

In Two Sections

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Friday, May 22, 1992

Recycling Rangers



Kindergartners Lauren Peluso and Anthony Levine become Recycling Rangers by attending a seminar about the S.O.R.T. program, given by Nancy Strub from the Town of Oyster Bay Division of Environmental Control.

Students Study Chart Laws Of Motion

Two Hicksville High School seniors, currently enrolled in the district's Internship Program, have been studying advanced physics under the mentorship of Hicksville High School teacher Dr. Harrison Taft. Students Rajive Nair and Shobin Oommen have been observing Newton's Laws of Motion by connecting an air track to a computer to graph velocity, acceleration and displacement. The students work on a regular

basis in the school's physics lab. Students interested in obtaining an internship during their senior year should speak with their guidance counselor. The district also works with local businesses interested in sponsoring a student intern for afternoon hours on a non-paying basis. Contact the Guidance Office at 933-6666 or Hicksville High School business teacher Ms. Galland at 933-6500 for more information.



Rajive Nair charts the motion on the air track via the computer. Rajive plans to attend Med School and to pursue a career in pediatric medicine.

Life Extension Program At Library

The Hicksville Public Library welcomes Dr. B.J. Fabrikant as he presents "Life Extension," a personal invitation to residents that may lead to a longer, more vigorous lifetime on Thursday, June 11, at 7:30 p.m.

Topics include lifestyles that foster youth, aging more than a passage of time, stress management and nervous system function.

Dr. Fabrikant is a practicing chiropractor. Admission to this program is free and open to the public. Further information can be obtained by calling the Hicksville Public Library's Public Relations Department at 931-1417.

Music For Sunday Afternoon

Enjoy a spring afternoon of beautiful music at the Jericho Public Library on Sunday, May 31 at 2 p.m. The East Bay Chamber Players are performing a program of Mozart, Beethoven and Brahms. Paul Baer is the pianist, Eugene Kahn, the violinist, Vivian Israel Barkai, the cellist and Laura Mole plays the viola. No tickets are necessary. Seating will be on a first-come, first-served basis.

Mansions of L.I. Gold Coast

Monica Randall, a member of the North Shore Preservation Society, brings her multi-media presentation which re-discovers Long Island's Gold Coast Mansions to the Hicksville Public Library on Monday, June 29, at 7:30 p.m.

Contained within this insightful program, residents can discover little known details and photos of the Woodward murder case, the haunted Woolworth mansion in Glen Cove, and the mysterious story of a colossal Spanish castle on top of a cliff in Huntington, along with other archives of a time long since gone.

Seating is limited and will be on a first come, first seated basis. Admission is free.

Hicksville Annual Memorial Day Parade & Service

By VFW P.P.C.

Carmine A. Somma

The Masonic War Veterans will be hosting the Hicksville Annual Memorial Day Service & Parade. On Sunday May 24 the Veterans Groups of Hicksville will have their Annual Memorial Day Service at Plainlawn Cemetery on Old Country Rd. Assembly time is 8:30 a.m. Kick off time is 9 a.m. All are welcome.

Comrades & Sisters of the Post go to the grave site of Wm. M. Gouse, Jr. in Westbury. The Post is named after him. At 10 a.m. there will be U.V.O. Service at Veterans Monuments at Eisenhower Park; at 2 p.m. there will be Memorial Day Service at the L.I. National Cemetery in Farmingdale.

On Monday, May 25 the Annual Memorial Day Parade will take place as follows: Assembly at Sears Parking Lot at 8 a.m. Parade starts at 9 a.m. The march is South on Broadway to Old Country Road to Jerusalem Avenue. Memorial day Services at Hicksville Middle School, located at the corner of Jerusalem Avenue and 4th Street.

After the Memorial Day Service all are invited to a collation at the Mason's Hall at 18 West Nicholas Street.

Students Visit Central Park Zoo



Mrs. Greene's class and three other classes from the Fork Lane School visited the Central Park Zoo on Thursday, April 30. They also attended a marionette show of "Jack And The Beanstalk," at the Central Park Marionette Theatre. It was a fun-filled day for all involved!

**LEGAL NOTICE
NOTICE TO BIDDERS
HICKSVILLE
WATER DISTRICT**

Notice is hereby given that **SEALED PROPOSALS FOR REHABILITATION OF WELL NO. 5-3** will be received by the **BOARD OF COMMISSIONERS OF THE HICKSVILLE WATER DISTRICT**, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 P.M., Prevailing Time, on Thursday, June 4, 1992, at which time and place they will be publicly opened and read.

Information for Bidders, Proposal, Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after 12:00 P.M., May 22, 1992, a deposit of Fifty Dollars (\$50.00) is required for each set of documents furnished, which will be refunded to bidders who return specifications within ten (10) days of bid opening in good condition; other deposits will either be partially or not refunded.

Each proposal submitted must be accompanied by a certified check or bid bond, payable to the Hicksville Water District, in a sum equivalent to five percent (5%) of the total amount of the bid, and a commitment by the bidder that, if his bid is accepted, he will enter into a contract or perform the work and will execute such further security as may be required for the faithful performance of the contract.

The Board of Commissioners of the Hicksville Water District reserves the right to reject any or all bids, to waive any informalities wherein and to accept the bid which, in its opinion, is in the best interests of the Water District.

**BOARD OF COMMISSIONERS
HICKSVILLE
WATER DISTRICT**
Gilbert E. Cusick,
Chairman
Nicholas J. Brigandi,
Treasurer
Richard A. Humann,
Secretary

Dated:

May 22, 1992
MIT 2579
1X 5/22

.....
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Call 931-0012 • 294-8900 or 746-0240 for more information.....

Jennifer Samnick Student Of Month

The Elks Lodge chose Jennifer Samnick, at Senior at Bethpage High School, as Student-of-the-Month. Methodical and organized, Jennifer has achieved a high level of success, graduating in the top of her class with outstanding test scores in SAT's and AP's.

Her variety of interests range from varsity tennis for the past four years to playing the flute in the band and orchestra for nine years. Her activities within the school itself have been many. As one of the Directors of the

Student Civic Association, for example, she helped plan and spoke to the Assemblies on Earth Day on the topic of Solid Waste Disposal. As Vice President of S.A.D.D. she promoted

awareness of the dangers of driving drunk, in an assembly, and participated in the "Day of the Dead."

Her plans for the future lead her to the University of Michigan in Ann Arbor where she will be enrolled in the School of Natural Resources, focusing on environmental studies in the field of Oceanology. She hopes one day to work in the field of conservation, helping preserve the varieties of animal life.

HBA's 40th Anniversary Carnival

This season Hicksville Baseball Association is proud to be celebrating its 40th Anniversary with Little League. We will honor this celebration on June 6 with a carnival at the Abe Levitt Complex. We invite our entire community to come and celebrate with us. This is your celebration too! There are many people out there that have been part of HBA in some way maybe even by playing Little League as far back as 1952. We want you to be part of our fun. This carnival will be held on Saturday, June 6 from 1-5 p.m. It will include rides, game booths, a moon walk, a dunk tank, food and beverages. Some entertainment will be here for your pleasure and of course some guests will honor our celebration with us also.

So mark your calander and be sure to bring the kids and entire family to have some good clean fun with HBA. We look forward to seeing you and hope you'll come!!!

That same evening we will top off a perfect day with our 40th Anniversary Honor the Sponsor Dance at Levittown Hall. The time is 8:30-1:30 a.m. and the cost is \$40 per couple, \$20 single. The dress is casual. A delicious Hot Buffet, beer, wine and soda and set ups included. Bring your own booze. Plenty of music, dancing and fun galore with all your friends and community members. It will be a great celebration first at the carnival with the kids and then time for mom and dad and friends to have some fun on the dance floor. Don't miss this great part of history. Everyone will be there, make sure you are too!!!

For the dance make checks payable to: Hicksville Baseball Assoc., c/o Rose Marie Rodriguez, 4 Elmira St., Hicksville, N.Y. 11801 no later than May 29 please. Any questions call Aurea Zeiders at 433-5328 or Jenny Anderson at 681-6957. Tickets will also be available at the shed.

Permit For Store Granted By Bd.

A request for a special use permit in Hicksville has been granted by the Oyster Bay Town Board subject to 13 restrictive covenants, according to Town Councilman Thomas L. Clark.

"The applicant, Herbil Holding Co., was seeking a special use permit to operate a drive-in retail store in an 'F' neighborhood business district located at the intersection of Tobias Street and Jerusalem Avenue in Hicksville," said Councilman Clark.

"Pursuant to a public hearing held on November 26, 1991, the Town Board has granted the request subject to 13 restrictive covenants."

The Town Board stipulated

that the use of the subject premises will be limited to a drive-in retail store with no more than two employees occupying the premises at any time. Also, no banners or signs advertising products will be placed on the exterior of the building and no variances of signage or off-street parking will be requested.

Further restrictive covenants include that parking will be permitted only in designated parking spaces; that the exterior of all structures, the parking area and all other installations visible to the public must be maintained in neat and good repair; and that all lighting must be directed onto the subject property only.

