

In Two Sections - Thirty Six Pages

The Only Newspaper Printed and Published In Hicksville

Mid-Island Times & Levittown Times

35¢

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Friday, February 14, 1992

Volunteer Cited



Councilwoman Ann R. Ocker, second from left, presents a citation to Dr. Charles Rockwell, recognizing the many hours he volunteers as an instructor at the Hicksville Gregory Museum. Also on hand for the event was Museum Director Joan Kaweck and New York State Assemblyman Fred Parola.

Dutch Lane's "Have A Heart"



The Dutch Lane PTA led by Dutch Lane PTA Co-President Maureen Kraemer, ran a week-long bake sale to raise funds for one of Dutch Lane's own children who will undergo heart surgery this month. In Photo: Volunteers give their time to the Dutch Lane "Have A Heart" Bake Sale: Rose Fleischman, Marie Hudson, Ronna Pelter, Joanne Kuefner, Kathy Watkins, Barbara Hildebrandt, and Dustin Hildebrandt.

Postal Holiday Schedule

All Post Offices except Hicksville will be closed on President's Day, Monday, February 17.

No mail will be delivered except Express Mail.

Mail will be collected from collection boxes.

The Postal Service observes President's Day, Monday, February 17, as a holiday. All Post Offices except Hicksville will be closed.

The Hicksville Post Office, 185 West John Street, will be

open for all services, with the exception of Registered Mail acceptance and postage meter settings, from 9 a.m. to 4 p.m. For more information, call 933-2374.

There will be no regular mail delivery, except for Express Mail. However, the mail processing plant in Melville will be operational. All mail deposited in collection boxes prior to 3 p.m. will be collected and processed.

Award Recipients 'God, Country'

On February 9 during the United Methodist Church of Hicksville's Scout Sunday service, "God and Me" awards were presented to Jennifer Bursky, Kristin Diaz, David Kani, Thomas Lutz, Stephen Maletta and Brian Sterling. "God and Family" awards were presented to Bridget Hammer, Daniel Kani, Robert Lutz, Leslie Martin, Richard Santbro and Nicole Schill. The awards are part of the "God and Country" program and were earned under the direction of Ann Frazer, the church's Director of Christian Education. A reception honoring the award recipients was held following the service.

History Program At St. Paul's

Hicksville and Jericho's long history were the subject of a slide lecture at the February meeting of the Senior Adult Club of Brookville's St. Paul the Apostle Church. Richard Evers, historian of the Hicksville Gregory Museum and Hicksville Public Library was the guest speaker, this past Thursday afternoon.

Hicksville, Jericho and Plainview history began with the Robert Williams Indian Land Purchase of May 20, 1648. Williams, a colonial Welshman, bought - to use the European concept - much of the land of the three villages from Matinecock Sachem Pugnipan, in the Cantigue Woods.

Hicksville's real settlement began with the coming of the Long Island Railroad to the area in 1836. The settled, documented history of Jericho extends back to the 1680's, with Robert William's home construction at Lusum, an old name for the Jericho spring pond area once adjacent to today's Milleridge Inn Restaurant.

Be An Umpire With H.B.A.

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

Anyone interested, please contact Joe Caruso, umpire in chief at 937-6253 after 6 p.m.

Yevoli Talks At Council; Postal Inspector Speaks

By Maureen Traxler

Speaking before the Hicksville Community Council for the first time as Oyster Bay Town Supervisor, Lewis Yevoli vowed that changes in Town and County government will occur, because different people are at the helm. Most of the focus of the discussion at the February 6 meeting centered on taxes and the delivery of services.

Supervisor Yevoli, a Hicksville High Graduate-Class of 1956, outlined his due role as administrator of the Town and member of the legislative body of Nassau County. On the Town level, Mr. Yevoli explained that the Oyster Bay budget contains a reasonably solid surplus and that he will use that surplus to reduce real property taxes in the coming year. He added that the Town should reserve a prudent surplus of approximately 5-6%.

On the County level, the situation was decidedly dimmer. "There will be layoffs," said Mr. Yevoli, and that situation will be debated by the Board of Supervisors. Mr. Yevoli predicted a "leaner form of government than we have had in the past." He added that he "felt at home" serving on the County legislative body considering his many years as a New York State Assemblyman.

One resident told the Supervisor that Hicksville has long felt like the "stepchild of the Town of Oyster Bay." He asked Mr. Yevoli to "be sympathetic toward youth sports programs" in Hicksville, citing that Hicksville has many volunteers in this endeavor. "Help us give the kids something to do," he added, and as a by-product cut down on some of the potential problems.

Once again residents asked the Supervisor to do something about absentee landlords and others who siphon off the benefits of tax monies our citizens paid into the Town coffers. Another resident insisted, "You must be innovative," and not allow these situations to continue.

On the question of taxes, residents exhibited anger at the growing increases from all levels. One gentleman questioned the hefty increase in sewer taxes and asked the Supervisor "why." The answer came from another member of the audience, an employee of the sewer district, who explained the problem. For many years the sewer district has been barging sludge offshore. To meet federal deadlines which prohibited such activity, two treatment plants were constructed. In order to meet the financing costs and the costs of trucking waste from the plants to Ohio, the sewer district was compelled to raise taxes.

Overall, Supervisor Yevoli conveyed a smooth transition upon his inauguration January 1st, and he displayed restraint from "Republican bashing," even when questioned about practices on the County level and the appointment of former Supervisor Angelo Delligatti to the Board of Elections.

U.S. Postal Service Inspector Martin Biegelman took several residents by surprise when he stated that several incidents of mail theft have been reported in the Hicksville area. He added that mail fraud perpetrators and victims are also found on Long Island.

Inspectors are the law enforcement arm of the Postal Department. Founded in the late 1700's the inspectors' office was given the authority to arrest, prosecute, fine and seize assets. Mr. Biegelman reported on the present-day "boiler rooms," named after the boiler rooms of the 1920's; rooms filled with telephone banks and usually located in the basements near the boiler room. In the 20's the "salesmen" dealt in fraudulent stocks and bonds, under a high pressure to sell.

Today's counterpart is also under pressure to "produce," "sell" or in some way swindle potential victims. The most common schemes on Long Island involves computer and chemical scams, coin and travel scams. Other popular schemes include medical frauds (cures), diploma mills, work-at-home and con artists who promise to get you credit cards or loans.

Remember, "If it sounds too good to be true, it is," cautioned Mr. Biegelman.

In addition to mail fraud, inspectors must also deal with mail

Continued On Page 12

Letters

To the Editor:

"Act in haste and repent in leisure." The Hicksville School Board should become reacquainted with that old proverb as the board is making decisions too rapidly for the good of the community and the education of our children. These decisions, made without sufficient resident input, without sufficient data, and without sufficient time for board study, are fracturing this community, traumatizing parents, endangering children and are of deep concern to all residents of this community, not only to parents of affected children.

In just three weeks from October 5 to October 24, 1990, the Superintendent studied, recommended, and the board voted to close the East Street and Willet Avenue Schools for the purpose of eliminating singleton classes.

Just four weeks later, during the board's next meeting, November 28, the motion to rescind the closings based on the fact "that East Street had no singleton classes" pilloried then Superintendent Catherine Fenton, made her position untenable, her resignation certain, and precipitated the resignations of the board's president and vice-president. One week later, the motion carried four to one. Subsequently, on the same day, a motion to close only the Willet Avenue School carried by the same majority.

It was just eight weeks from September 25, 1991 until the new superintendent's recommendation on November 26, 1991, that the sixth grade should be moved to the Middle School. (Do you believe any all-inclusive educator's committee of administrators and teachers selected by our new school superintendent would not make an "overwhelming finding that the move was truly feasible.") On the same day as the recommendation by the superintendent the board approved without debate the movement of the sixth grade to the Middle School next September. This action places about 309 young children in harm's way, forcing the youngsters to walk or bus long distances across our community's most hazardous streets and most dangerous intersections.

In just one day, December 18, 1991, the board was briefed and without debate adopted the new superintendent's type of administrative and supervisory "structure." That structure is weak as stated in my letter printed in your issue of January 10, 1992. The questions asked then have not been answered. The board acted too fast by adopting the structure without

further examination or test.

It was to be just three weeks from January 8, 1992, when the demographers rendered their report and recommendation to close a school until January 29 when the board was to act and vote the closing. The report contained no data, no definitive study, nothing to prove it was the right time to close a school, that the right criteria was used to select a school, or that the right school was selected. The board realized that voting on January 29 without data to support the decision would have been extremely imprudent. The vote on closing was postponed until February 26.

But it will be just a period of two days from February 24, 1992, the date the engineering report will be received, and the 26th when redistricting reports will be received, that a vote will be taken to either close or not to close a school. Again the board is moving too fast. The two day period is too short to study and digest even that partial data to make a decision that will affect this community into the unforeseen future. A decision to close a school places another 500 to 600 children in harm's way by also walking or busing them long distances across our busy hazardous streets and through our most dangerous intersections.

Hicksville is a unique primary transportation hub, a central point for buses and the Long Island Railroad. It has numerous major arterial highways and dangerous intersections and much commuter traffic to the LIRR, the Northern State and Wantagh Parkways, and to the Long Island Expressway. Hicksville has the largest Sears, one of the largest malls, and the only large IKEA furniture market on the Island. And IKEA is one immense store. The NYS Motor Vehicle Department and the NYS Department of Labor (Unemployment Office) are located here with all the massive traffic they generate brought to our community. Since our schools were located in the early fifties to maximize the safety of the vast majority of children, any school closing subjects our children to immense traffic hazards. As there must be no fast, rash, or imprudent decisions in any 50 million dollar business, there must be absolutely no more fast, rash or imprudent decision in our 50 million dollar education system, especially one that endangers the safety of our children. Remember "we never overbuilt our schools!"

Sincerely yours,
Frank H. Willard

Mid Island Times & Levittown Times

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Bryn Mawr	Princeton	U.S. Naval Academy
Colgate	RII	Vassar
Columbia	Skidmore	Villanova
Cornell	Smith	Wellesley
Dartmouth	St. Lawrence	Wesleyan
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Notice to Readers

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

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

100th Anniversary Plans Underway

The Hicksville Fire Department's 100th Anniversary Committee held its first public meeting on February 9 at the Hicksville Fire Department's Headquarters at 20 E. Marie Street. The Anniversary Committee welcomes organizations who would be willing to help with this ambitious undertaking. At this past meeting there were three groups present: V.F.W., Sons of Italy, Masonic Lodge and the Boy Scouts of America. Here is a partial listing of the events which are scheduled:

June 11:

Hosting the 98th Annual Southern New York Convention. Looking for a hall to host with capabilities of holding 300+ people. (Elks, VFW, etc.)

June 12:

Hosting Motorized Drill at Merrick (Four Towns) - Course 8 a.m. until 4 p.m.

June 12:

Hosting Parade in Hicksville

June 10-13: A carnival will be held in conjunction with the Block Party (Thurs.-Sun.)

* Community effort food booths, etc. will be set up throughout the area (like Oyster Fest)

June 12:

Fireworks Display the night of the parade at an undetermined location: Ideas of LILCO property being considered.

In conjunction with the Annual Southern New York Parade and Convention a journal will be published.

We will be asking for the financial support of the local businesses as well as the Fire

Department's across Long Island.

Full page ads will be: \$250.00
Half page ads will be: \$175.00
Individual Boosters are: \$10.00

Hicksville Fire Department will be publishing a Historical hard cover book. This book will encompass 100 years of Fire service to the community with a complete history and photographs both old & new

dating back to 1893.. This 200 page book will be a keepsake for all residents past and present.

This Book will be sold to anyone interested in purchasing a piece of Hicksville's history at our cost of \$48 each. Orders will be taken in the near future, please watch for details.

Mario Cuomo and the State Legislators Want To Feed The Hungry...Themselves!



Elect Jeff Cohen, The Un-Politician and Put Them On A Diet!

JEFF COHEN is going to put an end to the tax dollar feeding frenzy. JEFF COHEN is the only candidate endorsed by the Tax Relief Party!

In fact, his opponent is trying to bump him off the Tax Relief line through dirty tricks.

JEFF COHEN has a fat-free plan to take a bite out of the state's "tax and spend" policies.

THE COHEN PLAN

* JEFF COHEN knows that funding education through the property tax is unfair. He's demanding an end to the property tax and calling for an alternative mechanism for funding education.

* JEFF COHEN is calling for a 50% sales tax rebate on any major purchase of an American-made product, such as cars, appliances, etc. This will help boost the economy.

* JEFF COHEN is going to remove sales tax on all essential clothing (coats, shoes, slacks, etc.). JEFF COHEN wants to give Long Island consumers a break and help our businesspeople compete with New Jersey and Connecticut.

* Every time you make a phone call, you're supporting an inefficient City M.T.A. JEFF COHEN will eliminate N.Y. City transportation surcharges on your phone bill.

* JEFF COHEN will eliminate government by remote control. JEFF COHEN knows Cuomo's non-funded tax mandates to localities are crushing taxpayers.

* JEFF COHEN is demanding Medicaid overhaul. Here's one reason why: California serves 1 million more recipients than New York at half the cost.

* JEFF COHEN knows we can do more with less. JEFF COHEN'S plan to consolidate government, privatize services and cap state spending will save New Yorkers nearly \$2 billion!

JEFF COHEN FOR ASSEMBLY 13th DISTRICT

Special Election
Tuesday, Feb. 18
6AM-9PM

VOTE AT YOUR
REGULAR
POLLING PLACE.



TAX RELIEF ★ REPUBLICAN

LEGAL NOTICE NOTICE OF APPLICATION

FOR AUTHORITY OF
MEENAN OIL CO., L.P.
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 states the following:

1. The name of the foreign limited partnership is Meenan Oil Co., L.P.

2. The date of filing the application for authority with the Secretary of State is 12/30/91.

3. The jurisdiction and date of the foreign partnership's organization is: Delaware/November 12, 1991.

4. The county within the 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, Syosset, N.Y. 11791-0100.

6. The registered agent of the foreign limited partnership 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 its 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 addresses 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 certificate of limited partnership is filed is: Secretary of State, Townsend Building, Dover, Delaware 19001

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

LEGAL NOTICE NOTICE OF BIDDERS

SEALED BIDS will be received by the Board of Fire Commissioners of the HICKSVILLE FIRE DISTRICT, 20 East Marie Street, Hicksville, New York, until 3:30 p.m. prevailing time, February 24, 1992, for the following:

Furniture and furnishings for Station Two Firehouse located at Briggs Street, Hicksville, NY. Each bid shall include color samples, catalogue numbers and photographs or photocopies of the items specified in the bid.

Each bid must be accompanied by a certified check or bid bond of 5% of the total bid price.

The Board of Fire Commissioners reserves the right to reject any and all bids.

Each bid must be for the total bid price.

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

BOARD OF
FIRE COMMISSIONERS
HICKSVILLE
FIRE DISTRICT

Dated: February 11, 1992

Attest: John Knight
District Secretary

MIT 2559

1X2/14

Jottings From Yesteryear

By Bill Clark

When young my dentist suggested using baking soda for my teeth. Now years later they advertise it in toothpaste. No I didn't use any. In a previous writing, I neglected a vital item in out-houses. The Charles Store, Montgomery Ward or Sears catalog. Our today's discarded phone books would have been a luxury those days.

Years ago we had in town a Dr. D. S. Filler, a dentist and a Chas. H. Stoll, Justice of Peace. Horseplay on my first job almost caused me to be fired. I tossed a wet soggy newspaper was the size of a snowball across the shop at Artie who saw it coming but froze as the Boss with his homburg hat suddenly crossed the line of fire. I froze with arm still in the air until I realized it had just

passed within inches behind the Boss and hit Artie in the face. It all happened in seconds.

Just came across a picture of a 1931 Ford Roadster for \$475. It looked nice. Speaking of Fords, a new Ford sales and service opened in April 1936 at 24 E. Barclay St.; Judd Snyder salesman and Gus Reidlinger repairs & service. 1936 also had coffee 2 lbs. for 35 cents, 1 lb. Point salmon 2 cans for 21 cents & Jello 3 pkgs. 16 cents. But then I was making \$5 a week at my first job.

I am looking at a colorful Western Union Valentine sheet of the 30's. For a 15 word Valentine of your own wording it was 35 cents or your choice of 28 prepared telegrams listed for 25 cents. Come to think of it Feb. 14 date is one of the few that someone has not thought of changing each year.



Broadway (107) and Marie Street looking north after 1909 as trolley just visible across railroad tracks. Two horses and carriages plus one car at curbed street and full sidewalks. Huettner stores each side of street.

(Postcard)



1937 photo shows new building erected after big fire of 1937. Stores now gone due to state road widening. Englert Bakery (Bahren Burge) - Sweet Shop - Rogers 5 & 10 - Town and Country - Kraft Jewelers - Cut Rate Drug - Grocer - Ice Cream - Deli - Sausmer Hardware - Beatty.

(Photo by Bill Clark)

YOUR GOOD SERVICE SPEAKS FOR ITSELF...

But who is speaking to potential new customers in your area about your service? Getting To Know You helps new homeowners find a plumber, carpenter or electrician with a housewarming package filled with needed information about selected community service companies. Join the finest merchants and professionals by subscribing to your local Getting To Know You program, and help your new neighbors get acquainted with you.



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LEGAL NOTICE

Advertisement
For Bids
Bid Schedule
No. 1991/92:35

Separate sealed proposals for four (4) of the five contracts for the Science Room Renovations at the Hicksville High School will be received by the Board of Education of the Hicksville Union Free School District, sent or delivered either before the hour and date of the opening to the Director of Facilities & Operations of the Hicksville Union Free School District, Administration Building, Division Avenue and 6th Street, Hicksville, New York 11801, or at the hour and date of the opening at the place designated therefor, namely 2:00 p.m. on: **Wednesday, March 4th, 1992** at which time and place said bids will be publicly opened and read for the following work:
Contract "A": General Construction Work
Contract "B": Heating & Ventilating Work
Contract "C": Plumbing Work
Contract "D": Electrical Work

Bidding Documents may be examined at the Business Office or the office of Knappe and Johnson, Architects, 600 Old Country Road, Garden City, New York, and copies thereof may be obtained from the District Clerk, upon payment of fifty dollars (\$50.00) for each set, in the form of a check made out to the Board of Education, Hicksville School District. Deposit is refundable upon return of the copies.

Bids must be accompanied by a certified check or bid bond executed by the bidder and a surety company authorized to do business in the State of New York and acceptable to the Owner in an amount not less than five percent (5%) of the amount bid.

The Board of Education reserves the right to reject any and all bids, to waive any informality in bids, and/or to accept the bid which seems most favorable to the interests of the School District.

Bids must be submitted to include the furnishing of a performance and payment bond, in the amount of 100% of the accepted bid, guaranteeing the completion of the work in accordance with the plans and specifications and the payment of all obligations arising therefrom, unless the Contract award amount is less than \$20,000.00 and the Contractor foregoes all progress payments and agrees to await payment until the work is completed and accepted by the Owner, in which case no bonds will be required.

All bids will be held firm by the Board of Education for ninety (90) days after the formal opening thereof.

By Order Of
The Board Of Education
Hicksville Union Free
School District
Hicksville, New York
Alice Wider,
District Clerk

Dated:
February 10, 1992
MIT 2557

"Visiting Author" Reads To Kindergarten

Araly Ramirez is a "Visiting Author" from Mrs. Stopek's English as a Second Language (ESL) class at the Old Country Road School. Araly read her book to the ESL kindergarten class. The students responded positively and excitedly to the visiting author and her book. Her book is about different animals, based upon a book of

animals she enjoyed reading as well as a picture file on animals.

Araly arrived from Columbia this past December. She has adjusted extremely well to the school, her fifth grade class, and to the ESL class. She is full of personality and is liked by everyone who meets her. She is also highly motivated and has made steady progress in acquiring the English language.



Araly reads her book on animals to the ESL kindergarten class.

Vacation Reading



Vacation time was reading time for Mrs. Levine's first grade class of the Central Boulevard School in Bethpage. During the December holidays almost all of the students read between 5 and 18 books. They were rewarded with certificates and a big book, entitled *If You Meet A Dragon*, which was read and presented to them by Dr. Regina Cohn, Director of Reading and Related Services for Bethpage Public Schools.

LEGAL NOTICE Public Notice

Please Take Notice, that the Town Board of the Town of Oyster Bay, New York, shall hold a regular meeting to conduct the public business of the government of the Town of Oyster Bay, on Tuesday, the 25th day of February, 1992, at 10 o'clock A.M., prevailing time at the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York. All interested members of the public are invited to attend. Pursuant to law, a public hearing will be held at the aforesaid time and place, or as soon thereafter as practicable, to consider the following amendment to Chapter 233 "Motor Vehicles and Traffic" of The Code of the Town of Oyster Bay, New York. Stop Signs shall be added or deleted from to Section 17-25 in the hamlets of Farmingdale, Hicksville, Massapequa and Syosset. Yield Signs shall be deleted from Section 17-28 in the hamlet of Massapequa. One Way Only shall be Added to Section 17-35 in the hamlet of Hicksville. No Stopping Zones shall

be added to Section 17-152 in the hamlet of Massapequa. No Parking Zones shall be Deleted from Section 17-165 in the hamlet of Massapequa. Parking Prohibited On Certain Days Or Hours, shall be Added or Deleted from Section 17-166 in the hamlets of Massapequa and Plainview.

