by personal service cannot be made.

> IN TESTIMONY WHEREOF,

We have caused the seal of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 14th day of January, 1992 S/Albert W. Petraglia CLERK OF THE SURROGATE'S COURT MAHON, MAHON & MAHON

Attorneys for Petitioner 1600 Stewart Avenue Suite 603 Westbury, New York 11590 (516) 683-1111

(616) 683-1111 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 richt to have an You have a right to have an attorney-at-law appear for you.

MIT2553 4X1/31; 2/7,14,21

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

Managing

Coaching \_

## Winter Concert



Dutch Lane's Winter Concert was held on Friday, December 20.

Here the 4th, 5th and 6th grade chorus under the direction of Vicki Sutton at the plane and principal, Mrs. Burke, led the audience in a "Holiday-Sing-A-Long."





#### 1952 - 1992

I, the parent/guardian of the child(ren) listed below, hereby give my approval to his/her participation in any and all Hicksville Baseball Association activities during the 1992 season. I assume all risks and hazards incidental to such participation of my child(ren), including transportation to and from activities, and do hereby waive, release, absolve, indemnify and agree to hold harmless HBA, its organizers, officers, managers, participants and persons for any claim arising out of any injury to my child(ren) in all HBA activities, except to the extent and in the amount covered by acci-dent or liability insurance. I agree to return, upon request, the uniform and other equipment issued by HBA, in as good a condition as when received, except for normal wear and tear.

SIGNATURE	- F	PHONE						
ADDRESS			T	TOWN			ZIP	
The following	members of	my family	are play	ing ba	seball/sof	tball:	$t \in \mathbb{N}^{n+1}$	
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Umpiring \_\_\_\_\_

Shed Duty \_\_\_\_

Team Mom

## Be An Umpire With H.B.A.

PAGE

NU

Hicksville Baseball Association is preparing for its 1992 Z season. This year we celebrate our 40th Anniversary as a Little League Organization. Come join with us this year as an umpire for our games. You must be 14 years or older and need no experience.

Anyone interested, please con-tact Joe Caruso, Umpire in Chief at 937-6253 after 6 p.m.

NOTICE B HAVE YOU A HIDDEN TALENT that has yet to be discovered in 181 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" encount 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.





#### ..... terrererer. **Jottings From Yesteryear**

#### By Bill Clark

Rummaging through the attic, I found a box & bag of my marbles. So I guess the people who thought I lost mine were wrong, I had them just couldn't find them. Did you ever, with holes in your shoes, pick up marbles? I also found my Erector set & Tinker Toys, I was a Tinker Toy stinker. I men-tioned cod liver oil, then recalled my younger brother felt if I got something & he didn't he was cheated. Folks gave me caster oil and he screamed. To quiet him they gave him a spoonful. He thought twice before asking again.

I came across an early clipping asking for the largest town in Nassau. 1970 census showed Levittown #2 with 49,000. Suffolk county, N. Babylon #1 with 39,500 and Central Islip was #2 with 36,000.

Do you remember Teddy Sweet Shop (before the 1937 fire) on the corner of Broadway & W. Marie with the home made ice cream that some people traveled miles for and even brought back to the city. The Sweet Shop had a coin operated player piano playing while you watched the view of local activity at the large window on W. Marie St. while you enjoyed that banana split or soda

When young we pushed our lawn mowers and shoveled the walks and driveway. There were no power equipment. The kitchen had wash tubs usually with 2 sections. The hand turned wringer would be clamped on to the center divide. Tubs many times were used for the small tots to get their baths. Height of tub was easier on Mom's back plus less hot water to be heated on the stove. Sometimes in early days, cold water was from a small hand pump in the house. How nice a shower is these days.

## Kindergarten Registration 1992

Kindergarten registration for the Hicksville Public School District will be held during the month of March, at the Ad-ministration Building, Division Avenue at 6th Street, for children who will be five years of age on or before December 1, 1992

Children who will attend the following schools in September will be registered during the hours and weeks listed below:

Hours - 9 a.m. to 3:30 p.m. Burns Avenue & Dutch Lane

- Week of March 2 East Street & Fork Lane -Week of March 9

Lee Avenue & Old Country Road - Week of March 16 Woodland - Week of March

23 Please note that at the time

of registration, parents will have to provide a Certificate of Immunization signed/stamped by their physician. This form will also have to include the date their child had a second measles/MMR immunization which New York State now requires for all children born en or after January 1, 1985 and entering kindergarten.

Local historical collector Bill Clark shows how one house has changed over the years. The house on the southwest corner of Old Country Rd., Hicksville, is now the home of Wagner Funeral Home.

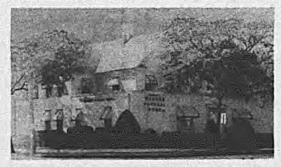
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Upper photo shows the house when it was Dr. Shea's office after a side addition on the west side.



Center picture shows it as Jean Craig's Place for home cooked meals for overnight guests.



Lower photos after some extensive alterations it became Wagner Funeral Home. If you look at the positioning of windows, chimney and building design the old outline can be traced.

All photos collected by Bill Clark

### Service Pin Award



Nassau County Executive Thomas S. Gulotta, right, presented a Nassau County Executive Informs 5. Guidetta, right, presented a Nassau County Service Pin to employee, Daniel Ebbin, of Syosset, in recognition of his thirty years of out-standing service to the County. Mr. Ebbin is Chief Deputy Director of Probation.

### **Student Receives Scholarship**



PAGENINE

Friday, January 31, 1992 MID ISLAND Hicksville High School Senior Lorie Hassett was awarded a Hicksville High School Senior Lorie Hassett was awarded a Drama Scholarship to attend Marymount Manhattan Col-lege in September. Lorie played Quince in the recent production of "A Midsummer Night's Dream," and also played the role of Mrs. Gibbs in "Our Town." She was a member of the Hicksville team to win first place in the Theatricon, held at C. W. Post College, by performing a scene from "Our Town." Other recipients of Drama Scholar-ships include 1991 graduates Lisa Entel (attending Bran-dels) and Terry Glynn (attending Marymount).

In Photo: Drama Teacher, Judith Paseltiner, Lorie Hassett, Principal Richard Hogan.

#### **Conference** Presentation



On December 10, Janet Valadez, Dolores McAuliffe, On December 10, Janet Valadez, Dolores AcAuthie, teachers of Central Boulevard Elementary School in Beth-page, and Dr. Regina Cohn, Director of Reading & Related Services for the Bethpage Public Schools, made a presenta-tion at the Annual Conference of the New York State As-sociation of Compensatory Educators in Saratoga Springs, New York State As-New York. The presentation focused on "Collaborative Teaching, Cooperative Learning, and Comprehending Literature," an approach to the teaching of reading through thinking skill development that was designed by Janet Valadez. Based upon this presentation, this instruc-tional approach has been selected as an exemplary program by the New York State Education Department, and the team has been invited to go to Albany to instruct teachers and ad-ministrators from all over New York State on the use of this strategy.

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

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 as-certained, 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 representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are uinown and cannot after our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County,

#### LEGAL NOTICE

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 254 Petiti Avenue Bellmore, N.Y. 11710 (516) 221-8777

MIT 2547 4X 1/10, 17, 24, 31

Bethpage Native Earns Doctorate at Teachers College By Seeking Ways to Help Isolated Group on Campuses

HEN.

PAGE

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31.

January

Friday,

ES

University administrators should work more diligently to integrate into the campus community spouses of graduate students, who often feel "invisible" in the academic world, according to a Bethpage native who earned her Doctor of Education degree at Teachers College, Columbia University by studying married couples in graduate school.

TIM Surveying more than 30 couples consisting of graduate SLAND students and non-student spouses, Gwenn E. Pasco found that almost all the non-student spouses "expressed feelings of QW isolation and alienation."

In the worst cases, Pasco found that alienation of the non-student spouse can lead to severe problems in the marriage

When she started to talk to the couples, she thought she would hear complaints about finances, Pasco said. But she found that, even though financial burdens were mentioned, the spouses more often talked about their feelings of alienation.

Graduate students are absorbed in their academic work," Pasco said, "and their spouses often do not feel as if they have

a place in the academic life." In her dissertation, Pasco suggests ways students affairs administrators can help graduate student spouses, including:

•allowing spouses to visit or audit classes so that they can nurture their own intellectural growth and understand the academic environment;

•developing child care programs and parent support groups that promote interaction among student couples;

•providing marriage counseling and discussion groups to give couples an avenue to vent frustrations and explore alternatives;

 providing employment infor-mation and career counseling for spouses;

·providng financial counseling and designing financial packages that take into account the fiscal needs of a couple or family;

and providing courtesy cards for spouses and children to give them access to college services, such as gymnasiums, computer centers and libraries (allowing spouses to use the libraries can even help the graduate students who, in the crush of research, can ask spouses to check books out for them, Pasco said);

When their spouses begin their graduate study, non-student spouses should be invited to an orientation for couples, Pasco said, and, during the academic year, academic departments and programs should host mixers and other social events to which families of graduate students are

invited. "The non-student spouse hears about certain professors, Pasco said, "but often never has the chance to even see them."

By ignoring the spouses of graduate students, Pasco said, universities and colleges are leaving untapped a major resource for volunteerism on campus. She even suggests creating a spouse information directory, outlining the skills and talents of spouses who are interested in volunteering.

Pasco, who is not married, earned her Bachelor of Arts degree in political science and her Master of Arts degree in counseling education at the State University of New York at Onconta.

Her doctorate from Teachers

College is from the student personnel administration program in the Department of Higher and Adult Education. She is associate director of residence life at Teachers College.

She said her study's sample of spouses was almost evenly divided between husbands and wives.

"Regardless of gender," she said, "the feeling of isolation is the same."

Teachers College, a graduate school devoted to the educational, psychological and health science professions, is an af-filiate of Columbia University but retains its legal and financial independence.

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

#### VOLUNTEERS NEEDED FOR FREE CHOLESTEROL AND TRIGLYCERIDE PROGRAMS

Long Island Jewish Medical Center, Manhasset, la 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 cartified physicians and receive complete physical exams, blood tests and electrocardlograms.

Free cholesterol and trigiycarides testing for all who apply. INFO: Call 516-627-0350/627-9015 (11) hasset Ambulatory LONG ISLAND JEWISH MEDICAL CENTER The Long Island Campus for the Albert Einstein College of Medicine



### **December Students Of The Month**

Students of the Month for December were honored at Saint Ignatius Loyola School during January. Each month, the teachers in grades 1 to 3 choose one student in their class to be the Student of the Month. The students are chosen for their effort, achievement, and good conduct. Each student received a certificate at a special assembly in January. The Students of the Month

for December are: Class 1-1 - Hinal Patel

Class 1-2 - Caitlin Loftus

Class 2-1 - Eric Smith

Class 2-2 - Andrew Fingerhut Class 3-1 - Alexandra Burt

Class 3-2 - Matthew Castoro



The December Students of the Month, from left (front), Hinal Patel, Caitlin Loftus, Andrew Fingerhut; (back) Eric Smith, Alexandra Burt, and Matthew Castoro, proudly display their certificates.

### Children's Programs At Library

Fun with Chocolate - A Valentine Celebration with

Carol Tully, Saturday, February 8, at 2 p.m. Learn all about chocolate molding and use a variety of delicious ingredients to craft your own special treats. \$2.50 materials fee per child. Grades K-5. Register from January 14. Winter Vacation Highlights -Abraham Lincoln . The Storytelling President and His family with Daniel Bas-suk, Ph.D. - Saturday,

February 15, at 2 p.m. Abe Lincoln and his family will come to life before your very eyes! A famous Lincoln authoirity and look-alike will tell fabulous Lincoln stories, riddles, jokes - with a slide show, music, props, and custom-made life-size figures. Grades K-6. Register from January 21.

Washington's Birthday Special · Festival of Fun with Bob Conrad · Monday, February 17, at 2 p.m.

Magician, puppeteer, ventriloquist, balloon sculptor -multi-talented Bob Conrad will present a whirling kaleidoscope of magic and merriment. And in honor of Washington's Birthday, Betsy Ross will ap-pear out of thin air to remake the American flag! Grades K-6. Register from January 28. Fun With Animals - Animals

on Wheels with Hans Van Breukelen, Wednesday, February 19, at 2 p.m.

See live snakes, turtles, lizards, a ferret, raccoons, gosts, ducks, lambs - and more! Hold and pet the animals and learn about where they live, what they eat, what they do! Grades K-6. Register from January 28. Hans Christian Andersen by

Lou Del Blanco, The Storymaker, Thursday, February 20, at 2 p.m.

Stories and songs from all over the world by Lou, The Storymaker. Highlighted will be stories and music from Hans

Christian Andersen including selections from The Ugly Duckling, Thumbelina, The Emperor's New Clothes. Daz-zling fun with lots of audience participation. Co-sponsored by the Town of Oyster Bay Department of Community Services. Ages 4 and up. Register from

January 28.

And sign up now for -

The Hocus Pocus Magic Winter Reading Club Families as Reading

Partners Theatre Workshop for

Young People (See separate fliers in the Children's Room for the above

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

#### LEGAL NOTICE NOTICE OF SALE

Supreme Court, County of Nassau, Index \$10591/90, United Penn Bank, Plaintiff, vs. Jeanette O'Shea, et al., Defendants. Pursuant to Judgment of Foreclosure and Sale dated October 24, 1990, I will sell at public auction on the north front steps of the Nassau County Court-house, 262 Old Country Road, Mineola, New York at 9:00 s.m. on February 20, 1992, premises known as 28 Linden Avenue, Bethpage, New York 11714, Nassau County, located on the N/S of Linden Avenue 100 feet E/O Lincoln Road, being a parcel 187.15' x 100'. Joshua A. Elkin, Esq., Referee. Stan-ley Beals, Esq., Attorney for Plaintiff, 275 Broad Hollow Road, Melville, New York. MIT 2251 4X 1/17, 24, 31, 2/7

The Hicksville Council of PTAs proudly honors our High School Principal, Richard Hogan, as its Distinguished Guest at the Council's 39th annual Founders Day Dinner to be held on Thursday, February 27.

Richard Hogan is a native of Hicksville. He and his wife, Florence, live in Hicksville and like Dad, all of Dick's children-Richard, Catherine, Michael, Florence and Cheryl, are products of the Hicksville school system. After attending Ithaca College and receiving a Bachelor's degree in Physical

Syosset

### **Council Honors Dick Hogan** Education, his first teaching

position was in one of our elementary buildings, Fork Lane. Three years later, he began teaching in the senior high school. In addition to teaching, Mr. Hogan coached many Hicksville youngsters in a variety of sports from archery, baseball, basketball and football to gymnastics and tennis.

In 1977, Mr. Hogan was tapped for districtwide Director of Athletics. After a series of supervisory positions, he became Acting High School Principal and was appointed High School

Principal by the Board of Education in the fall of 1983.

Upon assuming his new duties, Mr. Hogan saw his greatest goals as creating a new order and making curriculum improvements. He acknowledges dramatic changes made in the mathematics and the Language Arts Departmenta. Several years later, the high school would expand to in-clude the ninth grade, and Mr. Hogan credits the high school administration, staff and students with ensuring the success of the transition.

Mr. Hogan measures his accomplishments at the high school by how much recognition is given to students. He is pleased with the community's response in the way of increased scholarship aid to graduates. As an alumni and member of the board of directors of the Hicksville Alumni Association, Mr. Hogan is also proud of the initiation of the annual Scholars Dinner, a joint function of the Hicksville Council of PTAs and the Alumni Association. The dinner gives spe-cial recognition to those stu-dents ranking in the top 20% of

the graduating class. Among the challenges Mr. Hogan foresees facing the Hicksville community in the future are an adaptation to the increase in multi-cultural student enrollment and a greater sense of pride in the fine achievements and successes in the High School and in the com-High School was the first will High School was the focal point in generating last October's Homecoming Fair," says Mr. Hogan, "an event which brought out a community spirit which has gone untapped for

Seeking greater parent involvement at the high school level, Mr. Hogan believes in fostering a stronger partnership between parents and teachers on behalf of the children. Referring to last year's difficulties under an austerity budget, Mr. Hogan says, "If apathy exists, the system hurts." He adds that he believes last year's experiences with the school budget process and parent involvement in the passage of the budget opened the door for much-needed fu-ture parent involvement.

or Dick, his long association with the public school system and his very presence as a resi-dent help him build relationships with students and parents, and also give him a greater opportunity to under-stand situations that exist here. Dick Hogan has and still does attend many local activities, school- and community-related, and his ever-presence nurtures this sense of bonding. The Council of PTAs dinner

will be held at the Renaissance Galaxie, 1600 Round Swamp Road. Tickets may be purchased at \$28 per person from any local PTA unit. Deadline for ticket purchase is February 10. In addition to Mr. Hogan, 33 unit guests will be honored.

#### LEGAL NOTICE

To the taxpayers of the Jericho Fire District, Town of Oyster Bay, Nas-sau County, New York:

Notice Is Hereby Given That a Resolution was duly adopted by the Board of Fire Commissioners, Jericho Fire District, Town of Oyster Bay, County of Nassau, State of New York at a regular meeting thereof held on January 20, 1992, subject to a Permissive Referendum, as

provided by the General Municipal Law. An abstract of the Resolution is as followa

Be It Resolved That the Board of Fire Commissioners of the Jericho Fire District, Town of Oyster Bay, County of Nassau, shall expend monies to refurbish the 1984 Mack/Saulsbury Rescue and install additional exterior compartments. The Board shall expend monies in an amount not to exceed \$48,000.00. Said funds to be transferred from the Apparatus and Equipment Capital Reserve Fund (AKA Fund B), as authorized by Section 6 G of the General Municipal Law

This Resolution shall not take effect until 30 days from the date thereof, unless in the meanwhile a Permissive Referendum as provided by the General Municipal Law is required to be held.