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& Levittown Times**

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V.F.W. Post 3211 Poppy Queen

At the last regular meeting of V.F.W. Post 3211, a Poppy Queen was selected for the 1992 Memorial Day Parade. Her name is Nicole Entler, and she resides on Larkfield Road in Commack. Her parents are Kenneth and Theresa Entler. Nicole attends 1st grade at North Ridge Elementary School in Commack. Her teacher is Miss Cuzzi. Nicole is the granddaughter of V.F.W. 3211 Post and Auxiliary members Aldo and Carmela Vitiello. Aldo Viteillo is Past Commander of V.F.W. 3211 and Carmela Vitiello is Past President of V.F.W. 3211 Auxiliary. Both are extremely proud to have their granddaughter represent V.F.W. Post 3211 in this years Memorial Day Parade.



Nicole Entler, Hicksville V.F.W. "Poppy Queen"



L-R: Carmela Vitiello, Nicole's grandmother, Nicole Entler & Commander V.F.W. Post 3211 Vincent Ferrara
Photos by Messana

Children's Programs At Bethpage Library

There's still time to sign up for:
Folk Tale Contest - Prizes, Prizes!

Youngsters in Grades 1-6 are invited to write original or adapted folk or fairy tales, based on Bethpage Public Library books. Prizes will be awarded on each grade level. Entries are due on June 4. Fliers in the Children's Room give all pertinent details.

AND - Sign-up for the fabulous New York Is Reading Country Summer Reading Club, 1992, begins on Wednesday, June 10.

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

HHS Class of 1967 Reunion

A 25 year reunion of Hicksville High School, Class of 1967 has been arranged for Saturday, August 22, at the Villa Victor Restaurant in Syosset. The cost is \$45 per person which includes, cocktail hour, buffet dinner, DJ and mailing costs. Invitations have been sent out to those classmates whose addresses were known to the committee. For more information, please contact Pat Offenloch Longo, 433-5279, or Peggy Moldovak Gill, 433-8607.

Family Math At Cantiague

Cantiague Elementary School recently held its first Family Math Night for grades K-2 and 3-5. Parent and child attended workshops that employed a "hands-on" approach to tackling math concepts and problem solving.

The session utilized games, puzzles and challenges. They encouraged participants to develop their own creative approaches to study, rather than traditional drills.

This evening was a good example of the current trend in mathematics which involves parents in the learning process. The goal was to dispel the myth that math is hard and plant the idea that math is fun!

Mr. Jeff Baum and Mrs. Marilyn Sturz organized this event. Teachers volunteered their time and demonstrated their professional commitment when they created their workshops. Some of the workshops offered were:

Games People Play: Ms. DePalo and Mrs. Weinstein involved children and parents in games of chance using dice and cards. The probability for a good time was 100%!

Domino Principle Helps Us Calculate: Mrs. Sturz utilized domino tiles and calculators to teach mathematical concepts and facts.

Math Challenge At The Cantiague Corral: Mrs. Grossow and Mrs. Abramson led a variety of games challenging student's basic computational skills utilizing readily available

materials such as playing cards.

It's Amazing Lost In Time

Weaving Around: This workshop teamed our art teacher, see how well parents and child can give and follow directions. Here, perhaps, the greatest intimidation was the condition of one's socks as they persued the maze shoeless!

The programs received rave reviews from everyone involved. The teaching staff was very encouraged by the willingness and engerness of the parents to become involved. The parents were very impressed by the staff's pledge for academic excellence.

Mrs. Sturz found it fascinating that so many Dads turned out. She hypothesizes that it was because it was a mathematics forum. Her everworking mind figured it to be an interesting math ratio: about 7 Dads to 3 Moms.

Shaarei Zedek

Shavuot Meal

Shaarei Zedek in Hicksville announces its' Fifth Annual Congregational Shavuot Meal on Sunday, June 7, after the 9 a.m. Holiday Services. Rabbi Melvin Sachs, Spiritual Leader, will talk about "The Role of Women in Traditional Judaism", based upon The Book of Ruth. Call (516) 938-0420 for further information.



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The school is independent, non-profit and non-sectarian, admitting students without regard to race, religion or national origin.

HBA Sponsors For 1992

Hicksville Baseball Association is a volunteer organization whose sole purpose is to make a child's Little League career a safe, exciting and fun filled time in his or her life. We strive for this as a goal every year and work hard to achieve this for our children. However a very important part of our organization is the many businesses who sponsor our children every year and help us get each season in full swing.

We extend a very hearty thanks to each of these sponsors and want them to know how much we appreciate their support again this year and without them we would have little chance of making this season a success.

Thank you to all who are listed below from all of us at H.B.A.

Goldman Brothers, Pudgies Famous Chicken, V.F.W. Post 3211, Dalton Funeral Home, Malvese and Co., Ridgewood Savings Bank, Bagel Boss, Hicksville Kiwanis Club, Meadowbrook Lodge #1005, West Village Green Carvel, Robert Chevrolet, Old Country Deli, Galileo Gafilei Lodge #2253, Top Gun Exterminating, Hicksville Fire Dept., Big Apple Quick Print, United States Life, Wagner Funeral Home, John's Southbay Service Center, Posh Pillows, Lions Club, Gary Weinberger, DDS, Orthodontics, Boos Flowers by Phillis, Alladin Florist, Parkway Farm, 197 Newbridge S/S Gulf, New York Coin Exchange, Two Brothers Pizza, Newbar Service Center, Westbury Federal Savings and Loan, The Green Point Savings Bank, Discount Liquors and Wines, County Sports, Meenan Oil Co., Partytown USA, Ponderosa Fence Enterprises, Aquacade Swimming Pools, Soloman Insurance, J.W.D. Service Center, National Westminster Bank, The Hamlet.

Honor our Sponsors for supporting us!!

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

100th Anniversary



Nassau County Executive Thomas S. Gulotta, third from right, attended the 100th anniversary celebration of the Independent Engine and Hose Company #2 of the Hicksville Fire Department. Joining the County Executive were: Chief Pat Scanlon; First Lieutenant Robert Johnson; Second Lieutenant Patrick McGeough; Captain Douglas Cucci; Assemblyman Frederick Parola; Councilman Thomas Clark.

Hicksville Youth Council Fund Raisers

Starting in June of this year the Hicksville Youth Council will be losing \$26,000 in funding from the Nassau County Youth Board. In order to absorb these cuts we are planning a variety of Fund Raising Events. The first will be a Charity Softball Game with the New York Islander Alumni and WALK Radio. The Youth Council will play against a team which will consist of Islander Alumni Bob Nystrom and friends, and WALK Radio personalities of Gene Michaels and friends. The game will begin at 8:30 p.m. on Friday June 19 at Plainview Park located on Washington Ave. in Plainview. A suggested donation of two dollars will be asked of those attending the game. Donations will be accepted at the Youth Council prior to the game as well as at the gate the night of the game. For further information and directions please call the H.Y.C. at 822-KIDS. Please come out and support your Youth Council and at the same time see some of your Islander favorites from the Stanley Cup winning team, as well as WALK Radio personalities.

We will be conducting our Second Annual Garage Sale on Saturday June 27 at the Youth Council. As we did last year we will be asking people of the area to donate any treasures that they might have around the house to us, to sell at the garage sale. When you start your spring cleaning, and you find things that are getting in the way or you just want to get rid of we will be happy to take them off your hands. At the same time you will be supporting your Youth Council. For further information please call the Youth Council at 822-KIDS.

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

Lauren Moran Wins Science Award

Lauren Moran of Bethpage High School was named winner of the annual Bausch & Lomb Science Award. The Science Award, a handsome bronze medal, is presented each year to winners at approximately 6500 participating schools throughout the United States, Canada, and several foreign nations. More than 380,000 medals have been awarded to outstanding science students since the program began in 1933.

According to Dr. MacLeod, who presented the award, "the Bausch & Lomb Science Award is especially significant because it recognizes the junior student at our school who has attained the highest scholastic standing in science subjects."

As winner of the award, Lauren is eligible to apply to become a University of Rochester Bausch & Lomb Scholar. This designation carries with it scholarship funds, the minimum amount being \$5000 per year for four years.

Bausch & Lomb, worldwide leader in health care and optics, is one of America's oldest and most successful companies, with a heritage of technical achievement and product excellence dating back to 1853. The company, headquartered in Rochester, NY, has manufacturing or marketing organizations in twenty-five countries and employs 13,500 people worldwide.

Oliver Represents New York



Charles Oliver, a senior at Bethpage High School, was chosen to represent New York State in the VICA National Vocational Competition in Louisville, Kentucky, June 22-27, in the field of residential wiring. Charles, who attends the Levittown Vocational Center on a half day basis, has been an outstanding student in the electrical field for the last two years and won the 2nd place trophy at the New York State Trade Competition on April 30 at the Concord Hotel. He had previously won the Long Island Regional Competition earlier in the year. Thirty of New York's best future electricians competed in skill areas that included pipe bending, receptacle applications, ground fault circuitry, etc. Charles is scheduled to take the Transit Authority electrician's test soon and has applied for admission to State Technical College at Delhi.

Drug Probe Check Received



Nassau County District attorney Denis Dillon (right) receives a \$200,000 check from the head of the Federal Drug Enforcement Office on Long Island, Martin Maguire (center). The money represents part of a seizure from an undercover investigation into a large cocaine smuggling ring. Dillon's office participated in the DEA Task Force through his investigator, Vincent Martinez (left).

The investigation, that netted \$2.8 million in cash, centered on the Call Cartel. The cash was seized at a home in Bay Shore. Dillon said the money will be used to conduct further drug investigations in our area.