The above mentioned amendment to Chapter 233 "Motor Vehicles and Traffic" is on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 A.M. and 4:45 P.M., prevailing time at the Office of Town Clerk. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated. By Order Of The Town Board Of The Town Of Oyster Bay, Lewis J. Yevoli, Supervisor; Carl L. Marcellino, Town Clerk Dated: February 4, 1992, Oyster

Bay, New York.
MIT 2556
1X 2/14

PROFESSIONAL GUIDE

Advertising on this page is only open to NYS licensed professionals

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East Woods Ext. Day Program

Ten years ago, the East Woods School initiated an Extended Day Program to provide care and enrichment for kindergarten through fourth grade children after regular school hours. The Monday through Thursday program focuses upon the child and his/her needs at the end of the school day.

The program now enrolls over 125 students per semester. The school offers a choice of five to six activities a day in a wide range of areas and brings in professional specialists to enhance East Wood's own faculty talent.

According to Mrs. Barbara Breslow, Pre-Kindergarten teacher and Director of the Extended Day Program, "We believe we have developed an exciting yet nurturing environment, and we are continually changing, expanding and growing to meet the interests of the children. Enrichment, creativity, exploration, socialization and enjoyment are key words describing our program. East Wood's Extended Day Program offers the kind of high quality activities parents seek out for their children, and yet they don't have to travel anywhere."

The Extended Day Program has successfully enlisted the participation of the Y.H. Park Tae Kwon Do School and the Theodore Roosevelt Sanctuary which provide highly trained instructors to conduct classes at East Woods. Tennis classes are held year round, taught by a U.S. P.T.A. certified tennis pro from New York City. In the very popular silver jewelry class beautiful and artistic creations are produced. New and unusual classes are added to the program each trimester. Old favorites such as clay sculpture, cooking, country crafts, dance and gymnastics are often selected. Seasonal considerations expand classes into the outdoors for lacrosse, baseball, sports and games, and rocketry. Cheerleading, puppetry, drama and rughooking were just added to the program. Assembly programs each semester highlight the accomplishments of all of the performance groups. Displays are periodically created to acknowledge the efforts of all of the various arts and crafts classes.

The popularity of several art courses led to the inception of additional extended course offerings for parents, faculty and upper school students. Paper marbelizing, silver jewelry and rughooking are offered from 4-5 p.m. for interested participants.

Each February the Extended Day classes pool their efforts and produce Valentine cards, chocolates and objects d'art for a sale to benefit the Save the Children organization.

In the past 10 years the Extended Day Program has become an integral part of East Woods' total educational program and school day. East Woods School has provided quality after-school care in their Extended Day Program which will continue to grow in response to the needs and interests of the school community.

News From Bethpage Library

Movies At The Library

On Friday, February 21, at 8 p.m., the Bethpage Public Library will feature *City Slickers* as part of its Friday Night Film Series. The film stars Billy Crystal, Daniel Stern, and Bruno Kirby, is rated PG-13, and runs 108 minutes.

ESP With The Aldens

For an entertaining and extraordinary evening, join Bernard and Anne Alden at the Bethpage Public Library on Friday, February 28, at 8 p.m. Extra-sensory perception has always fascinated people, and the Aldens are masters of telepathic skills. They will amaze you as they reveal names, addresses and thoughts of members of the audience. The Aldens will also demonstrate their other exceptional powers, including clairvoyance, precognition and thought projection in a sun-filled evening that explores the mysterious powers of the human mind.

Dancercise With Ellen Coven

Exercise doesn't have to be boring...Exercise doesn't have to feel like work! Ellen Coven has developed a program to improve strength, flexibility, posture and balance. Join Ms. Coven at the Bethpage Public Library, beginning March 4, for an eight week session of dancercise. Classes will be conducted Wednesdays from 4:30 p.m. to 5:30 p.m. and will include: warm-up, floor work, moderate-low impact aerobic dance and cool-down. Participants are always encouraged to work at their own fitness level, to the tune of a lively mix of musical styles!

Bethpage (School District #21) residents may sign up at the Reference Desk at the library, and registration for non-residents will begin on February 3. The cost of the eight session course is \$24. Please bring a towel or mat, and a thermos or sport bottle of cold water. Light, comfortable active wear is recommended, sneakers are required.

Quilting For Beginners

Even if you can't sew, you can learn to quilt! Join Eleanor Steidle at the Bethpage Public Library for a two-part Beginner

Quilting Workshop. The classes will be held on consecutive Thursdays, March 12 and 19, from 7:30 to 9:30 p.m.

There is a \$5 fee for a kit which includes fabric for top, batting and backing cut to size. A sample is available at the reference desk, where sign-up begins for Bethpage School District #21 residents immediately. The material fee must be paid at the time of registration. Sign-up for non-residents, if space is available, will begin on March 2. Don't miss this opportunity to learn a relaxing and rewarding hobby!

The Lost Art of Hand Engraving, with Ed Holownia

On Thursday, February 27, at 7:30 p.m., the Friends will sponsor a most entertaining and informative evening. Talented Ed Holownia will demonstrate the intriguing art of hand-engraving on gold and silver by means of hand-held tools. The versatile intricacies of hand engraving as opposed to the current widely-used machine engraving is a fascinating subject, and along with Ed's anecdotes about the work he has done and the people he has met through the years, will make for an evening not to be missed.

All welcome - Free admission.

New York Fashion Focus Fun - Fashion Slide Show - Entertainment by Lee Ennis

On Wednesday, February 26, at 1 p.m., dynamic fashion pro, Lee Ennis, director of The Fashion Associates in Garden City, will present famous New York designers, colorful clothes and stylish gossip in her slide show *Meet Seventh Avenue*. You'll step up Seventh Avenue to the dazzling world of New York's top fashion designers and enjoy their fabulous creations on glamorous runway models. You'll peek behind the scenes and get insider gossip. This colorful program is up-to-the-minute, comfortably paced and lots of fun! Sign up at the Reference Desk.

Free Admission.

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

New Appointee



Nassau County Executive Thomas S. Gulotta, left, congratulated Charles A. Bevillacqua, a Syosset resident, on his appointment to the Nassau County Water Resources Board.

LEGAL NOTICE

Amendments To The Code Of The Town Of Oyster Bay Chapter 233, Motor Vehicles And Traffic

Be It Ordained, by the Town Board of the Town of Oyster Bay, County of Nassau, State of New York, that the Code of the Town of Oyster Bay, New York, adopted October 5, 1971 and reclassified April 22, 1991, as Chapter 233, as amended, be and the same is further amended as follows:

That the following location be added to section 17-25 of the said Code establishing thereunder the following intersections as Stop intersections and stop signs shall be erected at appropriate places facing traffic on the stop street. All traffic on a stop street approaching a through street from either direction unless otherwise designated, shall come to a full stop before entering the through street.

Massapequa:

Through Street:
Bayview St. East

Stop Street:

Cedar Drive,
North/Southbound

That the following location be added to Section 17-28 of the said Code establishing Yield Zones which shall be appropriately designated by posted signs:

Plainview:

Through Street:
Point Of Woods Rd.

Yield Street:

Haypath Road, Eastbound

That the following locations be added to Section 17-152 of the said Code establishing No Stopping Zones, which shall be appropriately designated by posted signs: Locust Valley - Forest Avenue - south side - starting at a point opposite the west curb-line of Birch Street, west for a distance of 55 feet. Syosset - Berkley Lane - south side - starting at a point opposite the west curb line of Elmwood Lane, west to a point 290 feet west of a point opposite the west curb line of Ellis Drive.

That the following location be added to Section 17-166 of the said Code establishing No Parking During Certain Days Or Hours: Massapequa - Ocean Avenue - No Parking 7:00 AM to 7:00 PM except Sunday and Holidays - west side - starting at a point 270 feet north of the north curb line of Merrick Road, North to the south curb line of Prospect Place.

That the following location be deleted from Section 17-168 of the said Code: No Parking during certain days or hours: Massapequa - Ocean Avenue - No Parking 7:00 AM to 7:00 PM except Sunday and Holidays - west side - starting at a point 40 feet north of the north curb line of Merrick Road, North to Prospect Place.

That the following locations be added to Section 17-168 of the said Code establishing Limited Parking on certain days or

LEGAL NOTICE

hours, which shall be appropriately designated by posted signs: Locust Valley - Forest Avenue - Two Hour Parking 9:00 AM to 7:00 PM - south side - starting at a point opposite the west curb line of Birch Street; south side - starting at a point opposite the east curb line of Birch Street, east to the west curb line of Birch Hill Road.

That the following location be deleted from Section 17-168 of said Code: Locust Valley - Forest Avenue - Two Hour Parking 9:00 AM to 7:00 PM - south side - starting at a point opposite the east curb line of Ash Street, east to the west curb line of Birch Hill Road.

By Order Of
The Town Board Of
The Town Of Oyster Bay
Carl L. Marcellino
Town Clerk

Lewis J. Yevoli

Supervisor

Dated:

Oyster Bay, New York

February 4, 1992

State Of New York
County Of Nassau

I, Carl L. Marcellino Town

Clerk of the Town of Oyster Bay, and custodian of the Records of said Town, DO HEREBY CERTIFY that I have compared the annexed with the original Notice of Amendments to the Code of the Town of Oyster Bay, (Motor Vehicles and Traffic) adopted by the Town Board on February 4, 1992.

filed in the Town Clerk's Office and that the same is a true transcript thereof, and of the whole of such original. In Testimony Whereof, I have hereunto signed my name and affixed the seal of said Town this 5th day of February, 1992.

Carl L. Marcellino,
Town Clerk

Beth 3125
IX 2/14

College Notes

Lee Dash, of Syosset, has been selected to the planning committee of the Penn State Dance Marathon, the largest student-run philanthropy in the nation. Dash, a senior majoring in accounting, serves on the Morale subcommittee for the 20th annual event.

The money raised by the Dance Marathon helps children with cancer. The Marathon supports the Four Diamonds Fund at Penn State's Milton S. Hershey Medical Center in Hershey, PA. This fund provides financial assistance for cancer treatment and supports social service programs, patient and family education, and cancer research.

In the past 15 years, Penn State students have raised almost \$3 million for the Four Diamonds Fund. Last year, the Marathon raised \$785,835 for the fund, making it the largest student-run philanthropy in the country.

The Dance Marathon is sponsored by the IFC and Panhellenic.

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Town of Oyster Bay Councilman Thomas L. Clark, joins with Town and Nassau County officials and the Long Island Veterinary Association in kicking off three no-cost rabies vaccination clinics in Nassau County. The Town's clinic will be conducted at its Syosset Animal Shelter on Saturday, February 29, from 2-6 p.m. On hand for the occasion, left to right, were Dr. Mark Beckerman of the Long Island Veterinary Association, Nassau County Health Commissioner George Pickett, Animal Shelter Director Charles Yodice and Animal Warden Chris Tresham.

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6TH GRADE

FRANCESCO BRUZZI
NICOLE COX
ERIC MICALIZZI
JACK SANDLER

The Town of Oyster Bay Animal shelter will be co-hosting a free rabies inoculation clinic with the Nassau County Department of Health on February 29, according to Councilman Thomas L. Clark.

"In November the Board of Supervisors designated Nassau County a rabies county, requiring the compulsory rabies vaccination of all dogs," said Councilman Clark. "In order to heighten awareness of this risk to the public health, we will hold a free rabies inoculation at the Town Animal Shelter."

Councilman Clark added that the Long Island Veterinary Association members have agreed to donate their time to administer the inoculations and the County will pay the cost of the vaccine serum and vaccination certificates.

"Residents who would like to take advantage of this free clinic must make an appointment through the County Health Department at least twenty-four hours before the clinic," said Councilman Clark. "As a means of limiting the number of animals waiting to be inoculated in the holding area, walk-ins without appointments will not be seen. Residents with appointments can have up to three dogs inoculated free of charge."

Oyster Bay Town Clerk Carl L. Marcellino added that owners of unlicensed dogs brought to the rabies clinic for inoculation will be required to purchase licenses on the day of the clinic. Mr. Marcellino also reminded pet owners that proof of rabies vaccination is required when purchasing dog licenses from the Town Clerk's office.

The free rabies inoculation clinic will be held at the Town of Oyster Bay Animal Shelter on Saturday, February 29, between 2-6 p.m. Appointments can be made by calling 535-2352 or 535-3678.

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Third grade students enjoy Character Day at St. Ignatius School during Catholic Schools' Week.

Catholic Schools' Week was celebrated at Saint Ignatius Loyola School during the week of January 26. An Open House meeting was held for prospective parents on Sunday afternoon. New parents had the opportunity to meet the pastor, principal, faculty, members of the School Board, and officers of the Parents' Association. After brief speeches, they were able to ask questions about various aspects of the school.

Open House was held all week to give visitors the opportunity to view the classes in action. Visitors also had the chance to see some special events. The annual Math Bee for grades 4 to 6 was held on Tuesday. It was attended by grades 1 to 8, parents of contestants, and other guests. Biography Days were celebrated by grades 4 to 8 on Monday and Thursday. Students dressed as famous people and gave brief

speeches about the person they represented. Selected students in grades 4, 5 and 6 gave a Biography Presentation on Thursday afternoon for students in grades 1 to 8 and other visitors. On Wednesday, Character Day was celebrated by the children in grades K to 3.

The children dressed as a favorite story character and paraded to the other classes.

The highlights of the week were Ring Day and Grandparents' Day on Friday. At a special ceremony after Mass, each eighth grader received his school ring from Father Tarrant, the pastor. The ceremony was attended by the children in grades 1 to 8 as well as many parents and grandparents. Afterwards, grandparents, parents, and other guests visited the classrooms and enjoyed refreshments in the cafeteria.

In Service



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

He is a 1991 graduate of Hicksville High School.

Portledge Coach Recognized

R. Curtis Sawyer, Jr., was recently presented with an award and inducted into the Century Club for recognition of achieving 100 victories as head coach of lacrosse at Portledge School. The award was presented by Bill Pilat (Roanoke College), chairman of the Century Club, at the 57th National Convention of the U.S. Lacrosse Coaches Association.

Portledge School's lacrosse team is the NYMLA Champions from last spring and Mr. Sawyer was head coach of the NYMLA Exceptional Seniors team last June. In its eleventh year, the Portledge lacrosse program has produced one High School All-American, nine All League Players, nine All Division Players and twelve All Tournament Players.

Portledge School is a fully accredited private independent and non-sectarian college preparatory day school of 275 students from Pre-Nursery through 12th Grade located on 65 acres on Duck Pond Road in Locust Valley.

Airman Erik J. Matz has graduated from Air Force basic training at Lackland Air Force Base, Texas.

During the six weeks of training the airman studied Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

He is the son of Hermann J. and Maria V. Matz of Arch Lane, Hicksville.

The airman is a 1991 graduate of Hicksville High School.

Marine Pfc. Daniel P. Moloney, son of Joseph A. and Maureen F. Moloney of Terrell Lane, Hicksville, recently completed recruit training and was promoted to his present rank.

All recruits participate in an active physical conditioning

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★★ Not a going-out-of-business sale ★★

Dear Neighbor,

Unseasonable temperatures and a sluggish economy have forced us to liquidate our 1991 inventory. You are invited to an exclusive preview of our first-ever storewide Liquidation Sale.

Come in any day from Thursday, February 13th, to Saturday, February 29th, and avail yourself of the lowest prices ever on Ben-Ric's unrivaled collection of fine furs and luxury outerwear. Virtually hundreds of our garments will be drastically reduced. Whether your heart's desire is an elegant wild mink swing or a brilliant-hued shearling, a supple leather blouson or a nutria-lined raincoat, you'll be certain to find it in our showroom, at an unprecedented savings.

Take advantage of these spectacular savings on superb garments. Our warmest wishes for a healthy and joyous '92.

FREE PARKING Mon.-Sat. 9:30-5:30

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Yours Truly,

Ben Pollack
Ben Pollack
Ben-Ric Furs

Local Students Nominated



Congressman Norman F. Lent (R-4th CD) congratulates his nominees to the United States Service Academies from Hicksville. These candidates are among the top high school students from across the Fourth Congressional District. They are, left to right: Clifford Allen and Timothy Glover, Navy.

Mock Team In Competition

Hicksville High School's Mock trial team is set for competition this month, with meets on February 12 against Oyster Bay, and February 26 against Roslyn.

Six students, some in rotation, act as lawyers and witnesses in a "case" provided by the New York State Bar As-

sociation. Dr. William Lemmey is the moderator.

Team members are as follows: Michael Chang, Joaquin Ezcurra, Elizabeth Fitchner, Jackie DePalma, Brian Wong, Brian Bluth, Sonia Rodriguez, Ali Ismail, Raul Ruri, Glen Hinkley, Mike Rizzo, Jennifer Uhlein, Ross Micheals, and Andrew Johnson.

News From VFW Post 3211

By P.P.C. Carmine A. Somma

"V.F.W. Post 3211 Celebrated its 57th Anniversary"

On Saturday February 15, William M. Grouse Jr. Post 3211 V.F.W. celebrated its 57th anniversary with a Dinner/Dance held at the V.F.W. Hall 320 So. B'way Hicksville. The chairman of this event is Sr. Vice Commander Dennis Ladislav.

V.F.W. Post 3211 Hicksville was originally named Manetto Plains Post 3211. Its charter was approved on February 4, 1935 and instituted on February 11, 1935. Twenty comrades comprised the post at the time of the first muster. By the end of 1935 the Post listed 61 members. Today we have grown to over 500 members. The Manetto Plains Post 3211 was renamed the William M. Grouse Jr. Post 3211 several years later as per agreement by the comrades of the Post that which ever comrade died first the post would be named after that deceased comrade. William M. Grouse Jr. died on October 6, 1938 at age of 39. He was the son of Quaker parents and served in the U.S. Army in World War I.

V.F.W. Post 3211 bought its property in 1946, held post meetings in Odd Fellow Hall at the Masonic Temple in Hicksville until 1948. The Post then moved into their new building on Grand Ave. In September 1973 a new wing was added on.

We support veterans programs and the Post visits Northport Veterans Hospital once a month. At Christmas time the Post entertains at the V.F.W. Hall with a dinner. All the patients receive a gift from Santa.

V.F.W. Post 3211 is dedicated to serving the community and to promotion of patriotism. The Post serves the community by contributing to charitable institutions and organizations such as the Vietnam Veterans Resource Center, International Games for the Disabled, needy families at Thanksgiving and Christmas, Hicksville Community Council etc. Comrades & Sisters of the Post answered the call for used clothing & shoes, for comrades of Vietnam Veterans in Logan County, West Virginia also known as Appalachia. The Post made a monetary donation to be used for school supplies and food.

The Post promotes patriotism by offering scholarships, Voice of Democracy and Coloring Book contests for the students of the Hicksville School system for its participation in the community activities. Post 3211 received two national awards for unity service one for the formation of a (Veterans Employment Agency) the other for its first Coloring Book Contest. It was one of the first organizations to contribute to refurbishing the Statue of Liberty. The Post donated to Hicksville Veterans Mounument Fund, Korean & Vietnam War Monuments. The Post made monetary donations to the Long Island National Cemetery Memorial Organization to Modify and Relocate the Carillon at Pinelawn National Cemetery Memorial. Also, the Post made a monetary donation to the Pearl Harbor Memorial and Museum at Percy Raynor Park in Setauket L.I. At the present time the newly formed Mid-Island Support Group for Desert Shield is meeting at our Hall. We have sent 48 packages to our military personnel in operation Desert Shield and we have received letters of thanks from the recipients. Where there is a conflict we always send packages to our military persons (male or female).

The Post encourages the community to join in support for the return of our P.O.W./M.I.A. in all the wars. Some of our fundraisers include Las Vegas Night, Journal Ads, dances, donations from the public. George C. Lang who served in Vietnam and is the recipient of the Congressional Medal of Honor is a Life Member of V.F.W. Post 3211.

On January 13, 1992 we had our elections to the Board of Directors and the newly elected members of the Board of Directors are Conrad Steers, Carmine Somma, Joe Artale, Joe Messana, William Frohnhoefer. Also serving on the Board are Pat Mercurio, Vincent Edwards, George Walden, Lester Iehle, Shelly Okin and Al Vitello. Also congratulations to the newly elected officers of the Board of Directors for the next twelve months. These new Officers are: Chairman of the Board Vincent Edwards, Vice Chairman; George Walden, Treasurer; Lester Iehle, Assistant Treasurer; Joe Messana; Secretary Pat Mercurio; Trustees, Shelly Okin and Joe Artale. Thanks to Al Wangerheim and Artie Rettberg for their services rendered through the year as they are both leaving the Board of Directors.

Their expertise will be missed and we wish them well. Thank you Al & Artie.

On March 31 at 3 p.m. at the V.F.W. Ms. Laura Duncan, Attorney at Law, will hold a seminar on the possibilities of having your real estate property taxes reduced. This is possible if your house assessment is too high. This seminar is for homes only and you may bring friends or neighbors.

We of the Hicksville V.F.W. Post will be honored our winners of the Voice of Democracy on Friday evening, February 7. This year's program had one of the largest participations and thanks goes to Chairman William Bennett.

The 1992 Memorial Parade in Hicksville is being sponsored as customary by the combined Hicksville War Veterans. The host Post of the Memorial Day Parade is the Masonic War Veterans.

Congratulations to comrades that received their Longevity Awards: Lester Iehle, Al Wangerheim and Arthur Rettberg. These three comrades have completed 45 years as members of our V.F.W. Post.