Dated: January 20, 1992 BOARD OF FIRE COMMISSIONERS JERICHO FIRE DIST. TOWN OF OYSTER BAY Attest. Richard A. Gander, Secretary Jer 8000 1X 1/31

> GET RESULTS! Place an ad in our Classifieds for reasonable rates and prompt results. Call 931-0012 : 294-8900

#### LEGAL NOTICE NOTICE CF APPLICATION FOR AUTHORITY OF MEENAN OIL CO., L.P.

PAGE

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VEN Under Section 121-902 of the Revised Limited Partnership Act Meenan Oil Co., L. P., a foreign limited partnership has applied for authority in New York and Friday. states the following:

Arun 1. The name of the foreign limited partnership is Meenan Oil Co., L.P. 2. The date of filing the ap-plication for authority with

the Secretary of State is 12/30/91. Ē 3. The jurisdiction and

date of the foreign partner-IS ship's organization is: Delaware/November 12, 1991.

4. The county within the TIMES State of New York where the office of the foreign limited partnership is located is: Nassau.

5. The Secretary of State of the State of New York has been designated as agent for the foreign limited partnership upon whom process against the foreign limited partnership may be served. The post office address within or without the State of New York to which the Secretary of State of the State of New York shall mail a copy of any process against the limited partnership upon him is: 6800 Jericho Turnpike, Suite 100E, Syos-set, N.Y. 11791-0100.

6. The registered agent of the foreign limited partner-ship is to be the agent of the foreign limited partnership upon whom process against the foreign limited partnership may be served. The name and address within the State of New York of said registered agent are as follows: The Prentice-Hall Corporation System, Inc., 15 Columbus Circle, New York, N. Y. 10023-7773.

7. The address of the office that the foreign limited partnership is required to maintain under the laws of ita jurisdiction or organization, or if not so required, of its principal office is: 32 Lookerman Square, Suite L-100, Dover, Delaware 19001. 8. The list of names of

business or residence ad-dresses of all general

partners is available from the Secretary of State.

9. The name and address of the authorized officer in its jurisdiction of organization where a copy of its cer-tificate of limited partnership is filed is: Secretary of State, Townsend Building, Dover, Delaware 19901

10. The character or purpose of the business of the foreign limited partnership is: Retail and wholesale sales of petroleum products and the sale, installation and service of heating equipment.

SA 8054 1X 1/24, 31; 2/7, 14, 21, 28

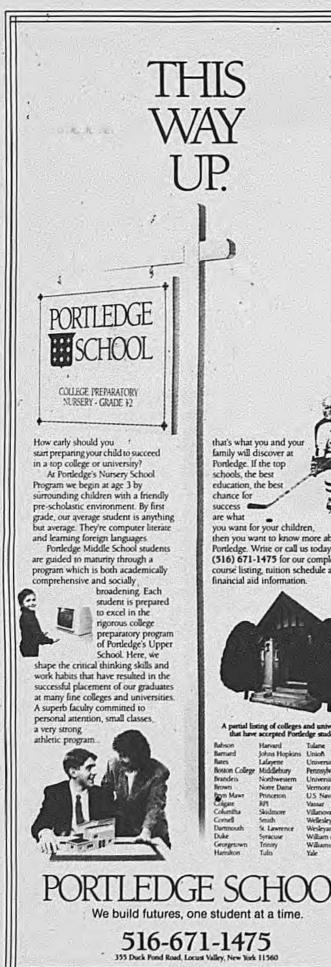
Half the price of a postage stamp. That is all this newspaper cost you per week delivered to you by mall



In The School Library Please join us for tours of the school facilities and

the opportunity to meet faculty, parents and students.

> For further information call Carol Rogers - 922-4400



PAGE TWELVE

Friday, January 31, 1992

ISLAND TIMES

MIDI

In Retirement

Nassau County Executive Thomas S. Gulotta (left), congratulated Kenneth S. Barnes, a Levittown resident, on be-half of his retirement from his position as Director of the

Hicksville Public Library. Looking on was Marc Herbst, President of the Library Board of Directors.

## VFW To Honor **Contest Winners**

Contest Winners of the Voice of Democracy Contest will be honored on Friday, February 7, at 7:30 p.m., at the Wm. M. Gouse, Jr. VFW Post #3211, 320 So. Broadway.

Formal invitations were mailed to the students' schools, and were notified of the "Awards Night" Ceremony.

The Chairman of the Voice of Democracy Committee, William P. Bennett, would like to remind the following contest winners to attend the Award Night ceremony to receive their Medals, Pins, Monetary awards, and certificates, based on their contest placement.

Trinity High School Karen Jendras, Jamie Gsell,

Jackie Farrell

Hicksville H.S. James L. Fitzsimmons, Domenick Freds, Guy Carloni Burns Ave.

Deanna Ghozati, Deepak Sreevatsan, Carly Birnham Dutch Lane

Jeena Easow, Terence Kraemer, Edward Fong East St.

Crista Scibelli, Kelly Albach, Robert Parker

Fork Lane Pamela Rodriguez, Jossy Thomas, Bobby Alexander

Holy Family

Kevin McKinney, Megan Mahoney, Nina Stassi Lee Ave.

Errol Ismail, Christopher MacKay, Regina Rupolo Old Country Amie Gisone, Danielle Darge,

Jason Burgoyne St. Ignatius Jonathan Sattler, Christina Wainer, Joseph Herb

**Trinity Lutheran** Shani Saunders, David Avila,

Mellisa Sarno, Daniel Voss,

The Voice of Democracy Committee, the Commander of the VFW Mr. Vincent Ferrara, and Joan Chwalisz, of the Ladies Auxiliary, urge to above listed contest winners to attend the "Awards Night" ceremony by

parents, grandparents, and their immediate family, to share their joy, along with the many dignataries that will be in attendance.

## **Hicksville Middle** School Geography Bee

The Middle School social studies department has completed the classroom competitions for the 1992 National Geography Bee. The following students represented their respective teams in the school finals:

7 Red

Nick Taskov, Andy Costello, Paul Lee, Shaun Rajan 8 Red

Kevin Beiner, Roy Truelove

7 White Robin Goldberg, Danny Kraemer, Jon Spielman, Paul Tanck

8 White

Colleen O'Donnell, Dan McGovern

7 Blue

Ryan Donovan, Jan Rasmus-sen, Mark Gaylord 8 Blue

Jason Benowitz, William Murphy, Melinda LeCren

On January 7, the school finals were held, and Roy Truelove won the "Bee" with Ian Rasmussen as strong runner-up.

Roy will now take a written test which will be sent to the regional director of the Geography Bee. Based upon his score, a determination of his continuation in the contest will be made

All of these contestants will receive certificates for their success at the team level. Messrs. Truelove and Rasmussen will also receive a globe and a map, capturing first and second place.

Congratulations to all and our thanks to their social studies teachers for making the completion an enjoyable learning experience.

## Alumni Assn. **Meeting Change**

The Hicksville High School Alumni Association will not be holding a meeting in February. holding a meeting in February. We have reorganized and will now hold just four meetings per year. Our next meeting will be held on the evening of March 8 at 8 p.m. in the teachers' faculty room of Hicksville High. Please plan on attending our meeting, greeting old friends and welcoming new members.

then you want to know more about Portledge. Write or call us today at (516) 671-1475 for our complete course listing, tuition schedule and

University of Wellesley Wesleyan

University of

U.S. Naval Acader

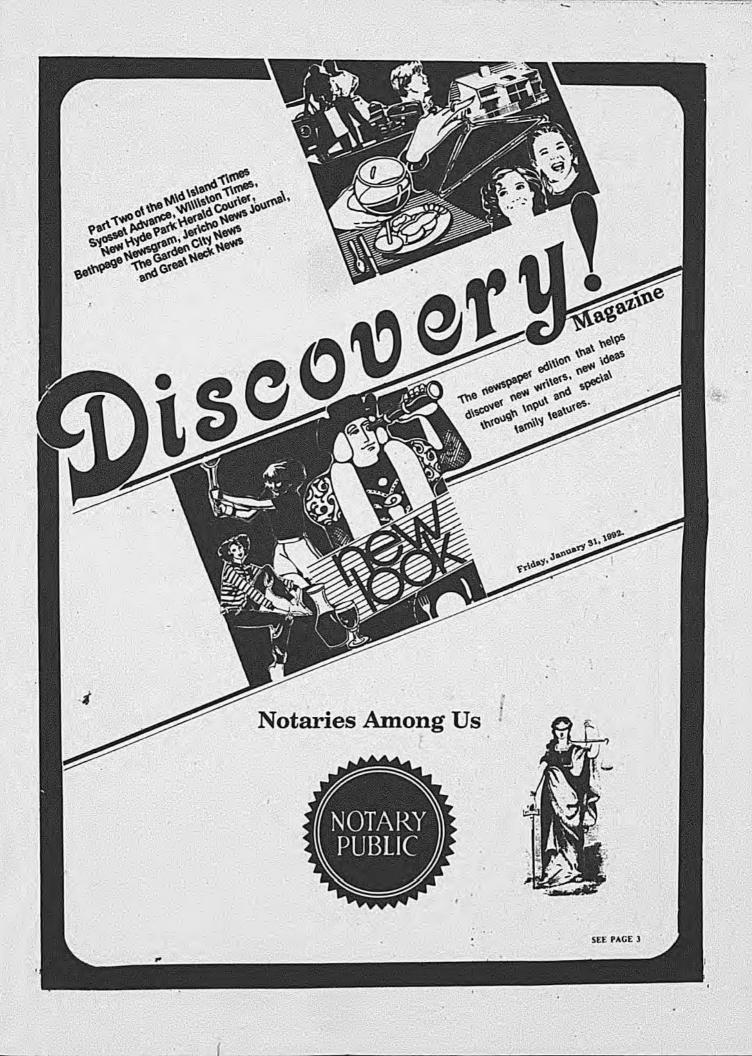
William & Mary

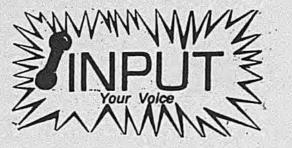
Jennifer Hughes Woodland

Amanda Ayres

7:30 p.m., Friday, February 7. They may invite their

Pennsylvania



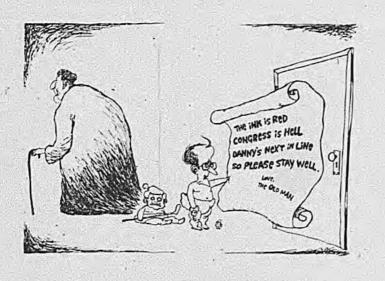


PAGE 2A

Friday, January 24, 1992

## THE QUESTION OF THE WEEK

Do you think Pres. Bush could increase his strength with voters by getting a new Vice Presidential running mate?



Call 931-0027 **Ground Rules** You are not limited to the above but may talk on any subject of a Day interest to readers. One subject to a caller per week 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.

## **Callers Voice Many Opinions On Buchanan**

There is a wide difference of opinion on the candidacy of Patrick Buchanan in answer to this question: "Do you think the candidacy of columnist Pat Buchanan will have an effect on President Bush and his campaign?" Here are some of the answers: PROFOUND INFLUENCE

Yes Buchanan may have a profound influence on Pres. Bush. In fact he may have so much of an influence that he may unseat Pres. Bush. It is possible for Buchanan to win the New Hampshire primary and if he does that it will mean that Bush will have some trouble in his own party. There is no doubt that Bush will be renominated but if he is weakened it might mean that someone like Mario Cuomo will seize an opportunity and run. The problem for Buchanan and his supporters is that they will be less happy with Cuomo than Bush as President. J.D.

#### **RIGHT WING**

It was a shame that Buchanan decided to use the primaries to bring influence on Bush. Buchanan is now being attacked as right wing, anti Israel and it may ruin his chances to write a national column. In entering the race he knew that he could not run for President if nominated because he has not got the money backing. It is a way of dividing the Republican voters and it may be the end of the Republicans in the White House. N.F.

#### ALSO RAN

I think that Buchanan will go along as an "also ran." He is wasting a lot of money running in a primary and if he gets any votes the number will be blown all out of proportion, not by the Republicans, but by the commentators who would like to see Buch out of office by any method. Buchanan has some ideas that should be heard but he already had a sounding board in his national column. I think he should not have run.

#### **GETTING ACCEPTANCE**

Buchanan's views are getting a lot of acceptance in New Hampshire according to news reports. The ideas cannot help but influence Bush on what way he should go. Buch has always been known to be easily influenced by how many votes can be won with a particular view. I think he will take much from Buchanan and as a result the Presidential campaign will be more to the right than if Buchanan did not run in the I.G. Primary.

#### ANTI SEMITIC

I think it is a shame that someone with ideas so anti semitic as Buchanan should run. He is against Israel in every way. I think he belongs on a ticket with David Duke, the Klansman. T.V. LIKE GOLDWATER

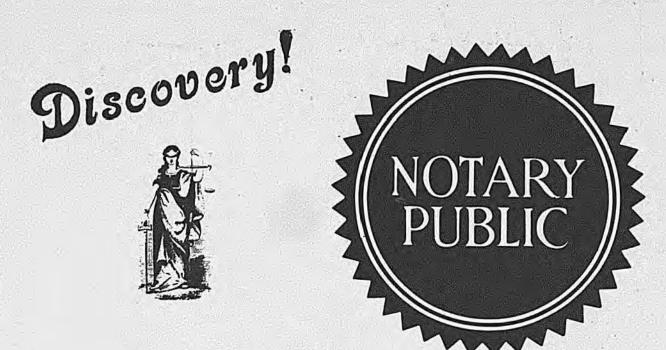
If it is Buchanan's idea to make trouble for Bush he will do so because the news media will stretch his campaign all out of proportion and even when he does not win stretch his campaign an out of proportion and even when he does not win it will be talked on and on as though he had upset Bush. I cannot see what is to be gained for Buchanan. A ticket more to the right will be pushed the same as the Goldwater campaign. Buchanan would be knocked out of the box if he ran for buchanan would be knocked out of the box if he ran for M.D. President even against a weak Democrat. NOT CONSERVATIVE

I think it is a good thing to have Buchanan running for President. He is a brilliant writer and he knows what is wrong with the country and is a optimized writer and the knows what is wrong with the county into how it can be fixed. It is time that Bush stopped playing games as though he is a conservative. When he reneged on taxes, the main thrust of the Democrats, he lost many conservatives. Presently, Democrats are not saying to raise taxes but they were all for Bush doing so. We need a conservative and a realist in the White House. MR

#### LET'S HOPE

Yes. Let's hope Bush takes his whole campaign from Buchanan. Then most of us will be happy. J.S. YES AND NO

The answer is "yes" I do believe that the candidacy of Pat Buchanan will have an effect on President Bush and his campaign. Up to now, I will have an effect on President Bush and his campaign. Up to now, 1 had never even heard of Mr. Buchanan but having been exposed to his writing only recently, I must admit that his treatment of a specific subject matter from the standpoint of style and objectivity can be rather convincing. I refer particularly to a campaign mailing of which I received a copy. He dealt with three items: "Morality and Magic". "Our Heroic Allies Show Their Stripes" and "The Dark Underside of Euthanasia." In the first case he downplayed the importance of Magic Intercent of Magic and the conservent admitting to "Unterchine Johnson's sexual history and the consequent admonition to "practice safe sex" as a means to avoid AIDS. He didn't think much of the rather mild-mannered reception of Magic's formula for avoiding AIDS by representatives in high places based upon Johnson's own personal experience. In the second case Pat decried the handling of political and military assistance by our European allies and ourselves in bringing about the liberation of Kuwait when assistance to free Croatia was a more deserving object of our attention and assistance. Obviously he upholds his own sense of logic over the logic and decisions of other individuals of high stature in responsible positions. Needless to say, individuals of high stature in responsible positions. Needless to say, his sense of logic will find support in many places although in my opinion if these three examples are indicative of his sense of righteousness and objectivity, anyone opposing Buchanan's views wouldn't stand much of a chance. There's no doubt that he would be a strong competitor but as much as I respect some of his logic, it is the spirit of his philosophies, his display of individualism and perhaps a strong hint of isolationism which concerns me at a time when the spirit of denserve and unity is more the order of things. B & S of democracy and unity is more the order of things. P.G.S.



## **Notaries Among Us**

#### By Arthur A. Delaney

I don't know if comedian Rodney Dangerfield is also a notary public, but he sure sounds like one. "I get no respect," he whines, and neither do the almost four million notaries public in the U.S., including those in New York State. Not only do they not get much respect, they receive little money for their essential services. Notaries in New York pay a \$30 semi-annual fee for their commis-Notaries in New York pay a \$30 semi-annual fee for their commis-sion, but they can charge only two dollars for witnessing a signa-ture. Sounds like a lot for simply watching someone write his name? Perhaps this is true if put in perspective, but the fee allowed falls short of that permitted in most other states. New York's fee was 25 cents since 1961, but it took three decades for it to be raised to a quarter. The last time the fee was increased (from six cents was in 1007) was in 1907!)