EDITORS NOTEBOOK

A Ban On Gruesome Cards?

Nassau County Executive Thomas S. Gulotta has proposed a County-wide ban on the sale or dissemination of trading cards containing pictures and information on mass murderers and other criminals to minors. Gulotta termed the trading cards "a despicable exercise in demonic gore which should be frowned upon by every responsible citizen in this County." Lending support to Gulotta's proposal are: Supervisors Joseph N. Mondello and Lewis J. Yevoli, Victim's Rights Activist Grace Ann Smigiel, and East Meadow PTA Legislative Liaison Pam Zeilman.

"It is wrong to glorify mass murderers, rapists, sex killers, cannibals, and other criminals," Gulotta said. "Whatever the perverted justification may be for the production of these cards, this local law will send a clear message that these cards are not welcome nor will they be permitted to be sold to minors in any retail stores in Nassau County!"

Hempstead Town Presiding Supervisor Joseph N. Mondello applauded the County Executive's proposal noting: "Our community's young people are its future. Those who would poison their young minds with this type of trash are preying on the most impressionable members of society simply to advance their own greed. 'Killer Cards' are the revolting product of a sick mind. They have no place in the hands of youngsters."

Gulotta indicated that he would be forwarding the proposed legislation to the Board of Supervisors for their "urgent attention."

"Rarely has there been an instance where I have been as outraged as when I saw these worthless trading cards. I believe the mere existence of these cards poses a threat to the very well being of our citizens of all ages. I would suggest to legal experts that the protections included in the constitution does not guarantee citizens the right to glorify the acts of convicted criminals. It is difficult enough raising our children in a decent manner today, without having to deal with the impact of these killer cards," Gulotta said.

Bagels For Lunch At Dutch



Dutch Lane PTA parent volunteers have been busy this year preparing and serving lunches to all the students in grades 1 thru 6.

One of the most popular lunches served are bagels supplied by Town Bagel West on Old Country Road. The owner, Danny and his brother Billy are proud to be able to be part of Dutch Lane's Lunch program. All the children and parents appreciate lunch days, too!

In photo, l-r: Rose Fleischman, Linda LaRosa, Jenny Anderson, Mary Parente, and Lois Scally getting set to serve buttered or cream cheese bagels to the students.

By Bill Clark

We were talking about various diets. One suggestion for a senior citizen for losing weight was to leave his teeth out. Watching a friend making a child's dress, recalls mother with her patterns making a dress, then folding each piece to be put away for another day so she could get supper. Her daughter decided to make an item. Not happy about the cloth measuring tape, decided to wash it then make her project. Days later Mother returned to her dress and pattern. Cutting more pieces and sewing found they did not fit right. She was unaware that the tape had shrunk after the washing.

I guess there are a few around that remember the large fire ring outside the fire department that would be struck for fires. The weather has been very good for the Magnolia, Dogwood and flowering Cherry trees. With the warmer weather coming and our air

Jottings From Yesteryear

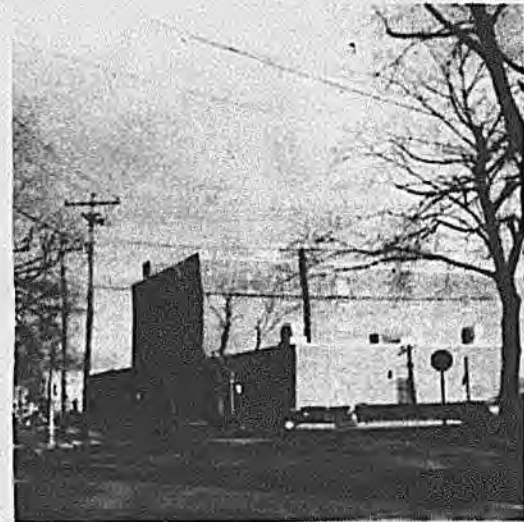
conditioners ready to be used. I was on a train that stopped at a station where they put on these large blocks of ice into a compartment so that the large fans would circulate the cool air.

Have you noticed the young trees through the village coming to life and looking nice. Yet people are cutting down healthy trees and shrubs. Besides cool-

ing and improving the air, the birds use them to sing and nest. Various birds have their particular type to nest and live in, and many return the following year. Reruns on TV can be annoying, but did you ever have a dream rerun? Today I saw a youths scooter, chain driven and with a hand brake.



Left to right, Telephone Building in 30's - Masonic Temple later made 2 story and Sabatella's Candystore on Nicholai St.



Present large Phone Company Building on Cherry St. replacing homes of Enloch, Heitz and Heberer.

Photos by Bill Clark

Happy Birthday And Anniversary Club



HAPPY BIRTHDAY

- May 1
Brandon Donohue
Kathryn Daub
Jessica Klein
Joseph Rudowsky
- May 2
Bill Peters
Linda Wahlen
- May 3
Rina Swidler
- May 4
Jules Garbus
Kimberly Haffner
Maria Maisonet
Katie Noto
Cheryl Pastach
Meyer Salz
- May 5
Dennis Mulligan, Jr.
Vincent Sinicropi
- May 6
Raymond T. Auer
Terri Anderson
Alexa Germain
- May 7
Joanna Cohen
Christina Tulli
Lieselotte Smith
- May 8
Mary E. Chopak
Thomas P. Doherty
- May 9
Catherine Buckley
Peter C. Collins
Andrew Jachniewicz
John Greggo
Ross LaCorte

- May 10
Christopher A. Doyle
Linda Hild
Tony Sicari
Nick Triandafilos
- May 11
Stephanie Corio
Andrea McBride
Rose Minichello
- May 12
John Anderson
Barbara Lewis
Walter A. Matusa
Don Rapuzzi
Angelina Sinicropi
- May 13
Martin Burwasser
Maureen Gill
Carol Lobmeier
Billy Maguire
- May 14
Bernadette Clark
Dennis Colie
Lowell Glatt
Rich Locke
Michael O'Connell
Jessica Uhlich
Rich Wahlen
- May 16
Michael Ciorcari
Flo Gargano
Adam Przybyszewski

- May 16
John Sharp
Heather Wohl
- May 17
Christine Banos
Kelly Ann Reilly
Danielle Scheer
- May 18
Kerry Cisik
Beatrice Clark
Curtis Hild
- Frank W. Matusa
Erik Owen
Ed Skrynecki
- May 19
Rudy Bonghi
Sev Knudsen
- May 20
Teresa Budenik
Brooke Edwards
Jennifer Jabour
Colleen Kelly
Debbie Lobmeier
Jeffrey Przybyszewski
- May 21
Michael Roth
- May 22
Betty Rodgers
- May 23
Chris Auer
- May 24
Daniel Edwards
Alexander Harris
Evelyn Zaderecki

- May 25
Michael Hattan
Tammy Marshall
Jimmy Peluso
- May 26
Irv Carsten
Patty Freyeisen
Majorie Grams
- May 27
Lydia Sarli Duffy
Debbie Norton-Taylor
- May 28
Lucy Bonghi
Justine Conte
Marylou Sullivan
- May 29
Glenn Powell
Michael R. Schaeffer
- May 30
Theresa Hawkins
Don Houser
Charles Kraemer
Trudy Morck
John Andrew Tuechler
- May 31
Lauren Duffy
Laurie Neumann
John A. Tuechler



HAPPY ANNIVERSARY

- May 1
Richard & Jean Duffy
Mr. & Mrs. W. A. Matusa
- May 2
Mary & Irvine Weinryb
- May 4
Vincent & Angelina Sinicropi
- May 5
Lucia & Coyte Carpenter
Charles & Frances Milone
Carolee & Joe Smith
- May 6
Donald & Louise Kloenne
- May 7
Robert & Margaret Perchinsky
- May 8
Mary & Joseph Esposito
June & James Kershaw
- May 9
Mr. & Mrs. Kenneth Eilertsen

- May 11
Mary & Ray Auer
Mr. & Mrs. R. Hart
- May 12
John & Carol Edwards
- May 14
Joseph & Muriel Leo
- May 16
Tony & Peggy Sicari
- May 17
Richard & Penny Grand
- May 19
Mr. & Mrs. E. Grams
- May 21
Linda & Bob Hild
- May 22
Anthony & Winifred Chayke
Jayne & Pete Grabowski
- May 23
Artie & Joanne Blind
Mr. & Mrs. Ross LaCorte
- May 24
Douglas & Lori Edwards
Marjorie & Charles Nass
Rick & Joann Rossi



- May 25
George & Peg Colie
Mr. & Mrs. Joseph Schlosser
- May 26
Mr. & Mrs. John Anderson
Charles (Pat) & Jean Cunningham
Mr. & Mrs. R. D. Harnett
Christopher & Virginia Hawkins
Susan & Dennis McDonald
Thomas & Debbie Ofenlock
- May 28
Kathleen & Paul Haffner
- May 29
Kathleen & Daniel Arena
Anthony & Virginia Chepak
Jo & Andy Jachniewicz
- May 30
Bob & Georgia Abrahamson
Virginia & Christopher Hawkins
Arlene & Raymond Marshall
- May 31
Lydia & Norman Duffy

College Notes

During commencement ceremonies held May 9 on the Misenheimer campus, David Marc Weinberg, a senior from

Hicksville High School, was awarded a Baccalaureate degree in Criminal Justice from Pfeiffer College.