Congratulations to Geraldine and Fred Palumbo celebrating their 48th Wedding Anniversary and to Anita & Lou Foster celebrating their 50th Wedding Anniversary.

Congratulations to the new member, Nick Fugarazzo, who has just joined our Post. He was in the U.S. Navy WWII in the Pacific.

March 8 is our next Las Vegas Night from 7:30 p.m. to 12 midnight. Our games are Black Jack, Roulette, Joker Seven, Bix Six, and Beat the Dealers.

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

In Service

Marine Pfc. David M. Poggio, son of Aldo and Genevieve Poggio of 12th St., Bethpage, recently completed the School of Infantry.

During the course at Marine Corps Base, Camp Lejeune, NC, students receive classroom instruction and participate in field exercises involving infantry tactics, construction and camouflage of fighting positions, and the use of mines, demolitions and intra-company communications equipment.

He is a 1988 graduate of Bethpage High School.

Capt. Willis E. Burhans has been decorated with the Air Force Commendation Medal.

The medal is awarded to those individuals who demonstrate outstanding achievement or meritorious service in the performance of their duties on behalf of the Air Force.

It is his third award. He is a physician assistant at Columbus Air Force Base, Miss. Burhans is the son of Dossa F. White of Fulton Avenue, Hicksville, and Willis G. Burhans of DeBary, Florida.

The captain graduated in 1982 from the University of Oklahoma, Oklahoma City, and received a master's degree in 1989 from the University of Southern California at Los Angeles.



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Each year, 150,000 cases of colorectal cancer are diagnosed . . . 60,000 of these people die needlessly.

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Don't become a statistic!

If you're over 50, or have a high-risk history for colon cancer, fight the odds. Colon cancer screening involves stool blood testing, digital rectal examination & flexible sigmoidoscopy.

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A Major Teaching Affiliate of SUNY Stony Brook School of Medicine
Serving The Community Since 1896

OCR's Visiting Student Author

Irma Nalchadjian, a fourth grade student at the Old Country Road School was the "visiting author" from Mrs. Stopek's English as a second Language class for the month of January. Irma read her own creative storybook, entitled "Mrs. Wishy-Washy," adapted from a book by the same title, to the ESL kindergarten students.

The kindergarten students loved hearing Irma read her favorite story. "Mrs. Wishy-Washy," to which Irma had added beautifully painted illustrations.

Irma is a recent arrival to Hicksville schools, coming from Bulgaria in October, 1991. She has adjusted well to American schools and is a motivated learner who has made exceptional strides with acquisition of the English language.

The visiting author program gives ESL students a sense of pride in their accomplishments and the younger students exposure to good literature and positive role models.

Students At Citizen Bee

Four students from Hicksville High School will represent the district at the Central Long Island Regional competition of the Citizen Bee to be held on March 28 at SUNY, Farmingdale. James Fitzsimmons, Victor Yee, Joaquin Escurrea, and alternate Stephen Love will compete against thirteen other districts in order to advance to the state finals to be held in Albany in May. The students will take an objective examination on U.S. history, government, economics, geography, current events, and primary sources; this will be followed by four oral rounds in which the participants will answer questions on current events.

LEGAL NOTICE

NOTICE TO BIDDERS

SEALED BIDS will be received by the Board of Fire Commissioners of the HICKSVILLE FIRE DISTRICT, 20 East Marie Street, Hicksville, New York, until 3:30 p.m. prevailing time, February 24, 1992, for the following:

TURNOUT COAT AND BUNKER PANTS FOR FIREFIGHTERS FOR THE YEAR 1992

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

BOARD OF FIRE COMMISSIONERS HICKSVILLE FIRE DISTRICT

Dated: February 11, 1992
Attest: John Knight
District Secretary
MIT 2580
1X2/14

HBA Registration For 1992 Season

The Hicksville Baseball Association will be having open registration for 1992 Season on February 15, from 10 a.m.-1 p.m. at Levittown Hall, Levittown Parkway, Hicksville.

The Registration fee is \$58 for the first child and \$70 for 2 or more children per family. A separate uniform deposit for \$20 for each child must accompany your registration fee. Please date the uniform deposit July 1, 1992 and it will be returned at the end of the season.

Any new registrant must be 6 years of age before July 31, 1992 and must show a birth certificate as proof of age.

Travel Team Registration
HBA will enter into Babe Ruth in 1992 with a 13 year old and a 13, 14 and 15 year old travel team. The team will have 15-18 members and will be similar to the annual Williamsport we have every July, except this team will play together through the entire season including the playoffs. Children can play in both Babe Ruth and Regular HBA Seniors. If you are selected for Babe Ruth, however, you are not eligible for Williamsport All Stars in July. Games will be played at night on Saturdays and Sundays against various Nassau County teams home and away.

There is no extra fee to play for Babe Ruth, it is included in regular registration with HBA. Tryouts will be held in early April 1992. Please mark your registration form if you wish to try out for Babe Ruth Travel Team.

Hicksville Baseball Association is strictly a volunteer organization and as always we appreciate anyone who is interested in helping us make our 1992 season successful.

Parents, get involved with your children this year. It's a rewarding and fun way to meet members of the Hicksville community. Volunteer your time as a manager, coach, umpire, team mom or help by volunteering for shed duty. Indicate your choice on your registration form.

This year we will celebrate our 40th Anniversary with Little League, so don't miss the celebrations we have planned.

Workshops Still Available

There has been a rush to sign up for Hicksville Gregory Museum Children's Spring Workshops. Several have been filled already. The following workshops, however, are still open:

February 21 - "How To Do A Science Project" - Grades 1-2, 3-5, 6-8, \$1.25.

February 22 - "Basic Embroidery" Ages 8 and up. Members: \$6; non-members: \$8.

April 22 - "Recycling" Ages 4-6 and 7-9. Members: \$6; non-members: \$8.

May 9 - "Victorian Mother's Day Card" Ages 8 and up. Mem-

bers: \$6; non-members: \$8.

Call the museum at 822-7505 for more information and/or to register.

HBA Offering Commem Jacket

Our 1992 Season is very special this year. We are celebrating 40 years as a Little League Organization. To mark this special season HBA is offering for sale a commemorative jacket for its League.

The jacket is black satin with orange accents and is fully quilt-lined, made in the U.S.A. It will have a special HBA logo on the back and a name can be embroidered on the front.

The jacket is available in youth and adult sizes up to XL for \$36, XXL for \$40, and XXXL or larger for \$43.

Orders will be taken during Registration on February 15, from 10 a.m.-1 p.m., at Levittown Hall, Levittown Parkway, Hicksville. Sample jackets are on display for sizing. A \$20 deposit is required for each jacket ordered.

Science Project At Kennedy School



"Here Today, Gone Tomorrow." That was the theme of the research project developed by Mrs. Drotman, Science teacher, and Mr. Pryluck, Study Skills specialist, at John F. Kennedy Middle School in Bethpage. The science class students located information on over 400 endangered species world-wide and then created a pictorial map of this serious problem. Their data cards gave information on each species, its description, habitat, and reason for being classified endangered, threatened, or rare. Research into the seriousness and extent of the problem is important for starting the students on the first step in helping to save some of the endangered species of the world, as well as giving them valuable practice in research and organizational skills.



THE WINNING WAY

CELEBRATING ITS 40TH YEAR

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 accident 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 _____ PHONE _____
ADDRESS _____ TOWN _____ ZIP _____

The following members of my family are playing baseball/softball:

NAME	AGE	DATE	SEX	HBA PLAYER	PLAYED	UNIFORM
LAST	FIRST	7/31/92	BIRTH	IN 1991	OTHER	DEPOSIT

Please register my child for the Travel Team tryouts

FAMILY REGISTRATION FEE \$ _____

UNIFORM DEPOSIT \$ _____

TOTAL FEE \$ _____

Make checks payable to Hicksville Baseball Association.

HBA is a volunteer organization and must depend on volunteers to run the 1992 season. Please help us by giving a minimum of 1 hour of your time during the season.

Manager _____ Coach _____ Umpire _____ Team Mom _____

Yevoli Talks At Council; Postal Inspector Speaks

Continued From Page 1



Hicksville Community Council President Joe DePompa greeting a large turnout for the February meeting in the Kenneth Barnes Community Room of the Hicksville Public Library.

February Children's At Library

WINTER VACATION HIGHLIGHTS

Abraham Lincoln - The Storytelling President and His Family with Daniel Basuk, 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 author: ty 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 appear 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 Bruukelen, Wednesday, February 19, at 2 p.m.

See live snakes, turtles, lizards, a ferret, raccoons, goats, 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 Bianco, 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*. Dazzling 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.

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



Martin Biegelman, U.S. Postal Inspector, was a lead speaker at the Hicksville Community Council's large February meeting turnout at the Hicksville Public Library.



Getting acquainted. Town Supervisor Lewis Yevoli discussing issues with Hicksville resident John J. Ptacek at the Community Council February meeting.



Nicole Metakis, Hicksville 5 year old daughter of Susan Metakis, enjoying the February "Boy Scout Month" exhibit at the Hicksville Public Library.



Two fourth grade classes from Dutch Lane School enjoyed a slide program and Indian artifact display on the L.L. Algonquins at the Hicksville Gregory Museum. The youngsters with historian Richard Evers are holding replicas of wampum belts from the N.Y. State Museum.

Photos by Dick Evers

theft. Inspector Biegelman notes that theft in the Hicksville area is becoming a concern of his department. He attributes these thefts mostly to hard economic times.

Most mail thieves are on the prowl for credit cards, checks and cash. The thieves will rout mail jeeps, the green mail storage boxes or personal mailboxes in search for items which they can quickly use, or personal data on individuals which they can use for their own purposes. They usually discard mail which they determine not useful. The Postal Service will contact persons if their mail has been discarded in such a manner to alert them of the mail theft. Anyone wishing to report any information on a possible theft may contact the inspector's office at the Hicksville Post Office, the inspector's office in Garden City, call the message line at 933-2416, or write P.O. Box 160, Hicksville, N.Y. 11802-0160.

Inspector Biegelman cautioned mail users doing business over the phone to use a credit card at all times. He explained that credit cards usually cover you for losses. He urged everyone to "know their rights" when dealing with credit card companies. He also alerted residents that supermarket boxes advertising "vacations" and "big cash winnings" are usually free ways for perpetrators to "get victims." The prime areas for such mail thefts and mail frauds are New York, Florida, Las Vegas and California.

As part of a public awareness program, the U.S. Postal Inspection service publishes a *Consumer's Guide to Postal Crime Prevention*, entitled, "Take a Bite Out of Crime." The booklet deals with a number of mail frauds, protecting your mail from theft and various other problems. Residents may receive a copy of the booklet by contacting the Inspector's office at the Hicksville Post Office.

On the subject of neighborhood watch, the Hicksville Kiwanis will be sponsoring a vandalism prevention and detection program in order to cut down and eliminate vandalism and graffiti in town. The voice telephone hotline (336-6249) will be hooked up shortly, and other steps are in the planning stage to rid Hicksville of these unsightly scrollings.

The next meeting of the Hicksville Community Council will take place on the second Thursday in March, March 12 at 7:30 p.m. in the Kenneth S. Barnes Community Room of the Public Library, 169 Jerusalem Avenue.

LEGAL NOTICE

Please take notice that at the last Regular Meeting of the Board of Fire Commissioners of the Hicksville Fire District held on February 11, 1992, the Board resolved that "On or before March 10, 1992, the following Boxes will be removed from the Hicksville Fire District Alarm System." This action is being taken upon the recommendation of the District Superintendent.

Box Location

112 Blueberry La. and Elmira St.
117 Cherry La. - Lantern and Gull Rds.
132 W. Nicholas St. and Morgan St.
135 East Ave. and Genesee St.
136 West Ave. and Malone St.
137 Clarissa and Genesee St.
139 Cortland Ave. and Willow St.
168 Blueberry La. and Basket La.
212 Henry and Lawnview Ave.
232 Lee Ave. and North

LEGAL NOTICE

Drive

244 Park La. and Jay St.
321 Charles and Clinton St.
328 Kraemer St. and Charles St.
412 Twinlawn Ave. and Sunset Ave.
515 Lotie Ave. and N. Harrison Ave.
524 Libby Ave. and Violet Ave.
532 Bobblee La. and Seymore La.
534 Mable Ave. and Violet Ave.
541 Willet Ave. and Westmoreland Rd.
622 Burns Ave. and Windsor St.
623 Myers and Jersey St.
632 Myers and 14th St.
633 Gardner Ave. and Montana St.

BOARD OF FIRE COMMISSIONERS

20 E. Marie St.

Hicksville, NY

Attest: John Knight

District Secretary

Dated: February 11, 1992

MIT 2558

1X2/14

The Ultimate Teen Tour - Summer '92

EUROPEAN HORIZONS

An Exciting, Personally Escorted Teen Adventure Exploring Eight European Nations and/or The Land of Israel

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* Euro Disneyland - Paris
* London Theatre
* Swiss Summer Skiing

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



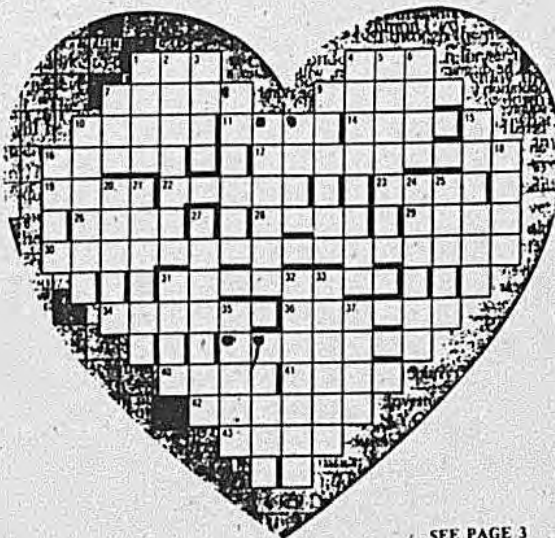
Discovery! Magazine

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



Friday, February 14, 1992

Love, 1992 Style Quiz



SEE PAGE 3



THE QUESTION OF THE WEEK

If there were money available to do government research on serious diseases, what priority would you give cancer, AIDS, heart or other diseases?



...A TEN BILLION DOLLAR, TWO YEAR CRASH PROGRAM TO FIND SOMETHING THAT DOESN'T CAUSE CANCER

Call 931-0027

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HOURS**

a Day

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

•One subject to a caller per week•

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

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.

Most Callers Don't Blame Smoke Makers

Most callers to Input do not think that cigarette companies should be responsible for people who get ill from smoking in answer to this question: "Should cigarette companies have to pay medical bills of long time smokers who become ill?" Here are some of the answers:

THEY KNOW

If people smoke or do anything else of their own free will and get sick doing it they should pay their own bills. Smokers know that cigarettes can injure health and they choose to do it anyway. If we are going to allow freedom then people have to pay for it when they misuse the freedom. J.F.

STOP SUITS

I think your question this week is ridiculous. I have been smoking for 69 years. No one is forced to smoke. Ambulance-chasing lawyers must have suggested this question. Stop intelligent people from sue, sue, sue. Doctors fees and insurance rates will go down believe me. P.D.T.

NO WARNING

There is some reason for long time smokers getting awards from cigarette companies. For many years there was no warning on cigarettes but the companies knew that some people were getting sick from them. They did not advertise right because they always showed the healthiest people smoking as though it were actually good for you. I don't know whether people who smoked two packs a day believed that the cigarettes were all right but certainly the companies were profiting in not letting them know. H.F.

ABUSING CIGARETTES

The idea that you could abuse cigarettes by smoking forty or as many as sixty a day seems to indicate that the people complaining about getting sick from them would have become sick from many things including water if they so overindulged. I do not think that cigarette companies should be responsible when people overindulge. G.D.

PAY A FUND

The cigarette companies should have to pay into a fund to pay bills of smokers who smoked before there was a warning on the pack. But if the smokers continued after the warning was printed then they should not get anything. They then knew what they were doing and should not blame someone else. G.S.

PRODUCT LIABILITY

The cigarette companies are responsible the same as any product manufacturer who makes something that injures people. This is an accepted part of doing business and cigarette companies will have to pay up. They made large profits off cigarette addicts and they should pay for the damage. G.B.

COURTS SAY NO

I think that courts have already decided some cases where families of people who died of lung cancer sued the cigarette companies. The verdicts up until now were all in favor of the cigarette companies. Perhaps there will be some type of special evidence to be used in cases but as of now the rulings have been against smokers. L.D.

BLAME THEMSELVES

If we have a free country then we have to have people free to make mistakes and blame themselves. The idea that we can act as we want and then get big cash awards for being hurt is really an Un-American idea. We do not want Big Brother so we cannot come running back when we make the wrong choice. G.B.

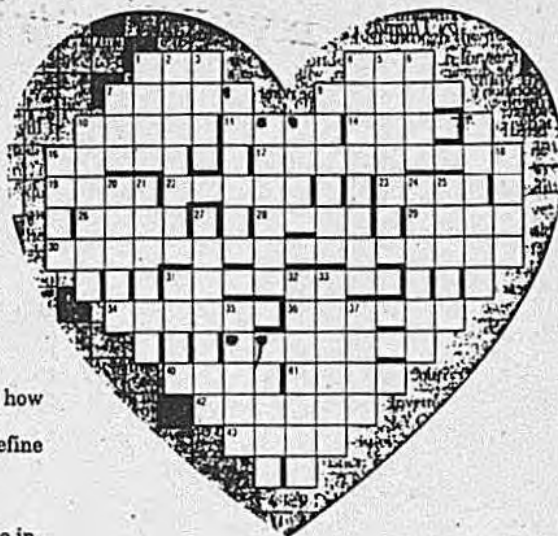
PAY OWN BILLS

In answering this "Question" I can't help but start out with a counter-question as to whether or not all taxpayers share an important part of the responsibility with respect to long term smokers who become ill from the habit inasmuch as the U.S. Government grants subsidies to tobacco farmers whose product, in turn, enables the cigarette companies to continue to produce an item which is

labelled as "a danger to your health". The personal dangers of smoking are imprinted by law on the cigarette package as well as on advertising matter. Despite this, people continue to smoke with evident pleasure. They do so acknowledging obedience to certain restrictions as to permissible areas in restaurants and public places. As smokers are therefore in effect knowingly breaking a law, if the preceding can be accepted as, in effect, "a waiver of responsibility for the producers", why should anyone subsidize their medical bills accrued in open defiance of the dangers involved! I was a heavy smoker for many years but about nine or ten years ago I quit the habit "cold turkey" and never regretted it. If I were to resume, I would be the first to accept as my own responsibility any medical charges which might ensue as a result. P.G.S.



Discovery!



Love, 1992 Style Quiz

By Marjorie Wolfe

It's almost Valentine's Day. Grab a #2 pencil and let's see how well you fare on this holiday quiz.

1. How does Anita Pearl ("Dictionary of Popular Slang") define "Mr. Nice Guy"?

- A) as a "mensch"
- B) Ted Danson ("Cheers")
- C) one whose main goal is to be liked and who would sacrifice integrity for this

2. A passionate kiss

- A) Burns the calories in one potato chip
- B) is the most pleasant way of spreading germs yet devised
- C) is a word invented by poets to rhyme with "bliss"
- D) All of the above

3. According To Andrew Lloyd Webber's "Aspects of Love,"

- A) "Love is more easily demonstrated than defined"
- B) "Love Changes Everything"
- C) IF U CN RD THS I LOV U

D) "Love is an unusual game. There are either two winners or none."

4. Name The Film In Which Woody Allen explains to girlfriend Diane Keaton his theory that love affairs, like sharks, have to keep moving forward to stay alive. "What we have here," Allen informs Keaton, "is a dead shark."

5. Who wrote in his book, "Love and Marriage:" "For two people in a marriage to live together day after day is unquestionably the one miracle that the Vatican has overlooked. Turning water into wine was routine compared to my staying with a woman who noisily sucks air through her teeth?"

6. According to author, Jane Segerstrom, which of the following tips are suggested for attracting and keeping a "significant other?"

- A) Stop man-hunting
- B) Avoid sexiness; flash attracts one-night stands
- C) communicate; practice verbalizing your feelings, ideals and goals with those close to you.
- D) Be genuine; saying what you think someone wants to hear is a loser's game
- E) All of the above

7. According to Harper's Index, Feb. 1989, what is the average number of hours that Americans say they feel "romantic" each day?

- A) ½ hour
- B) 1 hour
- C) 3¾ hours

8. What do these couples have in common?

Romeo and Juliet, Nellie Forbush and Emile de Becque, Cinderella and Prince Charming

9. Who wrote, "Each night I ask the stars up above/Why must I be a teenager in love?"

10. In Shakespeare's A Midsummer Night's Dream, why does Oberon squeeze the juice of a pansy on Titania's eyes?

ANSWERS:

- 1. C
- 2. D
- 3. B
- 4. Annie Hall
- 5. Bill Cosby
- 6. E
- 7. B
- 8. They're all tales of love at first sight
- 9. Dion and the Belmonts
- 10. So that she will fall in love with the first person she sees on awakening

ABOUT THE AUTHOR

Marjorie Wolfe is a business teacher in Plainview, and a free-lance writer. She has had several contributions to Discovery.

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READER RATINGS



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

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

Q. I do not understand why American restaurants continue to use French wording on their menus. Not long ago, I ate in a place where various dishes were described as "A l'Espagnole," "a la Grecque," and "a l'Anglaise." Telling diners that the foods were prepared in the Spanish, Greek, or English manner was not very helpful!

