

In Two Sections - Forty Pages

The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times

## & Levittown Times

35¢

Vol. 50 No. 28

USPS 346-760

Friday, June 26, 1992

### Outstanding Athletes



Oyster Bay Town Councilman Thomas L. Clark, center, presents certificates for Outstanding Athletic Achievement to Lorraine Simonelli and Eric Basta of Hicksville High School. The recognition program was initiated to honor students from high schools throughout the Town for their athletic accomplishments. The students were selected according to criteria established by their school's administration.

### Achievement In Athletics



Oyster Bay Town Supervisor Lewis J. Yevoll, right, presents certificates for Outstanding Athletic Achievement to Brian Coyne and Kristen Anello of Holy Trinity Diocesan High School in Hicksville. The recognition program was initiated to honor students from high schools throughout the Town for their athletic accomplishments. The students were selected according to criteria established by their school's administration.

### Valedictorian Receives National Merit Scholarship

High School Valedictorian James Fitzsimmons is a recipient of the prestigious National Merit Scholarship awarded for four years of undergraduate study at Tulane University where he plans to study this September.

James has won numerous awards for academic excellence while a student in this district. Most notably, he is the recipient of the Harvard Book Award; Science Certificates for Excellence and Highest Science Average Plaque; the American Legion History Medal and first place in the VFW Voice of Democracy Essay Contest; several trophies and plaques for Science, Italian, English, Social Studies and Technology; several New York State School Music Association Awards for

the Violin; a Math Olympiad Award and Science Congress Awards; and three years listed in "Who's Who of High School Students."

In his senior year he served on the Yearbook staff; he is President of the National Art Honor Society, a member of the National Honor Society and Italian National Honor Society, and Treasurer of the Modern Music Masters Honor Society; and he also belongs to the Orchestra, the All-County Orchestra and the String Ensemble.

James plans to pursue a career in pediatric medicine. To date he has over 600 hours of volunteer work at the Nassau County Medical Center in the pediatrics department.

### St. Ignatius Church Blood Drive

On Sunday, July 12, St. Ignatius Church will hold a blood drive from 9 a.m. to 1:45 p.m. The drive will be held in the Old School's basement of the St. Ignatius complex, which is located at Route 107 and East Marie Street.

"During the summer, when it is more difficult to organize groups to hold a blood drive, we appreciate the efforts of groups such as the parishioners of St. Ignatius and their strong commitment to running a successful drive," said Linda Morton-Tracey, a Long Island Blood Services account representative.

All eligible donors in the community are urged to donate at the drive. To donate blood you must be between the ages of 17 and 75, in good health, and weigh at least 110 pounds. All donors must have identification, and must eat before donating.

Donating blood is easy and completely safe. The donation process takes only an hour and includes a mini-health exam including blood pressure, pulse, temperature, and iron count; the donation itself, which takes about ten minutes; and time for refreshments.

There is no substitute for blood. The human body is the only producer of this precious fluid, and the volunteer donor is the only replacement source for patients in need of blood every day.

For more information about the drive or to make an appointment, please call John Bishop, evenings, at 516/796-3341.

### Chosen As "Super Students"

There were six happy children on June 19, in Anne LaBarbera's English as a Second Language classroom at the Fork Lane School. Each student received a Super Student Award Certificate.

The ESL Super Student Program began in January. Each month, an ESL student is chosen to receive recognition for always trying to do his or her best work, being friendly and helping his or her classmates, and obeying the school rules. By June, six students had been recognized as Super Students!

### District Wins High Rating Approve New Food Service

By Maureen Traxler

Although the 1991-92 school year leaves behind memories of another encounter with the school closing issue and a bitter battle of words in the recent election of trustees, the Hicksville School Board ended the year with high marks.

Under the guidance of first-year Superintendent Sal Mugavero, the district proposed a spending plan for the coming year which won approval by voters last month. On the heels of this victory, the district sought and received a MIG-1 rating from Moody's Investors Service. This Municipal Investment Grade is Moody's highest rating. Superintendent for Business Stuart Opdahl noted that the excellent rating allows the district to borrow at the best possible rate and contributed to the district's receiving very low interest rates on the recent issuance of tax anticipation notes.

At the June 17 meeting, the Board approved the award of bid for cafeteria catering to Whitson Food Service. Mr. Opdahl acknowledged that there were two bidders, but the business office recommended Whitson's because it provided the best return of funds to the district, had a lower management fee structure and is a local company. With the award to Whitson's, Mr. Opdahl said a food service program will be provided to all grade levels in September.

Other matters receiving Board approval included:

- \* Participation in a cooperative bid for custodial supplies conducted by the Board of Education of Valley Stream.
- \* Installation of the New York Telephone Intellipath II system in early August. The new system will have a 733 exchange, followed by the same four digits that currently exist.
- \* New legislation which allows the district to provide transportation for in-district students attending non-public schools located more than 15 miles from home. Parents will be obliged to reimburse the district for the incremental cost associated with the segment of travel in excess of 15 miles.

Speaking in general public session, newly-installed PTA Council President Nancy Callari focused the Board's attention on recent discussions regarding the possible initiation of musical instrument rental fees for elementary students. Mrs. Callari cautioned the Board that a rental fee may be perceived by residents as a change of service from what they expected the adopted 1992-93 budget to provide.

Board trustee James Black received the nod from his fellow Board members to accept an invitation from the New York State School Boards Association to participate in an upcoming panel discussion on private food service organization. President Carole Wolf acknowledged that it is a privilege to be asked by the association, and the Board should comply.

This June 17 meeting, the last official meeting of the 1991-92 school year, was a particularly upbeat session, with special recognition given to staff and students. Among the presentations was a Certificate of Appreciation and Recognition from State Education Commissioner Thomas Sobol. The certificate was presented to Middle School Principal Gerald Klein by Supt. Mugavero. The award to the Middle School acknowledged its participation in the Board of Regents Challenge for Excellence. The Commissioner gave particular recognition to the district and staff members as "leaders of change in middle level education in New York."

During this past year, the district and the Board have moved to reorganize administrative positions and upgrade services to students. At last week's meeting, the Board approved the appointments of three new administrators: Kathy Catania, Elementary Principal; Bruce Houston, Supervisor of Fine Arts K-12; and Judy Pace, Coordinator of Elementary Education.

"This is the most important meeting of the school year," announced Supt. Sal Mugavero, as he opened the annual ceremonies for retirees and outgoing Board trustees prior to the general meeting. The district has experienced a total of 49 retirements during the year, and many of those staff members were on hand to receive plaques from William Gagnon, Director of Personnel.