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LEGAL NOTICE

BETHPAGE UNION FREE SCHOOL DISTRICT BETHPAGE, NEW YORK PLEASE TAKE NOTICE that sealed bids will be received by the Board of Education of Bethpage Union Free School District, Town of Oyster Bay, Nassau County, Bethpage, New York.

BID TITLE:
MEAT
MILK

Specifications for said items may be obtained at the office of the Assistant Superintendent for Business at the Administration Bldg., Cherry Avenue, Bethpage, New York, during the regular working day. Bids will be addressed to the Board of Education, Bethpage Union Free School District, Town of Oyster Bay, Cherry and Stewart Avenues, Bethpage, New York. **EACH BID ENVELOPE MUST BE CLEARLY MARKED WITH THE TITLE OF THE BIDS.** Bids will be received in the Board Room as follows:

BID DATE:
June 2, 1992

TIME:
10:00 a.m.

At the above time and place, the bids will be publicly opened and read. The Board of Education reserves the right to waive any informalities or to reject any and all bids, or at its option, select and accept that bid on

any single item which is lowest and in its sole judgment is for the best interest of the school district. No bids shall be withdrawn pending the decision of the Board of Education.

BY ORDER OF THE BOARD OF EDUCATION
Heidi Sanchez
District Clerk

BN 3137
1x5/22

College Notes

A Syosset student at Davidson College, **Mary Elizabeth Herzig**, was one of 353 seniors to graduate in commencement exercises on Sunday, May 10.

She is the daughter of Franz and Mary Herzig of Knollwood Road and is a 1988 graduate of Old Westbury School of the Holy Child in Old Westbury. A psychology major at Davidson, Herzig earned the AB degree. While at Davidson, she served as a resident advisor, participated in the senior citizen friendship program, and was a member of Rusk eating and social house.

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Grumman Math Student Of The Month



Michelle Nisenbaum



Lauren Moran

Michelle Nisenbaum, a senior at Bethpage High School, has been named Grumman/Math Student of the Month for March. Michelle is one of the top students in the advanced Placement Calculus class.

Lauren Moran, a junior at Bethpage High School, has been named Grumman/Math Student of the Month for April. Lauren has excelled in Mathematics in her three years at Bethpage High.

School Safety Patrol Week



Nassau County Executive Thomas S. Gulotta, (right), proclaimed the week of May 3 through May 9 as "School Safety Patrol Week" in the County of Nassau in recognition of their achievement in assisting to safeguard youngsters at school crossings.

Joining County Executive Gulotta was Nicholas Donohue, of Hicksville, who is a Safety Patrol Captain at the St. Ignatius Loyola School.

Little's Author Is Big News



John Peterson with children them.

John Peterson, author of "The Littles" series of books for children, delighted the students at Charles Campagne Elementary School in Bethpage with his humor, wit and talent. Mr. Peterson explained how he develops the characters and stories in his books, as well as how a book comes to fruition.

Mr. Peterson met with all the children to answer their questions, and to share stories with

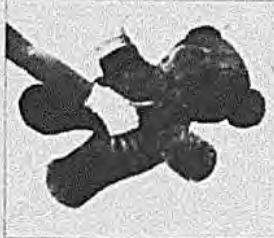
Eleanor Engel, a fifth grade teacher at Charles Campagne Elementary School, made the arrangements for John Peterson's visit. The program was supported by the Campagne PTA, and was conducted under the Bethpage School District's Visiting Authors Program coordinated by Dr. Regina Cohn, Director of Reading and Related Services for Bethpage Public Schools.

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Special Pages on Food and Fitness

HEALTH BEAT

1992

Practical advice for saving your vision

© Good vision and eye health is something we often take for granted until problems arise. "What we generally do not consider," according to Frank Karlo, senior executive at international eyewear manufacturer Safilo Group, "is that by practicing simple preventative eyecare now, we can often reduce or eliminate certain visual problems down the road."

In the interest of preventative care, Karlo and the experts at Safilo Group offer several practical suggestions to maintain good vision.

• Yearly eye examinations are critical to good eye health. Besides just checking your visual acuity, regular exams are important in detecting early stages of eye disease, such as glaucoma, before symptoms manifest.

• Protection from the sun's hazardous ultraviolet rays is as essential for your eyes as it is for your skin. UV rays have been proven to cause premature cataracts. Now more than ever it is a must that when you are outdoors you wear quality sunglasses providing full ultraviolet protection.

When selecting sunwear, check lens tags to be sure they provide 100 percent UV protection. Sunglasses which do not protect sufficiently against UV rays are actually worse for your eyes than wearing no sunglasses at all, since the shade they provide dilates your pupils, allowing large amounts of UV light to enter the eye.

• Computer screens are also a source of ultraviolet rays. Often computer users report headaches, nausea, and dizziness from UV and screen glare.

To combat this problem, Safilo Group suggests you obtain or equip your current eyeglasses with a protective UV coating and a slight tint to reduce glare.

It is also a good idea to take frequent breaks and not stare at your terminal for long periods of time.

• If you wear eyeglasses, keep in mind that looking through the optical center of your lens is important for good sight.

Frames which are loose and slide down your face are not only annoying but make the correction less effective,

since you are not seeing through the proper portion of the lens. If your frames fit loosely, have them adjusted by your eyecare professional.

• Don't try to be your own eye doctor. Drug store magnifiers won't ruin your sight. However, chances are slim that both your eyes will need the same correction.

Only your eyecare professional can determine the proper level of correction for each eye resulting in the clearest possible sight.

• Protect your vision by wearing safety glasses when working with flying or hazardous material. Always read labels of chemicals and solvents for eye protection precautions prior to use.

• For women, it's a good idea to replace your mascara every two months. Also, properly clean or replace eye makeup applicators at the same interval, and never share makeup or applicators.

These precautions will reduce the chance of spreading eye bacteria and infections.

Your pharmacist could help save your life

A medical emergency can strike at any moment — and it can strike anyone. You or someone you love may be one of the 220,000 people that are treated each day in hospital emergency rooms across the country.

Physicians estimate that in one quarter of these situations, the patients have underlying medical conditions that

could complicate treatment or present conflicting signs to the emergency treatment team.

Because every second counts when diagnosing and treating medical emergencies, many pharmacists across the country are urging their patients to join Medic Alert. Medic Alert is a non-profit, international foundation and

national organization which helps protect patients who are at special risk in emergencies.

Endorsed by the major pharmacy organizations and emergency department physicians, Medic Alert is able to provide potentially lifesaving information for almost three million members worldwide. Because this service is so vital, ICI Pharmaceuticals has provided a grant to establish the Medic Alert Pharmacy Program, in order to encourage at-risk individuals to join.

The system is simple: For a small lifetime fee, members receive a necklace or bracelet engraved with their membership number, medical condition and a 24-hour toll-free medical information hotline number. By calling this number, emergency personnel can get the name and number of the patient's physician, pharmacy, next of kin, and important medical information about the victim.

Members also receive a wallet card listing additional personal and medical information not provided on the emblem. Each year, Medic Alert provides a new wallet card, which allows the patient to update information regarding changes in medication, physician, address or medical condition.

To encourage participation in the program, pharmacists across the country make Medic Alert applications available to their patients. Ask your pharmacist for more information about this vital service. This simple step could save your life or the life of a loved one.

Pharmacists are encouraging their patients to join Medic Alert. Medic Alert is an emergency medical information system which provides physicians with potentially lifesaving information in a medical emergency.



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'treadmill walking' is effective exercise for almost everyone

As more and more people have become aware of the importance of eating healthfully and exercising regularly, increased attention is being paid to the benefits of various fitness programs and exercise options.

Jane Brody, in her *New York Times Guide to Personal Health* (Avon Books), reports that walking has been shown to have benefits for virtually everyone, regardless of current fitness levels, and she encourages even those who hate the outdoors to take advantage of indoor tracks in gyms, enclosed shopping malls and treadmills for home use.

In fact, treadmills provide a particularly effective form of walking, because the body is constantly in motion, working against gravity. Some treadmills, such as Trotter's 540 Supertrainer, also can provide information on the effectiveness of the workout while it is in progress. For instance, at the push of a button, the Supertrainer displays the total calories burned, the speed (from one to 10 miles), the elapsed time, distance, pace in minutes per mile, and the percent of incline.

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Perhaps best of all, exercising on an in-home treadmill is convenient, which makes it the most convenient and effective form of walking. For more information, call 1-800-TROTTER.



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HEALTH BEAT

By Rosella Stern

It's 7:54 a.m. and you're out the door. You haven't had your coffee and your stomach is empty. You fight traffic, finally reaching the office. On your way in, you grab something with ham, egg and cheese on a bun, croissant or an English muffin. This, with black coffee and a little heartburn, is breakfast. It's better than nothing. It has food groups represented from the chart you remember in grammar school.

But wait a minute. You may be heading for nutritional trouble.

If you combine the quick breakfast above with a burger deluxe and shake for lunch, you are "very into" fast food and heading for a kind of nutritional trouble that could be serious. In his book, "The Fast-Food Guide" Michael F. Jacobson, Ph.D., executive director of the Center For Science in the Public Interest, shows the dangers of this kind of diet.