A. French cuisine is considered by many people to be the best in the world so it is not surprising that many terms dealing with food preparation are derived from the French!

Your waiter would have been pleased to inform you that a dish served "a l'Espagnole" is combined with tomatoes, onions and olives. One which is "a la Grecque" has a sauce of olive oil, lemon, spices and peppercorns. Anything served "a l'Anglaise" is boiled.

Don't be intimidated by French (or Italian, German, etc.) expressions on menus. Those terms are not difficult to master and after a time you will begin to see they are a useful "shorthand" for the diner, telling him about methods of food preparation and ingredients.

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DINING GUIDE



Vegetarian View

By Margaret Wink-Peterson

Beans grace the typical American table only under a heavy blanket of caramelized bacon or as an afterthought atop a green salad. What a pity — beans are a great source of protein, minerals and vitamins. Their fiber can help protect against constipation, prevent wide swings in blood-sugar levels and reduce too-high blood cholesterol.

Admittedly, gastrointestinal discomfort forces many persons to miss the joys of beans. Some of the beans' carbohydrates remain undigested in the intestine but are easily fermented by bacteria that normally live there. The result — gas, bloating and cramping. These hints can maximize your contentment:

Before cooking, soak all dried beans — except lentils, black-eyed peas and split peas, which can forgo this step — to remove some of the offending carbohydrates, reduce cooking time and improve the taste. Once beans are soaked, toss the soaking water. Use fresh liquid for cooking.

To soak, pick over beans, discarding debris and shriveled or discolored beans. Rinse beans and drain. Then, for the traditional soak method, place beans in a large pot (allow room for expansion) with enough water to cover at least 4 inches. Allow to stand at room temperature at least 10 hours. Drain, rinse and drain again. Beans are ready to be cooked in your favorite recipe.

Or, for the quick-soak method, place rinsed and drained beans in a large pot with a generous amount of water. Bring to a boil; boil hard two minutes. Remove from heat; let stand an hour covered and undrained. Drain, rinse and drain again. Beans now can be cooked.

Eat only well-cooked beans. Beans should be cooked until tender enough to mash easily between your tongue and the roof of your mouth. Lentils, black-eyed peas and split peas are done in about 30 minutes; others will take about two to four hours, depending on the age of the beans. Beans stored a long time under very dry conditions will need more time to soften.

Choose less-disturbing beans — black-eyed peas, lentils, lima beans, garbanzos and white beans allegedly result in less gas formation. Among the worst is soybeans, although soy products such as tofu will be processed enough to minimize the problem.

Gradually add beans to your diet, starting with small amounts to let bacteria in the gut become accustomed to the fiber and starch.

Busy, health-minded cooks prepare a large batch of beans over a weekend, then freeze them in portions they'll need for quick meals during the week. Pack beans with some of their cooking juices in well-sealed plastic containers; allow room for expansion during freezing.

Others like to keep a few cans of cooked, unseasoned beans in the pantry. Although these are more expensive than home-prepared, they are handy. Remove excess salt by briefly rinsing the beans under running water; drain well before using. Or buy the reduced-salt varieties.

LENTIL WALDORF SALAD
1½ cups lentils, rinsed and drained
6 cups water
3 tablespoons cider vinegar

Continued On PAGE 8A

DINING GUIDE

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READER RATINGS



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Q. Not long ago I ate in one of the most expensive restaurants on Long Island. Everything was beautifully cooked and served, but ketchup was placed on the table in the original Heinz bottle. I was appalled!

A. Perhaps the restaurant was afraid dinners would not recognize the ketchup if it was placed in anything except the familiar bottle. I agree, though, that a Heinz bottle was out of place in the setting you describe. A small crystal dish, with a word of explanation from the waiter, would have been more appropriate.

Q. What are the rules of etiquette for eating cakes or confections?

A. Large pieces of cake should be eaten with a fork, and so should large or small cakes that are sticky or messy. Tiny cakes served in a paper frill may be picked up by the fingers and eaten the same way as chocolates or bonbons.

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



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PAGE 7, Friday, February 14, 1982 RFA/RER RATINGS

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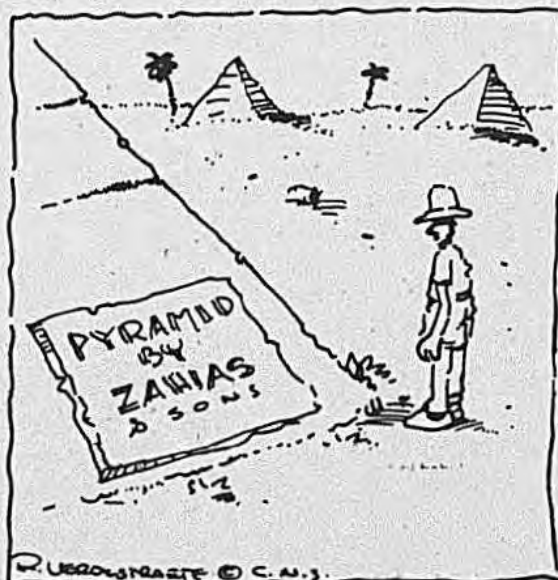
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Vegetarian View

Continued From PAGE 5A

- 2 tablespoons oil
- 1 tablespoon Dijon-style mustard
- Freshly ground black pepper and salt to taste
- 2 large sweet apples, unpeeled, cored and diced
- 1 cup diced celery
- 1/4 cup chopped walnuts, lightly toasted
- 1/2 cup minced fresh parsley

Serves 4

In medium saucepan, bring lentils and water to boil. Reduce heat, partially cover pan and simmer lentils about 25 minutes or until they are barely tender. Do not overcook. Transfer to colander, rinse under cold water, drain and cool. Meanwhile, whisk together vinegar, oil, mustard, pepper and salt. Add drained lentils, tossing ingredients to combine thoroughly. Set aside to cool further. Add apples, celery, nuts and parsley to the cooled lentils; toss to mix well. Adjust seasonings. Serve at room temperature.

Adapted from "Jane Brody's Good Food Gourmet" by Jane E. Brody (W.W. Norton).

REFRIED BEANS

- 1 teaspoon oil
- 2 tablespoons finely chopped onion
- 2 cloves garlic, finely minced
- 2 cans (15 ounces each) reduced-salt kidney or pinto beans, drained (reserve liquid)
- 1 tablespoon favorite salsa (optional)
- 2 tablespoons canned diced green chilies (optional)

Yields 5 servings.

In large, non-stick skillet, heat oil over medium heat. Add onion and saute about 5 minutes until tender. Add garlic; saute another 2 minutes. Set aside; do not wash skillet. Place beans in skillet; mash with potato masher or fork until desired consistency, adding reserved bean liquid as needed. Add salsa and chilies as desired. Stir in onion mixture; mix well. Heat over medium heat, stirring constantly, until thoroughly warmed.

Adapted from "The American Heart Association Low-Fat, Low-Cholesterol Cookbook" by Scott Grundy, M.D., Ph.D. and Mary Winston, Ed.D., R.D., editors (Times Books).

MANY BEAN SALAD

- 3 cups plain cooked beans (mix garbanzos, white beans, kidney beans, pink beans and pinto beans as desired)
- 1 to 2 cups sliced fresh green beans, cooked until tender-crisp
- 1/2 cup thinly sliced red onion
- 2 green onions, sliced
- 2 tablespoons minced fresh parsley
- 1 to 2 small cloves garlic, finely minced
- 1/4 cup red-wine vinegar
- 2 tablespoons olive oil
- 1 to 2 teaspoons sugar
- Freshly ground black pepper and salt to taste

Yields 6 servings.

In large bowl, combine cooked dried beans, green beans, red onion, green onions and parsley. In separate bowl, whisk together garlic, vinegar, olive oil, sugar, pepper and salt. Pour over beans; toss to coat. Toss again before serving.

Adapted from "For Goodness' Sake" by Terry Joyce Blonder (Camden House Publishing Inc.).

DINING GUIDE

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Desiree Vivea

Canned soups can do

As most of us are painfully aware, we are currently locked in the midst of a recession, despite rosy reports from the White House. These days, when every penny counts, it is wise to make the most of your food budget by creatively stretching leftovers. Canned soups provide an easy and popular way to dress up yesterday's dinner.

Napoleon was initially responsible for the birth of the canning process. Parisian confectioner Nicolas Appert responded to the emperor's request to find an effective way of preserving food for the French armed forces. By sealing food in boiled glass containers, Appert found a means for keeping food fresh.

The tin can made its first appearance in 1810, when Englishman Peter Durand patented his brilliant invention for preserving food. Yet even cans won't keep food indefinitely.

When you scan your cupboard and find a dusty can of cream-of-something-or-other, you may wonder if the soup is fresh or fossilized. As a general rule, canned foods will keep for two years, although shelf life varies for different foods and different methods of preserving.

Cans should be stored in a cool, dry place; be careful not to store them near steam pipes, radiators, furnaces or other heat sources.

Creamed soups serve as wonderful bases for microwave recipes, so it's a good idea to keep several different kinds on hand, such as cream of mushroom, cream of celery and cream of chicken.

Soup-based microwave recipes are generally both quick-cooking and inexpensive. For instance, the Beef Stroganoff recipe feeds a crowd with only a pound of ground beef — a real budget-stretching recipe.

Microwave reheating won't dry out leftovers, and canned soups can turn them into flavorful casseroles — a budget-friendly way to eat well in these money-scarce days. Layered Chicken Casserole Florentine is a tasty way to recycle leftover chicken, while Tuna Casserole Deluxe is a good recipe to remember when you're wondering what to do with leftover rice.

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

LAYERED CHICKEN CASSEROLE FLORENTINE

- 2 (10-ounce) packages frozen chopped spinach
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{4}$ cup chopped onion
- 2 cups diced cooked chicken
- 1 cup shredded Monterey Jack cheese
- 1 (10 $\frac{1}{2}$ -ounce) can condensed cream of chicken soup
- 3 tablespoons white wine
- 2 teaspoons mild curry powder

$\frac{1}{2}$ cup seasoned dry bread crumbs
Paprika

Yields 4 servings

Preparation time: 10 to 15 minutes.

Cooking time: 15 to 22 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Place spinach in 1-quart microwave-safe casserole. Cover and microwave 5 to 6 minutes, or until spinach softens. Transfer to colander. Run under hot tap water to thaw completely, then drain thoroughly, pressing against sides of colander to squeeze out excess moisture. Spread spinach evenly over bottom of 9-inch glass pie plate.

Place 1 tablespoon of the butter in small microwave-safe bowl; add onion. Microwave 2 to 3 minutes or until onion is soft. Spread onion evenly over spinach. Top with diced chicken, then sprinkle with shredded cheese.

In 4-cup glass measure combine condensed cream of chicken soup, wine and curry powder. Microwave 2 to 3 minutes, or until heated through. Pour over ingredients in casserole. Sprinkle with bread crumbs and dust with paprika.

Cover loosely with waxed paper and microwave 6 to 10 minutes, or until heated through, rotating dish $\frac{1}{4}$ turn every 3 minutes. Let stand 3 minutes before serving.

TUNA CASSEROLE DELUXE

- 1 (1-ounce) package cream cheese
- 1 (10 $\frac{1}{2}$ ounce) can condensed cream of mushroom soup
- 2 cups cooked rice
- 1 (6 $\frac{1}{2}$ -ounce) can tuna, drained
- 1 (4-ounce) can mushroom stems and pieces, drained
- $\frac{1}{4}$ cup sliced green onions
- 1 tablespoon chopped pimiento
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ cup shredded mild cheddar cheese
- Paprika

Yields 4 to 6 servings

Preparation time: 10 minutes.

Cooking time: 7 $\frac{1}{2}$ to 11 $\frac{1}{2}$ minutes (plus 2 minutes standing time).

Oven setting: HIGH (100 percent power).

Place cream cheese in 2-quart microwave-safe casserole. Microwave 30 seconds, or until softened. Add soup; stir well. Fold in rice, tuna, mushrooms, onions, pimiento and pepper. Cover.

Microwave 4 to 6 minutes; stir. Sprinkle with shredded cheese and paprika. Microwave, uncovered, 3 to 5 minutes, or until heated through. Let stand, covered, 2 minutes before serving.

FOR TEENS

By Willard Abraham, Ph.D.

Dr. Abraham: I don't think I've ever done anything that should worry my mother, or at least I can't remember anything like that. But I really don't know what to say to her when I'm going out with someone and she always says either, "Don't do anything bad" or "Don't do anything that I wouldn't do."

The boys picking me up either smile or look puzzled and embarrassed, but they may not know exactly how to take the words any more than I do.

When I ask her to stop that, she says, "Well, I'm sure you know what I mean."

I think that perhaps I do, so I sometimes tell her that she has nothing to worry about. So then she usually says something like, "Well, I should hope not."

What do you think about this? Do you feel that you, too, probably understand what she means? — Seek Meanings

Seek Meanings: She is probably concerned that you might be tempted to "cross the line" in connection with a sex involvement. But to be sure of her meaning you might just ask her so that you are both speaking the same language.

Until the specifics of her and your meanings are clear, it may be that you are just playing "word games." That could be interesting but somewhat boring and even useless after a while.

Dr. Abraham: I'm a teen guy who doesn't believe what a friend told me about the police. He insists that all of them are a bunch of rats, always out to ticket young people, and out to get as much money from them as possible. In other words, he thinks they are always in the wrong, no matter what they say or do, and take advantage of people they stop on the road just because they are kids.

I think he is all wrong based on my own experience. I've been stopped twice because I was driving too fast. They were right both times. I admitted that I was in the wrong, and didn't argue with them. They both gave me a warning slip and I learned a lesson.

This friend of mine constantly argues when he is stopped, denies that he was driving too fast (even though they had evidence that he was) and he threatens to report them. They all gave him tickets, his car insurance rates went up, his dad was sore at the devil against him and he was grounded. I know all

this for a fact because I used to drive with him, but no more.

He tells me that they aren't going to grind him down. I think he is all wet. What do you think? — Police Fair

Police Fair: Nobody's always perfect, either traffic police or teen drivers, but you seem to be a lot smarter than your friend.

Dr. Abraham: I never wanted to wear glasses until my mom told me about some she saw with red rims. So I went with her to the place where they have them, and I could hardly wait until I had them for my own. The word for them is yummy or groovy.

So now I have them, and all the girls I know think like I do that they are the best ever. The boys just stare at me, but at least they are paying attention, so I certainly don't mind their stares.

One guy at school came up to me for the first time and said I look great, so that's something, too.

Beside all that, I can really see better. No blur or fuzziness at all.

So you kids who need glasses, check out the rims. It's not all bad. — Four Eyes

Four Eyes: Some people are offended when others ridicule them by using the label with which you signed your letter. You are probably a lot brighter than they are by taking pride in your appearance and especially your improved vision.

You sound terrific — and I imagine you look that way, too.

Dr. Abraham: My boyfriend will only go to R-rated movies. He says that others are too dull and for little kids. And he ridicules my enjoying some that have less sex in them and less offensive language, too.

I'm embarrassed when he acts like that and also when I'm seeing and hearing what gets him going.

I like him, and although he never does any more than hint about having sex (which I ignore), our moviegoing worries me.

I'd appreciate your advice. I really need it. — Anxious

Anxious: To avoid embarrassment, you and he might seek other kinds of entertainment with which you are more comfortable. If you can agree on some of them and avoid further moviegoing that offends you, you may be able to solve this problem.

However, if that isn't possible it may be necessary to seek other male friends who are more compatible with you in leisure-time choices.

Cooking Corner



Spicy chilies prove heat goes on

By Linda Susan Dudley

Forget bland white bread and Velveeta cheese. We've become a nation of fire-eaters. We're eating more chilies in this country; in fact the increased consumption is dramatic.

"Chili consumption is going up so fast that sometimes we worry about keeping up with it," reported Jane Butel, owner of Pecos Valley Spice Co.

A growing concern for healthful eating — where spices are substituted for salt — and the popularity of ethnic foods have spiked interest in fiery condiments, both fresh and canned, at home as well as in restaurant dishes. Interest in Tex-Mex cooking also helped account for the boost, as did the wave of immigrants from Southeast Asia. These newcomers brought with them dishes using the hot spices native to their home regions.

Hot and spicy creations add a sense of excitement to mealtime, said Butel, also the author of "Hotter Than Hell: Hot and Spicy Dishes from Around the World" (HP Books).

"First of all, it's the sensation — that prickly, tingling sensation," she said. "It really is addictive, too. Once people taste it, it's a lot more exciting than bland flavors, and they want more and more of it."

Interest in hot seasonings goes back thousands of years. Natives of tropical regions frequently used chilies to activate their bodies'

natural cooling system. Eating hot foods makes one perspire, thus cooling the body in the process through evaporation.

Christopher Columbus, searching for a shorter route to the spice-growing regions of the Far East, was introduced to chilies by natives of the West Indies in 1492. The explorer, supposing that anything so hot must be related to black pepper, named the pods peppers.

Chilies, though, actually are from the Capsicum family, which is more closely related to tomatoes and eggplant than to the peppercorns that produce black and white pepper.

Hotter chilies, such as habanero or Scotch Bonnet, are often sold crushed or ground, but many milder varieties are available either pickled or dried or fresh.

The American Spice Trade Association uses "heat units" to rate peppers and other seasonings. Ground pure mild chili comes in at about 5,000 units, ground pure hot chili at 8,000, and the fiery range from 12,000 to 40,000 units.

When cooking, remember that a little pure chili often goes a long way. If you're not used to cooking with heat, remember that you can

always add heat, but it's just about impossible to take it away. A few words about fiery fresh chilies.

There are close to 60 varieties of them, in varying flavors, colors, size and "heat." If you are new to using fresh hot chilies, it's best to err on the side of caution.

You can cut the BTUs by soaking diced fresh pepper in cold water for a few minutes before adding to the skillet (this cuts the heat in half).

One further caution: Wash your hands with soap and water after handling fresh chilies. It's also a good idea to wear gloves while handling. The oils in the chilies can burn skin, especially the sensitive tissues of the eye and nose.

Besides heat, there's some nutrition in chilies. You'll find vitamin A, vitamin C and vitamin B2, according to the National Institute of Nutrition of Mexico. Chilies also are salt-free and contain just 15 calories in a quarter-cup.

Much of the "heat" in chilies is in the ribs, rather than the seeds, although they also contain some heat. Almost all of the capsaicin, which gives the chili its heat is in the ribs. So carefully remove this portion when preparing chilies.

The flavor of chilies is definitely enhanced by roasting and peeling. Likewise, this process improves the texture and tempers the taste of the chili.

Here's a step-by-step how-to:

- Wash chilies and slit the skin near the stem end.

- Place them on a baking sheet and broil at 500 to 550 F 6 inches from heat for eight to 10 minutes, turning chilies until they are blistered but not thoroughly blackened.

- Remove them and place in a damp paper towel or closed plastic bag for about 10 minutes. If necessary, massaging the chilies while in the bag may facilitate the process.

- Remove skins, which will slip off easily, pulling from the stem to the tip. Scrape away seeds and membrane with a sharp knife. Discard skin and chop chili or use whole.

POLLO RANCHERO

- 1 chicken cut up and skinned or 8 favorite chicken pieces, skinned
- 2 cups Salsa de Chili Verde (recipe follows)
- 1 cup grated low-fat Monterey Jack cheese or Mexican cheese made with part skim milk
- Salt and pepper to taste

Yields 6 servings.

Brown chicken carefully under broiler at 500 F on both sides with-

out adding any oil. Drain chicken parts and place in shallow baking pan. Pour salsa on top of chicken parts; add salt and pepper. Place in oven and cook at 400 F for 40 minutes or until meat shrinks from bones. Remove from oven and sprinkle grated Monterey Jack cheese over top. Return to oven just until cheese is melted.

SALSA DE CHILI VERDE

- 3 or 4 long green chilies (California or Poblano)
- 1 medium onion or 2 to 3 green onions
- 2 cloves garlic
- 3 to 4 tomatoes
- Salt and pepper
- 2 sprigs cilantro, or more to taste, finely chopped

Yields 4 to 6 servings.

Roast chilies and tomatoes under broiler set at 500 to 550 F, turning repeatedly until roasted. Put in plastic bag and leave for 10 or more minutes. Peel chilies and tomatoes, discard seeds and skin. Mince onion and garlic. Chop chilies and tomatoes and add to mixture. Add salt and pepper and cilantro. If mixture is too thick, water or a little tomato juice may be added.

...

This appetizer is only for the culinary brave. It's from "Fiery Appetizers" by Dave DeWitt and Nancy Gerlach (St. Martin's).

NEW MEXICO CHERRY BOMBS

- 24 jalapeno chilies
- 8 ounces Monterey Jack or cheddar cheese, sliced
- Flour for dredging
- 2 eggs, beaten
- Vegetable oil for deep-fat frying

Yields 24 appetizers.

Slit each chili, remove seeds with a small spoon or knife and stuff chilies with pieces of cheese. If necessary, insert a toothpick to hold chili together. Dip each stuffed chili in flour, then egg, then in flour again. Deep-fry in 350 F oil until chilies are golden brown. Drain and serve.

GREEN CHILI COLESLAW

- 6 green chilies, skinned, seeds removed, chopped
- ½ head green cabbage, shredded
- ½ head red cabbage, shredded
- 1 small onion, finely chopped
- Cilantro, chopped, to taste
- Dressing (recipe follows)

Yields 4 servings.