There are other reasons a notary gets little respect even though he is, according to Mario Cuomo, a public official, and as though he is, according to Mario Cuomo, "a public official, and as such assumes a position of trust which demands a high degree of conscientious public service." At best, however, notorial work is a part-time job. Most notaries public perform their services as just that - as a service or favor for friends or colleagues, as a con-venience, or as part of professional or business obligations - and ex-pect no thanks. As a notary, I have never accepted a fee, but I do appreciate a Thank You. Governor Cuomo, a fellow notary, also has never taken a fee for his sevices, but like all notaries, he likes to be appreciated. He may refuse a fee, but I'm sure he'd accept a vote! One sallent reason why notaries are often held in disdain is that there is often no educational requirement for the position. In the few states that actually do require one, it is marely that the notary be able to read and write English. New York State, however, has some of the highest standards. Among them it calls for can-didates to memorize a manual and to pass a lengthy objective type test. It is not uncommon on Long Island to see adult education

test. It is not uncommon on Long Island to see adult education courses offered which help to prepare the prospective notary. But in many other states virtually anyone can pass the test. In some places the "test" is merely knowing the local judge. The only requirement in Michigan, for example, is a written

application and state residency. Last year, probably on a lark, more than 100 Michigan state prisoners became notaries, though there isn't much to notarize in jail. Many states, but obviously not Michigan, require certificates of citizenship and good character before they will process the application of a prospective notary. In New York, the Secretary of State satisfice himself "that the ap-lignt is d mod much because and is families with the during the secretary of the secretary of the secretary of state satisfice himself"

New York, the Secretary of State satisfies himself "that the ap-plicant is of good moral character... and is familiar with the duties and responsibilities of a notary public." Notorial services have a very long and honorable history. Notaries public may date from ancient Egypt as a scribal function, but we do know they performed official duties throughout the Roman Empire (Pro Lege et Grege). Today they exist in every European country, and in Great Britain and Canada they are ap-pointed by the Court of Faculties. In Northern Europe, notorial functions slowly evolved into a simple witnessing of signatures. But in Southern Europe, notaries still play roles usually delegated to attorneys in other climes. The Latin American "Notario" has a job description and influence that boggles the mind of his U.S. job description and influence that boggles the mind of his U.S. counterpart!

What a notary can and cannot do is confusing to many people including some notaries. First and most important and unlike his South American colleague, a notary (at least in New York) may not prepare legal documents or give legal advice unless he is an attorney. Most lawyers are also notaries. Remember also that just because a notary signs a document, stamps it, and applies his "magic" embossing seal, the paper is not necessarily valid. It could be that

he has witnessed something improperly drawn or illegal. On the other hand, there are countless documents which do not become legal unless notarized. In one state, notaries can perform marriage ceremonies, but in the other 49, they are more or less restricted to witnessing the instruments of divorce.

Most people are unaware that in New York State a notary cannot refuse to witness a signing unless he suspects an illegality. And, that's generally the role of a notary: to witness. This includes And, that s generally the role of a notary: to witness. Inis includes identifying signers, administering oaths and affirmations, and taking acknowledgments and depositions. Notaries, like everyone else, often need the services of a notary. A notary cannot appear before himself and therefore cannot administer an oath to himself or take his own affidavit. It is often assumed (and even by many notaries) that a notary cannot take a relative's affidavit. This is simply not true, but generally, it's not a good idea. There is just too much to suspect, especially if the notary can financially benefit from the act

Notaries have their pet peeves, most of which stem from "clients' asking them to break the law. One of the jobs of a notary is to witness a signature at the time of signing and to swear that, truly, the person signing the document is the individual named therein. Too often the notary is presented with the document al-ready signed. It's not possible to witness a signature at the moment of signific when it was affined out of supresented with the document alof signing when it was affixed out of presence and in days prior. Much worse is when one person presents a document signed by someone else. It's easy to refuse strangers, but friends present a challenge in diplomacy!

I remember once when a friend, "John Doe," signed a docu-ment before me with the name "Tom Smith." I refused to witness the signing because "Tom Smith" was unknown to me. The friends then proved to my satisfaction that he was legally known by two names. (The things notaries learn!). Most notaries, incidentally, don't like to read the papers they sign. They need to know the type don't like to read the paper they sign. They need to know the type of document they are witnessing, and they may then confine their observations to the jurat area reserved for their task. Once I was presented with an impressive document written in Farsi. The sig-nature was also signed in that language. For all I know I could have been signing away my pension rights! Being a notary can be dangerous since a mistake may result in personal penalties resulting in revocation of commission, or fines, or even rarely imprisonment. The Washington-based American Society of Notaries has even produced a booklet: How To Be a Notary Without Going To Jail. Recently Newsday carried the headline "Notary Indicted in Es-tate Dispute." A few years so during a celebrated Connectiout murder trial, the notary was grilled on the witness stand for two days. And, who can forget the 1949 movie D. O. A.(Dead on Arrival?) This well-done suspenser starred Edmond O'Brien trying to learn who had elipped him a fatal dose of slow-acting luminous

to learn who had alipped him a fatal dose of slow-acting luminous poison and why. At film's end we learn that O'Brien is a notary who had witnessed a fraudulent bill of sale. The mob wanted no witnesses, and so scratch one notary. Very often it just doesn't pay to be a notary!

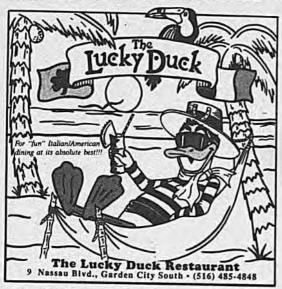
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#### ABOUT THE AUTHOR

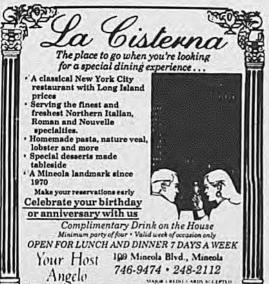
Dr. Arthur A. Delaney is associated with the Garden City Public Schools. He is a free-lance writer who has published some 450 ar-ticles in a variety of periodicals, including many in Discovery.













## By Margaret. Wing-Peterson

Cottage cheese. No other food reflects an image so "health" ori-ented. After all, the classic restaurant "dieter's plate" always in-cludes a clump of the innocuous

lumps. It's often deemed "wholesome" simply because it seems lacking in those qualities associated with "unhealthful," qualities like "rich," "mouth-watering," "gooey," "luscious," "ambrosial," "scrumptious."

Bland it may be, but that makes it all the more versatile for a health-conscious kitchen.

Its reputation for good nutrition well-deserved. Consider this: Only a quarter-cup of low-fat (2 percent fat) cottage cheese pro-vides about the same amount of protein as an ounce of cooked meat but with a fifth of the cholesterol and a third of the fat in meat.

The soft cheese parries just 20 percent of its calories as fat, well within the guidelines for a heart-healthy food plan and one of the lowest-fat cheeses readily avail-able to us. One-percent-fat cottage cheese would contain even less fat and cholesterol.

(By the way, the typical "di-eter's plate" of cottage cheese, fruit, saltines and a hamburger pattie is fraught with fat. Damage control tactics call for eliminating the chopped beef. Just eat the cheese and have the fruit, even if it was packed in syrup.)

It was packed in syrup.) Dry curd cottage cheese is made without cream and has only a trace of fat — less than one-eighth of a teaspoon per cup. This leanest of cheeses is usually best enjoyed as an ingredient in casseroles or desserts. Cottage cheese is not a reser-

voir of calcium (as are most other cheeses) because manufacturing removes a significant portion of the nutrient from the cow's milk used in making cottage cheese. In fact, you would have to gorge on 2 cups of cottage cheese to get the calcium you find in an 8-ounce glass of milk or in 1% ounces of an aged cheese such as cheddar or Swiss.

Surprisingly, ounce for ounce cottage cheese contains more salt than the typical hard cheese. The high salt content of the soft cheese helps extend the product's shelf life, but because cottage cheese is not ripened like the harder cheeses, it tends to spoil quickly anyway. Experiment with this often

misunderstood dairy product - it can be much more than a bed for canned peaches.

## SPINACH AND CHEESE NIBBLES

- 2 eggs or equivalent of a low-cholesterol egg substitute
- 6 tablespoons whole-wheat
- Dour 1 package (10 ounces) frozen
- chopped spinach, defrost-ed and squeezed dry
- 2 cups low-fat cottage
- cheese 11/2 cups (6 ounces) grated reduced-fat cheddar
- cheese Freshly ground black pepper and cayenne pepper to

## Continued On PAGE #A





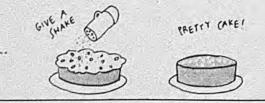


## KITCHEN HINTS

#### You want to decorate the cake

But don't have time for icing.

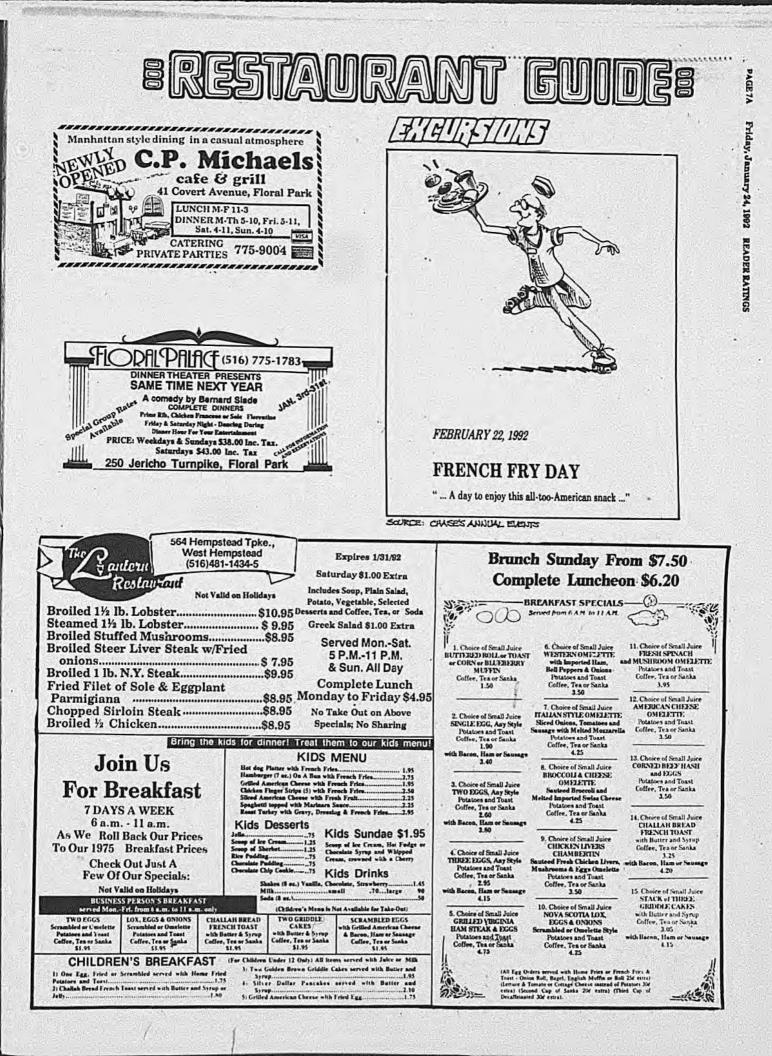
Here's a fast and pretty topping: 1. Thoroughly cool the cake layer and place a paper lace doily on For chocolate cake use powdered sugar; for white cake use coccoa. 3. Use a sieve to sprinkle the powder heavily, then lift the doily



A. Translated from the French it would mean "in the Burgundy style" and it refers to any dish served with small onions, spices, bacon, mushrooms and, of

Q. 1 often eat with friends at a local restaurant known for its beautiful decor and excellent food. However, for some reason the waiters and waitresses seem to wear glam expressions on their faces. They are not actually rude, but their manner is somewhat curt. Would it be a good idea to say something to the ewner? er is somewhat

A. I don't know how the owner A.1 don't know how no une owner will take your comments, but you would actually be doing him or her a favor. It would cost nothing to have the employees a little more gracious and it would most likely increase the restaurant's business. Food and decor are business. Food and decor are important, but so is pleasant service.





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 and the service of th

## Vegetarian View

**Continued From PAGE 5A** 

### taste

Pinch nutmeg 3 tablespoons wheat germ

Yields about 48 pieces. Per piece (made with eggs): 28

calories, 2 grams carbobydrate, 3 grams protein, 1 grams fat, 40 percent calories from fat, 12 milligrams cholesterol, 61 milligrams

In large bowl, beat eggs or egg substitute with flour until smooth. Add spinate with non-until smooth. Add spinate, cottage cheese, ched-dar cheese, pepper, cayenne and nutmeg, mix well. Pour mixture into 1329.22 inch baking pan that has been sprayed well with non-ticle content cannot be called a state of the spinate state. stick cooking spray. Sprinkle with wheat germ and bake in 350 F oven for about 45 minutes. Let stand for about 10 minutes, cut into 1%-inch squares.

- TWICE-BAKED POTATOES 4 medium potatoes, well-scrubbed
- 1 cup low-fat cottage cheese % cup 1-percent-fat or non-fat milk
- 1 tablespoon chopped green
- onions 2 tablespoons grated Par-
- mesan cheese 1 or 2 dashes garlic powder Freshly ground black pepper

and salt to taste

#### Yields 8 servings.

Per serving: 120 calories, 19 grams carbohydrate, 5 grams protein, 3 grams fat, 23 percent calo-ries from fat, 3 milligrams cholesterol, 120 milligrams sodjum.

Bake potatoes in conventional microwave oven until ter der. Cut hot potatoes in half lengthwise. Scoop out potatoes, reserving flesh and leaving skins intact for stuffing (each potato half should have about is inch of potato flesh left to help shell hold share).

Mash reserved potato flesh with cottage cheese, milk, onion, Par-mesan cheese, garlle powder, pep-per and salt; mix until fluffy. Pile mixture back into potato skins. Bake 10 minutes in 400 F oven until just golden.

MOCK SOUR CREAM

- 2 tablespoons non-fat or 1-perfect-fat milk 1 tablespoon fresh lemon
- juice 1 cup low-fat cottage cheese

Yields 1¼ cups. Per ¼ cup: 43 calories, 3 grams carbohydrate, 7 grams protein, 1 grams fat, 21 percent calories from fat, 4 milligrams cholesterol, 184 milligrams sodium.

Place milk, lemon juice and cottage cheese in blender jar or food processor bowl; process until smooth and creamy. I'se as you would sour cream in unheated dishes (as a base for dips for fruits, vegetables or crackers or as a topping for baked potatoes, enchiladas, etc.).









## microwave magic

#### **Desiree** Vivea

SHALL STATES

The history of food is full of odd facts. For instance, did you know that the army of laborers who built the Great Wall of China were fed largely on cabbage and rice? (I don't know that this combination would get me through a day at my desk!)

To preserve cabbage for the long, cold winter, it was pickled in rice wine - and voila, there was the prototype of what Westerners would later know as sauerkraut.

Sauerkraut is pickled in brine, rather than rice wine, so its salt content can be rather high. Yet it is also rich in vitamin B-6, calcium, potassium and fiber - and it's low in calories.

Also rich in vitamin C, in days gone by, sauerkraut was carried along on sea voyages to prevent shipboard cases of scurvy.

The piquant blend has been a popular folk medicine for centu-ries. In Germany, it has long been thought to aid digestion, clear the skin and even prevent tooth decay.

Health benefits aside, sauerkraut is a tangy and pungent con-coction that adds loads of flavor to a variety of dishes. Serve alone, or add to casseroles and goulashes.

Many sandwiches made with sliced sausages or dell meats, like salami, corned beef or pastrami, greatly benefit from the addition of a generous spoonful of sauerkraut (be sure to drain well to prevent sogginess). And your mi-crowave will heat both sandwich and sauerkraut quickly and easily for a hot and hearty winter snack.

To make a quick Reuben sandwich, lightly toast 2 slices of rye bread in a conventional toaster. Spread 1 slice lightly with mayonnaise and mustard, the other with Thousand Island dressing. Place 1 slice of cooked corned beef on top of 1 piece of bread; top with 2 tablespoons well-drained sauerkraut. On other slice of bread, place 1 slice Swiss cheese. Arrange bread on paper towel-lined plate and microwave at MEDIUM (50 percent power) setting 1 to 2 minutes, or until sandwich is hot and cheese melts. Assemble and

If a batch of saverkraut (German for "pickled cabbage") is too strong for your taste, just rinse in cold running water for a milder flavor

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

#### MICRO-TIP OF THE WEEK

To heat a 1-pound can of sauerkraut: Place kraut, plus liquid, in a 1-quart microwave-safe casserole. Cover and microwave 3 to 5 minutes, stirring halfway through cooking time, until heated through. Drain, if desired, before serving

KIM'S KAISER ROLL 1 kaiser roll Butter or margarine Mustard to taste 2 slices hard salami or pastrami



1 slice bologna 14 cup sauerkraut, well drained

1 or 2 slices Swiss cheese Yields 1 serving.

Preparation time: 5 minutes. Cooking time: 1 to 2 minutes. Oven setting: HIGH (100 percent power).

Slice roll in half and spread lightly with butter or margarine. then with mustard to taste. Layer sliced meats on bottom half of kaiser roll, then top with drained sau-erkraut and sliced cheese.

Place sandwich on a paper towel-lined plate and microwave 1 to 2 minutes, rotating sandwich a half turn halfway through cooking time, until sandwich is hot and cheese melts. Serve immediately.

## MICRO-BAKED

SAUERKRAUT AND APPLES 1 tablespoon butter or margarine

1/4 cup minced onion

1 (1-pound) can sauerkraut, well drained 2 medium-size tart red ap-

ples, cored and chopped 1 tablespoon flour

1/2 cup hot water 1 tablespoon cider vinegar 1/4 teaspoon caraway seed

Yields 4 to 6 servings.