Fast foods, as we know them, are not the most nutritionally sound choices. Generally, they have too much sodium, too much fat, too much sugar and too many calories that fill us up, but leave us lacking many of the nutrients we need. A lunch consisting of a milk shake, fries and cheeseburger may contain as much as 15

teaspoons of fat, according to Jacobson. It may also take the ordinary woman close to her total calorie intake for the day, without giving her fiber or necessary vitamins and minerals.

It's easy to be blind as consumers and Jacobson tries to wise us up. He explains french fries are often coated in sugar for better browning, or fried in beef fat, which can clog arteries. There is a lot of sugar in the ketchup and little nutritional value in the lettuce. Besides, the yellow cheese on that burger may be made with yellow dye No. 5, and the vanilla milk shake may be loaded with many teaspoons of sugar, yellow dye and preservatives. The meat is also high in animal fat. Add bacon to that cheeseburger and it's fat city.

Jacobson suggests some alternatives to the typical American diet that's heavy in fast food. The first is for chains to label their goods with nutritional information so that we will be better-informed consumers in the fast-food department. The second is eat wisely when we eat out, frequenting the salad bars, piling on beans and dark greens and staying away from ladles of salad dressing. We should choose baked potatoes instead of french fries and drink orange juice rather than milk shakes.

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9:45 ADVANCED LOW/HI	9:45 ADVANCED STEP/HI/LOW	9:45 ADVANCED HI/LOW	9:45 ADVANCED STEP	9:45 ADVANCED HI/LOW	10:00 ADVANCED STEP	10:00 ADVANCED STEP
11:15 INTERMEDIATE STEP	11:15 B.S.	11:15 INTERMEDIATE STEP	11:15 B.S.	11:15 INTERMEDIATE STEP		
1:00 STEP/BEG.		1:00 BEG. LOW		1:00 STEP/BEG.	4:00-5:00 STEP/BEG. NOV. APR.	
	4:30-5:30 JR. STEP		4:30-5:30 JR. STEP			
6:15-7:30 STEP	6:00-7:15 LOW	6:00-7:15 INTERVAL TRAINING	6:00-7:15 LOW			
7:15-8:30 STEP/BEG.	7:15-8:30 B.S.	7:15-8:30 STEP/BEG.	7:15-8:30 HI IMPACT			

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WORKAHOLICS

By Sharon K. Gilleanwater

In the '80s, it was Women Who Love Too Much. In the '90s, it's Women Who Do Too Much.

The American woman has proved she can have it all — a rewarding career, a happy marriage and a couple of college-bound kids. But is she truly content?

The rewards reaped by the Superwoman act, says self-help author Anne Wilson Schaeff, often are at the expense of the inner self.

The '90s woman is weathering the fallout of doing too much. Stress. Exhaustion. Burnout. Guilt. Depression.

Schaeff, an internationally respected authority on addiction, says that in giving their all to career and family, women have given up too much of themselves. In rushing through life, they have lost the ability to savor the present. She sees the Superwoman syndrome as a dangerous addiction, one that is socially accepted and even glorified by such publications as *Working Woman* and *Savvy*.

Even non-career women or those who would not think of themselves as workaholics, suffer from doing too much, says Schaeff.

In an introduction to "Meditations for Women Who Do Too Much" (Harper & Row), she writes, "There are many of us who do too much, keep too busy, spend all our time taking care of others and, in general, do not take care of ourselves. Many of us have crossed over the line to compulsive, addictive, self-defeating behavior and need to make some major changes in our lives."

In her latest work, Schaeff has gathered quotations from women of different ages, cultures and perspectives, and added her own interpretations, giving insight into the special concerns of today's woman.

Each page addresses a new topic — control, communication and ambition, to name a few. Her meditations on each subject are brief but extremely thought-provoking — ideal for busy women to read in a spare moment and savor throughout the day.

Schaeff periodically quotes the well-known "Twelve Steps" of the Alcoholics Anonymous program, modifying them for the workaholic, the rushaholic and the careaholic. Her aim is to "stir up some feelings, get you thinking, and precipitate possibilities for change, which will add to the quality and vitality of your life."

One of the most common threads throughout the book is the importance of taking time out for oneself. On solitude, she writes, "It is up to us to see that we regenerate through our time with ourselves."

But she also makes readers take responsibility for their own shortcomings, pointing out the selfish-

ness of behavior that on the surface, seems self-sacrificing.

On guilt, she writes, "We have never really stopped to see how self-centered it is to take on the responsibility for everything that happens, whether we are involved or not. When we take on the guilt for everything that happens around us, we make ourselves the center of everything."

What follows are Schaeff's observations on some of the inner struggles most common to today's woman.

The need to achieve: "We wanted to make it in a man's world, and we have. We have learned to play the game. It is time to stop and see what has happened to us in the process. Are we the women

we want to be?"

Guilt over time alone: "Often we feel guilty when we do something for ourselves. We have so accepted the mandate to be aware of others' feelings, take care of them, and put ourselves last that we feel uncomfortable if we even have needs."

Stress: "Contrary to popular belief, we workaholics and rushaholics are not often very productive, and we often do sloppy, uncreative work. Our overextended deadlines become more important than the quality of our work. We suffer, our work suffers and our families suffer."

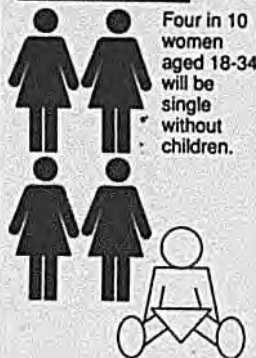
Ambition: "Often, with addictions, the very skills which kept us alive when we were younger (like dishonesty, control and manipulation) are now lethal and are draining the life from us. This may be true about our ambition. If it is now running our lives, it may be time to take another look."

Living life fully: "We have become comfortable with a way of life that is actually a slow death. Our constant working, busyness,

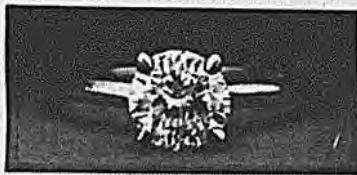
taking care of others, and rushing around, relieves us of the responsibility of being fully alive and kills us slowly, and in a socially acceptable way to boot. What more could we ask for from an addiction?"

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.68	1,295	1.22	3,950	.60	1,650	.75	1,690
.71	1,795	1.22	5,400	.64	1,290	.75	2,395
.75	1,200	1.32	5,690	.76	2,875	.85	2,800
.78	2,690	1.39	3,600	.79	1,790	.90	2,100
.86	2,950	1.48	4,900	1.00	1,560	1.01	3,850
.90	2,195	1.61	6,275	1.00	5,500	1.13	2,585
.92	3,400	1.86	3,950	1.02	3,750	1.45	4,785
1.00	4,950	2.01	7,900	1.03	1,990	1.57	4,100
1.01	2,750	2.00	10,700	1.06	4,650	1.69	5,390
1.03	2,495	2.01	14,900	1.14	3,850	1.84	6,900
1.03	2,990	2.03	13,900	1.37	4,125	2.00	5,950
1.05	3,175	2.53	4,800	1.46	6,700	2.01	14,900
1.06	3,900	2.80	7,900	1.93	8,300	2.24	9,300
1.07	4,200	3.01	19,900	2.27	11,900	2.84	13,990
1.12	4,875	4.84	39,900	4.11	28,500	4.23	29,990
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HEALTH BEAT

Model tips for achieving a glowing, healthy face

By Karen Caldwell

Say goodbye to pounds of make-up that hide a person's skin and grab a tall glass of water instead. The natural, healthy look is fashionable, and one of the key ingredients for achieving a beautiful complexion is a healthy dose of H₂O.

This advice comes from 10 Ford models who were interviewed about skin care for a survey conducted by Winthrop Consumer Products, makers of Phisoderm Skin Cleansers and Conditioners. The results are applicable to both men's and women's skin regimens:

AU NATUREL
Eight of the models surveyed said they felt the natural look with minimal makeup is more appealing to the opposite sex.

H₂O
Water from the tap and in the bottle was cited as a vital resource in the quest for healthy-looking skin.

Allison Atwood, a television and print model, says plenty of water is an important part of keeping her skin soft and supple. Some of the other models use atomizers to refresh thirsty skin on the outside with a spray of water.

APPLES AND AEROBICS
A balanced diet and plenty of regular, sensible exercise were lauded by most of the models as

contributing factors for clean and healthy skin. When asked about specific exercises, they cited aerobics, swimming and light jogging as the ton choices.

SUN SHY
How does a model prepare for a photo shoot in a bikini or shorts? With a deep, dark tan? Nine out of 10 models said exposure to the sun must be limited and controlled. Model P.J. Shaffer, for example, is militant in her stand on excess sunning.

"I stay out of the sun completely since exposure to those rays is the surest way for skin to develop wrinkles. And wrinkles are most unflattering through the lens of a camera," she says. Like most of the models, she uses sunscreens regularly, on and off the beach.

FRESH AIR
Environmental conditions can wreak havoc with even the best of complexions, and six of the models said they avoid dry heat as much as possible. Three said cigarette smoke is an environmental hindrance to their health.

SCRUBBING UP
Cleansing, of course, is a vital part of skin care, and seven of the models cited moisturizers and non-soap cleansers among their secrets for radiant skin.

YOUR BODY

THE TROCHANTERS

WHAT: The trochanters (tro-KAN-terz) are named from the Greek word meaning "to run." Because the greater and lesser trochanters make up part of the femur, or thigh bone, their name may refer to the strong thighs needed for running.