Combine all ingredients except dressing and let sit for 2 hours, refrigerated.

DRESSING

- ¼ teaspoon cayenne pepper
- ½ cup mayonnaise
- 1 tablespoon sugar
- 1 tablespoon white vinegar
- ¼ teaspoon celery seed
- ¼ teaspoon white pepper
- Salt to taste
- Cilantro for garnish

Yields 6 to 8 serving.

Combine all ingredients and let sit for 2 hours, refrigerated. Before serving, combine dressing with the salad and garnish with fresh cilantro.

The Crowder Chronicle



Backyard Gardener



By Patrick Denton

Q. How do I make a potpourri from dried rose petals?

A. Pick the rose petals (red holds its color best) when the flowers are in full bloom, but not completely blown. Spread them carefully on sheets of paper or strips of cheesecloth in a dry, airy room, away from the sun. Turn daily, allowing them to dry completely. This will take from a few days to a week.

To each quart of petals, add 1 ounce of orrisroot. Spices such as cloves, cinnamon, coriander and mace may be added, if desired (use 1/4 teaspoon of each). Keep in an airtight earthen jar.

HORTICULTURAL SUPERMARKET

The new garden catalogs have arrived — literally a gold mine of information — with hundreds of top-notch flowers and vegetables, many useful gardening aids, the excitement of new varieties, plus easy-to-follow gardening information on "how to."

You can plan in advance the most successful garden ever!

Order your seeds and gardening supplies early. Getting set for the coming season is one of the best ways to dispel winter's dreariness and to make your garden dreams come true at planting time.

Be sure to follow early-harvest vegetables (spinach, peas, radishes) with late-maturing types (summer squash, snap beans, cabbage, fall broccoli and lettuce crop) to keep all of your garden

space producing from spring to late autumn.

THE FRUGAL GARDENER

Pampered seedlings make strong plants, and suitable containers for starting these seeds can be found in many unexpected places. Some people use plastic bottles cut in half, egg cartons (my favorite), cheese boxes, shoe boxes, milk cartons cut in half and the plastic foam cups used for hot drinks.

They are particularly useful for plants like tomatoes that will later need protection from cutworms. When put in the ground, the top makes a perfect protective collar.

MORE PLANT TIPS

• During the winter, any leaves

leaning against the window may suffer frostbite, especially at night. Storm windows help keep the inside glass warmer.

• A single whitefly can hide in a new plant easily and quickly multiply in a house or greenhouse. Unchecked, they can turn a haven for plants into a deathtrap.

• Good gardeners believe that organically fed plants are less susceptible to disease than those that are chemically sprayed. Quarantine all new plants for about 10 days, watching carefully for insects to manifest themselves.

• Rot and mildew come when plants are crammed together so tightly that they can't dry out between waterings. Use a brick to prop up flowerpots stored on the ground. This will increase air circulation and prevents slugs from clustering under the pots.

GARDEN TIPS

Early bird planting tips

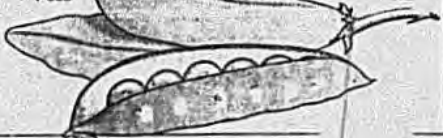
- Order seeds and garden supplies early.
- Plan to follow early harvested vegetables, such as spinach and peas, with late-maturing plants, such as summer squash and cabbage.
- Quarantine all new plants for 10 days, watching for insects.

Cabbage



■ Pamper seedlings by planting them in a suitable container, such as an egg carton, shoe box or plastic foam cup.

Peas



Our Children

By Willard Abraham, Ph.D.



A book for parents of handicapped kids

Q. A few weeks ago you went to bat for parents of handicapped children, and as the father of one I really appreciated that. I especially was grateful for the names of three books you mentioned and went right out and bought them. They are all useful to me (and also to my wife and son, of course), and they probably can be for other parents like us.

It was only a short while ago that I read the letter you received on this subject and your helpful response, but I have a suggestion for you anyway. Will you please try to continue remembering people like us in your column once in a while? As that earlier letter-writer said, every third family (on the average) in this country has a child like this. It happens far more often than many people may think.

Thanks very much for your interest and support.

A. I hope other parents like you will write to me, too. You can be sure I'll use their letters whenever they arrive and there is room for them in this column. You are all a very important part of my reading public.

You didn't provide specifics about your child's condition, but I'll mention a new book that just came to my attention anyway. It may be useful for you and others.

Its title is "Raising a Handicapped Child" by Dr. Charlotte E.

the three recent sources mentioned in it: "Help Me to Help My Child" by Jill Bloom (Little, Brown), "Your Child Has a Disability" by Dr. Mark L. Batshaw (Little, Brown) and "I Can Too!" (a child's coloring book).

Q. We are expecting our baby to be born soon and, of course, real-

ize that there is a 50-50 boy-girl possibility. We haven't had any procedure conducted to find out the baby's sex because we want the thrill and excitement of surprise. But in our minds we want to be clear in advance regarding whether the baby should be circumcised if it is a boy.

Do you have an opinion on this topic that you would be willing to share with us?

A. This is one of the few subjects that I feel is so personal that it should be left in the hands of those most closely involved. However, that doesn't mean that parents should make this decision in a solitary, blind way. They certainly ought to consider gathering information from and asking pertinent questions of all sources available.

Their probing may involve past family practices, religion, health, tradition and social pressures related to whether, when and by whom circumcisions are performed.

The pediatrician you plan to use and his or her organization, the American Academy of Pediatrics, may be among the primary sources you could check into.

Thompson (Ballantine Books). Its subtitle is "A Helpful Guide for Parents of the Physically Disabled."

In her introduction, Thompson, a pediatrician, says this: "Most of the parents of handicapped children seem to me to be extraordinary people, and the care and love they show their children are among the highest tribute to the human spirit."

I agree wholeheartedly with her statement.

The book's 17 chapters include practical titles (and content) like these: "What to Tell Well-Meaning Friends and Relatives," "The Siblings of Handicapped Children," "How to Find Your Handicapped Child's Greatest Potential," "How to Find the Best Professional Help" and "How to Cope with Costs of Raising a Handicapped Child."

Considerable space also is devoted to topics such as best educational programs, surviving their adolescence, keeping up with new developments, success stories and where to go for fun.

In case you didn't see my earlier column on this subject, here are



Our Children



Fitness Forum

Seniors muscle in on weight training

By Jack Williams

Encumbered by artificial hips of dubious durability and a 3-inch discrepancy in the length of her legs, June Moeser ambled out the door of the local YMCA the other day with a spring in her demeanor.

No matter that she moved haltingly, gingerly, through the parking lot in her rose-garden-variety warm-up suit. No matter that she would never again have the nimbleness and resilience to teach judo and aikido, a Japanese martial art.

And no matter that her career as one of San Diego's first female law enforcement officers was history.

June Moeser, age 70, was a kid again with a new joy: weight training with an array of user-friendly Polar machines and non-threatening dumbbells designed to revive dormant muscles.

And the results? Well, try "no pain, no cane" for starters.

"I walked out of here without my stick almost after the first day," she recalled. "Now I wish I had started something like this 25 years ago."

Moeser joined a carefully supervised weight-training program for seniors that was offered as part of a research project to determine its effect on mood and self-esteem.

COMING ON STRONG

When the project — launched by Ph.D. candidate Gina Favilla — was completed in November, Moeser continued to train on her own, encouraged by strength gains that measured as high as 450 percent in six weeks.

The improvement mirrored the results of previous landmark studies undertaken by William Evans, Ph.D., of Tufts University, which underlined the value of weight training in reversing muscle atrophy — and the accompanying decline in independence — of rest-home-bound seniors.

"It pleases us all to see what we can do," said Moeser. "I had my third total hip replacement a year ago last month. Not being able to jog, jump and run can bring tears to your eyes. The old-age part isn't as tough."

"Now I'm encouraged to think that we're not at a total loss when we get older and feel incapacitated. It thrilled me as much to see a man in a wheelchair improve as much as I did."

CONFIDENCE GETS A BOOST

"It takes a while for them to see muscle tone where the skin isn't so elastic as before," said Mary Golden, a senior health and physical education director. "But it gives

them a feeling of confidence.

"They come here because they want to go through life feeling more comfortable, take care of themselves better, enhance the quality of life, improve their posture — and they also want to look good and get rid of the hangy skin."

Ed Ball, 84, an avid golfer, came because he wanted to add distance to his tee shot. It hasn't happened, he said, "but I'm maintaining, and at my age you're lucky to stay the same."

Besides, he added amid his thrice-weekly midmorning routine, "when you're a retired widower, it helps take up the time."

"And I'm not so tired anymore after a round of golf."

Rae Brown, 79, another weight-training convert, who spent five sedentary years recovering from an auto accident, said she felt an immediate lift.

"When I left for the gym, my neck was stiff and it was difficult to turn my head or even brush my teeth comfortably."

"The first day (after training in Favilla's class), I noticed an increase in my range of motion. Nobody can understand how great it is unless they were restricted and hurting as I was."

"I realize now that I had a lot of symptoms of depression — brought on by my accident. I had become practically a recluse."

The psychological impact of being with others, of receiving personal attention and realizing steady improvement has confirmed Favilla's thesis that there is a benefit to strength training that transcends the physical.

"What we were hoping for," said Favilla, a student at the California School of Professional Psychology in San Diego, "was self-efficacy — increased confidence in their ability to do certain things."

LEAVING THE RUT BEHIND

Howard Getner, 79, got involved to get out of a rut.

"After my wife died, I was inactive for two or three years," he said. "I was stagnant. I needed something to do."

"This filled a need to be with people, No. 1, and provided exercise, No. 2."

More and more seniors, in the name of health maintenance, are following Getner's example, convinced that declines in strength seriously compromise the quality of life.

"We think there's a definite connection between adequate muscle strength and endurance, and quality of life," said Dr. Kenneth Cooper, chairman and founder of the Institute for Aerobics Research in Dallas and a pioneer in the fitness

movement.

Says Jeffrey Blumberg, Ph.D., director of the Human Nutrition Research Center on Aging at Tufts University: "There is a dramatic loss in lean-body mass as we age. We know that as many as 60 percent of 75- to 84-year-old women can't lift 10 pounds."

"Our studies showed a 15 to 20 percent increase in muscle mass among seniors after a 12-week program in which they lifted 75-80 percent of their one-repetition maximum."

The Tufts studies by Blumberg and Evans showed that blood pressure and pulse varied insignificantly in participants despite the fact that they were lifting up to 80 percent of their capacity.

They also showed the value of consistency. Four weeks after participants returned to a sedentary lifestyle, they lost an average of 32 percent of muscle strength.

GUIDELINES CARRY NEW WEIGHT

The American College of Sports Medicine reinforced the importance of strength training in the spring of 1990 when it issued revised guidelines recommending that healthy adults perform a minimum of eight to 10 exercises involving major muscle groups a minimum of two times per week.

Kris Ruther, a personal trainer, finds seniors an especially receptive audience.

"They're really anxious to see a change," she said. "With a proper weight-training program, machines or free weights, you can see an incredible amount of change di-

rectly across all age groups.

"Muscles need to be worked, or they get mushy. And the more muscle tissue you have, the more calories you'll burn."

Favilla's six-week program required each of the 70 participants to go through a circuit of machines — everything from a leg extension for the quadriceps to a pull-down for the muscles of the upper back and shoulders. Participants did three sets of eight repetitions on each machine, many showing improvement as dramatic as that of Moeser, whose lat pull-down went from 10 pounds to 45 pounds.

"I knew I had to do something," she said, "but I didn't know where to begin. I needed experts supervising me to make sure I wasn't going to injure myself and to show me how to breathe properly."

Moeser, active most of her life, has been swimming upstream ever since she caught her heel in an elevator shaft more than 20 years ago. The first of three hip-replacement surgeries ("It was too loose and had to be replaced nine years later") was performed in 1974.

"After a year and a half on crutches," she said, "I'm glad to be walking."

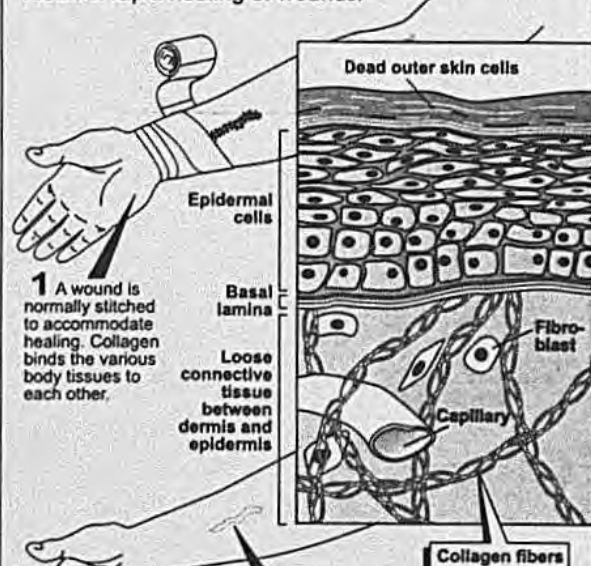
With no cane. And no pain.



DISCOVERY

Synthetic healing

Collagen is the most prominent protein in the body and serves to hold it together. Learning to synthesize all or part of this fibrous protein could result in rapid healing of wounds.



SOURCE: Molecular Cell Biology, Darnell, Lodish and Baltimore

THE HEALTHY GOURMET

By Kit Snedaker

You can tell a serious spa resort, like La Costa at Carlsbad in Southern California, by its menu. If it has a spa menu as good as its regular menu, dietitians on staff and a spa chef who does nothing but produce magic low-calorie, low-fat meals bursting with flavor, it's serious.

Dishes must be so good they tempt all the guests, because a spa's main function is not to produce a dramatic weight loss in a few days, but to motivate guests to go home and do likewise. Work out, drink a lot of water and relish low-fat meals.

La Costa's executive chef, Josef Lagered, gives these tips:

"When you make up a plate, it should be three-quarters plain food, vegetables or grains and only one-quarter chicken or fish. You have to stimulate taste buds by using orange juice instead of sugar, fresh herbs and good vinegar. We cook vegetables in a high-energy stock of vegetable broth and focus on flavoring with spices, garlic, citrus juice and tomato.

"Instead of flour, we use cornstarch or arrowroot to thicken dishes. Instant clear gel thickens our cold food. It's great because it's a modified food starch that works without cooking. You can buy it in health food stores or from bakery supply houses. Just put it in a blender with orange or other juice and it thickens.

"Instead of butter we flavor with applesauce, banana puree or other fruit puree. We use cocoa powder instead of chocolate. For a brown sauce, we cook lentils with chicken or turkey stock or add low-sodium soy sauce, onions and a mirepoix (a mixture of minced carrots, onions, celery and herbs sauteed and used for seasoning). Thin it with chicken stock.

"For dessert we serve sorbets of fruit ice and brownies. For an apple sorbet we only core the apples. The peel adds color and vitamins."

Start with breakfast and La Costa's Calcium Crunch. Try the Bean Taco and don't neglect special spa brownies at only 60 calories each.

CALCIUM CRUNCH

- 2 cups plain, non-fat yogurt
- 6 cups fresh fruit, cubed
- ½ cup granola, unsweetened

Yields 4 servings.

Each has 200 calories, trace of fat, 2 milligrams cholesterol and 121 milligrams sodium.

For each serving, put ½ cup yogurt in bowl. Divide fresh fruit and granola in 4 parts. Sprinkle one part of granola and one part of fruit in each half-cup of yogurt.

LA COSTA SPA BEAN TACO

- 4 corn tortillas
- ½ cup onion, finely chopped
- 2 cloves garlic, minced
- ¼ bell pepper, finely chopped
- 1 tablespoon fresh cilantro,

finely chopped
1 Anaheim (Ortega) chili, peeled and seeded, finely chopped

- ¼ teaspoon white pepper
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- 1 bay leaf
- ½ medium tomato, chopped
- 1½ cups garbanzo beans
- 2 cups lettuce, chopped
- 1 tomato, diced
- 1 scallion, diced
- 2 radishes, sliced thin
- 2 ounces low-fat cheddar cheese, shredded

Yields 4 servings.

Each has 220 calories, 3.3 grams fat, 4 milligrams cholesterol, 100 milligrams sodium.

Preheat oven to 350 F. Drape tortillas over oven racks to form taco shells. Bake for about 10 minutes or until crisp. Set aside.

Saute onion, garlic, bell pepper, cilantro, green chili and seasonings in a non-stick pan until soft. Add tomatoes and heat 5 more minutes. Remove bay leaf. Puree garbanzos in food processor or blender. Add tomato mixture and blend until smooth.

Mix lettuce, tomato, scallion, radishes and cheddar cheese together. Put ¼ of bean mixture in each tortilla shell and top with lettuce mixture. Place tacos under broiler for 30 seconds to melt cheese. Serve with salsa.

LA COSTA SPA DUTCH COCOA BROWNIES

- 3 cups dried figs
- 3 Granny Smith apples, cored
- 2 bananas
- 8 eggs separated
- 2 cups mixed fruit concentrate
- 1 tablespoon vanilla extract
- 3 cups whole-wheat flour
- 2 tablespoons baking powder
- ¼ teaspoon baking soda
- 1 cup cocoa powder
- 3 cups whole-wheat bread crumbs

Yields 25 brownies.

Each has 60 calories, 7 grams fat, 19 milligrams cholesterol and 34 milligrams sodium.

Preheat oven to 275 F. Puree figs, apples, bananas, egg yolks, fruit concentrate and vanilla extract together. Whip egg whites to stiff peaks. Sift flour, baking powder, baking soda and cocoa powder together. Add bread crumbs and mix well.

Mix puree and dry ingredients together. Fold in whipped egg whites. Heap on a baking sheet smoothing to desired thickness an inch from the edge of the pan. Bake at 275 F for 12 minutes or until set.

HEALTHY GOURMET



HEALTH WATCH

Walk your way to better health

Walking is one of the most effective ways to exercise. Here is a basic 12-week plan to get started on a walking program. Walk three days a week for the amount of time shown on the chart. At the end of 12 weeks, stick to the time you've reached.

- Benefits of walking:
- Builds muscles.
- Conditions the heart and lungs.
- Strengthens bones.
- Curbs the appetite.
- Exercises the back and feet.



Minutes spent per day walking

Week	Day 1	Day 2	Day 3
1	10	10	10
2	12	12	16
3	15	15	20
4	15	20	25
5	20	25	35
6	30	25	45
7	35	35	50
8	40	40	60
9	45	45	60
10	45	45	70
11	45	45	80
12	45	45	90

SOURCE: Men's Health magazine

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Medicare & Medicaid Assistance Provided
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SENIOR PLACEMENT SERVICES

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New Hyde Park, N.Y. 11040

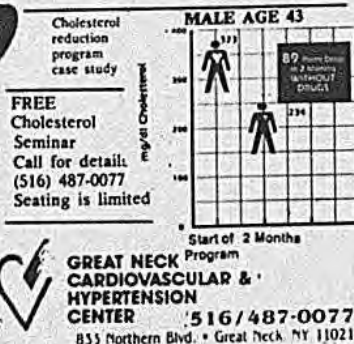
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THE BUTCHER, THE BAKER, THE CANDLESTICK MAKER...



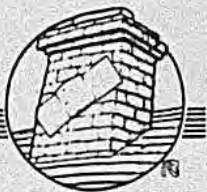
Just a few of the businesses a new homeowner needs after moving in. In fact, the list is endless. So why not help the new families in your community find your business more quickly by sponsoring the Getting To Know You program in your area. Join the finest merchants, professionals and home service companies welcoming new homeowners with our housewarming gift and needed information about exclusive sponsors. Try us and see why Getting To Know You helps both the new homeowner and YOU.

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In New York State (800) 632-4400

Here's How

By Gene Gary



Re-silvering mirror best left to the experts

Q. Can you recommend a method of repairing a mirror that has black spots caused by deterioration of the backing? I have a beautifully framed mirror that is marred by these blemishes.

A. Re-silvering (the coating on the back of the glass) involves toxic, hard-to-obtain chemicals, so it is not a do-it-yourself project. However, if the damage is not too bad, there are some touch-up techniques that might work.

On discolored or tarnished spots on the back of the mirror, use the abrasive side of a kitchen sponge to scrub off the discoloration. Try to avoid enlarging the affected area.

Patch these spots with mylar film, available at art supply stores, or use a piece of aluminum foil. No adhesives are necessary.

the patch will be held in place by the mirror backing.

Tiny spots of discoloration can be carefully removed and the bare spots touched up with a silver artist's paint.

If the results of these techniques are not satisfactory, your best bet will be to have the mirror professionally re-silvered.

Q. We have replaced several mirrors over a bathroom sink where moisture works its way behind the mirrors and destroys the silvering along the edges. Is there any way to prevent this in the future?

A. Framing the mirror, even with a small metal frame along the bottom edge will help prevent moisture and condensation from traveling behind the surface between the mirror and the wall.



Another suggestion provided by one of our readers is to coat the

back of the mirror with paraffin. Melt the paraffin and then paint the back of the mirror with the

melted solution. The wax seals the back of the mirror and protects it from excessive moisture.

Decor Score

By Rose Bennett Gilbert



'Heritage' tips from the pros

Q. When we bought our house six years ago, we knew it wasn't our dream home. We'd planned to stay just three years and then move on to something more our style. But in this economy, that's not going to happen.

Now we're looking for ways to give things a little character, to take the boredom out of what is just an ordinary tract house. Any suggestions? — C.S.L.