Preparation time: 5 to 10 minute

Cooking time: 5 to 8 minutes (plus 3 minutes standing time). Oven setting: HIGH (100 percent

power). Combine butter and onion in a 1%-quart microwave-safe casserole; microwave, uncovered, 1

minute. Add sauerkraut and chopped apples; sprinkle with flour Add all remaining ingredients,

stir and cover. Microwave 4 to 7 minutes, stirring once or twice, until apples are tender and sauer-kraut is heated through. Let stand, covered, 3 minutes before serving.

EASY FRANKS 'N' KRAUT SUPPER

pound (8 to 10) franks (1-pound) can sauerkraut

2 tablespoons finely chopped onion

1/4 teaspoon dried dill weed

Yields 4 to 6 servings. Preparation time: 5 minutes. Cooking time: 10 to 13 minutes (plus 3 minutes standing time). Oven setting: HIGH (100 percent

power). Score franks diagonally with small, sharp knife. Arrange at bottom of 2-quart microwave-safe casserole.

In medium mixing bowl com-bine remaining ingredients; stir. Turn into casserole dish to cover franks.

Cover and microwave 10 to 13 minutes, rotating dish a half turn halfway through cooking time, until heated through. Let stand, covered, 3 minutes before serving.

## FOR TEENS

#### By Willard Abraham, Ph.D

Dr. Abraham: I am a shy guy, and I have a hard time making a date with a girl. There is one I'd really like to have one with (maybe more, too), and with a big school dance coming up this might be the right time

I found out that nobody has asked her yet, and also found out that she is probably as shy as I am. The good news is that at least we may have that in common. The bad news is that we're each shy about taking the first step.

I want to, but it's so hard for me. How can I loosen up? I'm 14 years old. - Shy

Boy Shy Boy: The first time structures is with many experiences is often the most difficult, but once the ice is broken it will probably come easier.

If you haven't ever spoken to her, just a "Hello," or comment about a class. teacher or assignment could be used. Once that takes place, the next step could be something like this, "Do you have a date for the dance?" or "Are you going to the dance?" (if "Yes," then, "Do you have a date?").

If you think it would be easier for you, the same routine might be used on the telephone.

If one of your friends knows her, you can ask him to mention that you don't have a date and would like to go with her. By involv-ing him you could be tak-ing a chance. He may make the date for himself.

Dr. Abraham: I'm so angry at my mother that I'd like to scream at her because of what she did to me. I won't, of course, be-cause I'm not that sort of person, but I'm really bitter toward her.

It's all because when I was a little kid she took me in to have my ears plerced. I don't remember it at all. but when I asked her about those holes drilled into my earlobes, she admitted that It was her idea.

Her mother did it to ber, she wears dangling ear-rings, I've had them (all kinds) forced on me, and

that's where we stand now. I hate them, I'm upset with her, and I need your advice. Will you tell me bow to handle all this? -Angry

Angry: Although it per-haps should have been postponed until you were able to make the decision yourself, it's really much too late to drag you and your mother through what happened so long ago.

However, because of your attitude toward the piercing and wearing ear-rings, you should be able to do without that adornment.

Let me share a bit of philosophy with you that sometimes comes in handy: Whatever a person decides to do at a certain time was obviously felt to be right at that moment. At a later date it may prove to have been the wrong thing to do, but that is "second-guess-ing" and not particularly helpful to hash over.

So try to understand that your mother did then what she apparently thought was a good thing to do. Try talking to her from that point of view. I hope that in time it leads to burying your anger.

Dr. Abraham: My sister and I are both teens (she is 15 years old and I'm a 17year-old boy), and our folks have been terrific in openly talking to us about a lot of stuff. Needless to say, sex is one of the topics, and we both appreciate how willing our mother and dad are to discuss it as well as subjects like drugs and drinking.

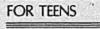
They have always taken "no" attitude toward sex with my sister, but didn't seem to be at all worried about me. But now they are because I told them about all the chances I've had to get involved with girls.

I'm not bragging or any-thing like that, but it's a fact for me and a few guys I know that we sometimes almost have to fight them off. The way some of them dress, talk and cory up to us makes it clear what they want. A few days ago when I pulled away from one of them, she yelled out, "What are you, gay or something?"

All girls, of course, aren't like that, thank goodness. But what these don't understand is that the way they act turns us off. we're trying to be careful, and we're certainly not

The "no" approach is on some of the guys' side, too. I just thought I'd tell you about it. - Not Active

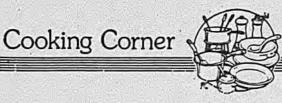
Not Active: That is an interesting observation, and reactions from other teens (both male and female) on this subject will be welcome. I'll be glad to share them in this column when space permits.



Friday, January 24, 1992 DISCOV VERY

PAGE 9A





## New niche for the sandwich

## By Maureen Clancy

As more of us bid a fond farewell to corned beef, pastrami, melted cheese and mayo - the fattening stuff great sandwiches were made of - it seems harder to construct a sandwich anyone would want to eat.

Harder for everyone except Tracy Ritter, that is.

Ritter, chef at the luxurious Golden Door spa near San Diego, loves sandwiches, and she loves the challenge of giving them a healthful new look and taste.

"Sandwiches and burritos happen to be my very favorite foods, she said while arranging zucchini and eggplant slices on a hot grill. "They're hearty, they're easy, you can really be creative in the layering process, and you can eat them with one hand while you work."

And now they can be low-fat and low-calorie, too, Ritter says.

Under the old rules, a sandwich's bread was accused of being the fattening culprit. Well-mean ing lunchers took wimpy slices of extra-thin sandwich bread and piled on the egg salad or roast beef

"Dieters thought they had to give up breads and pastas," Ritter said. "But they were giving up the wrong thing."

Now that carbohydrates are recognized as good for weight maintenance and health, and fat is considered bad, the sandwich is getting its first real overhaul since the Fourth Earl of Sandwich, John Montague, ordered bread-and-meat combos so he could gamble without mealtime interruptions.

The sandwich has really, definitely evolved from the old hamand-cheese," Ritter said. "Regular sandwiches were between 800 and 1,000 valories each, and even the so-called 'California' sandwiches, you know, with sprouts and every-thing, blobbed on the mayonnaise and the guacamole, which usually already has mayo in it."

In contrast, Ritter's sandwiches range from about 250 to 400 calories each and many contain pork, chicken or beef.

"We figure 3 ounces of meat so it can be the protein meal of the day, but you could do it with less," said Ritter, adding that she doesn't use pork or beef in the sandwiches she prepares at The Golden Door.

For a foundation, Ritter favors sourdough or whole-grain breads, which she crisps on a gas or charcoal grill sprayed with vegetable oil spray. Next comes a variety of meats, fish, vegetables, fruits, herbs and condiments.

"You can make a sandwich out of almost anything." said Ritter as she layered grilled apple slices, sirloin steak and red onion rings on a crusty chunk of French bread.

"We even flatten food that has never been in a sandwich before. Last night, we had stir-fry veggie sandwiches for the staff. grilled some bread and heaped on all the ingredients."

Cucumbers are one of Ritter's favorite sandwich additions because "they give really good crunch," she said. "And since they're so liquidy, you don't miss the mayonnaise."

Uncooked tomato slices, grainy mustard, prepared horseradish and chutneys and a bit of shredded cheese are used as toppers to the grilled ingredients.

For some sandwiches Ritter uses a mock mayonnaise whipped non-fat cottage cheese, mustard, horseradish, Worcesterprepares a cumin-spiked puree of roasted eggplant. But most of the time she lets the flavors of the grilled ingredients and fresh herbs stand on their own.

"You have to be careful, though," Ritter warns weightwatching sandwich-lovers. To keep calorie counts down, she suggests making open-face sand-wiches or adding extra vegetables to make the meal substantial yet low-cal.

Ritter developed the following recipes with good nutrition and great taste in mind.

### GRILLED CHICKEN BREAST **ON SOURDOUGH** WITH GOAT CHEESE Vegetable spray 4 chicken breasts, trimmed

- of fat-and skinned 8 slices sourdough bread
- 8 lettuce leaves
- 2 red bell peppers, each sliced into 8 rings
- 12 basil leaves
- 4 teaspoons chili sauce
- Salt to taste
- Pepper to taste
- 2 ounces soft goat cheese, crumbled

#### **Yields 4** servings.

Nutritional analysis: 319 calories, 20 percent fat, 85 milligrams cholesterol, 34 grams protein. Prepare grill. Stack basil leaves

on top of each other. Roll and fine ly slice into ribbons. Spray grill with vegetable spray, grill chicken for 4 minutes per side

Assemble sandwich by layering bread, lettuce, red pepper circles, basil leaves, chicken, chili sauce, seasoning if desired, goat cheese, and bread.

#### GRILLED VEGETABLE SANDWICH ON WHOLE WHEAT WITH SPROUTS

- 1 medium eggplant, peeled and sliced into 8 circles
- 2 zucchinis, each sliced into
- 1214-inch slices on the bias
- 2 yellow squash, each sliced into 12½-inch slices on the bias
- Vegetable spray 2 teaspoons balsamic or red wine vinegar
- 1 cup alfalfa sprouts cup shredded low-fat 4 gouda or low-fat cheddar
- cheese 8 slices whole-wheat or bran
- bread
- 2 beefsteak tomatoes, each cut into 8 circles

## Yields 4 servings.

Nutritional analysis: 185 calories, 18 percent fat, 10 milligrams cholesterol, 9 grams protein.

Prepare grill. Wash and slice vegetables. Spray grill with vegetable spray.

Grill eggplant, zucchini and squash on both sides until slightly soft. This should only take half a minute per side. Place vegetables in bowl, sprinkle with balsamic vinegar and cover with plastic wrap. Let vegetables stand for 10 minutes.

Assemble sandwiches by layering bread, half the sprouts, zucchini, eggplant, squash, cheese, sprouts, tomato and bread.

#### GRILLED HAWAIIAN AHI **ON SOURDOUGH BREAD**

- WITH ARUGULA 2 yellow bell peppers; roasted, peeled, seeded and
- halved
- 8 slices sourdough bread 1 bunch arugula lettuce
- Vegetable spray
- 4 (4-ounce) fresh tuna (ahi) filets
- tablespoons Pommery (grainy) mustard
- 4 slices tomato
- Salt and pepper to taste

#### **Yields 4 servings**

Nutritional analysis: 256 calories, 7 percent fat, 54 milligrams cholesterol, 29 grams protein.

Prepare grill; heat till ready. Place peppers on grill; turn to blacken completely. Place peppers in plastic bag, allow to steam for 10 minutes. Remove peppers and peel off blackened skin. Cut peppers in half and remove seeds.

Slice bread and clean lettuce. Spray grill with vegetable spray; grill tuna for 2 minutes per side. Grill bread on both sides.

Assemble sandwiches. Spread 1 tablespoon mustard on bottom slice of bread, layer with arugula, tuna, tomato and bell pepper. Sea-son with salt and pepper. Cover with remaining grilled bread.

#### GRILLED PORK TENDERLOIN ON RYE BREAD WITH CHUTNEY

12 ounces pork tenderloin 1 teaspoon chili powder

- 1 teaspoon ground cumin 2 medium red onions
- 8 leaves romaine lettuce

Vegetable spray

- 8 slices rye bread 4 teaspoons Dijon-style mus-
- tard 1/2 cup mango chutney

Yields 4 servings. Nutritional analysis: 318 calories, 18 percent fat, 80 milligrams cholesterol, 30 grams protein.

Rub pork with chili and cumin powder, allow to marinate for 1 hour. Peel and slice each onion into 6 slices or circles. Clean lettuce

Spray grill with vegetable spray; grill tenderloin for 15 minutes, turning often. Slice into center for doneness. Pork should be only slightly pink. Grill onions alongside pork, being careful not to burn. Toast or grill rye bread. Slice tenderloin into 12 slices.

Assemble sandwiches by layering mustard, mango chutney, romaine lettuce leaf, 3 pork slices, red onion and bread.

## GRILLED SIRLOIN STEAK SANDWICH ON FRENCH BREAD WITH APPLE

- 2 medium red onions
- 2 medium green apples
- 8 romaine lettuce leaves
- Vegetable spray

12-ounce sirloin steak, trimmed of fat

Salt and pepper to taste 4 French or Italian rolls,

- small, sliced in half teaspoons grainy mustard
- 2 teaspoons prepared horscradish

#### Yields 4 servings.

Nutritional analysis: 421 calories, 16 percent fat, 77 milligrams

cholesterol, 34 grams protein. Prepare grill. Slice each onion into 8 slices or circles, peel and core apples. Slice in half then again into 3 alices. Clean lettuce.

Spray grill with vegetable spray, grill sirloin for 3 minutes per side. Grill apples and onions alongside sirloin on the outer perimeter of the grill. Season steak with salt and pepper if desired. Slice into 12 slices

Assemble sandwiches by layering bread, mustard, horseradish, lettuce, 3 slices sirloin, apples, onion, lettuce and bread.





By C.Z. Guest

## How to grow great garlic

One of the tastiest, most aromatic plants around, garlic also has a great medicinal, insect-repellant and antibiotic properties, making it a necessary food in any pantry.

Only the most educated connoisseur knows that there are two classifications of garlic (hardnecks, which bolt and flower, and softnecks, which don't), four varieties (rocambole and continental, which are hardnecks, and silverskin and artichoke, which are softnecks) and hundreds of named strains that differ in taste, appearance and other qualities.

If you have devoted some of the space in your garden to growing delicious garlic, the following tips will ensure success:

• Use good soil. The ideal garlic soil is rich, loose loam with balanced nutrients, a slightly acidic pH (between 6 and 7) and good drainage in full sun. A heavy soil may limit bulb size.

• Be mindfal of disease. Because garlic is asexually propagated, disease can spread via contaminated cloves. Be sure the ones you plant are firm and unblemished.  Be an early bird when planting garlie. In areas with cold winters, plant garlic in the fall about four to six weeks before the ground freezes. It needs a good root system to give it an early start in the spring.

• Try the fridge. Cloves must be exposed to temperatures between 32 and 50 degrees for about two months to break dormancy. If your winters are milder, chill the cloves in the refrigerator for a few weeks.

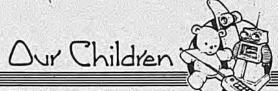
 Give yoar garlic room. Press the root end of the cloves into the bottom of a shallow irrench 4 to 5 inches apart and 2 to 3 inches deep. Space rows 8 inches apart in beds or 16 to 18 inches apart elsewhere.

 Protect the garlic from the cold. Mulch your garlic at planting time to keep it warm over the winter. All it takes is a severe winter to ruin your garlic crop.

C.Z. Guest is a gardening authority whose work appears in *House and Garden* and author of numerous books and videos, including "Five Seasons of Gardening" (Little, Brown and Co.).

## Great Garlic

Plant garlic in full sunlight in loamy, slightly acidic soil with good drainage.
Plant firm, unbiemished cloves; disease spreads via contaminated cloves.
Press the root end of the cloves 4 to 5 inches apart into the bottom of a 2-inch tranch; space rows 8 inches apart in plant beds.
Cloves must be exposed to temperatures between 32 and 50 degrees for two months to break dormancy. In warmer climates, chill cloves in the refrigerator for a few weeks; in colder climates, plant cloves four to six weeks before the ground freezes.



By Willard Abraham, Ph.D.

## Stage mother needs to back off

Q. I wish you could help me handle my wife. I sure can't, and I need all the help I can get.

It's what she does with our little girl. She has a feeling that this child has a lot of singing and dancing talent, but it just isn't so. I may not be the most objective parent, but if my daughter had even a crumb of talent, I'd be the first to notice.

My wife has blinders on. She takes this 5-year-old to contests of all kinds; no awards are ever received. You'd think she would learn something by now, but no such luck.

Is there any cure for this?

A. Perhaps time combined with continuous failure will finally begin to discourage her. A mother (or father) with the show biz bug is hard to turn off.

I feel sorry for the child caught in this kind of a bind, so the sooner a parent learns, the better it is for the youngster.

The fortunate part is that children often adjust to disappointment with less difficulty than some parents. It will, of course, become especially important to build up her self-esteem by recognizing whatever she can do well.

Dear new and future parents: Three recent books that may not yet have come to your attention seem to be useful for people like you. Although they appear to be aimed primarily at women, they could be important for men to delve into, too.

"Your Pregnancy Companion" by Janis Graham (Pocket Books) is described as a month-to-month guide for before, during and after pregnancy.

pregnancy. Among the practical issues it deals with are pre-conception health concerns continuing through the first weeks at home with the new baby. Choosing an obstetrician, how the fetus develops, prenatal care appointments and questions, diet, exercise, lifestyle changes and emotional needs are among the important topics covered.

The other two go directly into the postnatal period: "After the Baby's Birth – A Woman's Way to Wellness" by Robin Lim (Celestial Arts) and "Nursing Your Baby" by Karen Pryor and Gale Pryor (Pocket Books).

Lim's book includes four parts: "Now that You and the Baby Have Met" (giving birth, the first days, taking care of yourself and your baby, breastfeeding and care, bottile feeding and pelvic health), "Postpartum Toners" (posture, toning what's inside, more movement for mothers, and toning your body as you play with your baby), "Good Health Now and For the Rest of Your Life" (herbs, food, healing touch, massage exercises and lifestyle) and "Mothering: An Openhearted Lifestyle." PAGE 11A

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SOMETHING

FOR

EVERYONE

Because this book's approach is sometimes unusual, it may have a special appeal for certain parents. So thumb through it and decide for yourself.

A bright mother/daughter team wrote the book on nursing. It is updated from Karen Pryor's version published in 1963. The period covered in readable detail is from before the baby is born through nursing an older baby.