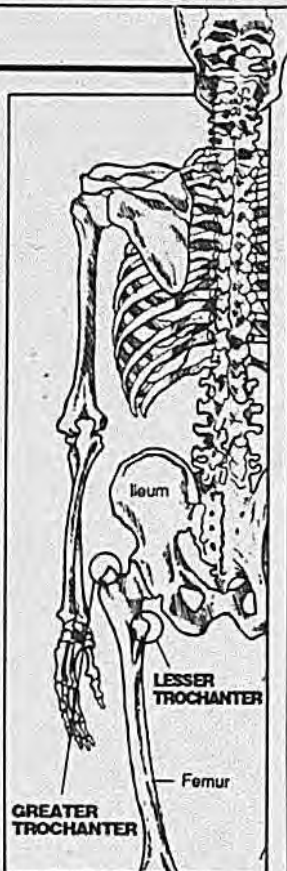
The second segment from the base of an insect's leg is also called a trochanter.

WHERE: The greater trochanter is a large, irregular protrusion from the neck and opposite the head of the femur. You can often feel the greater trochanter at the top and outer side of your thigh.

The lesser trochanter is a cone-shaped protrusion at the lower and back part of the base of the femur's neck.

FUNCTIONS: Some buttock and leg muscles are attached to the trochanters, which facilitate movement of the hips and legs.

A "trochanter roll" is a support "cushion" made of a bath towel or blanket and placed at a patient's hip to prevent external hip rotation. Sometimes the roll can be used to protect a bedridden patient from pressure sores on bony prominences such as the trochanter.



Illustrated by Ed Gaber

Tips for reducing physical, mental fatigue

By Karen Caldwell
It's almost 6 p.m. and the project that's due tomorrow morning still isn't complete. Meanwhile, your husband and children are waiting at home for dinner, which isn't even started. And you'll likely be up until the wee hours finishing your project.

You feel the tension creeping from your neck and shoulders throughout your body. The day's stress finally has gotten to you physically and mentally. You're exhausted and wonder out loud how you're going to make it through the evening.

Stress is many things to many people. The label can mean anything from waiting in rush hour traffic to waiting in the unemployment line after losing a job. It hits young, old, rich, poor at some point. Most stress-linked ailments, from anxiety and depression to headaches and hives, afflict more women than men.

But relax. Experts have come up with techniques for preventing everyday troubles and pressures from growing into mental and physical mountains.

The key is to learn what pushes you over the limit and the methods that reduce the subsequent stress best for you.

Start with an appraisal of the muscle aches that have come and gone during the past year. This will give you a personal overview of your stress style. Do you feel

the tension physically or mentally? Or both?

Once you find the problems, decide whether they tax your mental or physical well-being. Once you find the problem, you can treat it in several different ways. Here are some methods taken from "The Relaxed Body Book" (Doubleday) and "The Relaxation Response" (Avon). Experiment with the method that's best for you; using the wrong technique could add even more stress to your life.

Progressive relaxation: This relaxation method progresses through the body as you tense, then relax, each major muscle area. You mentally inspect your muscles, then explore the contrasts. This is a good method if you feel stress physically.

Meditation: Meditation is an all-around relaxer than can soothe mental and physical worries, and 15-minute sessions once or twice a day can work wonders.

Simply find a quiet place, close your eyes and become aware of loosening the muscles of the feet, legs, trunk, arms, neck and face. Breathe slowly and evenly, repeating a neutral word to yourself. Breathe easily and naturally. If distracting thoughts come into your head, ignore them and they'll drift out. Pay attention to your breathing and your word. Don't worry whether it's working.

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PAGE THIRTEEN Friday, May 22, 1992

Special Edition Appendix is Williston Times, News, Editor, New York Park Road Center, Hill Road Times, Bridge News, Great Advertiser, Jolles News Journal, Garden City News & The Times News Service

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HEALTH BEAT

By Rosella Stern

Once upon a time Dr. James Naismith attached a peach basket to a tree, as the story goes, and then lobbed a ball through its open mouth and its broken bottom. Basketball was born.

Today, basketball is played worldwide, but the desire for new innovations in sports continues every day. New sports and games are created and old sports are resurrected or given an up-to-date twist.

Some of the latest innovations include sports with curious-sounding names like wallyball or boogie boarding. Others ring familiar ... frisbee and hula hooping.

Wallyball, which started informally in the East, is now institutionalized at racquetball clubs

throughout Southern California. It is played on a racquetball court that is modified with a volleyball net strung across the center of the court. Two to four people on each team play with a rubber ball, and the rules are similar to volleyball. Players hit the ball off the walls, except for the ceiling.

The sport is reaching quick acceptance ... many companies find it a good cardiovascular and social workout for their employees.

"Wallyball tends to create a social atmosphere," says Dennis Alexander, general manager of the Santa Monica Athletic Club. "It's growing — a lot more clubs are getting into it."

Out of the court and onto the beach, body boarding, or boogie

Can you boogie board, wallyball or toss Frisbee?

boarding, is another sport gaining popularity on the coasts. A modification of surfing, the board design makes the sport far more accessible to children and those who are not accomplished surfers.

More than a dozen years ago, Southern Californian Tom Morey invented the Morey Boogie, a small finless, flexible polyethylene core covered with a skin of soft plastic form. Today, it is available in its modernized version. The board, usually around \$50, is used with a pair of swim fins.

The idea is simple. Put on the fins, paddle past the incoming crest of waves on the boogie board and wait until you catch the wave of your choice. Gripping the front of the board, kick your fins under the water for maximum thrust and ride to shore.

As with every sport, however,

things got just a bit more complicated when boogie boarding began to boom.

Today, there are boogie board competitions, accessories and, of course, advanced versions of the board for the experts. Huge competitions are held on the Eastern Seaboard, the Gulf Coast, California and Hawaii.

A golden oldie, frisbee has never really left. It is around today in its traditional form — something to play with at the family picnic, something to teach the dog to fetch.

Frisbee has expanded, however. Two newer versions are frisbee golf and ultimate frisbee.

In the East, the game is known as frisbee football, but in Southern California, it has become popular as ultimate frisbee. Either way, the game is the same.

There are seven people on a side in this game, and it is played on a football-size field, approximately 120 yards long. The idea is to start at either end of the field and send the frisbee down the length of the field without touching the ground. Teammates toss and catch, with each catcher immediately throwing the frisbee to another player. If the frisbee touches the ground, the sides change. The defense is person-to-person without a goalie.

"The appeal of the game is that it is played like rugby or soccer and is extremely intense," says Tom Roberts, recreation and sports manager at San Diego State University. "It requires great physical coordination. People are in better shape today, and they are looking for activities to utilize this fitness and enhance it."

Frisbee's latest transformation, frisbee golf, is played with a course of trees or poles with five-foot circular cylinders. The idea is to create a course, either in the park or some open space, and map out the targets in lengths similar to a golf course. You simply throw as many times as necessary to hit the target. Scoring is kept for the entire course as in golf. Intramural tournaments are now played in several colleges across the country.

Like frisbee, hacky sack is no newcomer, but it's popping up again at the beaches. A hacky sack is a small leather pouch, filled with pellets or beans. It is not solid, but slightly squishy and flexible.

To play, you simply find a small open space, and then alone or with friends, attempt to keep the hacky sack aloft with feet, knees, chest, head, anything but hands, for as many moves as possible. There is no scoring, and it's more of a continuous exercise than a game.

With the nostalgia for the '50s in fashion and food, it's no wonder that the tried and true sports of that era, including bowling, are making headlines again in one form or another. Try an evening of miniature golf, a trip to the go-cart track for a little competitive driving or an evening at the local roller-skating rink, moving to the sound of old organ recordings. All of these activities can provide simple exercise.

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Planning Board Appointments

The Oyster Bay Town Board has approved three reappointments to the Town's Planning Advisory Board (PAB), it was announced this week by Town Councilman Leonard Kunzig.

Anthony Ducato of Bethpage has been appointed to a three-year term effective March 29. Lee Thompson of Plainview and Paul Peter of Masapequa have been appointed to three-year terms effective April 11.

Mr. Ducato is retired from the Bethpage School District where he rose to the position of principal. He has served on the Board since 1977 and has been chairman since March, 1986.

Mr. Thompson is chief executive officer of Thompson-Allen, Inc. of Syosset, an architectural metal and glazing contractor firm. He has served on the Board since 1989.

Mr. Peter is employed in the engineering department of

Brooklyn Union Gas Company. He has also served on the Board since 1989.

The seven-member Planning Advisory Board assists the Town on planning matters and makes recommendations regarding aesthetic and other considerations relevant to comprehensive planning.

In Service

Navy Hospitalman Joseph K. Coyne, son of James P. Coyne of 24 Stevens Place, Plainview, recently reported for duty aboard the aircraft carrier USS Nimitz, homeported in Bremerton, WA.

The 1983 graduate of East Meadow High School, East Meadow, N.Y., and graduate of SUNY Oneonta University, Oneonta, NY, joined the Navy in February 1990.