Quoting Ralph Waldo Emerson, Mr. Gagnon said, "The reward

Continued On Page 16

## VFW Holds Awards Ceremony

The Wm. M. Gouse, Jr., VFW Post No. 3211, held their 1992 VFW Awards Night Ceremony, on Friday, June 12, at the Post, and its VFW Scholarship Chairman, Bill Bennett, introduced and presented the Scholarship Awards to the winners of two separate scholarships.

David Chung was awarded the 1992 VFW Scholarship for "Community Service" from the Hicksville High School and was recognized for his contributions to the Youth Group, as its president, for his volunteer work with Hicksville Inn Soup Kitchen, and his involvement in many school activities, as well as his academic achievements, and artistic talents, at Hicksville High School. David has been accepted and will be attending Boston University this fall. Mr. Bennett, and Commander Vincent Ferrara, presented David with a five hundred dollar check and wished him well in the pursuit in the field of computer graphics.

Timothy Glover was the winner of our "Albinus A. Hanlon" 1992 Scholarship. Tim was selected by a panel of three judges, and will be graduating, with honors, from the Hicksville High School, on June 24. Tim received the outstanding Scholar-Athlete Award in 1991: He is a member of the National Honor Society, as well as the Spanish National Honor Society. His father, Timothy Glover, a member of our VFW Post, along with his lovely wife, Eileen, proudly stood at the side of Tim when Mr. Bennett and Commander Ferrara presented the \$1,000 Albinus A. Hanlon Award to its 1992 recipient, Timothy F. Glover, Jr.

Mr. Bennett thanked and praised the three Judges of the Albinus A. Hanlon Scholarship Committee. They were Seig-Widder, Carole Wolf, and Joe Jablonsky.

VFW Commander, Vincent Ferrara, along with Post Quartermaster, William Frohnhoeffer, on behalf of the officers and men of the VFW Post, expressed their appreciation and thanks to the largest participation in the VFW Scholarship ever by our young Seniors, a total of eight candidates, were judged by their scholarship record, character, personality ratings and good citizenship, and they all measured up to the task. Our three panel Judges are allowed to select only one winner, and two alternates, and they are: James F. Fitzsimmons from Hicksville High School, and Terence O'Neill from Earl L. Vandermeulen H.S. in Port Jefferson. Both outstanding Seniors were honored along with last year's Albinus A. Hanlon winner, Jessica Hand.



Bill Bennett, chairman of the VFW Albinus A. Hanlon Scholarship Committee presenting Timothy Solven with the \$1,000 Scholarship Award as the 1992 winner from the Hicksville H.S.



Bill Bennett, chairman of VFW Scholarship Committee honoring David Chun, his mother & father as the 1992 VFW Scholarship winner from the Hicksville H.S.

## Letters

To the Editor:

This letter is written with the full knowledge and consent of the Concerned Citizens of Hicksville.

The County of Nassau is proposing the floating of a bond issue to cover the cost of operating expenses. It would be a five year bond in the amount of \$65 million. At the end of the five years, the bond would cost the taxpayers approximately \$9.7 million in interest.

If the taxpayers allow this, they are condoning a system that is out of control. Example: County Police Headquarters Tax rate per hundred in Hicksville:

1991 - 1.757  
1992 - 4.298 An increase of 14%

In 1992 the police commissioner and his assistant retired.

They each walked away with \$250,000. The cost to the taxpayer was over \$500,000. They already get pensions of \$70,000 plus medical benefits. The bond float would continue this type of county largesse.

The other proposal by the Nassau County Executive is a mortgage registration tax of 1%. Try to sell your house on Long Island. Tough, and the county makes it even tougher. A \$100,000 mortgage would cost the prospective buyer yet another \$1000 in taxes. Talk about sick!

The only way to stop this fiscal madness is to cut spending and eliminate the giveaways. The two police executives were making over \$120,000 per year before their exit money.

This entire governmental process must be reorganized and downsized drastically if it is to stay alive. The downsizing must start at the top. If the expenditures continue as they are, we will end up as New York City did in 1975. Big MAC!

I urge the people of Hicksville and Nassau County to write to Mr. Gulotta, Mr. Mondello, and Mr. Vevoli. Let them know of your dissatisfaction! Let them know they work for you! Not vice versa!

Joseph Van Berckelaer,  
Concerned Citizen  
of Hicksville

## John F. Kennedy Middle School Principal's Honor Roll

Principal's Honor Roll  
3rd Quarter - 1991-92

6-108 - Jason Fu  
6-109 - Christian Furey; Scott Goodside  
6-110 - Richard Goldman; Leslie Greenberg  
6-202 - Christina Giandalivigni; Anthony Riccardi; Laurie Von Thaden  
6-204 - Heather O'Connell  
d6-206 - Melissa Colleluori  
6-208 - Alicia Arnott; Jeanna Novelli  
7-118 - Andrea Berman  
7-212 - Marisa Diver  
7-117 - Erica Neyland  
7-216 - Pena Oginar  
7-221 - Jeremy Smith  
7-226 - Kara Zuaro  
8-128 - Joseph Hoffman; David Koehn  
8-209 - Karin Meade; Laura Novelli

## College Notes

Jim Antonetti of Hicksville, has completed his junior season as a member of the Alfred University lacrosse team.

Antonetti, a 1988 graduate of Hicksville High School, finished his first season at Alfred leading all Empire Athletic Association goalies in goals against average (.633) and save percentage (.616). A transfer from SUNY Farmingdale, Antonetti was named the EAA's second team all-conference goalie.

Antonetti, a communications studies student at Alfred University, is the son of Ann and Robert Antonetti of Hicksville.

Thomas Scannello of Hicksville was recently named to the spring semester Dean's List at Bryant College in Rhode Island. Students must earn a 3.2 or higher grade point average to qualify for this honor. Thomas, a senior, is majoring in Computer Information Systems.

Jean-Marie DeNome, Anna S. Hauser, and Lisa M. Zullo of Plainview all recently graduated from Scranton University in Pennsylvania and received their Bachelor's Degrees at commencement exercises on May 30 and 31.

John S. Kelly and Shawn P. Kraemer of Hicksville both recently graduated from Scranton University in Pennsylvania and received their Bachelor's Degrees at commencement exercises on May 30 and 31.