A. Perhaps it will be comforting to learn you're in a boat that's already crowded with other homeowners who meant to be upwardly mobile and aren't just now.

The best answer lies in architectural detailing you can add on at relatively little expense: crown moldings, chair rails, door and window frames can be had by the running foot from any lumber yard or many home-supply stores. You'll also find plaster-look decorative details like center-ceiling medallions and over-door pediments.

Consider, also, that you can replace ordinary windows with interesting shapes — bays, bows,

eyebrows, Palladian windows that will make yesterday's tract house look more special and now.

Paneling and custom cabinets that warm a room with wood also add almost-instant "heritage." According to professional designers, there's a nationwide revival of interest in such "investment" furnishings.

Consider the room we show here *without* the handsome paneling that frames the fireplace, and you see at a glance what a great difference fine detailing makes in the feel of a room.

The mantel, walls and shelves were built by the artisans at Rutt Custom Cabinetry, a firm with authorized showrooms throughout the country. Their craftsmanship, as you see, is not for kitchens alone.

More "heritage" tips from the pros:

- Replace cheap hollow-core doors with heavier-quality paneled or decorative doors.
- Change the hardware: *umstan-* dard-issue doorknobs, switch plates, hinges and the like add a



GREAT ROOM — Legerdemain with custom cabinetry creates a formal focal point by the fireplace in this soaring, all-in-one great room.

away. Consider re-laying a quality-looking wooden floor. Substitute porcelain, ceramic tile or marble in a foyer.

All these are capital investments, remember, and add to the overall value of your home when you finally decide it's time to be upwardly mobile again.

Q. I just read your ideas on using Oriental rugs on carpeting. Did you know that it is very bad to put furniture on rugs over carpet?

- custom look.
- Ditto for light fixtures.
 - Cheap flooring also is a give-

It is too "plush" beneath, and the furniture legs can easily break through warped threads, ruining very expensive, often antique treasures! — L.B.

A. You have a good point, although in most cases we're talking area rug-size Orientals, where any furniture would likely be a lightweight cocktail or end table. Old-fashioned cups would solve the problem under a load-bearing sofa or club chair.

At any rate, any rug — including Orientals — needs good padding beneath or you will, indeed, grind away at the fabric.



LOCAL READER

CLASSIFIED ADS sure to get results

There Is Nothing Else Like Local Classified Ads From Neighbor to Neighbor

DEADLINE
TUESDAY
12 NOON

PAGE 15A Friday, February 14, 1992 CLASSIFIED

ONE AD APPEARS IN 8 LOCAL NEWSPAPERS FOR ONLY \$11.85

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

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

Help Wanted

CERTIFIED TEACHERS EXPERIENCED with S.A.T. Prep. Garden City Public Schools, Tues. evens., 5 wks., beg. 3/24. Call 294-3020. hf2

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

ART LAYOUT - PART TIME 20 hours per week. Newspaper production. Experience helpful. Permanent, part time Monday, Tuesday, Wednesday. Located in Hicksville hf1n

BABYSITTER NEEDED Mon., Wed. or Friday, 8 a.m.-1 p.m., Feb. 12-March 13. 2 children, my home, own transportation, 294-0117. gcf3

PART TIME SECRETARY, flexible evening hours. Computer skills a plus. Phones, filing, xeroxing, proofing, etc. Garden City area. Call evenings, 488-2310. wf2

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

Help Wanted

ACTIVE & BUSY REAL Estate Office needs experienced & licensed sales persons, full time. Garden City & Vicinity. Elaine J. Nolan, 485-7054 - 292-9749 wf2

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. gcf2

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

BUS MONITORS, P/T, 8:30-9 a.m. and 11:30 a.m.-1 p.m. daily. Hicksville Public Schools. Call Personnel 933-6614. hf3

MESSENGER, FT/PT, GREAT NECK Real Estate Management Co. Must have driver's license. Use of own car. 488-2310. hf2

Help Wanted

P/T SECRETARY, WORD processor, 2-3 days a week. 739-0111. gcf2

BABYSITTER NEEDED FOR Exercise Studio in Williston Park. 8:15 a.m. to 12:30 p.m. Call immediately. 248-0636 - 739-6010. Great Pay! wf2

DISCOVER INDEPENDENCE 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. wf3

DENTAL CHAIRSIDE ASST wanted. Full Time for modern, high quality general dental practice, located in Williston Park. Experience preferred, but will train right individual. Please call 294-0637 and leave message. wf2

P/T ASST / RECEPTIONIST for modern professional office. Great staff. Salary plus benefits. Training provided for this wonderful opportunity. Ask for Bea. 775-3940. wf2

RN POSITION AVAILABLE for busy Garden City pediatric office. P/T, F/T. Send resume to Garden City Pediatrics, 877 Stewart Ave., Garden City, N.Y. 11530. gcf2

DENTAL RECEPTIONIST P/T, computer knowledge helpful, 4 mornings a week, 486-4909. gcf2

Situation 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. gcap2

FULL TIME LOVING CARE available for your infant or child in my Williston Park home. Mom with many years experience. 747-2183. wf4

QUALIFIED NURSING ASSISTANT with experience seeks position to take care of elderly or handicapped at night. FT or PT. Call 483-5488, weekends, weekdays. Leave message. gcf4

Situations Wanted

CHILD CARE SERVICES available. I will care for your child in my home. References upon request. 3 yrs. experience, all ages, FT, PT, activities, toys, fenced-in yard. 775-0399. gcf4

RESPONSIBLE, GRAND-MOTHER will babysit your infant or small child in my Williston Park home, F/T. References available. 747-6726. wf4

MATURE GARDEN CITY resident will care for your child vicinity Hemlock Park. 248-5404. gcf4

EXPERIENCED NURSE'S AIDE with good references wishes work P/T, 4 to 6 hrs. per day. Good cook. Will do chores. Have car. 742-9498. wf4

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

HONEST, RELIABLE woman with years of experience will clean your home. Reasonable, own transportation. Mrs. K., 822-3587 hf1n

GARDEN CITY COLLEGE student available for child care Mon., Tues., Wed. & Fri. afternoons. Two years early ed. training, excellent references, experience, own transportation, non-smoker, 248-8106. gcf4

HOUSECLEANING AVAILABLE - References, experience and own transportation. 486-0086. gcf3

POLISH WOMAN LOOKING for job cleaning houses, housekeeping 4-6 hours per day in Garden City, Stewart Manor, Franklin Square or nearby vicinity. Call 327-0259, 7-11 p.m. gcf3

EXPERIENCED, MATURE WOMAN seeking position to take care of elderly person or child care, housekeeping. Live in, good references. (718) 773-1474. gcf3

CERTIFIED NURSE'S AIDE will care for your elderly loved one, weekends in your home, hospital or nursing home. Professional, compassionate and pleasant. Call Julietta (718) 345-6579. gcf3

PERSON AVAILABLE FOR HAA & PCA night cases or babysitting/housecleaning. 292-6130. gcf3

Situations Wanted

I AM AN EXPERIENCED Nurse's Aide. I am seeking a job to work in the home taking care of a sick or elderly person. I have excellent checkable references. I drive. I'll work long hours or P/T. Please call me at (718) 658-3739. gcf3

HOUSEKEEPER WITH EXPERIENCE, own transportation and references available. Days available Wed. and Thurs. 746-4636. gcf3

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. wml1

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. gcm1

RESPONSIBLE MOTHER of one looking to babysit your child in my Mineola home. P/T. Call Jean - 742-6614 wf2

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

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

EXPERIENCED CLEANER, Speaks English, own transportation, good references. 678-0644 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 occasionally in your home, daytime. 248-5896. gra2

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

VEGETARIAN COOK / HOUSEKEEPER to purchase and prepare dishes. Will do house cleaning and other misc. duties. Please call Winston (718) 712-8363. gcf3

Situations Wanted

COURTEOUS, MATURE, Dependable State Certified N/A desires day or night position. Bedridden, elderly, etc., welcomed. Call 378-8771. gcf2

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

I AM LOOKING for a babysitting 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. I live in Mineola. gcf2

RESPONSIBLE PERSON TO Clean your house or office, seven days a week. Elba Reyes, 931-1843. Excellent references and own transportation. gcf2

POLISH WOMAN IS Available for housecleaning. Please call 432-8722. gcf2

LOOKING FOR HOUSE cleaner not housekeeper. Clean house per day. Call (516) 868-3195 ask for Maria Lazo. hf3

WILL BABYSIT YOUR child in New Hyde Park home, Monday to Friday. References. 516-746-7773. WF3

COMPETENT & RELIABLE Nurse's Aide & home health care with excellent references to work as companion or home health care for the convalescent or aged. Call Lucille Hines - (718) 481-7635. WF3

HOUSECLEANER WANTS DAY Work. Mon.-Fri. I have experience & reference 489-5890. gcf3

MATURE, EXPERIENCED NURSE'S Aide seeks position as day worker or live in. Reference available. 486-4917. gcf3

HONEST, RELIABLE MATURE woman seeks live in or out job to take care of elderly person or child care with light housework. Have references. Call Elaine (718) 525-3320. gcf4

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. wml

IRISH GIRL SEEKS extra babysitting jobs Mon.-Thurs. Also will clean on Sat. mornings 248-5663. gcm1

NURSE'S AIDE WITH experience of hospital rehab & private home wants to work with elderly and sick person. FT or PT 248-4029. gcm1

GOOD HOUSECLEANER WITH experience looking for sleep-out position. Good reference and own transportation. 538-9415. gcm1

Situations Wanted

EUROPEAN WOMAN AVAILABLE for cleaning house. References and own transportation. For additional information call 292-2420. gcm1

LIVE IN/LIVE OUT, experienced housekeeper, 379-0765. gcm1

RELIABLE PERSON LOOKING for job to take care of elderly person. 292-7268. gcm1

CERTIFIED HOME HEALTH Aide can provide live-in care for the elderly. Available 7 days a week, has certification. I am experienced in many phases of health care equipment (wheelchair, hospital bed, hover lifter). 753-2094. gcm1

HOUSECLEANING AND BABYSITTING available Saturday - Monday or every weekday after 6 p.m. Own transportation, experience and references. Please call 565-5071. gcm1

HONEST & RELIABLE L.P.N. seeks part time or full time position. Own transportation. 546-2264. gcf3

EXPERIENCED POLISH WOMAN with reference & own transportation is looking for housekeeping job. 794-6202 or 328-3033. gcf3

POLISH WOMAN LOOKING for room with board exchange for work or taking care of older person after 4 pm. Mon.-Fri. and Sat.-Sun. all day. Please call Mon.-Fri. 516-579-4227 from 9-5. hf3

IRONING LADY AVAILABLE Sat. Will do cleaning and laundry, references available, experience. Call after 6 p.m. 248-3035. Ask for Maria. gcm1

HONEST, HARD WORKING, Reliable cleaning woman available for daily work. \$50 per diem. Excellent references (living with Garden City family) 489-2788. gcm1

HOUSECLEANER LOOKING FOR Job every day. Experience, references. 746-6850. gcm1

POLISH WOMAN AVAILABLE for housekeeping. Syoset/Huntington area. References available. Mon.-Sat. Call 549-7513 or 741-6347. gcf4

HOUSECLEANER AVAILABLE - Two Responsible women will clean your house for a reasonable price. Call for more information at 868-4790. gcf4

RESPONSIBLE YOUNG WOMAN seeking FT/PT babysitting position in your home 7:30-4:30, Mon.-Fri. Own transportation. Call Deanna at 775-6971. gcf4

HOUSECLEANER AVAILABLE - Experienced, references, own transportation. Available Monday to Friday. Garden City area preferred. 538-1713. gcm1

Situations Wanted

MATURE WOMAN SEEKS position as nurse's aide, companion. Will live in. Call Naida (718) 493-6244. gcf4

HOUSECLEANING LADY available with reference & experience. Please call from 3:30 on 489-2666. Ask for Jeannette. gcf4

CERTIFIED N.A., HHA, PCA seeking to work with the elderly. Recent references. Barbara Crawford Williams. 378-4695, 6 p.m.-10 p.m. gcf4

HOUSECLEANER AVAILABLE - Experienced with reference & own transportation. Call any time. 485-3825. gcf4

Real Estate for Sale

ALBERTSON/ROSLYN H T S Adult Condo - 1 BR, living/dining area, 1 1/2 baths, 4 closets, own laundry & storage rm. Indoor parking, terrace, walk to all. 6 yrs. old. Asking \$169,000. Owner. 7 4 7 - 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 1/2 over 4 1/2. Income over \$19,000. Taxes \$3415. Currently vacant. By owner. Priced \$188,000. 741-4198. No brokers. wf3

GARDEN CITY PRIME Estates Section. Immaculate English Tudor, large living room with stone fireplace, formal dining room, large kitchen/family room, 3 bedrooms, 2 1/2 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. gcm1

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. gcf4

GARDEN CITY MOTT charming brick & stone 4 BR, 2 car garage, LR/pl, FDR, EIK, with coordinating den, 2 1/2 baths, full fin. bsmt. with laundry rm. & storage closet off, full attic with add'l storage closet. Shining floors throughout, all mini cond. Professionally landscaped. No exterior upkeep. \$399,000. Evenings only. Owner 748-2151. gcf2

GARDEN CITY ESTATES 4 BR CH brick colonial, large country kit with breakfast rm., beamed fm rm. LR/pl, FDR, maid's rm., huge fenced-in back yard, 1 block to RR. By owner \$400's 248-7292. gcf4

Real Estate for Sale

WESTERN 5 BEDROOM 2 bath, Colonial. Vinyl sided with canvas awnings. New Kitchen with top-of-the-line appliances, adjoins large family room and eating area, all with imported tile floors. Formal dining room, elegant living room with fireplace. Exquisite oak floors throughout. Five large bedrooms upstairs with second family room. Finished basement with spacious laundry room and cedar storage closets. Attached oversized garage. Two zone electric, new gas heat and hot water. AC. Walk to RR and shopping. Low taxes. Mint move-in condition. Best neighbors in town. Principals only. \$390,000. Call 354-5186. gcf4

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. hf3n

HICKSVILLE: 4 BR Levitt Ranch. New Euro kit and bath. 60 x 100. Taxes \$2900. 2 zone heating and ceiling fans throughout the house. Asking \$155K. Principals only. 735-0793. hf3n

GARDEN CITY PRINCE CETON St. Lovely 4 BR, 2 1/2 bath brick Cape. LR/pl, FDR, new EIK, fin. bsmt., new windows, landscaped yard with deck. Walk to all. \$339,000. Owner. 488-5847. gcf4

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. gcf4

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

MINEOLA - BRICK CAPE. 4 BRs, 2 baths. Move-in condition. Many extras. Near all. Owner asking \$219,990. 747-4061. wf4

Real Estate for Sale

GARDEN CITY SOUTH. Mint maintenance free brick Split near golf course. Mod. EIK, 3 BRs, FDR, 2 1/2 baths, fam. rm., plus 2 rm. prof. suite with private entrance, skylights, new windows, sprinklers. \$269,000. Owner 485-7880. gcm1

GARDEN CITY EXPANDED ranch on John St. 5 BRs, 3 baths, den, CAC, Anderson windows, sprinkler, 1/2 acre, mint. Owner \$550,000. 741-0451. gcf3

GARDEN CITY WEST. Mint Tudor. Slate roof, 4 BRs, 2 1/2 baths/brand new, LR/pl, DR, EIK, den, full bsmt. Taxes \$3932. Gas heat. Principals. \$352,900. 354-5417. wf1

GARDEN CITY - THREE BRs, 1 1/2 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 WESTERN Section large brick Cape, LR/pl, DR, EIK, 4 BRs, 2 bath, deck, sprinklers, oversized corner property. Mint. Walk to all. Must sell. Owner 775-4113 or 212-988-8088. gcf2

MARYLAND HOUSE LOT in Bel Air, 20 miles north of Baltimore. Beautifully landscaped 1/2 acre lot in established neighborhood of exclusive stone homes. Only 4 miles to I-95, \$85,000. Call owner in Florida 407-283-5673. gcm2

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

GARDEN CITY BY

Real Estate for Sale

DEL RAY BEACH, FL Barr Terrace - Furnished 1 BR, 1 1/2 bath Condo, 10th floor, EIK, enclosed porch, under-cover parking, inter coastal & ocean views. Many extras. \$85,500 by owner 742-5149 gcf3

GARDEN CITY 3 BR MOTT Colonial. New windows, siding, roof, appliances, underground sprinklers, gas heat. Mid \$300's. Owner, 746-3241 gcf4

GARDEN CITY - COUNTRY LIFE area. Barnes built CH Colonial. Brick/cedar. Mint, 3 BRs, 1 1/2 baths, LR, FDR, cedar & brick family room/FPL, cathedral ceiling, skylight. Cedar wrap around deck, new kitchen, oak floors throughout. \$339,000. Principals only. 873-0936. gcf3

FLORAL PARK VILLAGE 3 BR brick Colonial. LR/FPL, FDR, modern kitchen, large family room, 1 1/2 baths, 60x100. Asking \$205K. Stewart Manor 3 BR duplex, newly renovated. LR/FPL, FDR, EIK, 2 full baths, finished basement, lovely patio, yard, detached garage. Must see. Asking \$219K. Exclusively with Norman Realty (516) 352-4774. gcf2

GARDEN CITY WESTERN all brick Cape on quiet street. Modern EIK, 2 1/2 baths, CAC, central vac, new heating, finished basement, LR/FPL, FDR, walk to LIRR. Owner 326-8154 \$289,000. gcf3

VACATION OR STARTER HOME: Rocky Point cape. 2 bedroom, 1 bath, country kitchen, skylight, low taxes, 80x100 lot. Walk to beach. By owner \$110,000. (516) 744-4241. gcf3

CUTCHOGUE/NASSAU POINT First show, Hi Ranch, LR/FPL, 3 BRs, sunny den with wood burning stove, 2 baths, CAC, beach & mooring rights, outdoor shower, garage, 1/2 of an acre. High \$100's. Owner 734-7762. gcf3

GARDEN CITY ESTATES Delightfully charming English Cottage 4 BRs, 2 baths second floor, LR/FPL, den, Formal DR, large EIK, 1/2 bath & screened porch first floor. Asking \$300's principals (516) 378-3802. gcf3

SOUTHOLD ELEGANT CUSTOM Farm Ranch. Maintenance free. 2 large BRs, 2 1/2 baths, LR/FPL, 16x20 family room, FDR, kitchen, breakfast room, deck, finished basement, CAC. Move in condition. \$275,000. Owner 765-4180 gcf3

NEW HYDE PARK Legal 3 over 8. Three full baths, 2 car garage, close to all. 352-0799. \$239,000. wF3

Real Estate for Sale

FLORAL PARK SACRIFICE Legal two family, excellent location, extra large yard. Income producing, 2 car garage. Aluminum siding, newly painted inside. Three meters, walk all, oil heat, 3 1/2 over 4 1/2 income over \$19,000. Taxes \$3415. Currently vacant. By owner. Priced \$195,000. 741-4198. No brokers. wF3

MINEOLA EXPANDED CAPE 4 bedrooms, 2 bath, new eat-in kitchen, good location, move-in condition, low taxes, many extras. \$199,900. Call 747-4045. hF3

NEW HYDE PARK. 4 BR Cape. Possible mother / daughter. 3 baths, 3 kitchens, fin. bsmt., garage, gas heat. Move-in condition. Near all. \$239,000 neg. 488-5497. wF4

SACRIFICE. LEGAL TWO family. Mineola Park section. 3 BR & 2 BR apts. New kit, fpl, fin. bsmt., detached garage. 50x100. Excellent condition. Asking \$230's. Call owner. 746-3141. wF4

ROSLYN HARBOR. HI Ranch, 1 acre, 6 BRs, 4 baths, CAC, fam. rm/fpl, playroom, in-ground pool with cabana. North Shore School District. Reduced \$575,000. Owner 621-8959. wF4

GARDEN CITY MINT Mott, 3 BRs, 1 1/2 baths, new kit, LR/fpl, DR, rec. rm. \$350K by owner 746-6498. gcf4

GARDEN CITY FIRST offering. Western Colonial. 3-4 BRs, 1 1/2 baths, LR/fpl, FDR, EIK, with sliders to deck, rec. rm, low taxes. Walk shops, church, LIRR. Principals only. \$279,000. 354-0544. gcf4

SOUTHOLD 6 YR. OLD Contemp. Master BR & bath downstairs. Walk to bay beach, extras. Beautiful neighborhood, sprinkler system, water purification system, large deck. \$259,000. 765-2720. gcf4

SOUTHOLD BAYFRONT. 1 plus acre cul de sac, permits, prestigious neighborhood. Drastically reduced \$360,000. 765-2720. gcf4

WEST HEMPSTEAD. NO. of Hempstead Tpke. Fieldstone / alum. Cape. Ideal M/D. 2 BRs on first, full Studio on second with separate entrance, detached 1 1/2 car garage, 2 zone gas heat. Large EIK, 1/4 mile Garden City border. Excellent starter home. Owner. \$165,000. 481-7476. gcf4

STEWART MANOR BRICK & aluminum 3 BR Colonial, skylight den with cathedral ceiling, beautifully tiled new kit & baths, vinyl windows/alarms, quiet, dead end \$249,000. 437-2055 after 4 or leave message. gcf4