LEGAL NOTICE

NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with section 103 of Article 5-A of the General Municipal Law, hereby invites the submission of sealed bids on: **Food Management Services Program, 1992/93; Re-Bid 4; Bid Opening Date June 4, 1992** for use in the Schools of the District. Bids will be received until 2:00 P.M. on the date specified, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

Specifications and bid form may be obtained at the

Purchasing Office, Administration Building, Division Avenue at 6th Street, Hicksville, New York.

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

**BOARD OF EDUCATION
HICKSVILLE UNION FREE SCHOOL DISTRICT**
Town of Oyster Bay, Nassau County, New York
Marie Egan,
Purchasing Agent

Dated:
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Writers' Club To Meet

The Writers' Club will meet on Saturday, May 23, from 2 to 4 p.m., at the Hicksville Public Library, 169 Jerusalem Ave., Hicksville.

Dorothy P. Freda (writer), and editor/publisher of the small press *The Pink Chameleon*, will coordinate the meeting.

Come and join this informal, free, gathering of writers, both seasoned and aspiring. Bring your work and present it for constructive advice, or simply come and listen and offer feedback.

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

LEGAL NOTICE

Notice is hereby given that **SEALED PROPOSALS** for: **REPLACEMENT OF FUEL OIL TANKS AT WELLS NO. 1-4 & 5-2** will be received by the Board of Commissioners of the Hicksville Water District, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 P.M., Prevailing Time, on Thursday, June 11, 1992, at which time and place they will be publicly opened and read.

Information for Bidders, Proposal, Specifications and Contract Forms may be obtained at the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Thursday, May 21, 1992. A deposit of Fifty Dollars (\$50.00) is required for each set of documents furnished, which will be refunded to bidders who return specifications within ten (10) days of bid opening in good condition; other deposits will either be partially or not refunded.

Each proposal submitted must be accompanied by a certified check or bid bond, payable to the Hicksville Water District, in a sum equivalent to five percent (5%) of the total amount of the bid, and a commitment by the bidder that, if his bid is accepted, he will enter into a contract to perform the work and will execute such further security as may be required for the faithful performance of the contract.

The Board of Commissioners of the Hicksville Water District reserves the right to reject any or all bids, to waive any informalities therein and to accept the bid which, in its opinion, is in the best interests of the Water District.

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HICKSVILLE WATER DISTRICT**
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100th Anniversary



Oyster Bay Town Councilman Thomas L. Clark, third from right, is joined by Nassau County Executive Thomas S. Gulotta, second from right, and New York State Assemblyman Fred Parola, right, as he presents a citation to Doug Cucchi, the Captain of the Hicksville Fire Department's Independent Engine and Hose Company No. 2, in recognition of the company's 100th Anniversary. Also on hand for the occasion, left to right, are Chief Pat Scanlon, 1st Lieutenant Bob Johnson and Second Lieutenant Pat McGeough.

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 2nd day of June, 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. **NO STOPPING ZONES** shall be **ADDED** to **SECTION 17-152** in the hamlets of Farmingdale, Hicksville and Massapequa. **STOPPING PROHIBITED DURING CERTAIN DAYS OR HOURS**, shall be **ADDED** or **DELETED** from **SECTION 17-153** in the hamlet of Massapequa. **PARKING PROHIBITED ON CERTAIN DAYS OR HOURS**, shall be **ADDED** to **SECTION 17-166** in the hamlet of Plainview. **LIMITED PARKING ZONES ON CERTAIN DAYS OR HOURS**, shall be **ADDED** to **SECTION 17-168** in the hamlet of Bethpage.

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**

LEGAL NOTICE

OYSTER BAY
Lewis J. Yevoll
Supervisor
Carl L. Marcellino
Town Clerk

Dated: May 12, 1992
Oyster Bay, New York
Beth 3136
1x5/22

Sara's Dad Visits Cantiague School

By Sara Rosenberg
One day my dad came in my class to talk about his trip to places near Asia and Turkey. Some of the places were: Taiwan, Pakistan, Bangladesh, Istanbul, Korea and Japan. My dad used the globe and brought some bracelets from Bangladesh. Some money from everywhere and some postcards. I don't know about everyone else, but I know Mrs. Winifred Gardella and I love it.

In Service

Navy Seaman Peter A. DeBenedetto, son of Peter T. and Mary A. DeBenedetto of Pickwick Drive, Hicksville, recently returned aboard the amphibious assault ship USS Nassau, homeported in Norfolk, VA from the NATO multinational exercise "Teamwork 92."

Teamwork 92 was designed to improve the professionalism and effectiveness of NATO forces while operating in the realistic environment of the North Atlantic and coastal waters of Norway. This operation included maritime, air, amphibious and field training exercises.

In all, more than 45,000 troops, 170 ships, and 300 aircraft from eleven nations participated in the exercise. DeBenedetto was one of thousands of American service members who trained with Marines and sailors from Belgium, Canada, Denmark, Germany, The Netherlands, Norway, Portugal and the United Kingdom.

The 1987 graduate of Hicksville High School joined the Navy in July 1991.

Children's

Programs

At Beth Library

Gala Families as Reading Partners Party and Certificate Celebration for all youngsters aged 3 - 8 who have participated in the Families as Reading Partners Read-Aloud Program. Saturday, May 16 at 2 p.m.

The program will feature *Chester the Jester of the National Circus Project*, in a whirling kaleidoscope of breathtaking circus fun - with clowning, juggling, unicycling, the dazzling devil stick, comedy galore, and more. Exciting, nonstop entertainment! Certificates and party surprises for all young people who handed in book lists by Wednesday, May 6.

There's still time to sign up for **Folk Tale Contest - Prizes, Prizes!** Youngsters in Grades 1 - 6 are invited to write original or adapted folk or fairy tales, based on Bethpage Public Library books. Prizes will be awarded on each grade level. Entries are due on June 4; fliers in the Children's Room give all pertinent details.

AND: Sign up for the fabulous **New York Is Reading Country Summer Reading Club, 1992**. Begins on Wednesday, June 10.

Author Visits Kramer Lane



Robert Quackenbush.

This spring, the students at Kramer Lane Elementary School in Bethpage met the popular children's author and illustrator Robert Quackenbush. Robert Quackenbush has written and illustrated over one hundred and fifty books for young readers.

Robert Quackenbush met with the students for two performances. He shared many of his stories with the children, sketched some of his famous characters and autographed books. His illustrations are currently on display outside the school library for everyone to enjoy. The students were

prepared for his visit through library and classroom activities and were enthusiastic about his visit.

Arrangements for Robert Quackenbush's visit were made by Olga Laursen, Library Media Specialist at Kramer Lane Elementary School. Funding was made possible through the Visiting Authors Program coordinated by Regina Cohn, Director of Reading and Related Services for the Bethpage Public Schools and was supported by the Kramer Lane PTA which provided students with an opportunity to purchase books for autographing.

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Friday, May 22, 1992 PAGE EIGHTEEN

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Books Across America At Middle School

Gold Medal Award Winners for Books Across America 1992 - JFK Middle School are: Jonathan Waxman, Sheba Thomas, Christina Masi, Karen Cheng, Tommy Kalinic, Michael Rubenstein, Vincent Sinacori, Jane Stuart, Gina Gallo, Richard Goldman, Leslie Greenberg, Holly Romanowski, Lissette Tur, Christina Giandavignini, Michele Sanna, Julie Kritikos, Caित्रiona Fitzgerald, Dana Gaubatz, Janelle Jones, Alicia Arnott, Jeanna Novelli, Edwin Kim, Lauren Wierzbicki, JoAnn Barbieri, Dora Demetropoulos, Kerry Harrison, Elan Ferina, William Goldenberg, Jennifer Vernier, Arni Weisel, Thomas Procida, Alexia Papadopoulos, Heather O'Connell, Dennis Doyle, Melissa Colleuori, Jason Edelman, Danielle Riccardello, Laura Holz, Tara Draghi, Matt Brecher, Amanda Allocca, Kelly Russo, Jamie Martin, Karen Karakaya, Meaghan Miller, Melissa Buonagura, Mary King, Alyssa Morano, Tony Fulgieri, Donna Franco, Jolene Bachman, Chris Furey, Jay Patel, Hyejin Tak, Jennifer King, Kristie Weigold, Nickolas Kiriakakis, Jennifer Watson, Gina Gabbola, Kimberly Rich, Christine Catanzariti, Fanny Kleitides, Chris Jollon, George Zafropoulos, Michael Patrick, James Taylor, James Zizza, Steven Pedullo, Kristen Naso, Ramona Diver, Petros Panagos, Chris Virgil, Yun Qin Ni, Jessica Bielo, Marisa Diver, Chris Pagluica, Aruza Patel, Kimberly Wall, Denise Young, Laura Schectman.

John F. Kennedy Middle School in Bethpage was among 200 schools in the State of New York and California selected to participate in the **Books Across America Program**, supported, in part, by a United States Department of Education grant. The goal of **Books Across America** is to motivate students to read, and to have their parents aware of what they are reading.

John F. Kennedy Middle School was paired with the Skyline School in Solana Beach, California. The schools exchanged videotapes, with our students seeing the California students enjoy the sunshine, outdoors, in shorts in February. We managed to get some snow this winter to videotape for our California friends.

The program at the John F. Kennedy Middle School began in January, and concluded with a gold medal ceremony during National Library Week in April. During the three months of the program, the students read more than 257,000 pages of books, with eighty students, our gold medal winners, each reading more than two thousand pages each.