## Student Wins R.C. Byrd Scholarship

Dr. Antoinette MacLeod, the principal of Bethpage High School, congratulated Alexandra Grinshpun on winning the Robert C. Byrd Honors Scholarship. She is the winner of one out of twelve scholarships in the 4th Congressional District and has been awarded \$1500 for her first year of college study.

Alexandra is the Valedictorian of the Senior Class at Bethpage, which will graduate on Sunday, June 28 at 12 noon on the Vogts Football Field. She has won many awards this year, most prominently the Alicia Patterson Award from Newsday. In addition, she was named a Tandy Technology Scholar, national finalist for the National Merit Corporation Award, and one of two high school seniors in the state chosen to participate in the National Youth Science Camp.

Alexandra plans to attend Yale University in September, majoring in Biology. She has been a dynamic leader in Bethpage High School, Editor of the school newspaper, Justice of the Student Court, and active in Computer Club, Mathletes, Girls Varsity Tennis Team, National Honor Society, Student Civic Association, French Club, and our Science Olympiad Team.

## HELP YOUR HEART WITH YOUR RECIPES

American Heart Association

This recipe is intended to be part of an overall healthful eating plan that would not include more than 30 percent of daily calories from fat.

### Hearty Halibut

This fish will get you hook, line and sinker!

2 lbs. Vegetable oil spray	3 Tbsp. chopped pimientos
fish steaks	1/2 cup dry white wine
1/4 cup thinly sliced onion	2 Tbsp. fresh lemon juice
1 1/2 cups sliced fresh mushrooms	1/4 tsp. oil weed
1/2 cup chopped tomato	Freshly ground
1/4 cup chopped green bell pepper	black pepper to taste
1/4 cup chopped fresh parsley	Garnish:
	8 lemon wedges

Preheat oven to 350 F. Lightly spray a covered baking dish with vegetable oil. Rinse fish and pat dry. Arrange onion slices in the bottom of prepared baking dish. Place fish on top. Set aside.

In a bowl, combine remaining vegetables. Stir to mix well, and spread over fish.

In a small bowl, combine wine, lemon juice, oil and black pepper. Pour over fish and vegetables. Cover and bake 25 to 30 minutes, or until fish flakes easily when tested with a fork. Garnish with lemon wedges.

Makes 8 servings.

Do not use vegetable oil spray near an open flame or heat source. Read directions on can before using, and follow directions carefully.

### Nutritional Analysis per Serving

116	Calories	48 mg	Cholesterol	18 gm	Saturated Fat
22 gm	Fiber	99 mg	Sodium	1 gm	Polyunsaturated Fat
3 gm	Carbohydrate	1 gm	Total Fat	6 gm	Monounsaturated Fat

This recipe was developed by the American Heart Association. © 1992. All rights reserved. Printed by the American Heart Association, Inc. Published by Times Books, a division of Random House, Inc., New York.

.....  
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!  
.....

## Mid Island Times & Levittown Times

Published every Friday at Litmor Publishing Corp.  
Second Class Postage Paid at  
Hicksville, NY 11801  
Telephone 931-0012 - USPS 346-760  
81 E. Barclay St., Hicksville, NY 11801  
Postmaster: Send Address Change to  
Mid Island & Levittown Times, 81 E. Barclay St.,  
Hicksville, NY 11801  
Robert Morgan Publisher • Yearly Subscription \$8.50



## Legion Boys Staters Leave For Alfred U.

Hicksville's Charles Wagner Post 421 of the American Legion is sponsoring two outstanding high school students to the 1992 Boys State Program at Alfred University, Christopher Kemmlin, the son of Mr. and Mrs. Bruce Kemmlin, will represent the Hicksville High School. From Holy Trinity Diocesan High School in Hicksville, the Post 421 will also be sponsoring, James Armstrong, the son of Mr. and Mrs. Michael Armstrong of Mineola.

The American Legion Boys' State Program has been helping to train outstanding youth, for over 50 years, in a knowledge and appreciation of the U.S. political system. In week-long "role-playing" participation, junior classmen experience simulated political caucuses, nomination and campaigning for local, county and state offices, culminating in the election of a Boys' State governor.

"The Charles Wagner Post Americanism Program has been honored in sending over 40 outstanding young men, an elite group, indeed, to Boys' State Conventions, over 35 years," Post Commander John Rizos, said this week, Post 421's nominees attended an orientation meeting before departing for Alfred University on June 27. The Boys' State participants typically are outstanding scholars and active, as well, in student government or athletics. The program is prestigious and often a stepping-stone to admission to the top colleges and the U.S. service academies.



Ready to represent the Hicksville Charles Wagner Post 421 in the 1992 American Legion Boys' State program at Alfred University are Holy Trinity H.S. James Armstrong (left) and Christopher Kemmlin of Hicksville H.S. New York State American Legion Commander Franklin Ward addressed the Nassau contingent before their departure.



Ready to see their sons off to the American Legion Boys' State Program at Alfred University are Mrs. Maureen Armstrong and son, James, and Mr. & Mrs. Bruce Kemmlin (left) and son, Christopher. The high school juniors are being sponsored by the Charles Wagner Post 421 of Hicksville, and represent Holy Trinity and Hicksville High Schools. (Photos by Richard Evers, Post 421 Americanism Chairman)

## A Children's Sing-A-Long

A Sing-A-Long with Kate Corrigan will be held on Thursday, July 30, at 2 p.m., at the Hicksville Public Library. The program is for children, preschool and up. Children under six must be accompanied by an adult.

Kate Corrigan has been performing in the New York area for over 20 years. With two albums of original music to her credit and years of experience singing radio jingles, country and folk music in group and solo settings, she has recently entered the exciting world of children's music.

Her repertoire consists of traditional and popular children's songs, Broadway tunes and original compositions. Having three young children of her own has helped her create an act filled with delightful songs designed to engage the children in sing-a-long fun and creative movement.

**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!

## Student Wins Poster Contest



Nassau County District Attorney Denis Dillon recently presented awards to six students who entered a "Prejudice is no Prank" poster contest sponsored by the D.A.'s office. Michael Kilfoyl of Hicksville is a student at Dutch Lane Elementary School and won the award in the sixth grade category. Dillon said the award recipients were selected from more than one thousand entries submitted by schools across Nassau County. The goal of the contest by Dillon was to sensitize students to the problem of bigotry. Pictured with D.A. Dillon are Michael Kilfoyl and his family.