Included are topics like breastfeeding and working and adoptive mothers, newly discovered ways human milk products protect a baby from illness, up-todate research on diet, caffeine, alcobol and drugs, helping your baby learn to nurse and other practical aspects of the nursing picture.

These and a number of similar publications are available at most good book stores and libraries.

But on all the issues they deal with your own pediatrician or family physician comes first with answers that affect you personally. He or she is your No. 1 source for guidance.





**Fitness Forum** 

## Massage therapy on the run

#### By Jack Williams

That stitch in your side and that hitch in your stride - the one that turns every creaking step into a rusty gait - tell you that something is wrong. But you just can't put a finger

on what.

Or can you? To

hear massage therapist/holistic-health practitioner Kate Montgomery tell it, such physical failures that may occur in the course of an endurance event - or even during a bout of yardwork - are vulnerable to human touch.

There are places along the rib cage, on the abdomen, down the spinal column and on the arms and legs known as neuro-lymphatic reflexes, says Montgomery. Rub them anywhere from 30 seconds to five minutes, and you might prevent fatigue and the soreness and stiffness that result from metabolic waste - in another part of the body

So when Christie Spahr, a 33year-old marathoner, develops a side stitch in a race or training run, she puts an index finger on her sternum. For 30 seconds or so. The objective: to flush waste

products from the diaphragm. Or, if her quadriceps are beginning to feel like pillars anchored in cement during the 20th mile of a marathon, she'll rub another spot - under the rib cage.

And every other day, before she goes out for a run, she'll follow Montgomery's "sports touch ath-letic ritual": a series of stretches and self-massage techniques that serve as part warm-up, part tuneup

"I rub certain points to awaken the physiology," says Spahr, who last year set a woman's course record of 3:18 in winning the hilly Catalina Marathon in California and in October recorded a personal best of 2:46 (less than two minutes off the Olympic Trials qualifying time) at St. George, Utah.

"Because of it, I see more clear-ly," says Spahr. "I'm more focused. In a race, I feel it keeps you together and helps you feel stronger at the end - probably because the pressure points you're touching keep the blood flowing."

To other runners, the mystique of Spahr's mobile massage is an eye-opener.

"If I run well," says Spahr, "the reaction is: 'Gosh, can you show me how to do it?"

"Every other mile, I might rub certain pressure points. A lot of people will try dietary things, anything for the competitive edge.

"This may be the next phase." Explains Montgomery: " "If

you're constantly activating the

lymphatic system, (fatigue-causing) lactic acid doesn't accumulate

The principle of rubbing lymphatic points - which is detailed in Montgomery's self-published book "Sports Touch: The Athletic Ritual" - is part of a system she has devised that includes diaphragmatic breathing, acupressure, visualization and herbology. The holistic enchilada.

Her clients include Olympic vol-leyball gold medalist Bob Ctvrtlik. Ironman triathletes, racewalkers, runners, such as Spahr and former San Diego Marathon champion Thom Hunt, and even non-athletes concerned with preventive maintenance

"I view everybody who uses their body as an athlete," says Montgomery, a lean, intense 40year-old former respiratory therapist with a holistic health practitioner degree from the Institute of Psychostructural Balancing in San Diego (currently known as the International Professional School of Body Work). She also has certification from the Sports Massage Training Institute in Encinitas, Calif. (which has since moved to Costa Mesa, Calif.).

"The wave of the future is people wanting to do more for themselves. People are tired of doctors. The cost of medical care is crazy. There are ways to alleviate lowback pain and carpal tunnel syndrome without surgery - I'll be writing about that in my next book - just by pushing the right buttons."

First, though, Montgomery would like to publish a self-help booklet for companies whose employees experience a high incidence of carpal-tunnel syndrome and low-back pain.

Montgomery's energy-giving self-massage is based on the con-cept of neurolymphatic reflex points discovered several decades ago by Frank Chapman, a doctor of osteopathy. George Goodheart, a doctor of chiropractic, later made a correlation between neurolymphatic points and specific muscles - demonstrating that rubbing a point associated with a particular muscle can enhance strength and function.

Chiropractors who employ applied kinesiology as a means of muscle testing for their patients operate on the same principle. But a research article published three years ago in the Journal of the American Dietetic Association suggests that the technique is un-reliable in assessing nutrient sta-tus — a means for which it often is invoked.

Montgomery's sports touch system was furthered, she said, in a visit two years ago to Moscow with an international group of sports massage therapists. It gained credibility and acceptance when she persuaded five triathletes to experiment with self-massage and recovery-enhancement techniques at the 1989 Ironman Triathlon in Kona, Hawali.

Earlier, she worked with Olympic decathlete Jackie Joyner-Kersee and Olympic intermediate hurdler La Tanya Sheffield on breathing from the diaphragm. In Sheffield's case, the breathing alleviated chronic post-race nau

Montgomery says you can increase your lung volume by using

the diaphragm muscle instead of the chest muscles, which many of us are prone to favor - particularly in response to stress.

"Most of us are hyperventilat-ing," she says, "but the body com-pensates so well, you don't know

"The ideal is to start at the diaphragm and go all the way up, with a full breath, to the chest.

Other than the heart, the diaphragm is the body's most important and primary muscle."

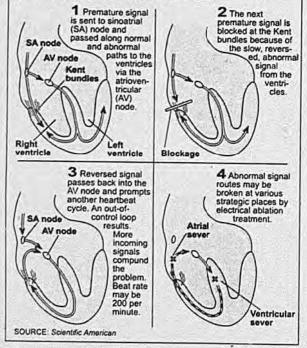
By breathing properly, suggests Montgomery, you send the muscles optimal oxygen. Add a little self-massage to the equation, and who knows?

You may feel like a new person.

## DISCOVERY

## A dangerous beat

A debilitating heart condition known as Wolff-Parkinson-White syndrome is caused by a short circuit in the heart's signal pathways. The result is a perilous, wildly accelerated heartbeat.





THE HEALTHY GOURMET

By Kit Snedaker

## Many ways with rice pudding

Nothing is more comforting than rice pudding. It makes a des sert as good at a family supper as a party meal, depending on what goes into it.

Because rice pudding accommodates almost anything, add canned pineapple, raisins, nuts. Top with a tiny spoon of whipping cream or milk. Pour on some chocolate sauce made with cocoa.

Doll it up, or serve it plain. come dessert, but some of us eat it for breakfast. Cold, straight from the fridge, it's wonderful. Warmed in the microwave or on top of the stove, this comfort food is better than oatmeal (well, depends on the mood).

For lunch, it has no equal. Sunday night supper isn't the same without it.

Here are variations on a rice pudding theme. First, a light, simple pudding. Short-grain rice works best. Next recipe is for a more elaborate version with apricots. Nothing says you can't use berries instead. And, finally, a quick, easy version to make from leftover rice.

Enjoy!

LIGHT RICE PUDDING

1½ cups water ½ cup Italian Arborio or

short-grain rice Pinch salt (optional)

1 cup skim milk

tablespoons sugar

2 teaspoons cornstarch

1 teaspoon vanilla

Ground nutmeg or cinnamon

Yields 4 servings.

Each serving has about 116 calories, trace of fat, 1 milligram cholesterol and 96 milligrams sodium.

Combine water, rice and salt in medium saucepan. Bring to boil. Reduce to a simmer. Cover and cook until rice is tender, about 25 minutes. Add milk. Combine sugar and cornstarch; slowly stir into rice mixture. Bring to boil.

Boil gently until thickened, stirring constantly, about 2 minutes. Remove from heat, stir in vanilla and cool to room temperature, stirring occasionally as it cools. Sprinkle with nutmeg or cinnamon as desired. Serve at room temperature or chilled.

MOLDED RICE PUDDING 1/2 cup long-grain white rice 21/4 cups skim milk

- ¼ cup sugar 2 ounces dried apricots, cut in small dice
- 1 teaspoon vanilla extract
- 1 teaspoon vegetable oil 1 (15-ounce) can apricots in light syrup
- Fresh mint leaves for garnish (optional)

Each serving has about 300 calories, 2 grams fat, 2 milligrams cholesterol and 77 milligrams sodium

Combine rice, milk and sugar in heavy-bottom saucepan and bring to a boil. Reduce heat, cover partially and simmer 30 minutes, stirring from time to time until rice is tender and creamy. Transfer to large bowl. Stir in

dried apricots and vanilla and cool.

Brush 4 custard cups with oil and divide rice evenly among them. Smooth the tops, cover with plastic and refrigerate for at least 3 hours or overnight.

Drain syrup from canned apricots, reserving 1/2 cup. Combine apricots with reserved syrup in saucepan and simmer over medium heat for 10 minutes or until

apricots fall apart. Remove from heat and puree in food processor or blender. Transfer to a bowl and refrigerate.

To serve, dip each custard cup in hot water, run knife around edge of each pudding and invert on dessert plate. Surround with apricot puree. Garnish with fresh mint, if desired.

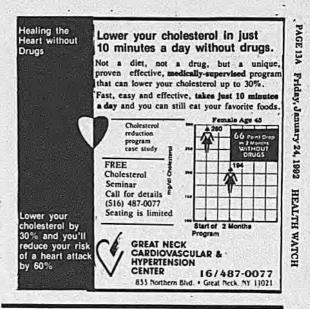
QUICK RICE PUDDING Vegetable oil 2 cups skim milk, heated 2 cups cooked rice 15 cup sugar 11/2 teaspoons vanilla 1/4 teaspoon nutmeg 1/2 teaspoon cinnamon 1 egg or egg substitute equivalent

Yields 4 to 6 servings. Each serving has about 150 calories, no fat, 2 milligrams cholesterol and 60 milligrams sodium.

Preheat oven to 350 F. Brush 1quart ovenproof casserole with vegetable oil. Place ingredients in bowl in order listed. Stir to mix well. Pour into casserole and cover. Set casserole in larger pan. Add hot water to pan to depth of 1 inch. Bake casserole 1 hour. Serve warm or cover and refrigerate to serve cold.

Kit Snedaker is author of "The Great Convertibles." Her food stories have appeared in Bon Appetit and Harper's Bazaar.





## **HEALTH WATCH**

America's healthiest states

These states were rated as having the best environmental health, based on 256 indicators such as pollution, toxic wastes, political leadership and pesticide use







#### By Gene Gary

Q. The brick and grout sur-rounding the opening in our fire-place is black and sooty due to very large fires. Now that the pyromaniacs in our family have grown up and moved out, I would like to know how we can clean this area

A. Smoke is a difficult stain to remove from masonry. A thor-ough scrubbing with scouring powder containing bleach, using a stiff brush, will sometimes do the job.

Rubbing alcohol also can be effective. Use a soaked rag or paintbrush to apply the alcohol and wipe the smoke stains off.

Another method is using a paste of powdered pumice and concentrated ammonia. Apply heavily to the smoked area with a brush and let set for two hours, then scrub with hot water and soap and rinse with clear water.

For more stubborn stains, a



poultice using trichloroethylene will pull the stains from the pores. Precaution should be taken to ventilate a closed space in which trichloroethylene is used, as the fumes are harmful.

There are also good masonry cleaners on the market. Check with your masonry dealer for products specifically recommended for the removal of smoke stains. Be sure and follow manufacturer directions carefully and give the cleaner plenty of time to work. More than one application is often necessary.

If you still can't remove the staining, there are a number of stronger chemicals on the market for cleaning bricks. Choosing the right one depends on whether the brick is glazed or unglazed.

Avoid acid cleaners on glazed brick and light-colored brick. On glazed brick use a non-acid degreaser. You'll probably have to

wire brush the grout to remove all ! carbon traces

For non-glazed and darker-colored brick, use a cleaner with an inhibited muriatic or hydrofluoric acid formula. Test these solutions in an inconspicuous area first since minerals found in brick vary from area to area, and some cleaners can react with them in unexpected ways. For example, an acid used on bricks with high copper content could turn them green.

Many of these products will not be available from retail stores and must be obtained through a masonry dealer or janitorial supply house. When dealing with any of these strong chemicals, take special care and protect yourself with adequate ventilation. Wear old clothes, goggles and gloves.

Another option is having your brick cleaned by a profession a masonry contractor who has the special equipment, expertise and products to deal with your specific cleaning problem.

Q. We have a terrazzo fireplace hearth, which is very dull and spotted. The numerous cleaners we have tried have been ineffective. Any suggestions you could give us regarding this cleaning and restoration of the surface would be appreciated.

A. First give your hearth a good cleaning, scrubbing with a nylon scouring pad (or stiff brush) with warm to hot water. While the surface is still damp,

apply a poultice <sup>1/2</sup>-inch thick made as follows: Using an abrasive cleaning powder, preferably one containing a bleach, make a thick paste with hot water, about 1 pound of powder for each 14s square feet of surface to be covered.

Let the poultice remain on the surface for 48 hours or until completely dry. Then remove with wood paddles to prevent scratching the surface. Rinse well.

If this fails, make a poultice of whiting and hydrogen peroxide, to which a few drops of household ammonia is added. Spread over the stained areas and let dry.

A third suggestion: Use a "flushoff" paint and varnish remover. After the stains have been removed, give the surface two coats of terrazzo sealer, which should help resist further staining.

balanced on one (or two) garden

· A stack of giant wooden blocks borrowed from the kids.

height, sufficiently steady and adds a bit of fun to the room, al-

store-bought cocktail table.

Which, by the way, was an all-American addition to the honse, reflecting our lifestyle in the 20th century as surely as the tea table spoke for life in 18th century England



By Rose Bennett Gilbert

Q. I really enjoy rooms that look different. I mean rooms that don't have the usual kinds of furniture used in the same old ways.

For instance, my living room "sofa" is actually an old iron daybed with cushions on three sides, and my bed head once was a Gothic church pew I had cut to fit the mattress. Of course, I've had everything from a wicker Victorian wagon to tree stumps under glass for a cocktail table. Now I'm about out of ideas. Got any to spare? - T.W.

A. A bunch, from the sophisticated to the surprising.

In the former category, I put the pleasantly eclectic sitting room in the photo we show here, designed by Leanne Billups of Billups Cotten Design, New York (and featured in the "Showcase of Interior Design," East Coast Edition)

Billups simply tops a footstool with a tray to make a handsome cocktail table. The same idea works with a large ottoman, round or otherwise, in a traditional or Victorian room.

More offbeat cocktail table ideas:

Wooden bed steps.
Stacks of large, "coffee table"

books. · A pair of urns under glass.

· A large wood-framed mirror



seats.

A low terrarium or aquarium

topped with glass. You get the idea: If it's the right

most anything beats a ho-hum



ECLECTIC SPACE - A leather footstool stands in handsomely for an ordinary cocktail table in this eccentric - and exciting - sitting room.



Garden City News • Call 294-8900 Great Neck News Mid Island Times • Bethpage Newsgram Syosset Advance • Jericho News Journal • Call 931-0012 Williston Times • Mineola Edition New Hyde Park Herald Courier • Call 746-0240

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EXPERIENCE OR NO EX-PERIENCE Start immediately if you like to talk to people, you can learn advertising sales. Permanent, part time 20 hours per week, some flexibility. Salary and comm. Exp. helpful but not essential. Office in Hicksville. 931-0012 for appt. htfn

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

RESPONSIBLE BABYSIT-TER for my 2½ year old in my home, Mon.-Thurs. school hours. References required. 593-9365. grj4

MOTHER'S HELPER WANTED PT/FT. Mon.-Fri., days to help with 2 children. Salary open. References. 354-6201. gi4

CHILD CARE NEEDED my home, 2-3 days per week. 3 year old girl, 2 school age boys, flexible day hours. English speaking, non-smoker. Own transportation. Please call 483-4190. gcfl

\$40,000/YRI READ BOOKS 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

COMPUTER CONSULTANT WANTED. Roslyn area, 2 hrs. per week/afternoons at \$20 per hr. Call 484-9150 Mon.-Fri., 10 a.m.-4 p.m. 484-9150. hj3

## Help Wanted

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

RESPONSIBLE WOMAN NEEDED to care for two children (3 years and 7 years) in my Garden City home on Thursdays, 10 a.m. to 6 p.m. Non-smoker, own transportation. References required. 294-8592. gJa5

AUTO MECHANIC CLASS B with own tools. Must be experienced with brakes, tune up, front ends etc. Clean, modern ahop. 5% days. Salary negotiuhle plus benefits. Garden City South area. 488-3602. gol5

DAY BABYSITTER / NANNY FT or PT wanted for our 2 ½ year old son in our New Hyde Park home 2-3 days weekly approximately 7:30 a.m. - 6 p.m. Live out or can be live in nanny/housekeeper FT or PT with private room & bath. Must speak fluent English, nonsmoker & references required. 294-1994. gcJ4

RESPONSIBLE, RELIABLE PERSON needed for after school supervision, one child, Mon.-Thurs. in my West Hempstead home, your transportation, references. Call evenings 485-2843. gol4

COOK-WOMAN, GERMAN and American food. Hours 4-6. No cleaning, no smoking. Experience and references required. Send inquiries to Garden City News, Box W, 821 Yranklin Ave., Garden City, N.Y. 11530. gcJa5

LEADING GARDEN CITY real estate office seeks profescional sales person or broker ofr full time associate to earn large commissions. Please call 747-2900. Ask for Ray. hja4 POSTAL JOBS. YOUR area \$23,700 per year plus benefits. Postal carriers, sorters, clerks. For an application & exam information, call 1-219-736-9807 ext. P-5791 9 a.m. - 9 p.m. 7 days. gcf1