Real Estate for Sale

QUEENS VILLAGE N/BELLEROSSE vicinity. Detached legal 2 family dwelling on 40x100, landscaped plot. Move-in condition, 5 rms. first floor, 5 1/2 rms. second floor, 3 rms third floor. Fin. bsmt., 2 decks & patio. \$280's. Owner's agent. 718-776-7474. gcf4

SOUTHOLD - NEWLY LISTED Cedar Cape featuring LR/fpl, DR, EIK, 3 BRs, 2 baths, oil heat, full bsmt., pastoral views. Possible rental with option to buy. Our exclusive. Asking \$180,000. Mattituck Bayfront. Sugar sandy beach Country home with great rm/fpl, 3 BRs, 2 baths, covered porch. A very special place, forever views. \$399,000. Southold. Spacious Colonial featuring LR/fpl, beamed ceiling, FDR, EIK, laundry rm, 4 BRs, 2 1/2 baths. Owner relocating. \$180,000. Southold Waterfront Custom Colonial Ranch on 1.2 acres, large LR/fpl, FDR, EIK, sunroom, Master BR & bath plus 2 BRs & bath, CAC, professionally landscaped. Peconic Bay views. \$550,000. East Marion Bayfront Country Cape in private community features 4 BRs, 2 baths, LR, DR, den, sandy beach, spectacular views. \$480,000. Burt Lewis Realty 298-4600, 765-5810, 734-5533. gcf1

EDGEMERE PARK WESTERN Section Ranch, newly decorated 3 BRs, 2 1/2 baths, large LR/fpl, with cathedral ceiling, new den with skylight, DR, new ultra med. EIK with skylight, fin. bsmt., fam. rm/fpl & wet bar, playroom/laundry, 1 car attached, A/C, alarm, in-ground sprinklers, patio & fenced yard, 80x100. Walk to RR. Taxes \$5,600. Principals only. \$389,500. 437-2517. gcf4

GARDEN CITY 1 BR Condo, Tudor Gardens. Mod. EIK & bath, A/C. Walk to all. Low, low maintenance \$160's by owner. 742-8342. gcf4

GARDEN CITY NEW Exclusives! Spacious Split, 3 BRs, 2 1/2 baths, large EIK, fam. rm., 2 car, quiet street \$340,000. Mint Contemp. Brick & stone 3 BRs, 3 1/2 baths, fam. rm., guest quarters, CAC, 2 car - golf course view. Owner financing \$475,000. Just reduced. Solid brick Center Hall Estates Colonial. 4 BRs, 3 1/2 baths, mod. EIK, fam. rm., 2 car, 1/4 acre. \$485,000. Central Section. Center Hall Brick Colonial. 4 BRs, 3 1/2 baths, fam. rm., 2 car, 1 acre. \$875,000. Vera Atamian 354-1994. gcf2

WEST HEMPSTEAD. WIDE-LINE Cape. 4 BRs, LR, FDR, EIK, 2 baths, Florida rm, fenced yard, alarm. Walk to worship. Move-in condition. \$185,000. Owner 486-6336. gcf4

Real Estate for Sale

GARDEN CITY WEST. Mint Tudor. Slate roof, 4 BRs, 2 1/2 baths/brand new, LR/fpl, DR, EIK, den, full bsmt. Taxes \$3932. Gas heat. Principals, \$352,900. 354-5417. wml

WILLISTON PARK. DOCTOR'S Row. Stunning Brick Colonial, 3/4 BR, 3 full baths. Extras include 11,000 sq. ft. prof'l. office of 6 rooms & bath. \$430,000. Exclusive showing. Valentine Agency. 746-7200. wF4

EAST WILLISTON. MAGNIFICENT Robbins Hill Colonial on 90' x 175' property. 3/4 BRs, 2 1/2 baths, large EIK, banquet DR, LR/marble fpl, sunny den, fin. bsmt. Separate playroom. Central A/C. Low taxes. Loaded with charm. Mint cond. \$500's. 294-8357. Owner. wml

CUTCHOGUE. CONTEMP HOME on private wooded lot. Great rm/fpl & cathedral ceiling. Master BR suite plus 2 BRs & bath. Steps to sandy bay beach. Country living at its best. \$295,000. Nassau Point Bayfront. Contemp with sandy, spacious open floor plan features LR/fpl, 3 BRs, 2 1/2 baths, fin. bsmt., private setting with spectacular views. \$525,000. Southold. Immaculate Colonial in bayside community. LR/fpl, FDR, EIK, den, 3 BRs, 2 baths, fin. bsmt. In-ground pool. professionally landscaped. A must see! Reduced to \$295,000. Nassau Point. Gracious 100 yr. old Victorian on wooded acre with deeded water rights & deep water mooring. Large LR/fpl, FDR, huge country kit, den, Master BR suite plus 3 BRs, screened porch, greenhouse, high ceilings throughout. New heating, electrical, roof, & more. An unusual find. \$419,000. Southold Waterfront Colonial Cape in exclusive community. Large LR/fpl, FDR, waterside fam. rm., EIK, 3 BRs, 2 1/2 baths & studio, docking for your boat. Reduced to \$450,000. Burt Lewis Realty 298-4600, 734-5533, 765-5810. gcf2

GARDEN CITY. HELLO out there! Thinking of moving to the Village of Garden City? Then come - list your requirements, with no cost or obligation, in the original Anne Hagen "Garden City Dream Home" Register. I organize & maintain this register so customers can be reached quickly when a new home is listed. Many homes sell so fast, there is no time to advertise because they are bought by people who have already listed in the register. Home prices range from \$200,000 to \$2 million. Open registration is on Sundays, 2 p.m. to 4 p.m. or by appointment. Only available through Anne Hagen, Jaenichen Realty, 109 7th St., Garden City, NY 248-4540 or 741-1754. gcf2

Real Estate for Sale

GARDEN CITY ESTATES Section. Colonial north of Stewart Ave., 4 BRs, 3 baths, fin. bsmt., CAC, gas heat, 2 car garage, 60 x 110. Asking \$415,000. Principals only. 747-2794. gcm1

SOUTHOLD. "FIRST OFFERING" Quality built 2 BR, 2 bath raised Ranch set high overlooking farms with forever views! Custom built with solid oak floors, 3 zone OHW heat, CAC, central vacuum, wood burning fpl, wood casement windows plus high basement with 2 car garage & unfin. den or addl. BR... Excellent for retirees or M/D. Must sell. Moving out of state. Only \$165,000. Summer Rentals... Going fast. Nassau Point 4 BR "bayview" Colonial. Garage. \$3,500 a month/\$8,000 season. Cutchogue 3 BR "beach-house" bayfront \$3,000 month/\$6,000 season. Mattituck. 4 BR "bayfront," stairs to beach \$12,000 season. Abatelli Realty, Main Rd., Cutchogue, 734-6000 or 1-800-439-FORK gcf2

SOUTHOLD TOWN. COMPLETE Ranch on landscaped 3/4 acre. 6 really comfortable rms. 2 BR plus sleeping porch, 2 baths, fpl, 5 appliances, patio, sprinklers, bsmt., 2 car garage. Underpriced at \$149,000. North Fork. Big family welcome! Out-of-state owner must sell this well constructed 2 story home near beach, boating. 8 rms., 4 BR, den, 2 1/2 baths, fin. bsmt., double garage. Owner's easy terms available. Asking \$179,000. Cutchogue H20 rustic 5 rm. cabin. 123 feet waterfront. Great views. Permit for floating dock. Enclosed porch, new gas heat, 100% insulation. A real vacation paradise! Reduced to \$219,000. Bookmiller Realty 722-4423. gcf2

PECONIC. STONE'S THROW to private, sandy bay beach. Perfect year round get-a-way on shy 1/2 acre. 3 BRs, LR/fpl, enclosed porch, hot air heat/CAC, detached garage. New listing \$187,000. Cutchogue. Contemp Cape on nearly 1 acre, bi-level deck with hot tub, 3 BRs, 2 baths, separate DR, oversized 2 car garage, CAC, park-like setting, nearby mooring rights. \$225,000. Mattituck. Handsome 4 BR, 2 bath cedar shake Colonial. Quiet area, bsmt, garage, deck, OHW heat. Value at \$215,000. Southold Exclusive. Walk to bay beach. Unconfining Contemp Ranch on cul-de-sac. Cathedral ceiling, open kit/dining area. 3 BR, 2 bath, 3 zone OHW heat, 2 car garage & much more \$194,500. Southold. One of a kind Victorian Estate on 14 plus acres. Spacious, newly built with custom pool & boat dock. Must sell \$939,000. Marion King Realty. 734-5657. gcf2

Real Estate For Sale

MONTAUK, PRES-TIGIOUS HITHER Hills, year round, cedar shingle beach on secluded half acre. Ocean view, 200 ft. to private beach. Six BRs, 2 1/2 baths. Many addl. features. Principals only. \$265,000. 668-5292. hml

PECONIC. WALK TO A private family oriented beach from this cozy 3 BR, 1 bath year round cottage. LR/fpl, enclosed porch, EIK, 1 1/2 car garage. CAC. \$187,000. Southold Bayfront. Spectacular bay views from this older style 3 BR plus loft home. Private beach & marina. \$319,000. Southold. Secluded Farmhouse with front porch. 4 BRs, 1 bath, LR/fpl, enclosed porch. Garage/studio. Walk to sound. \$200,000. Peconic Secluded soundfront. This tree shadowed American Barn style home is surrounded by nature's handiwork. 2 BRs, bath with jacuzzi. Great rm/deck. Vaulted, beamed ceilings throughout. Pickled pine floors. Garage. 2 plus acres. Stairs to beach. \$425,000. Marilyn Lang Realty 734-6472, 734-6690. gcf2



GARDEN CITY CHERRY Valley Co-op. 2 BRs, second floor, new EIK, CAC. Walk to RR. \$115,000. 747-8850, 747-1771. gcf1

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. gcm1

STEWART AVENUE - BEST Apartment in town. 3 BR, 2 bath, FDR, LR/FPL, view of Christmas tree. Maintenance \$990/mo. 70% tax deductible. Asking \$235,000. weekdays, 212-841-7887; eves. and weekends 516-746-4165 gcf3

G.C. HAMILTON GARDENS Gorgeous, oversized 1 BR Co-op. Renovated, new Euro style EIK, separate DR, new bath, ref. hardwood floors. California closets. Extra large rms, heated garage. Close to all. Reduced to \$115,000. 747-3607. gcf3

MINEOLA - HORTON House, 1 BR, large LR, secure building. convenient to RR, hospital, stores. Must sell \$79,000. By owner. 747-8711. gcf3

OWNER TRANSFERRED. For sale - sunny 1 BR, neutral decor, wall to wall, new kitchen & bath. Must see. Heated garage available. Leave message. (516) 565-9667. gcf3

Real Estate For Sale

MINEOLA CLINTON ARMS Incredibly spacious 1 BR, 1 1/2 bath, terrace, EIK, separate living/dining area. Closets galore, heated garage. Walk to all \$99,000. 747-8919 Owner gcf3

MINEOLA CO-OP 1 BEDROOM 1 bath, ultra modern; kitchen, low maintenance, walk to rr and shopping. \$89,000. Also, Garden City co-op, 2 bedroom, 2 bath, duplex, ultra modern kitchen plus terrace. \$149,000. Call 747-4045. h13

BAYSIDE, ROCKY HILL Terrace, bright, oversized, one BR corner apt. Large LR & DR, Has 3 sided exposure. Fully renovated. beautifully landscaped complex. Walk to shops, LIRR (20 min. express to NYC). Great buy! \$70's. Call owner 718-225-9210. hml

FLORAL PARK CO-OP. Large 1 BR, new EIK, new bath. Walk to all, large closets. \$94,900 neg. 775-1353. gcm1

GARDEN CITY 3 BR Co-op on 7th St. Oversized LR & DR. Fpl. Country EIK, 2 full baths, foyer, A/C, new windows. Walk to RR, shops, schools. Mint condition. Must sell. Also available for rent. \$189,000. Call 742-1268. gcf2

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 gcf2

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. gcf4

MINEOLA, HORTON HOUSE, sunny 1 bedroom, new wall-to-wall, A/C, lots of closets, live-in superintendent. Walk LIRR/hospital/courts. Must sell \$89,500. Owner (516) 294-0924. gcf4

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. 741-2648. gcm1

GARDEN PLAZA. MUST sell. Large Studio, sleeping alcove, new carpet, A/C, new tiles. Walk to RR, security. \$59,900 or best offer 294-5063. gcf4

HORTON HOUSE, MINEOLA. Large 1 BR, sunny corner apt. Walk to RR, hospital, courts & shopping. Principals only. Eves 248-4171. gcf4

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

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. gcm1

Real Estate For Sale

SUNNY MANHATTAN STUDIO located in Murray Hill section at Lexington & 36 St. Doorman building, new kit, laundry facility. Near all subways. Asking \$85,000. Owner 212-213-1473. gcf4

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

GARDEN CITY / HEMPSTEAD, Cathedral Gardens. 1 BR, top floor, renovated, wall to wall, EIK. Anxious by owner. 292-1516. \$53K or rental. gcf2

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

Real Estate For Rent

ROOMATE WANTED TO share house in Williston Park. Walk to everything. \$450 per month, includes utilities. Call days. 248-5278. wf3

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

HICKSVILLE 2 BR APT 2nd Fl LR w/Skylite DR, KIT, Full Bath, \$900. Call 935-0856. htfn

GARDEN CITY ROOM for rent. Non-smoker, private entrance, appliances available, walk to station, share bath. \$500. 742-7706. gcf4

GARDEN CITY VICINITY Co-op for rent by owner. Security building, large sunny L shaped Studio, EIK, full bath, parking on premises \$700 a month plus utilities. Heat included, close to RR 742-3278. gcf3

SUNNY, LARGE ROOM, big closet, private entrance and bath. 5 blocks from RR. Mineola. 746-4065. gcf3

HICKSVILLE 2 BR APT 2nd Fl LR w/ Skylite DR, KIT, Full Bath, \$900. Call 935-0856. htfn

NEW HYDE PARK - 1 BR. Apt. for single non-smoking business person. No pets. Private entrance. Kitchen, full bath & separate heating. Walk to stores & public transportation. Call 354-0114. wf4

FLORAL PARK - 3 RMS Garden Apartment, prime area. Modern newly painted, garage plus parking space. Storage, use of yard, near LIRR and all shopping. \$785. Eves. 354-2926. gcf3

STEWART AVE. - HUGE unfurnished room. Private bath. Private entrance. Very private and spacious. Walk RR/Bus. Prefer quiet mature non-smoker. Gorgeous! \$525 including utilities. Call 328-1212. gcf4

Real Estate For Rent

WEST HEMPSTEAD - 1 BR, LR/Kitchen combo, full bath, upstairs, private entrance, wall to wall carpeting \$600 a month. 248-7508, 481-1496. gcf4

GARDEN CITY EAST, lovely 1 BR apartment. Walk to all. Excellent location. Professional couple, no children, no dogs. Call 741-6347. gcf4

GARDEN CITY UNFUR- NISHED room. Share kitchen, laundry, living/dining areas. Near all transportation. Professional or business person. References 437-8001 or 747-6420. gcf4

EAST WILLISTON GARAGE for rent for storage. Antique car, not for frequent in or out. \$60.00 per month. 741-3057. wf4

GARDEN CITY FUR- NISHED room to rent. Convenient to stores & transportation. Ideal for business adults, kit. privileges available. Immediate occupancy. 747-6589. gcf4

FOR RENT by owner: Western section, 4 BR, 2 bath Cape. \$2000 per month. No dogs. 747-6247. gcf4

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

WEST HEMPSTEAD 3 room apartment, \$575, includes all. Separate entry, walk to RR, working female preferred. Please leave message, 538-1512, will call back after 3 p.m. gcf4

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

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

WILLISTON PARK 3 1/2 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

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. gcf2

WILLISTON 3 BR house. All new interior, appliances, w/d, new heat, w-w, new kit, new bath. Near shops, LIRR. 628-3845. hJ2

GREAT NECK GARAGE for rent. 3 blocks north of RR station. Electric door, private house. \$95 monthly. 487-8215. gcf2

Real Estate For Rent

GARDEN CITY COLONIAL 4 BRs, 2 1/2 baths, fam. rm/fpl, full bsmt, A/C, lawn sprinkler, atached garage, gas heat. \$1,800 a month. 742-0073. gcf2

MINEOLA. LARGE FUR- NISHED room available. Non-smoking, professional female only. Share bath. \$85.00 a week. Two weeks security. Call anytime. 746-2138. wml

MINEOLA/WESTBURY APTS: Beautiful Studios. \$575 to \$600 a month. Large 1 BR Apt. \$600. Luxury Garden Apts. \$795 & \$825 a month. Beautiful 2 BR Apts. \$750 & \$800 a month. Available now. Royal 742-3355 - 795-7707. wf3

HOUSE FOR RENT in East Williston. 7 rm. Dutch Colonial, 24' LR/fpl, FDR, Master BR with 4 closets. Immediate occupancy. \$1500. Exclusive with The Valentine Agency. 746-7200. wf2

ROOMATE WANTED. WESTBURY. Near everything, \$310 a month plus phone, utilities & cable. Five minutes to Hofstra, Nassau. Prefer non-smoker. 997-7814. wml

MINEOLA/GARDEN PLAZA. Huge 1 BR, DR, den, LR, 2 A/Cs, wall to wall, updated kit & bath, 24 hr. security. Walk to RR & shops. Parking included. Available immediately \$900 - 248-8233. gcm1

GREAT HOME FOR large extended family. 5 BRs, 3 baths, LR/fpl, FDR, EIK. Asking \$1,975 per month. Abbott Manor Realty 352-7333. gcf2

GARDEN CITY HOUSE to share. Share large Garden City house with young professionals. Includes entire use of house with washer, dryer, walk to two RR stations. Great location. \$390 includes all. 775-4256. hml

FLORAL PARK - 2 BR (furnished) with solarium. Available immediately. Near RR/shopping. Suitable for 2. \$825. Interested parties must see. 352-6433. gcf2

PSYCHOLOGISTS, SOCIAL WORKERS & related fields of office space. Prime area. Mineola. Part time/full time established center. Possible referrals. Reasonable rates. Call C. Bernacchio 741-5141. gcm1

MIAMI GOLF VILLA, by wk. or mo. 2 BR, 2 bath, beautiful water view. 54 holes. Available April 1. \$850/week, or \$3,000/month. 516-294-4668 or 305-556-3951. gcm1

GARAGE FOR RENT. Floral Park Crest \$60 a month. 746-1776. gcm1

GARDEN CITY PARK. Sunny 2 BRs, second floor, large EIK, driveway parking. \$825 includes heat. Sedacca Realty 747-0020. hJ3

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

Vacation Rental

MT. SNOW/HAYSTACK
Large fully equipped 4 BRs plus loft, 2 1/2 baths with color TV, VCR, microwave. Available by the week or weekend. Beautiful views, lots of privacy, heated garage. Call 466-6120. gcap3

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. gcf4

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. gcf3

SHELTER ISLAND
MODERN Ranch set on 1 acre with water view. 3 BR, 2 Bath, full kitchen with dishwasher, washer/dryer, Fpl, full deck, 100 yards to life guard attended beach. Bright, sunny, breezy. Perfect for family with children. Memorial Day - Labor Day \$8,000. 746-3358. gcf4

FLORIDA - PALM BEACH
Studio & 1 BR apts. The Palm Beach Hotel. Pool, spa, one block to beach, near restaurants, shops, maid service, day/week/month. Affordable 407-736-3942. gcf4

SHELTER ISLAND. THINK
summer from \$4,500-\$45,000. Call now for best selection. Foxfire Realty, 21 North Perry Rd., 749-3080, 749-3288. gcm1

WESTHAMPTON. CHARMING
OLDER redecorated 3 BR, 2 baths, fpl, quiet neighborhood, enclosed front porch South of Montauk Highway. \$10,000 season. Owner 212-988-8088. gcm1

MT. SNOW VERMONT
Beautiful luxury condo, sleeps 8. Hot tub & sauna in condo. Club house on premises with swimming, racquet ball & gym. Free shuttle bus to mountain. Cross country & downhill skiing. Less than 1 mile from slopes & beautiful view of mountain from condo. Short & long term rentals. Call 741-1824. GCF4

SANIBEL ISLAND
FLORIDA - Tropical paradise, lush unspoiled setting, southern Florida Gulf coast. Sundial Beach & Tennis Resort, 2,000 foot beach, 5 pools, jacuzzi. 13 soft tennis courts, golf, fishing, boat/bike rentals, miles of bike/jogging paths, supervised children's activities available, gourmet restaurants at resort and throughout island, superb shopping, world famous shelling, 35 minutes to Ft. Myers jetport. Complete gulf front, posh resort. Just right for various activities or just plain relaxation. One, two & 2 BR plus den condos with full kitchens. Rent daily, weekly, etc. Reasonable. 746-2211, 326-7711. gcap2

Vacation Rental

VACATION HOME WITH POOL. Westhampton, walk to Main Street. 3 BRs, 2 Baths, LR/fpl, DR, EIK, 20 x 40 in-ground swimming pool. All appliances, stereo, TV with VCR, 741-1443. gcm1

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. gcf3

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. gcf2

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 payments. Call 269-5404 evenings please. wf2

GARDEN CITY HOUSE rentals & sales needed for qualified prospects. Call Fennessy Realty 746-6245. gcf4

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. gcm1

GARDEN CITY FAMILY seeks Tudor or Colonial, Estates or Central Section. Minimum 4 BRs, \$500,000 - \$550,000. Principals only 747-2794. gcm1