## Athletic Award



Oyster Bay Town Supervisor Lewis J. Yevoli, right, presents certificates for Outstanding Athletic Achievement to Phil Fierro and Lara Wegard of Plainview Old-Bethpage High School. The recognition program was initiated to honor students from high schools throughout the Town for their athletic accomplishments. The students were selected according to criteria established by their school's administration.

## Senior Appreciation



Local community organizations, businesses and merchants recently joined with EAB Bethpage at the bank's "Senior Appreciation Day." Representatives from various groups provided information on programs and services for the community's senior citizens.

Shown above are, left to right, John O'Sicki, EAB Financial Services; Volunteer Carmen Subic, Cornell Cooperative Extension; Chris Julie, Assistant Manager, EAB Bethpage; Susan Weiss, Nassau County Department of Senior Citizen Affairs; Susan Haley, Community Projects Bureau, Nassau County Police Department; Patricia Maguire, LILCO; and Carol Poetsch, New York Telephone. Literature was also provided by the Bethpage Fire Department and the Plainview-Bethpage Lion's Club.

**"KEEP TROUBLE OUT"**

A Deadbolt is important security for doors with "easy to shim" Key-In-Knob type locks.

**Imperial Locksmiths**  
KEYS CUT WHILE YOU WAIT

Storm Windows & Screens Repaired  
**248-1022**  
175 Seventh Street, G.C.

7th Street  
G.C. Florio Basin  
Imperial Locksmiths  
Grand Union

*For the best wedding under the sun .... or stars*

Have your next party in a gorgeous 20 acre tree lined garden estate setting at the spectacular new multi-million dollar redecorated and refurbished Huntington Town House. Now you can enjoy the new Atrium look at your next affair. Spectacular skylights and lush indoor gardens complete with waterfall.

Luxury, elegance and most of all privacy, at a truly affordable price. Have your own private suite, private lobby, private bridal suite, private entrance, and your own private permanent chapel.

Fabulous, picturesque gardens and woodlands complete with a wishing well, love swing and romantic gazebo for outdoor ceremonies, beautiful garden setting for outdoor cocktail hours and magnificent indoor and outdoor settings for photographic memories. Choose cuisine from four different menus or our award winning chefs will customize a menu especially for your own party. Our impeccable service is white glove French Service with a Maître d, Captain and staff for your party alone offering truly personal service.

**Huntington Town House**

*We Cater With Care*  
124 East Jericho Turnpike, Huntington Station, New York 11746  
(516) 427-8485 or (718) 895-5855  
(The Atrium opens into one ballroom accommodating up to 2,400 people)

# ARE YOU OVERLOOKING LONG ISLAND'S WILDEST NIGHTLIFE?



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

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

We've saved 18,000 acres of ecologically significant land on Long Island alone, from the last 19-acre remnant of the Hempstead Plains to our 2,000-acre Mashomack Sanctuary on Shelter Island. Nationwide, we've preserved nearly 4 million acres of forest, prairie, desert, island, and mountain. And our international program is fighting to save the world's rapidly vanishing rain forest.

You can help The Nature

Conservancy do its vitally important work. For \$15, not much more than the cover charge for one of Long Island's hottest night spots, you can become a member of the Long Island Chapter. You will receive the *Long Island Chapter Newsletter* and

*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.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

250 Lawrence Hill Rd. • Cold Spring Harbor, NY 11724

Created as a public service by Michael Welch Advertising, Inc.

Isn't it time you joined The Nature Conservancy?





# Service Directory

## Aluminum Siding

**SOLID VINYL & ALUMINUM SIDING**



We Welcome Investigation!

- Gutters & Leaders
- Replacement Windows
- Storm Windows & Doors
- Roofing

**GARDEN CITY ALUMINUM, INC.**  
220 Nassau Blvd  
Garden City South  
485-2200

## Auto Electronics

**ARIAIK**

- AUTO STEREO
- MOBILE PHONES
- AUTO ALARMS
- RADAR DETECTORS

(516) 739-1500  
Fax: (516) 739-1542  
160 Herricks Road  
Mineola, NY 11501

## Carpeting

**HOLLYWOOD FLOORS**

(516) 358-8205

of Garden City

- CARPET SALES
- CARPET REPAIRS All Major Brands
- ALL TYPES OF FLOOR COVERINGS
- NO EXTRA CHARGE FOR:
  - h \* Premium padding
  - Custom Stairway Installation
  - Rip-up of old carpet
  - Measuring \* Metal Saddles
- GARDEN CITY RESIDENT ALL WORK GUARANTEED

## Carpet Cleaning

CARPET UPHOLSTERY  
STEAM CLEANED  
2 ROOMS PLUS HALL  
\$29.95  
SOFA - \$29.95

ORIENTAL RUGS  
\$45.00 - \$100.00

**SIGNATURE**  
825-0837

## Contracting

**C. Ferraro**  
General Contractor  
DORMER & EXTENSION  
SPECIALISTS

ONE CONTRACT COVERS ALL!

- Siding • Roofing • Conversions
- Finished Basements • Garages
- Bathrooms • Kitchens • Decks

Quality Work • Reasonable Rates  
Licensed Insured  
Nassau H1738290000 NYC 760323

**FREE ESTIMATES**  
516-741-7215

## Contracting

**SPAN CARPENTRY CO.**  
LIC. #10 41870000

GENERAL CONTRACTOR  
RESIDENTIAL & COMMERCIAL

KITCHENS & BATHROOMS  
FINISHED BASEMENTS  
ATTICS & DECKS  
WINDOWS & DOORS  
PARTIOLANING  
WALLPAPER REMOVAL  
ALUMINUM & VINYL SIDING  
PAINTING  
AND MORE.