GOVERNESS WANTED; RELIABLE mature woman n e e d e d a s l i v e i n housekeeper/Nanny for 3 yr. old boy. Must speak English. Driver's license A-Plus. Flushing area. References required. 718-229-3607. Leave message. wfl

DISCOVER INDEPEN-DENCE and a great job. F/T and P/T teller positions available at the following location: Williston Park. Call the branch manager to arrange for an interview. 741-7500. Independence Savings Bank. An EOE, M/F/H/V employer. wj4

LOOKING FOR RIDE from Williston Park to Work - Exit 57 LIE (Hauppauge) and back again. Willing to pay \$125 per month. Days 348-5933, Evenings 746-6029. wf2

REAL ESTATE SALES Associate position available. We are busy, busy. Please call 747-2010. Ask for Bernice. gcj5

SECRETARY WANTED Immediate - Insurance office Garden City, 9:30-3:30, four days per week. Phone, typing, Customer service, \$7 to\$8 per hour start.746-0522. gcj4

MAIL CLERK TYPIST Experienced P/T M-F for Law firm, Garden Cjty. Call 887-2434. hj4

PRESIDENT OF NEXT Sports seeking secretary with minimum of 3 years experience. Excellent atenography and typing skills required. Office relocating to Great Neck. Send resume to Next Sports, 37-66 69th St. Jackson Heights, N.Y. 11372. Attn: Marvin Ungar, or FAX (718) 651-8829. hj4

RECEPTIONIST FOR BUSY Garden City Pediatrics office. Phones, filing, computer skills a plus. Hours 9-3, 222-2190. Ask for Joanne. gcj4

WORK FROM HOME Experienced telephone sales persons wanted. Sell Franciscan Fathers award winning publication from home. Generous commissions, bonuses, repest sales. Full Time/Part Time. Call Mrs. Lopes, 363-2033, or write Father Andrew, c/o The Franciscans, 1615 Republic Street, Cincinnati, Ohio, 45210. hj4

LIVE-IN HOUSEKEEPER/ Nanny with experience for one-4 year old. FT with Sunday and Monday off. Must drive. Duties include, picking up child from school, shopping, cleaning, light cooking, etc. Must be caring and responsible and able to supply good references. Call eves. 488-2310. gcf2

### Situations Wanted

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

HOUSECLEANING AVAILable. Experience and own transportation. Call 486-5990. gtj4

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

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

ATTENTION VACA-TIONERS - WOULD you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcf4

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

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

HOUSECLEANER AVAIL-ABLE. Experienced, own transportation, references 623-6571. goJ5 RECEPTIONIST, TYPIST, OFFICE Manager, Real Estate Sales, etc. Garden City area preferred. Available immediately. Call 741-3089. gcj5

IRISH LADY NURSES aide companion available to work days or nights. References and own transporation. Call (718) 470-6275. gid

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

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References. 475-7966. \$10 per hour. gcml

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

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

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

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

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

CARING, RELIABLE WOMAN seeks live out job to tuke care of an infant, small child or an elderly person. References available upon request. Call Phyllis at (718) 712-3466. gol5

EXPERIENCED NURSE'S aide seeks position as companion. Will do light housekeeping. References, own transportation. 546-4628. gol5

GABRIEL THE MIRACLE worker - painting, wall paper hanging, carpentry, plastering, aheet rocking. No job too big or too small for Gabriel. His prices are almost a miracle. Excellent references. 742-1615. goJ5

## Situations Wanted

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Friday.

CLASSIFIED

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

EXPERIENCED POLISH WOMAN is looking for housekeeping job. Call after 6 p.m. 564-9148. goJ5

CERTIFIED NURSE'S AIDE wishes to work with sick or elderly, 8-12 hours per day. Will work weekends. Will do chores and make meals. References and own transportation. 223-4929. gcJa5

HOUSECLEANER AVAIL-ABLE Monday-Friday. Good references, experience. 292-3074, call evenings. gcJa5

HOUSECLEANER AVAIL-ABLE MONDAY - Saturday. Good references, experienced, own transportation. 486-3626, call evenings. gola5

HOUSECLEANER AVAIL-ABLE five days a week. Own transportation. Good references. 294-3809. gcJa5

HOUSEKEEPING COUPLE Seeking live-in position for general house maintenance. Houseman-Experience and knowledge of landscaping and repairs. Housekeeper-Housecleaning and laundry, English speaking, references. 789-9134. gcfl

ELDERLYCARE, HOUSEKEEPER, babysiter, party help, live-in or out. Available shopping, cooking, all your needs. A true professional. Dependable and trustworthy. Own car. References. 285-6716. gcfl

REASONABLE, HONEST reliable home repairs. Carpentry, painting, interior/exterior, roofing, replacement windows, storm doors, siding. Call 437-7829. gcfl

HOUSECLEANING AVAIL-ABLE Mon.-Sat. Own transportation. Good references. Call 486-1305. gcfl

N U R S E S A I D E . QUALIFIED. Own transportation. 564-9819. Good references. gcfl

EXPERIENCED, RELIABLE Scottish woman available 'for housecleaning. References supplied upon request. Please call 378-6897. gcfl

FT OR PT LIC, Nurse's Aide or housekeeping, experienced with good references. Own transportation. Call Lorraine at 377-3601. hfl

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CHILD CARE NEEDED for your little one? Call me! I'm a loving mother with an Elementary Ed degree, who has years of experience taking care of children in my home. Nonsmoker. Excellent references available. P/T or F/T. 747-1507 Wf1

tent ......

## Situations Wanted

FOR A BEAUTIFULLY Clean house call Barbara and leave message at (718) 327-0376. Excellent work, free estimates, references available. gcfl IRONING LADY AVAIL-ABLE - Will do cleaning, laundry. Experienced, references available. Call after 6 pm. Ask for Maria. 248-3035. gcfl

BABYSITTING JOB THREE days a week. Will work nights. Experienced, young, Mineola grandmother enjoys children. No transportation but love to walk. Call (516) 248-9325. Good references. hfl

CERTIFIED NURSE'S AIDE seeks position to care for elderly. Live out preferrably. Will drive. Call 718-848-7885. gcfl

EXPERIENCED PERSON SEEKS position for taking care of kids, light housekeeping or aid to elderly person. References are available. Can be contacted at 489-9274. Live out. gcfl

HONEST, RELIABLE, METICULOUS housecleaning female. I will clean your house or apartment. Own transportation & English speaking. Reference available. Please call Elsa 741-8248. gcfl

J.T. PAINTING & fine carpentry (interior & exterior). 8 yrs. experience. Clean & neat. Reasonable. Quality custom work 742-4158. Ask for Joe. gcfl

FEMALE PERSONAL SHOPPING companion to aid your mobility (car available), your selection & fitting needs. Lifelong resident of Garden City, Ref, upon request. Available 10 s.m. - 3 p.m. Please call 746-0818. grfl

HOUSECLEANING & BABYSITTING after school. Experienced with references. Own transportation. 481-3930, 481-0107. gcfl

POLISH WOMEN LOOKING for housework. Own transportation.- Please call evenings 486-2839. gcfl

HOUSECLEANER AVAIL-ABLE. Experienced, own transportation, references. 623-6571. gcJ5

RESPONSIBLE MOTHER of one looking to babysit your child in my Mineola home, P/T. Call Jean - 742-6614 wrl2

CHILD CARE AVAILABLE -Caring, dependable woman. References. 775-2729. wf2

HOUSECLEANER AVAIL-ABLE Monday afternoons to clean or iron. Excellent references, non-smoker, own transportation. \$50, 742-1615. gcf2

I CLEAN YOUR HOUSE, can speak English and have driver's license. Call Miriam at 538-8214. gcf2

EXPERIENCED CLEANER, Speaks English, own transportation, good references. 678-0644 gcf2

### Situations Wanted

I AM LOOKING for a babyait ting job 3 days a week. Also will sit at night. I am a young grandmother experienced with children. Retired with a Mineola Doctor for 10 years. Also 2 years experience with a family in Garden City. Have no transportation but love to walk and enjoy children. Please call me at this phone number, 248-9325. Ilive in Mineola. gcf2

RESPONSIBLE PERSON TO Clean your house or office, seven days a week. Elba Rayes, 931-1843. Excellent references and own transportation. gcf2 HOME HEALTH AIDE with experience, will take care of your loved ones. Affordable, reliable, excellent reference. Ask for Rose, 326-2917. gcf2

AVAILABLE TO CLEAN houses and offices, 9 years experience. Many references, own transportation. Call Connie at 746-3781. gcf2

BABYSITTER, GARDEN CITY mother with older children wanting to babysit cocasionally in your home, daytime.248-5896. gca2

BABYSITTING, LIGHT HOUSEKEEPING available. 1 year reference, \$200-225. Please call Brenda (718) 774-6469, Monday to Friday. gcf2

COURTEOUS, MATURE, Dependable State Certified N/A desires day or night position. Bedridden, elderly, etc., welcomed. Call 378-8771: grf2

## Real Estate for Sale

REDUCED - REDUCED. Price Slashed \$40,000. Gardem City Western Section, corner Split, 3 BRS, 1½ baths, LR/FPL, DR, Kitchen, Den, Basement, Patio, CAC, 1 car Garage, \$284,647. 488-4796, by appointment. grid

ALBERTSON/ROSLYN HTS. Adult Condo - 1 BR, living/dining area, 1½ baths, 4 closets. own laundry & storage rm. Indoor parking, terrace, walk to all. 6 yrs. old. Asking \$169,000. Owner. 747-4221. gcF2

FLORAL PARK SACRIFICE - Legal two family, excellent location, extra large yard, income producing, 2 car garage. Aluminum siding, newly painted inside. Three meters, walk all, oil heat, 3% over 4%. Income over \$19,000. Taxes \$3415. Currently vacant. By owner. Priced \$195,000. 741-4198. No brokers. wj4

GARDEN CITY PRIME Estates Section. Immaculate English Tudor, large living room with stone fireplace, formal dining room, large kitchen/family room, 3 bedrooms, 2½ baths, 4th bedroom on 3rd floor - huge room, finished basement, terrace, gas heat, sprinkler system. Offered by owner at \$470,000. Principals only. 747-3370. gcfl

### Real Estate for Sale

GARDEN CITY - LARGE, split, mint, 3 bedrooms, 3½ baths, den or fourth bedroom, living room, fireplace, dining Room, Eat-In-Kitchen, finished basement with wet bar, 2 car garage. Asking \$390,000. Owner.747-9346. gcj4

GARDEN CITY 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. gcj4

GARDEN CITY MOTT charming brick & stone 4 BR, 2 car garage, LR/fpl, FDR, EIK, with coordinating den, 2½ baths, full fin. bemt. 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. grf2

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

BEAUTIFUL JEFFERSON ST., newly decorated 5 bedroom, 2 bath, Colonial. Vinyl sided with canvas awnings. New Kitchen with top-of-the-line appliances, adjoins large family room and eating area, all with imported tile floors. Formal dining room, elegant living room with fireplace. Exquisite eak floors throughout. Five large bedrooms upstairs with second family room. Finished basement with spacious laundry room and cedar storage closets. Attached oversized garage. Two zone electric, new gas heat and hot water. AC. Walk to RR and ahopping. Low taxes. Mint move-in condition. Best neighbors in town. Principals only. \$390,000. Call 354-5186. gcJ4

GARDEN CITY BEAUTIFUL spacious home, 80x100, 5 BRs, 3 baths, scr. porch, fin. rec. rm., walk RR. Asking \$315K. By appt. Princ. only, 775-5974. gcf2

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

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. htfm

NORTH CAROLINA. CAROLINA Beach Oceanfront. Owner forced to sell luxury condo on beach: Completely furnished 2 BR, 2 baths, great golf courses nearby. No money down. Take over \$81,000 mortgage. (Original price \$95,500). (516) 423-6709. gcja5

## Real Estate for Sale

GARDEN CITY CENTRAL Section. Eight rm. wide-line expanded Ranch on ½ acre, 3 baths, 2 car attached garage, fpl., central a/c, immaculate conditionl Must seel Reduced to \$535,000. Owner, 746-2175 or 483-1300. grja5

GARDEN CITY PRIN-CETON St. Lovely 4 BR, 2½ bath brick Cape. LR/fpl, FDR, new EIK, fin. bsmt., new windows, landscaped yard with deck. Walk to all. \$339,000. Owner. 488-5847. gcja5

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. gcj5

GARDEN CITY ESTATES Brick CH Colonial. 3 BRs, 3 baths, LR//pl, FDR, den, bsmt., rec. rm, screened porch, attached 2 car garage. Low \$400's. Owner 248-8425 gcj5

G A R D E N C I T Y MOTIVATED OWNER offers brick & slate Estates Colonial. 4 BRs, 2<sup>th</sup> baths, LR/fpl, FDR, den, EIK, playroom, 2 car garage. Walk schools & transportation. Low \$400's by appointment. 248-2966. gcj5

GARDEN CITY. LET'S make a deal on this N.E. Split Level home. Owner relocating. Movein condition, low taxes, aluminum siding, CAC, 3 BRs, 2 baths, full patio. 60x125. Principals only. \$265,000. 746-7281. gcf2

REDUCED FOR SALE. Legal two family. Park section Mineola. 3 BR & 2 BR apts. New kit, fin. bsmt, detached garage. Excellent condition. Asking \$230's. Call owner. 746-3141. wj5

EAST WILLISTON. MAG-NIFICENT Tudor Colonial on large property in Robbins Hill. 3/4 BRs, 2½ baths, huge EIK, gracious DR, sunny den, LR with marble fpl, fin. basnt, plus separata playroom, CAC. Low taxes. \$569 K. 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. gcj5

GARDEN CITY 3 BR, 1½ bath, DR, LR/fpl, fam. rm., new EIK, plus breakfast area, partially fin. bsmt. Mint throughout, full alarm, inground sprinklers. Walk RR & village shops. 60x100 property. Principals only. \$385,000. Leave message 747-3604. gcj5

MONTAUK TIME SHARE for sale. Gurney's Inn. Reduced to b price \$6,000. Ocean view, aleeps 4, all amenities included, last week in Feb. Call owner for details 221-4825. gcj5

## Real Estate for Sale

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.gcj5

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

GARDEN CITY WEST. Mint Tudor. Slate roof, 4 BRs, 2½ baths/ brand new, LR/Fpl, DR, EIK, den, full bsmt. Taxes \$3932. Gas heat. Principals. \$352,900.354-5417. wfl

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

MONTAUK • 2 RM CO-OP One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit., cable TV. Must sell. Asking \$42,500. Great Rental History. 724-5572. gcfl

SINGERISLAND, FLORIDA. Luxurious ocean front Condo. 2 BRs, 2 baths, 1,500 sq. ft. plus 200 sq. ft. wrap around balcony. \$149,900. 488-3250. gcfl

LOUDON COUNTY, VIR-GINIA: Foothills of Blue Ridge, pretty 3 BR, 2 bath home on ½ acre in quaint town. Golf course surrounds this propety with tennis, bike trails & lakes for fishing close by. Master BR & bath are on main floor. All decorating decorating is with designer wall coverings & fabrics. Property also includes charming lattice-enclosed brick patio. Principals only \$275,000. 703-338-7592. gcfl

SOUTHOLD WATER-FRONT. 5 acres with dock overlooks wetlands, bay & South shore. Financing. Priced to sell \$225,000.365-8909. gcf1

SOUTHOLD - EAST BAYFRONT, Contemp. features large Great rm. with cathedral ceiling. Master BR & bath plus 2 BRs & bath, glorious views. \$380,000. Nassau Point Waterfront, bayview, custom Contemp on wooded acre. LR/fpl, European kit, DR, den, Master BR suite with jacuzri plus 2 BRs, 1½ baths, room for pool, deep water docking. Reduced to \$535,000. Southold - Renovated country Cape on tree lined street. LR/fpl, FDR, EIK, large sun room, 4 BRs, 2 baths. Walk to bay be ach. \$229,000. Cutchogue - Waterview Colonial in desirable location. Large LR/fpl, FDR, EIK, den, 3 BRs, 2 baths, covered porch, professionally landscaped. Asksing \$239,000. Burt Lewis Realty 765-5810, 298-4600. 734-5533. gj4

## Real Estate for Sale

GARDEN CITY SOUTH. Mint maintenance free brick Split near golf course. Mod. EIK, 8 BRs, FDR, 2½ baths, fam. rm., plus 2 rm. prof. suite with private entrance, skylights, new windows, sprinklers. \$269,000. Owner 485-7880. gcfl

SOUTHOLD. WATER-FRONT YEAR round home on secluded Arshamomaque Bay for sale by owner. 3 BR Ranch with wood floors, 114 baths, garage & full bemt. 100 ft. of waterfront. Adjoining buildable lot also available. \$295,000. Call 746-0551. grf1

GARDEN CITY - THREE BRs, 1<sup>th</sup> baths, new EIK, new windows, vinyl siding. Convenient location. 40' x 100'. Very low taxes. Principals only. \$269K.741-7826. wf2

GARDEN CITY ESTATES Large CH Colonial, 100x150, quality home, extended back, oversized rms., 4 BRs, 3 tiled baths, 2 fpls, den, patio, hardwood floors, circular drive. Walk to RR, etc. \$555,000. Principals 248-4963. gcf2

GARDEN CITY NEW Exclusive Estates. CH solid brick Colonial, slate roof, 3 BRs, 2 baths, fam. rm., Great location. Low \$400's. Central Section. Mint Ranch, large LR/fpl, DR, mod. EIK, fam. rm., 4 BRs, 24' baths, CAC, central vac, 2 car, 's acre. Low \$600's. Fabulous Property over 1 acre. CH Colonial, 4BRs, 44' baths, large mod. EIK, fam. rm. \$800's. Central Section CH Brick Colonial, winding staircase, 6 BRS, 44' baths, fam. rm., \$1,000,000 plus. Vera Atamian 354-1994. gcj4

GARDEN CITY WESTERN Section large brick Cape, LR/fpl, DR, EIK, 4 BRs, 2 bath, deck, sprinklers, oversized corner property. Mint. Walk to all. Must sell. Owner 775-4113 or 212-988-8088. grf2

AQUEBOGUE - 145 FEET creek front, bayview, 5 ft. of low tide. 3 BRs, 2 baths two story home. OHW heat. Asking \$399,000. Southold. 110 ft. of bayfront. 3 BRs, 2½ baths two story home. LR/fpl, porch overlooking bay, oil heat 3. Asking \$470,000. Krupski Real Estate 734-5000. gcj4

GARDEN CITY EXPANDED ranch. 5 BRs, 3 baths, den, CAC, Anderson windows, sprinkler, ½ acre, mint. Owner \$550,000.741-0451. gcf2

NORTH FORK - FREE list. All types of summer, permanent & waterfront properties. Many at greatly reduced prices. Call for your copy today. Book miller Realty 722-4423. grj4.