MATURE GARDEN CITY business couple seeking 2 BR apartment in Garden City area. Careful & considerate. 746-2151. gcm1

STEWART MANOR HOUSE wanted by young professional couple. 3 BRs, 1 1/2 baths, fpl, den. Colonials only, not near RR. Good condition. Low to mid \$200's. Principals only. 741-0261. gcm1

GARDEN CITY. ATTENTION Homeowners: We have many customers looking for homes in Garden City. If you are even "thinking" of selling please contact Anne Hagen of Jaenichen Realty to register your home in her "Homes That Are or Will Be For Sale Register." Organized & maintained for a quick, efficient sale with the least amount of inconvenience to you, the seller. Customers are waiting. Please call now: Anne Hagen, Jaenichen Realty, 109 7th St., Garden City, 248-4540 or 741-1754 "days." gcf2

RENTAL. FAMILY OF 3 seeks short term house for rent, approx. six months. If your house is for sale, we are willing to make your house available to brokers during our stay. Principals only. 742-3956. hml

Real Estate Wanted

HOUSE WANTED in Garden City or western sections. Trade for a midtown Manhattan brand new luxury condo w/2 BR, 2 marble baths, 1 balcony, City/river view. Pool/health club included on top of the roof, 42nd floor. Value \$250,000. Call owner 212-989-3980 or 212-268-4728. gcm1

GARDEN CITY YEAH. We sold our house. We want to buy yours. Price range \$300's. Pre-approved mortgage. Sizeable down payment. Principals only. Call 742-3956. hml

Car For Sale

1986 CHEVY CAMARO V6, 25,000 miles, loaded, white, black interior, T-tops, tint, mint condition. Must see! \$6500, neg. Evenings 741-9545, ask for Connie. hf4

1988 CHEVROLET SPRINT 4 door, hatch back, A/C, auto, AM/FM, 36K miles. Excellent condition. \$2,900. Must sell. 741-6254. gcf4

1985 ISUZU IMPULSE AT, A/C, ps, pw, excellent running condition. Must sell. \$2,850, 437-1630. gcf4

1988 JEEP WRANGLER Laredo, 5 speed, 22,000 miles. Black/tan, custom interior, immaculate in and out. Must sell, moving. Floral Park. 718-347-3705. wf4

1978 BUICK ELECTRA, all options, excellent running condition. No rust. Best offer. 248-4328. gcf4

1981 DATSUN 210 mechanically excellent, A/C, radio, P/S, P/B, 87K miles. Body needs some work. \$650 firm. 742-8037. gcf4

1978 TOYOTA COROLLA, lift back, automatic, 69 K miles, runs well, reliable, AC, heat. \$500 742-5675. wf2

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

CHEAP! FBI/US. seized, 89 Mercedes \$200, 86 VW \$50, 87 Mercedes \$100, 65 Mustang \$50. Choose from thousands starting \$25. Free 24 hour recording reveals details 801-379-2929 Copyright #NY49HJC. 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) 487-8408. hf3

1986 CADILLAC DEVILLE, white car, blue leather seats, one owner, fully garaged, wire wheels, cellular phone, brand new factory engine (not rebuilt) top condition. Loaded \$5,900. Call evenings 484-9753. hf3

BMW 320 i '81, 5 speed, silver/blue interior, sunroof, Benz box, high mileage & garaged. \$2,700. 741-5824. gcf3

Car For Sale

1982 OLDSMOBILE DELTA 88 Brougham, 4 door, V-8 engine, automatic with overdrive, A/C, power steering & brakes, garage kept, excellent condition. Asking \$2,200 neg. 938-6439. hf3

1988 MERCEDES BENZ 250S. Excellent condition, must see. Asking \$5,000. 326-4933 gcf3

1986 CHRYSLER LE BARON Convertible, Mark Cross edition. Turbo, full power, white over white, 49,000 miles. Good condition. Original owner. \$4700 741-4198. wf3

1980 CHEVY MALIBU, 4 door, V6, 90,000 miles, reliable station car. \$750. 746-4680. gcf3

DODGE COLT DL 1985, 4 door, 5 speed, a/c, AM/FM, very good condition with 21,000 miles. Must see \$4,795. 294-5696. gcf3

1984 VOLVO - 760 GLE 103,000 miles, loaded. Climate control. Power sun roof, power windows, power mirrors, power door locks, new interior, garaged. \$5300. 741-0972 wml

1988 CHEVY IROC CAMARO, V-8, low miles. Red. Loaded. T-Tops, mint condition. Must see. \$6500. Negotiable / offer. 747-3868. wml

DODGE '84 CHARGER Hatchback, 52,000 miles, new tires, new brakes, AM/FM, runs well. \$1,800. Neg. 248-7508. Leave message. gcm1

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

'87 SAAB 9000 S - 5 speed, A/C, leather, sunroof, Benzi radio, excellent condition. Roof rack included. Great ski week-end or college mover \$8,000. 747-7169. Leave message. gcm1

'90 ISUZU TROOPER LS. 4WD manual, fully loaded. 32,000 miles. Mint condition. \$13,000 neg. Original owner. Call 354-1819. gcm1

Car Wanted

WANTED: INEXPENSIVE STATION car. Excellent running condition a must. Late 1970, early 1980 model Honda preferred. Call 746-4154 between 10 a.m. - 9 p.m. gcf3

For Sale

GOLDEN OAK ENCLOSED Bar. Excellent condition. 5 ft. x 3 ft. Must see! Oak kitchen set with formica top, 4 1/2 ft. x 3 ft., six chairs - 2 captain & 4 Hi-back. \$400. 437-8123. wf3

SIDEBOARD, QUEEN ANNE style, cherry mahogany, excellent condition. Originally \$1100 Ethan Allen. Now \$500. Call 248-8227 or 747-2673. gcf4

CONSOLE PIANO - SAMICK 3 years old-fruitwood, excellent new condition. Asking \$3,000. 437-3852. gcf4

For Sale

ETHAN ALLEN - PERFECT condition, 1 pc. pine china closet/buffet, pine etagiere and Queen Anne salmon velour chair. Moving south. Best offer. After 7:30 p.m. (718) 426-1337. gcf4

EXECUTIVE DESK CHAIRS fine condition with matching arms and swivel: chrome and blue fabric \$69; High back light green leather \$129. High back brown leather \$189. Call days/evenings 747-8265. gcf4

CARIBOU MOUNT. 3 yrs. old. Must be seen to be appreciated. Call evenings. 328-3977. wf4

STEREO EQUIPMENT INCLUDING Dynakit PAS - 2 preamp & stereo 70 amp. Fischer 100A tuner, TEAC-A 170 cassette deck & Technics ST-CO3 micro tuner. Call 741-0121 after 7 p.m. gcf4

BALDWIN ORGAN MODEL Bravo double keyboard, full pedals, automatic rhythms, different sounds. Excellent condition. Asking \$1,000. 742-1985. gcf4

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

WEDDING DRESS \$500, cleaned and boxed. Size 7-8, Mon & Tues. 352-5106, or after 7 p.m. gcf2

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

KIRMAN RUG 9 FEET 9 inches x 19 feet 9 inches, blue, rust with beige center. Excellent condition \$6,000. George Steck Baby Grand piano \$1,000 or best offer. Queen size BR set, Contemp blond oak \$750. 742-5149. gcf3

ANTIQUE OAK ICEBOX, porcelain lines, fully functional, original hardware, excellent for bar or stereo system, asking \$495. Also, Scandinavian style dining room set, teak table with a double self-storing leaf, 6 chairs and a glass top, \$575. 437-2517. gcf3

TREADMILL \$25, wicker fan chair \$25, 2 wicker round tables with plexiglass \$25 each. White wicker-like long dresser and desk with bookshelf \$100 for set. All excellent condition. 747-6226 evenings. gcf3

FIRE PLACE EQUIPMENT - Antique brass andirons, tools, folding screen, crystal and Tiffany type chandeliers, Singer sewing machine, custom area rugs. 746-7507. gcf3

HOUSEHOLD ITEMS: MAHOGANY Sheridan chest, 6 piece Dining set, bookcase, Grundig AM/FM Console, Delmonaco Console, oak bookcase, maple hutch, deacon bench, Winthrop walnut desk, books, china, crystal, linens. February 19 to 22, 10 a.m. 179 Capitol Ave., Williston Park. 742-0256. wf4

For Sale

3 PIECE SECTIONAL Italian Provincial, 2 chairs, 2 marble lamp tables. Excellent condition. Call after 4 p.m. 485-6359. gcm1

72 INCH QUEEN SIZE Sofa bed, one year old, tan and white, striped back cushions, roll arm. Call 747-6483. \$250. hml

AUTHENTIC HITCHCOCK DR set, autumn finish. Table 42 x 54" with two 12" leaves + pads. Buffet base/side board 19 x 54". Six black and autumn chairs. Excellent condition, \$1300. Also Childcraft 6 Room Dollhouse with furniture. \$95. 741-6188, evenings. gcm1

Wanted

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hf4

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hf4

MAHOGANY CHINA CLOSET. Traditional leather furniture for den. Oak end tables etc for den. (Preferably Ethan Allen Royal Charter Oak). Call 742-1555 or 746-6665. hf3

ANY TYPE ANTIQUE Victorian or other furniture wanted. Also cut glass, silver jewelry, paintings, bronzes, dolls, frames, clocks, rugs, linens, trunks, china lamps. Will call for any time, any place. Call Kay & Tom. Westbury, 334-4117. gmy2

FURNITURE GENTLY USED. Young professional couple with child seeking sofa/love seat combo, sectional/modular sofa, Castro sofa bed/day bed/love seat, twin size mattress/box spring, Harvard frame, coffee table and end table in good condition for home. 294-1994. gcm1

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

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HOME IMPROVEMENTS Cartwright Contracting. Top notch remodeling & 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. gcf2

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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

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Small Jobs Reasonable
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gcap2

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

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

LITE MOVING & STORAGE Very reasonable. Call day or night. Long & short term storage. Local/long distance. Will beat any price. Free estimates. \$10 off with this ad. 599-0996. gcap4

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

Professional Services

DENTAL PLAN - UN- LIMITED coverage. Family - \$150; Individual - \$85. No one turned down. Call Lorry 742-4080. gcf2

INCOME TAX PREPARED. Preparation by 2 former IRS agents with 45 yrs. combined experience. Reasonable rates. Call Anne or Roger M. Gedgard 746-0425. gcA2

INCOME TAX PREPARED, your house or mine. 10% discount with ad. Kenneth V. Morris, C.P.A. 579-2580. wf2

Instructions

TENNIS LESSONS. Keith Morris, Head Pro-North Shore Towers Country Club; Men's Varsity Tennis Coach, Great Neck South H.S. Currently residing at Great Neck Estates Tennis Courts. Group-Private-Semi-Private. Great rate: \$45 HR/\$30 1/2 HR. Call (516) 487-8025, (718) 352-3394. hf4

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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. hf2

EXCELLENT TUTOR JR. High School. Chemistry, Spanish, Latin & Math. \$20 per hour. Great results! Call 248-2476. gcf2

PIANO, ACCORDIAN & GUITAR lessons. All levels, all ages. 23 years of experience N.Y.S.S.M.A. & L.I.M.T.A. member. Call 354-1721. gcf3

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 INSTRUCTION. Elementary/High School, Sequential 1-2-3 SAT/Regents Prep. Licensed teacher H.S. & Coll. experience. Reasonable rates. Yields excellent results. 742-7706. gcf4

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

Instructions

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Pets for Adoption

GOOD HOME FOR 6 Year old indoor/outdoor cat with loving, wonderful disposition. Owner has developed severe allergies. 248-6279. gcf4

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 only 11am. to 3pm. 741-8586. WF2



NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. G.E. wf2

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. M.S. gcf2

Garage/Tag Sale

TAG SALE, GARDEN City. Settling estate, selling entire contents of gracious home. Lovely Federal style curio cabinet, rock maple BRs, hand-some mahogany tables & mirrors. Wing chair, assorted furniture, old paintings & pictures. Maple drop leaf tables, American Stair Glide chair lift, large Victorian marble bust, old Royal Doulton, small Boehm birds, lovely old china & glass, barometer, dolls, old clocks, carved shore birds & eagles. Old radios, blue & white plates, many old books, costume jewelry, records, basement filled with craft materials & much miscellaneous. Please join us at 9 Euston Rd. (1 block off Nassau Blvd. off Cambridge) Sat., Feb. 15, 9 a.m. - 2 p.m. gcf2

GARAGE SALE, SAT. Feb. 22, 9 a.m. - 4 p.m. at 15 North St. James, Garden City. gcf3

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. A.C. gcf2

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Kids Home Newspaper

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

By J.R. Rose



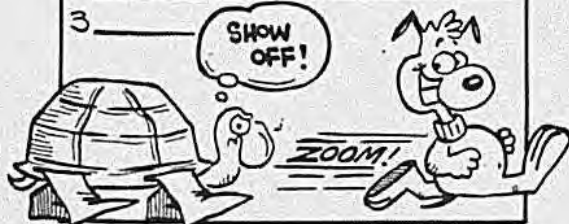
DRAW IT!

**DRAW A
TURTLE SHELL
ON HIS BACK!**



LIST **FIVE** WORDS THAT RHYME
WITH **SLOW!**

- | | |
|---------|---------|
| 1 _____ | 4 _____ |
| 2 _____ | 5 _____ |
| 3 _____ | |



IT'S EASY TO DRAW A **Turtle!**

**1. DRAW A
TURTLE SHELL**



**2. ADD FOUR
TURTLE LEGS**



**3. DRAW A
HEAD AND
A TAIL**



**4. ADD EYES
AND MOUTH**



**TURTLE SHELLS ARE HARD AND ROUND.
SOME ARE LAYING ON THE GROUND!
WHICH ONE'S LIKE HIS TURTLE SHELL?
IT IS TOUGH FOR US TO TELL!**

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COWLEY NEWS SERVICE



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IF YOU HAVE ANY FUN
GAMES OR JOKES SEND
THEM TO : **PUP**

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

**WHAT DO TURTLES
GIVE EACH OTHER
FOR BIRTHDAY
PRESENTS?**



**WHY DID
THE TURTLE
CROSS THE
ROAD?**



**PUP THANKS SAMUEL CATRON OF CHILHOWIE, VA
AND AMANDA FOXE OF CANADA FOR THESE JOKES!**

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ANTIQUE OR JUNQUE

By James G. McCollam



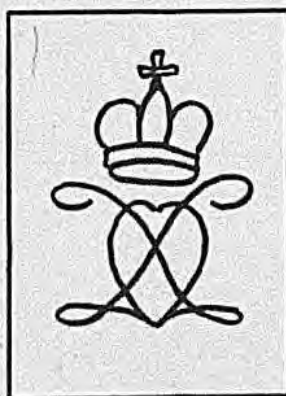
Porcelain tray made in Germany

Q. What can you tell me about the porcelain tray in this picture? I realize that the chip in the upper rim seriously detracts from its value. It is marked "Z.S. & Co., Bavaria."



A. This tray was made by Zeh, Scherzer & Co. in Rehau, Bavaria, Germany, between 1900 and 1910. It would be worth about \$125 to \$135 in good condition; I can't assess the diminished value due to damage.

Q. The attached mark is on the bottom of a covered porcelain jar decorated with multicolored flowers on a green background. It measures about 6 inches in height. Can you identify the maker and give me some idea of the vintage and value?



A. This mark was used on Crown Derby porcelain made in Derby, England, between 1878 and 1891. It would probably sell for \$275 to \$300.

Q. The mark on a stein I have is a castle over "Metlach" and "V.B." and the number 1467. It has four panels with scenes of hunting, farming, weaving and picking fruit.

A. Your stein was made by Villeroy and Boch in Mettlach, Germany, during the late 1800s. It

would probably sell for \$275 to \$300 in good condition.

Q. I have a Wedgwood plate commemorating the Columbian World's Fair in Chicago in 1892-93. It depicts the Machinery Building and has a floral border.

A. Can you tell me anything about this and what it might sell for?

A. Wedgwood made a series of five plates with pictures of various prominent World's Fair buildings. Any one of these would sell in the \$40 to \$50 range.

Q. I have a French-style telephone made by Kellogg S. & S. Co., Chicago. It is made of silver and brass. Do you know when this was made and how much it is worth?

A. Your telephone was made in the 1920s and would probably sell for \$500 to \$600 in good condition.

BOOK REVIEW

"Warman's English & Continental Pottery & Porcelain 2nd Edition" by Susan and Al Bagdade (a Wallace-Homestead imprint of the Chilton Book Co.) is an excellent guide for English and Continental ceramics on the American market. It contains more than 10,000 listings with prices and hundreds of photographs.

Send your questions about antiques with picture(s), a detailed description, a stamped, self-addressed envelope and \$1 per item (limit one item per request) to James G. McCollam

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



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Baldwin 623-8351 (alt. call 599-8567) Lorraine Chip

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linens, trunks, china, lamps.

Will Call for any time, any place.

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Points on Pets

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

Q. Why is it important to have dogs vaccinated for leptospirosis? Our veterinarian includes this vaccination when she vaccinates our dogs for distemper.

A. Leptospirosis in dogs is caused by a small bacteria-like germ called a spirochete. Although puppies are the most susceptible to leptospirosis, dogs of all ages may be infected.

Signs of leptospirosis may appear very suddenly and include general weakness, refusal to eat, vomiting, high fever and reddening of the eyes. The fever usually lasts for about two days. The membranes of the mouth and eyes often turn yellow or orange. In severe cases, ulcers occur on the

dog's tongue and the breath is extremely foul smelling. Bloody vomiting and diarrhea often occur.

Although most dogs survive bouts with leptospirosis, it should be prevented with vaccinations because of the extreme discomfort it causes the dog. Your veterinarian can advise you regarding the proper times for your dog to be vaccinated for this and other commonly occurring canine diseases.



The World's Most Beautiful Grandchildren



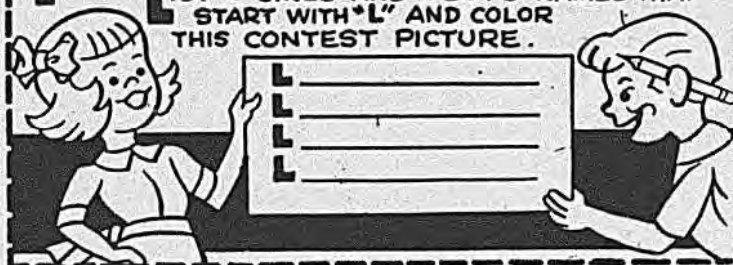
This is our beautiful, blue-eyed granddaughter, Christina Bandlerini Fex, born on the Fourth of July. She is our heart's delight. Christina is the daughter of Janet and Michael Fex and the granddaughter of Mona and Fred Bandlerini, who are all residents of Garden City.



Beautiful Grandchildren come in all sizes. Grandma Ellen McNally and Grandpa Gene Simmons are extremely proud of Jennifer, Lauraine, Katie and Eugene Robert Simmons. They reside in New Hyde Park with their parents Cathie and Gene Simmons.

JUNIOR EDITION

YOU MAY WIN A BIG PRIZE!
LIST 2 GIRLS' AND 2 BOYS' NAMES THAT START WITH "L" AND COLOR THIS CONTEST PICTURE.



Aunt Tilly's Corner

Today is Valentine's Day. Maybe some of you boys and girls received Valentines today from someone who admires you. Did you know though, that the day was named after St. Valentine who used to send nice letters and well wishes to sick people in hospitals? His birthday was Feb. 14.

I hope you all had a good day today.

Love,
Aunt Tilly

P.S. Winner this week is Rachel Arroyo - Congratulations

RULES BOYS AND GIRLS

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

- Here's all you have to do:
1. Contest is open to children 4 to 12 years of age.
 2. Entries must be received by Friday, February 21, 1992
 3. Paint, watercolors and crayons must be used on the above.
 4. Decision of the judges will be final.

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

YOUR SOCIAL SECURITY

Medicare payments after patient dies

By William M. Acosta

Q. My mother, who was a Medicare beneficiary, died recently. What do I do about unpaid doctor bills? — L.M.

A. If the bill has not been paid and the doctor or supplier does not accept assignment, the Medicare payment can be made to the person who has, or assumes, legal obligation to pay the bill for the deceased patient.

Your Medicare carrier (who is listed in the *Medicare Handbook*) can provide additional information about how to claim a Medicare Part B payment after a patient has died.

Q. I will be 65 later this year. I plan to continue working for another year or two. Do I receive more by delaying my retirement? — E.D.

A. If you work beyond age 65, your benefit is increased a percentage for each year that you delay receiving your benefits, up to age 70. The percentage varies depending on your date of birth. For a person born in 1927, the yearly percentage increase is 4 percent.

Q. I am a U.S. citizen. If I leave the United States, am I still eligible for Social Security? — G.T.

A. If you are a U.S. citizen, you can travel or live in most foreign countries without affecting your

eligibility for Social Security benefits. However, there are a few countries where we cannot send Social Security checks. Call Social Security for additional information.

Q. What is the resource limit for Supplemental Security Income beneficiaries in 1992? — P.B.

A. Resources are items that a person owns, such as real estate, personal belongings, bank accounts, cash and stocks and bonds. A person may have resources of up to \$2,000; a couple may have resources of up to \$3,000 in 1992. Call Social Security for complete information.

YOUR SOCIAL SECURITY