NO JOB TOO BIG OR TOO SMALL  
"FREE ESTIMATES"  
(516) 564-0447

**CARTWRIGHT CONTRACTING**

BUILDING AND REMODELING

EXTENSIONS • SIDING & ROOFING  
DORMERS • KITCHENS  
CUSTOM HOMES • DECKS  
FINISHED BASEMENTS • BATHS

LICENSE # H18B3160000  
FREE ESTIMATES & CONSULTATION

**(516) 741-2313**  
5% DISCOUNT WITH THIS AD

**EURO-TEK CONTRACTING**

A REPUTATION THROUGH RECOMMENDATION

BLACKTOP, CONCRETE AND MASONRY SPECIALISTS

TILING - STONEWORK  
BRICK - WATERPROOFING  
PATIOS - STUCCO

FULLY INSURED FREE ESTIMATES

**516-775-BEST**

## Chimney

**CHIMNEY MAGICIAN**

- Animal Removal
- Cleanings
- Cement Work
- Reelinings
- Gutters Cleaned
- Power Washing

**\$5.00 OFF** with this Ad

Ask for **Mr. Litmor**

FREE INSPECTIONS  
Certified, Bonded, Professional  
Master Card or VISA

Nass. Lic. #H0700530000  
Suff. Lic. #1593HI  
N.Y.C. Lic. #102285

**333-1010**

## Computer Services

COMPUTER SERVICES  
LASER TYPESETTING

- RESUMES •
- NEWSLETTERS •
- DOCUMENTS •
- DESKTOP PUBLISHING •
- MAILING LISTS •
- FLYERS •

516-877-7706

## Custom Furniture

INTERIOR DECORATING & DESIGN

**ABSOLUT KITCHEN & BATH**

SPECIALIZING IN: Kitchen & Bath  
Renovations & Restoration

- VANITIES • KITCHEN CABINETS
- COUNTER TOPS
- KITCHEN REFACING

We Plan, Design, Build & Install

353 Hempstead Ave. West Hempstead (516) 486-3611

## Driveways

Quality Irish Work

**GALVIN ROADWAY SEAL COATING**

ALL PHASES OF CONSTRUCTION

Striping  
Driveways Parking Lots  
Hand brushed - Free Estimates - References

- Rejuvenates
- Seals/Seals
- Outlets All other Types
- Protects against gasoline, oil, water, frost damage
- Doubles the life of your black top

\*Pennies per foot

**PAT**  
466-3785  
**CHRIS**  
773-0913

Insured License #H2302400000

## Electrician

An Electrician  
When You Need One

**K.J. Kenny Inc.**

LICENSED ELECTRICAL CONTRACTORS

746-7611  
166 Herricks Road, Mineola (Cor. Garfield)

**Electrical Specialists Since 1945**

## Handyman

**HANDYMAN**

CARPENTRY, PAINTING, SPACKLING, SHEETROCK, ALL REPAIRS, ETC.

Neat & Reliable  
NO JOB TOO SMALL! FREE ESTIMATES

**CALL DENNIS**  
(516) 731-3015

## Home Improvement

REPAIRS & MAINTENANCE ARE US

WE REPAIR IT ALL BIG & SMALL

Specializing in:

- Mirror Closets
- Painting • Plaster
- Floors • Tile Work
- Windows
- Plumbing & Electrical

**Call (516) 466-1259**

## Home Improvement

The Workingman Home Improvement Corp.

**James Blohm, C.R.**

Siding, Roofing, Windows, Doors

• Interior Remodeling

"I Work On Your House as if it Were My Own"

**598-1535**

Beyond Your Wildest Dreams

Construction & Development, Inc.

152 Jefferson Avenue Mineola  
RICHARD RYAN, President

FOR ALL YOUR HOME IMPROVEMENT NEEDS

- SENIOR DISCOUNTS
- 294-ROOF
- 739-2316

NASSAU LIC.#H18B340000 EXP. 11/20/93  
FREE ESTIMATES • FULLY INSURED AND LICENSED

## Landscaping

**LANDSCAPE SERVICES**

- Landscape Design
- Lawn Maintenance

**EVERGREEN LAND LANDSCAPE CONTRACTORS**

(516) 867-3800

## Lawn Maintenance

**DON'T PANIC GO ORGANIC**

100% NATURAL LAWN CARE

ABSOLUTELY NO HARMFUL LAWN CHEMICALS

SAFE, COST EFFECTIVE PROGRAMS TO MEET YOUR INDIVIDUAL REQUIREMENTS

LAWN RENOVATIONS, SOIL TESTING AND WEEKLY MAINTENANCE AVAILABLE

SERVICING THE NEW HYDE PARK AREAS

FREE ESTIMATES LICENSED INSURED

**(516) 437-4508**

## Masonry

**Beautiful Patios**

Designed & Constructed  
Brick • Bluestone • Slate

**James H. McCaffrey**  
Custom Masonry Contracting Co.

(516) LY9-6776

Walls • Walks • Planters  
Brick Driveways

OUR 31st YEAR

**Build With Brick**

Stoops  
Brick Patios • Cement Work

POWER WASHING  
Walks • Patios • Houses

QUALITY WORKMANSHIP  
Call For Free Estimate  
LICENSE #2204270000

REASONABLE PRICES

(516) 538-3813  
(516) 538-3817

## Painting

**Bosand Decorating Co.**

OVER 30 YEARS OF PRACTICAL EXPERIENCE

- Painters
- Decorators
- Exterior • Interior

**GUNTER BECKMAN**  
516 IV 1-0049

1121 Norbay Street  
Franklin Square, NY 11010

**PAINTING**

- INTERIOR
- EXTERIOR

FREE ESTIMATES

30 YEARS EXPERIENCE

**CALL ADAM**  
(516) 485-6568

ANYTIME  
ADAM & SON

**SAL TRIGONA, SINCE 1955**

INTERIOR & EXTERIOR

- Popcorn Ceilings
- Pressure Cleaning • Interior Stain
- Paper Hanging
- Water Seal Bricks
- Aluminum Siding Painted
- Any Color - 10 Yr. Guarantee

**379-3551**

Ask For Our List of Satisfied Customers

**STEPHEN J. SWEENEY**  
of Garden City

- Interior • Exterior Painting
- All Carpentry Services
- Staining • Varnishing
- Power-Wash All Surfaces
- Chemical Free Stripping
- Clean • Neat Work

Many Local References  
Licensed/Insured  
FREE ESTIMATES

**292-6573**

**John Migliaccio**

PAINTING  
INTERIOR • EXTERIOR  
FULLY INSURED

- Paper Hanging
- Plastering
- Wallpaper Removal
- Taping & Sheetrock
- Reasonable Prices

**516-483-3669**

## Paperhanging

**Professional Paperhanging by Steve**

Papers/Vinyls  
Strings/Customs

All Work Guaranteed  
References Upon Request

Free Estimates  
Certified/Insured

**Steve 516-766-5728**

**NOTICE OF FORMATION OF KINGSLEY HEIGHTS ASSOCIATES, L.P. Under Section 121-201 of the Revised L.P. Act KINGSLEY HEIGHTS ASSOCIATES, L.P. has been formed as a domestic limited partnership (L.P.) and states the following:**