MARYLAND HOUSE LOT in Bel Air, 20 miles north of Baltimore. Beautifully landscaped % acre lot in estbliahed neighborhood of exclusive stone homes. Only 4 miles to 1-95, \$85,000. Call owner in Florida 407-283-9673. grm2

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## Real Estate for Sale

SANFORD, SOUTHERN MAINE lakefront Cape. 3 yrs. old, 3 BRs, 2 full baths, laundry rm, screened porch, skylights, Anderson windows, winterized & furnished. 120 ft. frontage on sandy spring fed lake. Close to shopping. Located only 20 min. from coastal area of Ogunquit & Kennebunkport. \$139,000. Call owner in Florida (407) 283-9673. gcm2

CUTCHOGUE - INCOME PRODUCING property. Two complete living areas plus separate waterfront lot with dock. A rare find. \$225,000. New Suffolk - Waterview, deep water boating in your own backyard. Year round home with 4 BRs, LR/fpl, new kit & deck. Steps to bay beach. Will negotiate. \$189,000. Southold - Waterfront exclusive. Newly listed 2 story Contemp on "gol-den pond". Shy acre with float-ing dock. Beauty & serenity at its best. \$350,000. Southold -Spacious 4 BR, 3 bath Ranch in preferred area. FDR, EIK, IGP, landscaped. Drastically reduced. \$175,500. Southold -Exclusive waterview quality Cape. LR/fpl, combination fam rm./Florida rm., oak floors throughout, deck, garage & bsmt. Private beach & boating community. Your home sweet home for \$198,000. East Marion - Beautiful Cape with deeded private sound beach rights. You'll love entertaining family & friends in this taste-fully decorated 5 yr. old home. 3 BRs, 2½ baths, fam. rm/fpl, country kit, hardwood floors brick patio. Just listed \$239,000. Marion King Real Estate 734-5657. gcj4

SOUTHOLD - SOLIDLY BUILT 4 BR, 3 bath Ranch. 2 fpla, EIK, DR, LR, fin. bemt, 3 car garage & built in pool. \$175,500. Cutchogue Exclusive. Moor your boat & walk to bay from this cheerful 2 BR, 1 story house. LR/fpl, DR, den, EIK, room for pool. Surrounded by mature plantings. \$195,000. Mattituck - Wiggle your toes in the sugar and beach behind this 3 BR bayfront cottage. Delight in the prevailing southerly breezes from the LR with fpl. Hurry! \$435,000. Nassau Point Waterfront. Screne, private 1 story home on picturesque lagoon with access to bay. 3 BRs, large DR/fpl, sun filled LR, screened porch, EIK, garage & dock. \$575,000. Marilyn Lang Realty 734-6472, 734-6690.

CUTCHOGUE "BOATERS" 150 ft. waterfront includes 2 BR cottage, excellent condition, gas heat with aliders to large deck. Walk beach. Low \$200's. Mattituck "Boaters" Large dock on inlet, 300 ft. waterfront includes custom 2,600 sq. ft. Victorian with 7<sup>th</sup> rms, CAC, on a total of 2<sup>th</sup> acres. Asking low \$500's. Nassau Point. Owner wants to sell 9<sup>th</sup> rm. "Bayfront" California Ranch, prime area. Invest - stress free life style. Reduced 10%. Calif Abatelli Realty, Main Rd., Cutchogue. 7 3 4 - 6 0 0 0 s r 1-800-439-FORK. gci4

# Real Estate for Sale



GARDEN CITY VICINITY -West Hempstead, Cathedral Gardens. Mint, all brick Colonial, LR/fpl, formal DR, EIK, 3 BR, 2½ baths, deep plot, sun porch and deck. Principals only. Must see. priced for quick sale at \$285,000. Open House January 18 and 19, 1 p.m. to 2 p.m. 48 3 - 44 62, 1 7 0 Westminster Road. gcj4



GARDEN CITY CHERRY Vailey Co-op. 2 BRa, 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

STEWART AVENUE - BEST Apartment in town. 3 BR, 2 bath, FDR, LR/FPL, view of Christmas tree. Maintenance \$990/mo. 70% tax deductible. Asking \$245,000. weekdays, 212-841-7887; eves. and weekends 516-746-4165 gcj4

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

MINEOLA. LARGE I BR 11/4 baths, terrace, top floor, EIK, walk in closet; indoor parking, 2 A/C's. 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

GARDEN CITY 3 BR Co-op on 7th St. Oversized LR & DR. Fpl, Country EIK, 2 full baths, foyer, AC, new windows. Walk to RR, shops, schools. Mint condition. Must sell. Also available for rent.\$199,000. Call for rent.\$199,000. Call

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

## Real Estate for Sale

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

FABULOUS, OVERSIZED ONE bedroom, 1½ 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

FLORAL PARK. IMMACU-LATE, renovated, one BR Coop. Wall to wall carpet, Eurostyle kit/bath. Walk to RR, bus, stores. \$92,000 negotiable, low maintenance. Must see! 775-7820. hfl

GLAMOROUS, GRAMERCY Park, gorgeous views of NYC. Large one BR, new gourmet kit, 24 hr. doorman. Garden City owner. 742-1617. hja4

LARGE 1 BR, EIK, new bath. Walk to all. Asking \$99,000. 775-1353. gcf1

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

MINEOLA 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. grips

CARDEN 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

HAMILTON GARDENS. EX-CITING 1 BR Co-op with new custom EIK, plenty of closet space. Available for immediate occupancy. \$100,000. Call now 742-4387. gcf1

HAMILTON GARDENS CO-OP in Garden City, Charming 1 BR, new Country kit. Best offer over \$79,500 takes it. Call Patrick for appointment after 7 p.m. 741-2646. gcf1

PERFECT N.Y.C. LOCA-TION, Unique, sunny Studio on tree-lined East 93 St. bet. 3rd & Lex. High ceilings, E1K, \$88,000. Call for appointment bet. 7-9 p.m. 212-348-6730. gcf2

G A R D E N C I T Y / HEMPSTEAD. Cathedral Gardens. 1 BR, top floor, renovated, wall to wall, EIK. Anxious by owner. 292-1516. \$53K or rental. gcf2

SELLING YOUR HOUSE? We can offer you top exposure in the Display Classified Section of Discovery. One low, low price will put your house on the market in over 22 communities! Deadline is Monday of every week for Friday publication. Call immediately. 931-0012

## **Real Estate For Rent**

share house in Williston Park.

PAGF **ROOMATE WANTED TO** 1992 2 January Friday,

**ASSIFIED** 

ü

184

Walk to everything. \$450 per month, includes utilities. Call wj4 days. 248-5278. 1 BR APARTMENT Nassau Blvd., Garden City including all utilities. \$575. 483-6880. gcj4

**GREAT NECK** - LARGE house to share. Seperate bedroom, close to RR station, market. Call eves 482-5203. Rent \$550 plus utilities. hja4

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

LEVITTOWN COZY FURnished studio. Private entrance, private bath, wall to wall, mirrored closet, own thermostat. Murphy kitchen, carpeted in fairly quiet house. Looking for quiet mature person, nonmoker. \$475/mo, utilities included 579-4186 gcf1

GARDEN CITY ROOM for rent. Non-smoker, private entrance, appliances available, walk to station, share bath. \$500.742-7706. gcJ4

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

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. gcJ5 486-1534

MANHATTAN EAST 30's, 1 BR with modern kitchen bath. Door man, elevator building, long or short lease, fur-nished or unfurnished \$1,200 (516) 742-5018 Peg. gcJ5

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 transporta-tion. Call 364-0114. W-J5.

GARDEN CITY - Studio with wall to wall carpeting, lots of closets with own private entrance, mosaic tiled bath-room & off street parking available. Very private. Quiet mature non-smoker preferred References/security, Walk to RR, bus, stores \$525. 328-1212. goJ5

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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 goJ5

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

### **Real Estate For Rent**

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

MINEOLA/WILLISTON BORDER room for rent. Responsible person. Walk RR, light kitchen privileges. Immediate occupancy. Call after 6:30 p.m. 742-4377. W-J5

ALBERTSON - LARGE FUR-NISHED room. Large walk-in closet. Private entry. Refrigerator, w/w, share bath. Prime location. Non-smoker. Male preferred. \$80 a wk.

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

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. gcJ5 746-7215.

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 gcJ5 p.m.

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

**CHERRY VALLEY 2BR APT** on first floor. EIK, c/a/c, garage available. Convenient to all. \$1150 per month. Call 294-0229. gef1

FLORAL PARK NO FEE deluxe 3 room spartment. EIK, queen BR, wall-to-wall, a/c,patio, LIRR, convenient to all. \$800. Deluxe 5 room apartment, EIK, queen BR, wall-to-wall, a/c, patio, LIRR, convenient to all. \$860. Call owner, 488-2314 gefl

GARDEN CITY ESTATES Furnished Basement Studio. Separate entrance, suitable for Separate entrance, suitable tor one person, non-smoker. Near RR, shopping, Fullbath, kitchen and parking. \$595. Call owner 741-6416. Leave message. gcfl

FLORAL PARK . 2 BR (furnished) with solarium. Avail-able immediately. Near RR/shopping. Suitable for 2. \$825. Interested parties must gef1 see. 352-6433.

### **Real Estate For Rent**

FOR RENT by owner: Western section, 4 BR, 2 bath Cape. \$2000 per month. No dogs. 747-6247. gol5

MINEOLA OFFICE SPACE for rent. Willis Ave. 825 ft. (6 rooms plus waiting). 2nd floor. Ideal for law, insurance or school. Parking. Call owner. 746-8023. wfl

NEW HYDE PARK. Immaculate apartment. Furnished, private entrance. Walk in closet. Safe neighborhood, close to bus. Heat & electricity included. Non-smoker. \$650 monthly. 354-5033. wfl

MINEOLA. 3 BRS., DR, LR, EIK. No garage. Large yard. Parking. No pets. \$1250 per month plus utilities. Security. Call evenings. 248-6039. wf1

GARDEN CITY BORDER. 1 BR apartment, new kit, new bath, A/C, wall to wall, fur-nished (all furniture for sale). Available March 1. Rental \$850 plus security. 565-1757. gcj4

GARDENCITY/ HEMPSTEAD 2 BR Apt. LR, EIK, Dining area. Convenient location. \$850 plus utilities. Option to buy available 485-1513 gcf2

**GARDEN CITY SOUTH. Nas**sau Blvd. Large 6 rm. apt, second floor, 3 BRs, LR, FDR, second hoor, 3 BKs, LR, FDR, EIK, bath, patio Walk to stores, LIRR, Adelphi. Business couple, students. \$1,000 per month plus utilities. Avail. Feb. 1, 486-1868, 246-0753. gcfl

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. Two (2) BR Apts. -\$700 & \$800 per month. Royal Internations 742-3355 795-7707. wis

WILLISTON PARK. 3% rms Must see! It includes new kit, w/w, parking spot. Private entry. \$785 includes gas & heat. Available Feb. 1. Owner (516) 746-2392. wf2

**POCONO SKI LODGES. 7 BR** & 3 BR, Shawnee. Fully equipped, attractively furnished. Beautiful settings, near DWG bridge. Ski discounts, reasonable prices by weekend, week or month. 248-4963 or Pa. 717-421-2139. SC[2

TWO BEAUTIFUL APART. **MENTS** in Floral Park. Both have large rms. EIK, wall to wall carpet, A/C, patio. LIRR, excellent location. 3 rms \$800, 5 rms \$860. Call owner 488-2314. gef2

WILLISTON PARK. ONE BR apartment in quiet, AAA neigh-borhood. \$625 includes heat, storage attic & garage. Walk rr. Owner 741-0415. hi4

WILLISTON 3 BR house. All new interior, appliances, w/d, new heat, w-w, new kit, new bath. Near shops, LIRR. 628-3845.

### **Real Estate for Rent**

**GREAT NECK GARAGE** for rent. 3 blocks north of RR sta-tion. Electric door, private house. \$95 monthly. gef2 487-8215.

**GARDEN CITY COLONIAL 4** BRs, 2½ baths, fam. rm/fpl, full bsmt, A/C, lawn sprinkler, at tached garage, gas heat. \$1,800 a month. 742-0073. gef2

#### Vacation Rental

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

STRATTON MT. VERMONT Beautiful resort trailside Condo. Convenient walk to all facilities including sports center, mountain village, etc. Short/long term rental or sale. 718-338-9691 evenings; 718-258-3434 weekdays. 8014

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

MONTAUK-SPRING GETAWAY Special. 3 days \$150 couple. 2 RM suite, heat, full kit. Sleeps four. Walks, dining, shopping. Hundred feet to beach. Immaculate. Call 724-5572. gef1

JUPITER, FLORIDA, GAR-DEN City resident offers 2 BRs, 2 baths Townhouse at Jupiter Ocean & Racquet Club. Avail-able March & April. 747-6179. geff

MT. SNOW VERMONT Benutiful luxury condo, sleeps 8. Hot tub & sauna in condo Club house on premises with swimming, racquet ball & gym. swimming, racut ball & gym. Free shuttle bus to mountain. Cross country & downhill skling. Less than 1 mile from slopes & beautiful view of mountain from condo. Short & long term rentals. Call 741-1824 GC.J5

POCONO PENNSYLVANIA. CAMEL Back Mountain. 90 minutes from N. Y. top of the mountain town house with 3 state views. Sleeps up to 10. Ski on/ski off, 100% snow making, night skiing, indoor sports complex, pool, gym, tennis. "The Crossings" 40 factory outlet shopping complex, antique shops, restaurants, horse back riding & sleigh rides minutes away. Available monthly, weekly or week-ends. Security & deposit. 20% lower than mountain rate. 747-7019 eves. Also goJ4 for sale

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. gcja5

CLEARWATER BEACH, FL Luxury 2 room apartment fully equipped, heated pool, jacuzzi, tennis court. March 7-14, \$600, 747-2422. gci5

#### Vacation Rental

WESTHAMPTON . CHARM-ING older redecorated 3 BR, 2 baths, fpl, quiet neighborhood, enclosed front porch. South of Montauk Highway \$10,000 sesson. Owner (212) 988-8088. gci5

VACATION HOME WITH POOL, Westhampton, walk to Main Street. 3 BRS, 2 Baths, LR/fpl, DR, EIK, 20 x 40 inground swimming pool. All ap-pliances, stereo, TV with VCR, 741-1443. gcfl

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 ac-tivities available, gourmet restaurants at resort and throughout island, superb shop-ping, world famous shelling, 35 minutes to Ft. Myers jetport. Complete gulffront, posh resort. Just right for various activities or just plain relaxation. One, two and 2 BR plus den condos with full kitchens. Rent daily, weekly, etc. Reasonable. 746-2211, 326-7711. gcap2

SOUTHHOLD COUNTRY HOME. 3BR, fully equipped, HOME. 3BR, fully equipped, large, screened porch. Walk private beach. Washer/dryer, cable, immaculate. By season or \$1300 monthly, May, June, Sept. \$1800 for July or aug. 334-0196. gef1

QUOGUE. BAYFRONT 4 BR, 2 baths, ROW ocean. Has everything \$25,000. Traditional 5 BR, 4 bath, bulk-headed ROW ocean \$28,000. Ocean Front - 4 BR, 2 bath, designer decorated & delightful \$35,000. Carriage House. - 4 BR, 4 bath, bike to beach, walk to village. \$35,000. Beach Cottage set among the dunes & com-pletely private. A beauty \$45,000. Fabulously refur-bished Farmhouse. 4 BRs, 2 baths, pool, sauna & private acre. Beautiful. Mid \$20's. Other sentals from \$3.000 Other rentals from \$3,000. Molloy Realty 288-6556. gcj4

## **Real Estate Wanted**

QUALIFIED MATURE COUPLE seeks Garden City Cape or Ranch, St. Anne's Parish, south of Stewart Ave., no main streets or corners. 2 BRs, first floor, 2 car garage or space for 2. \$300,000. 358-9768. gcJ4

FEMALE STUDENT LOOK-ING for room-mate to share search for apartment to share in Garden City vicinity. (212) 593-1632. ECJ5

GARDEN CITY HOUSE Rentals and Sales needed for qualified prospects. Call Fennessy Realty, 746-6245. gedj4

GARDEN CITY COUPLE wants to rent furnished one or two bedroom condo or town house in Boca Raton, Fla., on a monthly basis on or about May 1. Call 747-3882. gfi gfl