The Gold Medal Awards Ceremony featured a special presentation by the Seventh Grade Chorus, under the direction of Paula Farbman. Special thanks were extended to Jean Morrongiello, President of the Bethpage Woman's Club, for support for the purchase of awards. Mary Ellen Ginty of the John F. Kennedy Middle School PTA was honored for the many hours that she spent with the program doing the record-

keeping of the number of pages that each student read, and the PTA was thanked for their generous financial support of this project. **Books Across America** was coordinated by Bruce Jaeger, Principal of the John F. Kennedy Middle School, Dr. Regina Cohn, Director of Reading and Related Services for the Bethpage Public Schools, Hy Pryluck and Robert Azoff, Reading Specialists, Janice Manheimer, Librarian, and Mary Ellen Ginty of the PTA at John F. Kennedy Middle School.

The Hicksville Athletic Association's Babe Ruth team (the Hicksville A's) faced the Plainedge Pirates on Tuesday, May 12.

The pitchers were relentless with Matt McLoughlin starting, pitched three innings retiring nine batters in order allowing no hits. Brian Boyle came in for 1½ innings striking out four and Keith Englehardt had the save pitching the last 1½ innings with 4 strikeouts.

An exciting double play was executed by Nick Schmidt catching a pop-up then throwing to Peter Marin catching a runner off base at third.

Hicksville A's Update

Chris Cannizaro at second made a nice catch for the final out.

The bats came alive with Matt McLoughlin going 3-3 with a triple, Adam Geslak going 3-3 with a triple, Kevin Soper going 2-3 with a triple, Jack Sandler going 2-3 with a double and Chris Swier going 2-3 with a double. James LaPadula had a triple bringing in 2 RBI's and Josh Strugatz doubled also bringing in 2 RBI's. Final score Hicksville 12 - Plainedge 2.

On Sunday, May 17, the A's came up against the strong Smithtown Bulls in Smithtown

for what proved to be an exciting game.

Kevin Soper did a fantastic job pitching allowing only 4 hits. Keith Englehardt was commanding as catcher.

Defense was strong with an impressive double play by Josh Strugatz at second to Brian Boyle at first. Tommy Kessler made a nice catch at short and Chris Swier made an excellent play at second.

Bats were hot with Keith Englehardt and James LaPadula both going 2-3 driving in 2 RBI's each. Chris Cannizaro doubled driving in 1 RBI. Hicksville prevailed 6-3.

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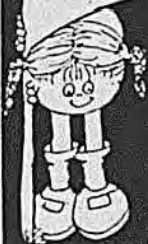
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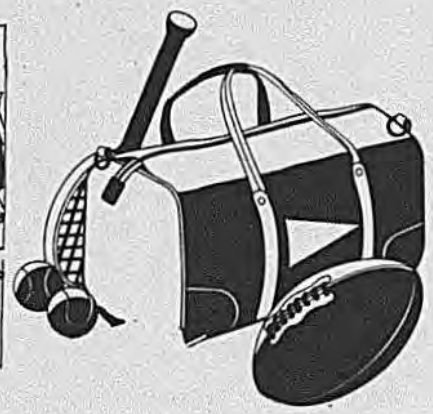
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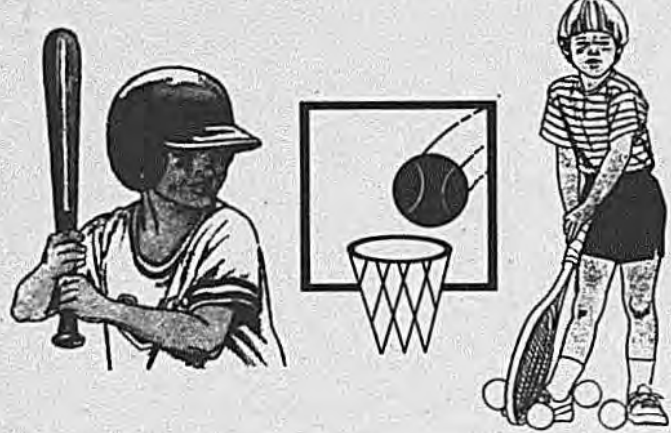
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Photo by Don Suss

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

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

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

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

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Isn't it time you joined The Nature Conservancy?



Boys Instructional Division

The Yankees, sponsored by the Hicksville Fire Dept. played the Pirates in a real slugfest. Matthew Economou and Brendon Coyle each had four hits. Brenden and Kevin Kuck each homered. Brandon Sallustro and Tom Brewer each had three hits. Malcom Pike tripled. Frank Olva and Jeffrey Sallustro had two hits each. Nickolas Giambalvo and Mike Caglione each made outstanding catches in the field and had a hit each.

Boys Minor Division

The HBA boys minors Pirates extended their record to 5 win, 2 losses with an exciting come from behind win against the always tough Blue Jays. After being down 9-8 in the bottom of the last inning, the Pirates got clutch hits from Keith Wilkins, Bob Lowig, and a home run by Brian Kwas. Also during the game there was fine play by Danny Lee, Deith Drummond, Chris Graziose and Mike Doran and the rest of the Pirate team. They won the game by a score of 11-9. A very satisfying win for both the team and the manager, Nick Graziose and coach, Kevin Drummond. Keep it up Boys!

Girls Major Division

On Wednesday April 29, in a wild high scoring game John's Southbay Service Center beat team #3 15-14. You could tell the days are getting a little longer because it was the first complete game for Johns Southbay after 2 incomplete games due to darkness.

John's Southbay jumped out to a 7-0 lead in the first inning with a triple by Laura Power to drive in two runs. Laura also had a double and a single in the game to complete a 3/3 night and is batting .900 with 10 RBI's.

Team #2 managed by Carlos Rodrigues also had its list of stars including Danielle Faulkner who came in a tough situation after John's Southbay jumped off to a 7-0 lead. Her pitching provided her team the opportunity to close the gap to

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11-9 after three innings. The defense, not usually the notable part of these games was pretty good especially the game ending. Put out at 2nd base by Tracy Gilmor who put a great tag on the runner Jessica Savin. Impressive pitching for John's Southbay was provided by Jackie O'Keefe and Nicole Stergiopoulos who combined for eight strikeouts. Leigh Norris 2/2, Kelly McCarthy 3/3, Terry Lampert 2/2, with 3 RBI's and Melanie Rodgers 1/1 and her hit was a home run.

Girls Major's Director Phil Savarese was on hand for the game to provide encouragement and batting tips for both sides.

"The teams in this division are all pretty equal and I am equally proud of both teams efforts tonight," said Mgr. Mike Lampert after the very exciting game. I just hope nobody goes home after a game like this and feels bad because everybody played exceptionally well.

Well, after a rain filled spring, HBA's Girls Major Division, is finally getting to play some games.

This same team, Johns Southbay Service Center has certainly shown that all the hard work in practice is paying dividends.

The teams pitchers have shown great concentration and have been rewarded by a 2-0 start in their division. Nicole Stergiopoulos, Jackie O'Keefe, Megan Tower and Dana Patrowicz have combined in their teams 16-14 and 17-5 wins.

The pitchers depend on their defense and so far the girls are making the plays. The work of Tracy Gilmor, Nicole Graziose, Laura Power and Gillian Smith has kept John's Southbay Mobil in the game until their bats came alive.

Speaking of bats, the offense has been getting it done lately with timely hitting by Theresa Lampert, Melanie Rodgers and Danielle DeGorski.

The girls have a long season

left and John's Southbay Mobil feels everybody has made contributions and will continue to do so.

Suzanne Petersen, Justin Rogers, and Jean Sowinski round out the roster and look forward to celebrating a winning and fun season.

Girls Senior Division

Saturday, May 2, was a great day! Team #3, sponsored by Galileo Galilei Lodge and managed by Vito Grippi, and coached by Mike Moylan opposed team #2. They won with a score of 2-15. Weather and winning wise! Kelly Moylan pitched a seven inning game. Great defensive plays by Nicole Franchino, Tracy Koetter and Deidre LeBrecht and Tina Mazzara. All in all it was a terrific

game played by two great teams.

On May 5, this team came up against team #4 and the game was successful in all respects. Both Tracy Koetter and Lisa Anderson, from the opposing team pitched a complete seven inning game. Some good hitting from Diedre LeBrecht and Tracy Koetter and Meredith Graziose went 2/3 with a walk. Second base was protected at all costs by the good defensive plays of Kristen Wigand. The win ws 13-4.

When this team met again, they played against team #1 and won by a close 15-14. The winning hit was smacked by Kristen Wigand and Stephanie Grippi crossed home plate for the win. Some good outfield plays by Nicole Franchino and Tina Mazzara who hit a triple.

In Service

Dr. Donald Farmer, vice president for academic affairs at King's College, recently announced that 124 students at the college were inducted into various national academic honor societies at King's annual Honors.

Among those students were Siobhan M. Campbell, Hicksville, Psi Chi; and James V. Schneider, Hicksville, Delta Epsilon Sigma.

Board Meeting

The Hicksville Youth Council will hold its monthly Board Meeting on Monday, June 1, at 7:30 p.m., at 175 West Old Country Road, Hicksville.

Everyone is welcome. Please note there will be no meeting for the months of July and August.

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1 VIAL OF CRACK COCAINE

3 PACKETS OF HEROIN

1 BAG OF MARIJUANA

A QUARTER GRAM OF COCAINE



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