1. The name of the L.P. is KINGSLEY HEIGHTS ASSOCIATES, L.P.
2. The date of filing of the Certificate of L.P. with the Secretary of State (S/S) of the State of N.Y. is April 10, 1992.
3. The county in which the office is to be located is NASSAU COUNTY.
4. The S/S of the State of N.Y. is designated as the agent of the L.P. upon whom process against the L.P. may be served. The P.O. address to which the S/S of the State of N.Y. shall mail a copy of any process against the L.P. served upon him is c/o FEIN & FEIN, 500 NORTH BROADWAY, JERICHO, NEW YORK 11753.
5. The name and address of this sole general partner is available from the S/S of the State of N.Y.
6. The latest date upon which the L.P. is to dissolve is DECEMBER 3, 2088.
7. The purpose of the L.P. is to OWN, MANAGE AND DEVELOP REAL ESTATE IN THE STATE OF NEW YORK.  
JER 8023  
6X 6/5, 12, 19, 26, 7/3, 10

**Car Wash**

Hicksville High School Band Parents Association is sponsoring car washes to be held on Saturday, June 27, from 10 a.m. to 3 p.m. at the Hicksville High School, Division Ave., and on Sunday, June 28, from 12 noon to 5 p.m. at the Ridgewood Savings Bank, Division Ave. and Old Country Rd.

Proceeds from these car washes will help defer the cost of the competitive Marching Band's Summer Music Clinic held in East Stroudsburg, PA. Cars will be washed for \$3, vans/trucks for \$4.

**LEGAL NOTICE NOTICE OF SALE**

Supreme Court, County of NASSAU, Index #10591-90, UNITED PENN BANK,

Plaintiff, vs. JEANETTE O'SHEA, et al., Defendants. Pursuant to Judgment of Foreclosure and Sale dated October 24, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, New York, at 9:00 a.m. on July 2, 1992, premises known as 28 Linden Avenue, Bethpage, New York 11714, NASSAU COUNTY, located on the N/S of Linden Avenue 100 feet E/O Lincoln Road, being a parcel 187.15' x 100'. JOSHUA A. ELKIN, ESQ., Referee. Stanley Beals, Esq., Attorney for Plaintiff, 275 Broad Hollow Road, Melville, New York. 516-756-2250.  
BETH 3138  
4x5/29; 6/5, 12, 19

**Students Design Luxury Hamptons Home**

If you expect to be in the market for a luxury home in the next few years, you may wish to contact one of Richard Susser's Architectural Drawing students from Hicksville High School. The students - Jonathan Blaser, Ian Kean, Brian Kearns, Chris Kemmlein, Chris Langlois, John LaGrega, Chris Langlois, Dave Mak, John Marcin, Nico Nigro, Louis Orellana, Bob Pangas, Tony Viania, Lou Zollo and Harry Zouros, recently completed a semester project by designing a luxury Hamptons home.

In the early spring, the students were given information from a mock client's request as well as a budget to work with. From there, the students designed a house to scale from several views and angles, including such details as plumbing, electrical and landscaping. The result? A fine selection of impressive homes complete with deck, pool and skylights.

Mr. Susser stressed that architects need not be artists, but must possess mechanical drawing skills and have the ability to be creative. The architectural field is also becoming very high-tech and the ability to use a computer is also essential.

So if you have a minimum of \$600,000 to spend on a house, these Hicksville students have the plans for you!

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



Chris Langlois, Dave Mak, Nico Nigro, Louis Orellana, Bob Pangas and Tony Viania with several of the homes on display.



Jonathan Blaser, Ian Kean, Brian Kearns, Chris Kemmlein and John LaGrega with several of the homes on display.

**Beney Funeral Home, Inc.**

**921-2888**

• Air Conditioned •

Berry Hill Road

Syosset

**TURN YOUR PHONE INTO A BUSINESS COMMUNICATION CENTER!**

WITH NO EQUIPMENT PURCHASE!

"I NEED SEVEN DOZEN 16XR3S. MY ACCOUNT NUMBER IS 4329. PLEASE DELIVER ON FRIDAY."

**TAKE ORDERS** Allows customers and vendors to leave messages for you, it even sells and takes orders for you.

"IF THIS IS AN EMERGENCY, PRESS EIGHT FOR IMMEDIATE SERVICE."

**EMERGENCY SERVICE** Pages you when it's an emergency or tells you when there is a message.

"HELLO, THIS IS ALL-STAR'S CUSTOMER SERVICE CENTER. PRESS ONE FOR SPECIAL OFFERS. PRESS TWO FOR CUSTOMER SERVICE OR PRESS THREE TO CHECK ON YOUR ORDER."

**CUSTOMER SERVICE** Professionally answers the phone whether you're in or out, offering callers a menu of information.

The Business Communication Center is your single source for ALL these business communication services:

- Voice Messaging
- Call Alert
- Beepers/Pagers
- Discount Long Distance Services
- Voice Mail
- 800 Service

And a full range of New York Telephone services.

CALL **678-9798** for more information



**BUSINESS COMMUNICATION CENTER**

A Division of Yellow Book Co., Inc.  
100 North Centre Avenue  
Rockville Centre, NY 11570  
343-8600



# Service Directory

## Parties

**BALLOONS**  
Discount Balloons for all occasions  
FREE Local Delivery  
To Order Call **741-5976**

## Power Washing

**POWER WASHING**  
FROM  
• HOUSES  
• DECKS  
• PATIOS  
• WALKS  
FULLY LICENSED & INSURED  
**EVERGREEN LAND**  
LANDSCAPE CONTRACTORS  
(516) 867-3800

## Roofing

**B.C. Roofing Inc.**  
ALL TYPES OF ROOFING AND ROOF REPAIRS  
Slate • Tile • Copper Work  
Torch Applied Flat Shingle • Vinyl Siding  
Gutter & Leaders / Cleanouts  
Chimney Caps & Flashings  
Roof Rips • Re-Roofing  
• Re-Sheathing  
LIC.# H1859520000  
FULLY INSURED  
COMMERCIAL & RESIDENTIAL  
FREE ESTIMATES  
**- 696-5244 -**

## Wallcovering

Every Book Always 35%-70% OFF SUGG. RETAIL  
CALL FOR ALL 1st Quality price quote w/book & pattern #  
1-800-564-3441  
FREE DELIVERY 6 or more rolls

**WEINSTEIN PAINT & WALLCOVERING**  
478 JERICHO TPKE., MINEOLA  
\*Same Location \* Original Owner EST. 1979

Our Service Directory is sure to bring results. Call 931-0012 294-8900 or 746-0240 for rates and information.