## **Real Estate Wanted**

FAMILY WISHES TO move to Garden City. Seeks 5 or 6 BR home to purchase. Would like owner to become the bank. Can make very large monthly pay-ments. Call 269-5404 evenings please. wf2

GARDEN CITY HOUSE rentals & sales needed for qualified prospects. Call Fennessy Realty 746-6245. gei5

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. RC14

GARAGE WANTED FOR one car. Garden City or Mineola. Please call 488-5285 or 746-2429. wi4

MATURE, PARAPRO- FES-SIONAL, non-smoking male, long term Garden City resident seeks room with bath & parking space in Garden City or immediate vicinity. Storage area helpful. Please call 742-8876 evenings. gci4

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

YOUNG COUPLE SEEKS 1 family house in Garden City. 3 BRs. \$300,000. Principals only. 352-0087. gcia5

FAMILY OF 4 SEEKING Colonial, preferably a fixer upper. High \$200's - \$300,000. 483-4015. gcf1

YOUNG COUPLE SEEKS 3 BR, 2 bath Colonial or Cape in Western Section of Garden City. We've sold our house & offer a sizable down payment, excellent credit rating & job stability. Mid to high \$200's. Principals only please 223-2131 gcf1

Car For Sale

'86 DODGE OMNI

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

**1986 CHEVY CAMARO** V6, 26,000 miles, loaded, white, black interior, T-tops, tint, mint condition. Must 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

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. goJ5

## Car For Sale

1978 TOYOTA COROLLA, lift back, automatic, 69 K miles, runs well, reliable, AC, heat. \$500.742-5675. wf2

1985 SUPRA WAGON, light blue, automatic, all power. Two new tires, new battery, brakes and exhaust. 90K highway miles. Excellent condition. \$2500.437-8273. wf2

**1985 CHEVY MONTE** CARLO SS 29,000 miles. Garage kept, excellent condi-tion. \$6500. 747-1203. gcJ5

CHEAP! FBI/U.S. 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

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

1979 FORD FIESTA, 5 speed, very good condition, no rust, 60,000 miles. Many new parts. First \$500 takes it 873-8908 goJ5

1991 ESCORT GT ultra blue with sporty graphics. AM/FM cassette, A/C, cruise control, power steering, custom wheels, auto. \$9,800. 248-4328 gcf3

1988 HYUNDAI 6 cylinder sedan, a/c, stereo cassette, 55,000 miles. Minor body damage, good running condi-tion, \$2450, 599-8538. gcJ5 gcJ5

1989 RED MONTERO MIT-SUBISHI, 2 door, AM/FM cassette, a/c, V-6 engine, automatic, excellent condition. Must see. 742-1674.gcf1

**1988 EAGLE PREMIER LX, 6** cyl., automatic, 4 door, A/C, PS, PB, PL. Cherry red 30,000 miles. Excellent cond. Asking \$7,500.747-1883. gcfl

For Sale

TWO FULL LENGTH leather coats, designed and made in Italy, size 12-14, one tan, one brown. Reasonable. Perfect congoJa4 dition. 746-4555.

**GRAND PIANO - BALDWIN** Howard, excellent condition. Beautiful walnut finish. \$5000. 742-8043. gef1

OFFICE FURNITURE, Contemporary desk, console and chairs. Excellent quality and condition. Best offer gcf2 741-9024.

WEDDING DRESS \$500, cleaned and boxed. Size 7-8, Mon.&Tues., 352-5106, or after

gcf2 7 p.m. WORD PROCESSOR, LIKE NEW, Amstrad PCW 8256/8512 \$150, 747-2560. gcf2

## For Sale

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. bottom. Will sell separately. Childscraft wood doll house with furniture \$95. 741-6188 evenings. gcj4

**DINETTE SET - DK BROWN** formica table, 39½ x 57 with two 9" leaves & 4 captain chairs. Asking \$200. Call after 6 .p.m. 921-3438 - 921-8812. wj4

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. gei5

MINT THOMASVILLE CON-TEMP BR includes armoire & 2 night tables, queen head board, 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 - ABER-CROMBIE & Fitch. New leather band. Excellent condition. \$75. 775-6329. gcJA5

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

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. geja5 gcja5

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

CARVED ENGLISH OAK furniture: Bookcase cabinet, library table, 4 chairs. Slat back settee, small hi-boy (walnut), RCA victrola. Oak kitchen drop leaf table with 4 leather seat chairs. Reasonable. 437-5093. gef1

#### For Sale

TANDY. 3000HL (XT-286) 640K - 20MBHD - Intel above board with one MEG-expansed MEM - CM1 - High Res., CGA Color Monitor - Mouse - scanner. \$650. 873-8741

ORGAN. HAMMOND ELECTRIC. Automatic rhythm & bench complete with 80 song sheets & courses. Carlo Robelli guitar & case. 40 inch round white formica table. 742.2685 gef1

#### 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. hia5

HO TRAINS PURCHASED, small collection to entire layouts. Fair market prices. We also offer model railroad layout design & installation, custom kit building & scenery services. Call John Schaub 328-9568 days, 248-2799 eves. scj4

WOOD TEA CART in good condition. 747-1027. gef1 gef1

## Services

BUILD WITH BRICK Stoops • Fireplaces • Patios • Driveways • And all types of

Brick & Stone Work Quality Workmanship at Reasonable Prices

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No Job Too Small ·Waterproofing.

·Slate Roofs Repaired

538-3813 Estimates LIC #H1735940000 gef3

JACKIE'S PAINTING AND Plastering, interior/exterior. Repair damaged walls, ceilings, wallpaper removal, staining, varnishing, regrouting bathroom tilework or repairs. Finest preparation, quality workmanship. Free estimates and references. 759-4126. gcf1

HOME IMPROVEMENTS. CARTWRIGHT Contracting. Top notch remodelling & repairs for home or business. Extensions, dormers, kitchens, decks, cedar siding, bathrooms, closets & basements. Take advantage of winter discounts. Free consultation & estimates. 741-2313. License #H18B3160000. gcj4

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. wm4

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

## Services

JAMES F. MENTZ CARPENTER-ROOFER Small Jobs Reasonable Skylights Installed Carpentry-Alterations Slate Roof Repairs Roofing-Gutters-Leaders Kitchens-Attics-Basements 593-2933 LIC#401750000 gcap2

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January

24.

1992

TELEPHONE INSTALlation & repair: TV cables & modular jacks installed. Electrical wiring and fixtures. Prompt, reliable and CLASSIFIED. reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al Byrnes, 481-4665. gcap2

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 742gcm2 1956.

BRIAN CLINTON MOVERS Licensed & insured. One piece to a house load. Free estimates, 333-5894. Owner supervised. Carle Place. License #F11154. gcf1

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

HOME/OFFICE PROJECT Assistance - 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 / com-puter cable installation, moving and/or installation of equipment (i.e., a/c's, computer sys-tems, refrigerators and copiers) and other projects. Call and inquire with your need. Free es-timates. C.E.M. Inc. 873-8654. gcja5 gcja5

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

ALLNEAT CLEANING COM-PANY. Residential & commercial cleaning done at very reasonable prices. House/apt. cleaning, office cleaning, window cleaning, chandlier cleaning, polishing & much, much more. Our work is done to your perfection in which your satis-faction is guaranteed. Allneat Cleaning Company is run by graduate educated Garden City residents, who take special care in our work. Ask about our senior citizen discount. For free estimate, please call 877-2428. wj4

Services CHILDREN'S BIRTHDAY PARTIES. Make your party easy, affordable & fun. I'll do all the creative entertaining, planning for you. I'm a N.Y.S. certified art teacher, grades K-12 & a Garden City resident Let me plan your arts & crafts party. All materials provided. Ceramics my specialty! Call Arleen 489-5348. gcf1

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Friday,

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CUSTOM WINDOW TREAT-MENTS & coordinated room accessories. Specializing in balloon shades, valances, canapes, duvet covers & pillows. Will discuss estimates, decorating ideas. 481-7255. gcf2

SOPHISTICATED FACES -MAKE-UP artistry by Linda, formerly with Estee Lauder. Specializing in bridal parties & all other special occasions. By a p p o i n t m e n t o n l y. 328-1489. gcj5

## 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. gcj5

INCOME TAX PREPARED. Preparation by 2 former IRS ager's with 45 yrs. combined experience. Reasonable rates. Call Anne or Roger M. Gedgard 746-0425. gca2

Instructions

TENNISLESSONS. 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 Jourts. Group-Private-Semi-Private. Great rate: \$45 HR/\$:07; HR. Call (516) 487-8025, (718) 352-3394. hF4

PIANO LESSONS ONLY \$30 a month. One hour weekly for beginners, small groups, four year olds and up. Creative and individual, all keyboards accepted. Every student excels. Thirty years Garden City. Call for special offer. Rita Lucy, 248-7379. gcal

QUALITY MATH INSTRUC-TION. Elementary/High School, Sequential 1-2-3 SAT/Regents Prep. Licensed teacher H.S. & Coll. experience. Reasonable rates. Yields excellent results. 742-7706. gcj5

TUTOR FOR READING, English and all elementary subjects. NY.S. certified experienced teacher willing to tutor in your home in Garden City and surrounding areas. Call 248-6773. Leave message. gcj4

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

### Instructions

OVERCOME BLOCKS AND find time to write at Creative Writing: Finding Your Own Voice Workshop - 6 Wednesday evenings, starting March 4, 7:30 - 9:30 p.m., led by Margaret Stetler and MaryAnne Weinstein in Albertson. Call Continuing Education Office 747-5400, Ext. 1216 or MaryAnne Weinstein at 437-0529. ht2

EXCELLENT TUTOR JUR. High/High School. Chemistry, Spanish, Latin & Math. \$20 per hour. Great results! Call 248-2476. gtf2

PIANO, ACCORDION & Guitar lessons - All levels, all ages. 22 years experience N.Y.S.S.M.A. and L.I.M.T.A. member. Call 354-1721. gcja5 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

## Lost and Found

LOST MEN'S BROWN leather jacket with checked lining. Lost at Garden City Middle School children's basketball activity on Dec. 14. Call 747-8786. gcfl

## Lost Pet

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. gcja5

### Boats For Sale

KAWASAKI 650 TS, mint running condition. Must sell, extras \$3,500.741-0284. gcfl -

### Bus. Opportunities

BE YOUR OWN Boss. Hairdressing booths and manicure table for rent. Reasonable price. 292-3913, weekdays. gcj5

## Garage/Tag Sale

MARY KAY 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.) Sundays for sign on Willis Ave.) Sundays

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

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

## Garage/Tag Sale

TAG SALE - SETTLING estate. Selling entire contents of luxurious home. 12 rms. filled with fascinating items. Fabulous Chinese tables & chests, large painted & carved screens, Turkish brazier, much Waterford including decanters, bowls & Lismore stemware, oil paintings, old china, Chinese porcelain figures, Italian ceramic knights, Chinese jade & ivory. Unique lamps, area rugs, unique walnut secretary, sectional bookcase/desk units. Chinese garden seats & elephants. Chrming DR & BRs. wicker bedroom, table & chair sets. Much wicker & wrought iron many books, electrical hardware & so much more! Don't miss this one! Please join is at 65 McCulloch Dr., Dix Hills (Northern State Exit 43, west on Vanderbilt 1 block south on Villge Hill Drive - left at 3rd stop sign). Sat. & Sun, Jan. 25 & 26, 9 a.m. - 2 p.m. gcj4

## Services





Give your college-bound scholar a subscription to this paper. Every week it brings home a little closer, with all the latest news of friends, neighbors, and local events.

Call 931-0012 746-0240 294-8900 for details.



#### 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. Ihank 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. J.B. gcj4

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Glorias. Say for 9 co.:secutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. M.V.B. wi4

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. J.W. gcfl



NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your ald. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for inswering my prayers. J.W.S. gcj4

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can ob u my goals. You who give me the devine 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. gcj4

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. J.W. gcj4







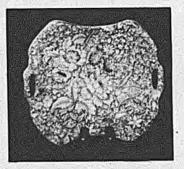
Friday, January 24, 1992 SOMETHING FOR EVERYONE

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## Mid-20th century candy dish

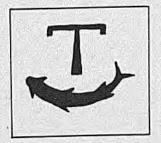
Q. Enclosed is a photo of a beautiful candy dish; it is marked "Royal Winton Chintz, Hand Painted, Made in England." It was purchased in the early 1900s. Can you tell me how much it might sell for?



A. This was made by Grimwades Ltd. in Stoke, Eng-land, during the mid-20th century. It would probably sell for about \$35 to \$45.

Q. This mark is on the bottom of a compote. It has a basket-weave rim and is supported by three Cupids. It is a fine-quality porcelain decorated with flowers of various colors.

Please tell me what you can about its origin and value.



A. This was made by the Carl Thieme porcelain factory in Potschappel, Germany, about 1880. It would probably sell for \$500 to \$600.

Q. I have a 9-inch vase that has a picture of a deer in a field; in the background are a building and trees

It is marked "Royal Bayreuth" and dated 1794. Please evaluate this for me.

A. Your porcelain vase was made in Tettau, Germany, in the mid-20th century (the company was founded in 1794). It would probably sell for about \$100.

Q. Some people say that my can of Billy Beer is valuable. I know this was made when his brother (Jimmy Carter) was president of the United States in the 1970s. What is your opinion?

A. My opinion doesn't count. The last time I checked, the price was about \$3; a current price guide lists the empty Billy Beer cans at 50 cents to \$1.

In some states it is illegal to sell a can of beer without a license.

Q. My antique hand-painted porcelain vase is 10 inches tall and is decorated with orange and yel-low flowers on a black background. It is marked "Crechoslovakia."

Can you tell me when this was made and what it might sell for? A. Since Czechoslovakia was founded in 1918, your vase was probably made between then and 1939, when the country was taken over by Germany. It would probably sell for \$65 to \$75.

#### BOOK REVIEW

"American Oak Furniture Styles and Prices, Book I, Third Edition" by Robert and Harriett Swedberg (a Wallace-Homestead imprint of the Chilton Book Co.) covers the most popular field of collectible furniture in a thorough fashion. It is especially easy to use, with every item illustrated and priced.





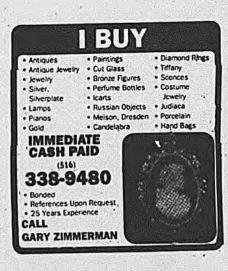
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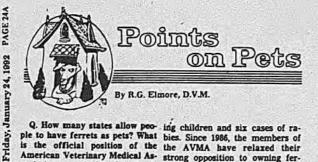
Friday, January 24, 1992

ANTIQUES









is the official position of the American Veterinary Medical Association on owning ferrets as pets?

A. According to the California Domestic Ferret Association, only California, Hawaii, Michigan, New Hampshire, Utah and Washington, D.C., continue to ban ferrets as pets.

JUNIOR PAGES

4.6

Several states require permits to own ferrets. Georgia and South Carolina allow people to own fer-rets as pets but do not allow the selling of ferrets.

The AVMA stated in 1986 that its members were concerned about the risks caused by ferret ownership. This concern was based on reports of attacks involv-

Q. How many states allow peo-ing children and six cases of ra-ple to have ferrets as pets? What bies. Since 1986, the members of bies. Since 1986, the members of the AVMA have relaxed their strong opposition to owning fer-rets and does not currently have an official stated position.

Apparently much of the earlier opposition to ferret ownership was based on incorrect data. It is estimated that there are more than 6 million pet ferrets in the United States.



## JUNIOR EDITION



## **Aunt Tilly**

The weather has taken a turn for the cold and I hope my dear readers are taking a tip from Aunt Tilly. Don't go out without your hat and coat and don't fail to wear your hats. The snow may be here next week and then the fun will begin. Love Aunt Tilly

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

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



My precious grandson, Joseph Richard Pierce, arrived on August 1, 1991. Joseph's proud parents are Beth and Richard Pierce, formerly of Williston Park, now residing in Oakland, N. J. The adoring grandparents are Margaret McCann and Char-

les Pierce.

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## Taxes on household help

YOUR

SOCIAL SECURITY

## By William M. Acosta

Q. I plan to employ a domestic to help for the household. What requirements are there regarding Social Security taxes on household help? - M.L.

A. The requirement to pay So-cial Security on household help often is overlooked or misunderstood

If you pay any hired household help, such as a gardener, handyman, cook, cleaning person or baby sitter, \$50 or more in cash wages during a three-month calendar quarter, you must deduct Social Security taxes and report the wages to the Internal Revenue Service.

Contact the IRS for the necessary reporting forms and instructions

Q. I recently was divorced. The court gave me permission to resume using my maiden name. Should I have my name changed on my Social Security card? -C.H.

A. Yes. You need to complete an application for a Social Security card (Form SS-5) and submit your divorce decree as supporting evi-dence. The divorce decree will identify you by both names. We must see the original or a certified copy of the decree.

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Q. If an individual is receiving Supplemental Security Income and receives several thousand dol-

lars from the death/estate of a family member, will that have any affect on the SSI he or she receives each month? - L.S.

A. Yes. Social Security should be notified immediately. The per-son would be ineligible for SSI benefits the month the money is received and would remain ineligible until the individual establishes that his or her resources are under the allowable amount, which is \$2,000 for an individual and \$3,000 for a couple in 1992.

Additional information can be obtained from your local Social Security office.

Q. I will be 62 on Feb. 19, 1992. I have just filed my Social Security retirement claim and was told I won't get a check before April 3, 1992. Why? - G.P.

A. Benefits can be paid only for months you are eligible through-out the entire month; therefore, you cannot receive a check for the month of February. The check you will receive April 3 will be for the month of March. Social Security checks are paid after the month has ended.