## Hicksville Resident Recalls Ship's Commissioning

by JO1(SW) Gregg L. Snaza  
More than 800 veterans of Anzio Beach, the site of a World War II engagement that cost 25,000 allied casualties, gathered together on May 2 at the Navy's largest naval base here to witness their heroism commemorated.

The occasion was not the dedication of a memorial, but the commissioning of a new guided missile cruiser. It will carry the memory of Anzio Beachhead into the 21st Century.

For Anthony D'Angelo, a resident of Hicksville, the commissioning ceremony was fulfilling. "Naming a cruiser in honor of the battle of Anzio will be a lasting memorial for those of us who fought, and to those who lost their lives," D'Angelo, 72, said. During World War II, D'Angelo served as a Tech 5 medical technician in the Army.

As D'Angelo recalls, the Allied Forces invasion at Anzio Beach, almost fifty years ago in January, 1944, was considered a turning point in World War II. Only 37 miles from Rome, forty thousand British, Canadian, and American troops secured the Anzio Beachhead.

But after initial success, the Allied troops were pinned down on the beachhead by a superior force of eighty thousand German troops. "For me, looking back doesn't bring back good memories," admitted D'Angelo. "My job was to care for the wounded. As an ambulance driver, I transported the wounded from the front line back to the aid stations. My lasting impression is how they (the wounded) were crying out to be helped. We did win the war, but a lot of young lives were lost."

Through sheer fortitude and bravery, the Allies held the beach for four months before breaking out in late May and ultimately marching victoriously into Rome, the Eternal City, in June of 1944. One measure of the courage and sacrifice of those who fought there can be found in the twenty-two Medals of Honor awarded to Americans.

The awards represent the most Medals of Honor presented for any single battle of World War II. Copies of those citations now hang on permanent display aboard USS Anzio (CG-68).

The Anzio vets took advantage of the opportunity to be together again by holding a reunion in conjunction with the commissioning. On hand to express the gratitude of the people of Italy for the sacrifices made by the Allies so long ago was a delegation of citizens, led by the Mayor, from the town of Anzio.

D'Angelo said that the thrill of seeing the Anzio commissioning was seconded only by the opportunity to meet the members of the crew who will take the cruiser to sea.

Sailors like Navy Fireman Daniel A. Tausch said that meeting veterans like D'Angelo gave a sense of continuity to the Anzio's crew, almost as if a torch had been passed from the aging veterans to the new generation of men now serving in America's armed forces.

"Talking with the Anzio veterans gave me a better understanding about the back-



World War II Anzio Battle veteran Anthony D'Angelo of Hicksville meets USS Anzio crewmember Navy Fireman Daniel A. Tausch in front of the Navy's newest guided missile cruiser after commissioning ceremonies hosted in Norfolk, Virginia.

The Anzio was named in honor of Allied forces efforts to defeat the Germans during the Battle of Anzio, near the town of Anzio, on the Italian coastline. (JO1(SW) Gregg L. Snaza is a photojournalist)

ground of the ship's name; learning about what they each personally went through helps me to appreciate serving on a ship named Anzio that much more," said Tausch, a native of Cleveland Heights, Ohio.

USS Anzio is the 22nd Ticonderoga class guided missile cruiser to join the fleet. She incorporates the newest and best of both ship design and weapons systems. The 567 foot long ship can steam in excess of thirty knots and is remarkably maneuverable.

Also known as an Aegis cruiser, Anzio can deploy such weapons as standard surface-to-air missiles, surface-to-surface cruise missiles, automatic anti-aircraft guns, and five inch rapid-fire deck guns.

A vet at the ceremony speculated about how much different Anzio Beach might have been if the might of the new cruiser had been available in 1944 during those fateful four months.

D'Angelo, while touring the ship, was told that ships like the Anzio will take on added importance in the new downsized version of the Navy that is being planned. Increased automation has reduced requirements for shipboard personnel. The Anzio has a crew of 24 officers and 340 enlisted men.

Capable ships like Anzio will be called upon to be able to hold the lines of the future fleet to depend on as a back-up.

## Theatre-Lunch Summer Outing

On Thursday, August 13, a luxury bus will leave the library at 9 a.m. for a wonderful day trip to the unique entertainment experience of Connecticut's Broadway Theatre in Darien. The show is the Tony Award Best Musical *42nd Street!*

The score is full of such marvelous music as *Lullaby of Broadway*, *We're in the Money*, *Shuffle Off to Buffalo* and many other sparkling hits. The

elegant lunch is served to your table with salad, bread, wide choice of entree, dessert, coffee or tea. The all-inclusive cost is \$44 per person and is payable when you sign up at the Reference Desk. There will be no refunds. Don't miss out on the fun! The library is located at 47 Powell Avenue, two blocks West, Exit #8 on the Seaford Oyster Bay Expressway (Route #135), phone 931-3907.

## Young Adult Chess Tournament

Calling all young adult intermediate chess players (grades 6 and up). Join Alon Bochman, chess expert, at the Bethpage Public Library for an exciting chess tournament on Wednesday, July 22, 6:30-9:30 p.m.

You must be an intermediate level player, and pre-registration is required. Participation is limited to twenty players, so sign up beginning June 15 at the Adult Reference Desk. Refreshments will be served!

Bring your chess set, and take advantage of the opportunity to test your skill and knowledge of the game against other skilled opponents!

Admission Free - All Welcome.

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

## Tee-Shirt Workshop For Young Adults

Especially for Young Adults (grades 5 and up) at the Bethpage Public Library on Wednesday, August 5, 7:30 p.m.: Create a beautiful Tee-Shirt with the skyline of New York as a backdrop in the latest neon colors!

Bring a pre-washed white tee-shirt and your imagination, and Ms. Tollen will show you how to work with fabric colors to make a design that is uniquely yours. Both boys and girls will enjoy creating and wearing this tee. There is a small materials fee (\$4.00), payable upon registration at the Adult Reference Desk, beginning June 15.

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

## Library Nail Care Workshop

Young adults in grades six to eight can take part in a Nail Care Workshop with Bonnie Cornett at the Hicksville Public Library on Thursday, July 30, at 7 p.m.

Registration will begin on July 1. Participants can sign-up at the circulation desk at the library. Registration is limited.

Participants will learn how to care for nails, and keep them looking as good as can be.

Further information can be obtained by calling the Hicksville Public Library at 931-1417.

## College Notes

Boston University awarded academic degrees to 4568 students this spring. Among the graduates was Bethpage resident Mark L. Lubelsky, who received a JD in Law.

Boston University is the fifth largest independent university in the United States with an enrollment of more than 28,000 students in its fifteen schools and colleges.

**BLISS ESTABLISHED 1882**

**BLACK CARPENTER ANTS**  
CAN DAMAGE YOUR HOME

Black Carpenter Ants excavate extensive galleries in wood to serve as nesting places and can do serious damage to your home. They're unsightly and unsanitary but they are no match for Bliss trained technicians. Ask about our PREVENTIVE MAINTENANCE PLAN it's backed by over a century of reliability.

PHONE: **627-5588**

**BLISS**  
EXTERMINATORS  
ONE OF THE OLDEST AND LARGEST



# Help Your Heart

American Heart Association

## Beat the Heat With Your Feet — Start Walking

If it's too hot to play sports, or you just don't enjoy them, then try walking.

An inactive lifestyle may increase your risk of having a heart attack. But regular aerobic exercise, such as brisk walking, may help improve your cardiovascular health.

Exercise can help improve your blood circulation, burn excess calories to help control weight, and release tension. But you can't reap benefits if you don't exercise right.

A regular walking program may help prevent heart disease and condition the body if done for 30 to 60 minutes at least three times a week. Conditioning allows the body more oxygen and enables the heart to use it more efficiently. Walking can not only help you get in shape, but it can also help you look and feel good.

If you're at high risk for heart disease, over 50 years old or haven't exercised before, you should see your doctor first.

You'll need to take some precautions when you start an exercise program. You should not eat for two hours before you walk, and you should wait to eat until at least 20 minutes afterwards.

Summertime tempera-

tures can cause heat exhaustion and heat stroke, but you can help prevent them. Be sure to drink water before, during and after walking. Heat exhaustion and heat stroke occur when the body becomes dehydrated and is unable to adequately cool itself.

The symptoms for heat exhaustion include a body temperature that is below normal, dizziness, headaches, nausea and sometimes confusion. These symptoms may be followed by a collapse.

A heat stroke can be more serious than heat exhaustion. It can cause dangerously high body temperatures, dizziness, headaches, thirst, nausea or muscle cramps. However, the two most evident signs of heat stroke are a lack of sweat and high blood pressure.

If it's too hot to exercise outside, then you can take a walk at a shopping mall, gym, health club or at other indoor facilities.

You can also avoid the heat if you walk in the early morning or evening when the temperature is cooler. But at these times be aware of reduced visibility for yourself as well as for drivers. You may need to wear bright or reflective clothing.

Wear light and loose-fitting clothing for summer exercise. Wear cotton or other porous materials because rubberized or plastic suits, sweatshirts and sweat pants don't allow sweat to evaporate. Heavy, non-breathable clothing can increase your body temperature and your risk of heat exhaustion and heat stroke.

You also need a good pair of walking shoes. Choose shoes with thick, flexible soles that cushion the bottom of the foot and absorb shock for the rest of the body.

So stay in shape and beat the heat with your feet. Walking can be fun exercise — and may help keep your heart healthy!



©1992, American Heart Association

# SUMMER HEALTH, FI

## TRAVEL TIPS

### The traveler's medical kit

Carrying some medical items can help with minor medical needs when traveling. Be sure to carry medical products in their original containers with clear labeling and bring prescriptions with you to help avoid problems at customs.

**Pack these items (some require a doctor's prescription\*):**

- Painkillers** - Aspirin, acetaminophen or ibuprofen.
- Sunscreens** - SPF 15 or higher.
- Insect repellents** - Especially needed when traveling to the tropics.
- Motion sickness remedies** - Use Scopolamine\* patches before trip.
- Antidiarrheals** - Be ready for Montezuma's revenge.
- Laxatives** - These sometimes come in handy.
- Antihistamines** - Often useful for allergic skin reactions and sniffles.
- Miscellaneous** - Eye drops, ear drops, sleeping pills, sufficient supplies of medications for recurring medical problems, first-aid creams and bandages, needles and syringes if needed to administer medications\*.

# You May Not Be Getting Any Younger. But It's Easy To Feel Like You Are.



With regular exercise, you can strengthen your heart and lungs, feel better—maybe even live longer. You can maintain the active, independent lifestyle that means so much to you. And best of all, it doesn't matter if you've never been very active before—as long as you start now! Check with your doctor first. Then, just choose an activity you enjoy. Stick with it. And start feeling like you haven't felt in ages.

*Fitness is feeling GREAT!*



The President's Council on Physical Fitness and Sports

For flexible terms and a prompt response, rely on a specialist in customized loans.

## COMMERCIAL REAL ESTATE LOANS

(\$500,000 - \$3,000,000)

Come to the Bank of Great Neck to receive financing designed especially for you and your business. Our COMMERCIAL REAL ESTATE LOANS are customized to suit your specific requirements, providing terms that are both flexible and individualized.

The Bank of Great Neck is respected throughout the region as a solid

commercial bank that satisfies the financial needs of its customers. The bank's steady growth is the result of a steadfast dedication to fast, efficient and personal service.

When your business requires a COMMERCIAL REAL ESTATE LOAN, call the Bank of Great Neck. We will give you competitive rates and a quick response.

For more information, call  
 Marty Noble, Senior Lending Officer,  
 at (516) 466-9100

**BANK OF GREAT NECK**  
 A great way to bank.

1010 Northern Boulevard  
 Great Neck, N.Y. 11021  
 (516) 466-9100

Member FDIC Equal Housing Lender



# FITNESS, TRAVEL

## Prevention equals profits on the job

By Terry Sacks

Doris Pierce is eagerly anticipating an extra \$10 a month in her paycheck. All she has to do is have good cholesterol and low blood pressure, among other healthy traits.

Her employer expects to hand out many such bonuses to its employees who pass muster in its new "Wellness Credit" program, figuring the paycheck will come from fewer sick people and lower health insurance costs.

"I think it's great they give people the incentive to monitor their health," says Pierce, a 63-year-old word-processing operator. "Money is a pretty good incentive, you know."

Desperate to find solutions to their escalating health care costs, some employers are taking a new tack: behavior modification. They're putting money where their rhetoric is, offering employees financial incentives to lose weight, lower their cholesterol and eliminate other lifestyle factors that will likely make employees sick and cost the company money.

What came to be called "employee wellness" in recent years has emerged from the corporate fitness centers and grabbed the attention of chief financial officers and employee benefit managers

who have seen medical costs become the third-highest business expense behind materials and wages.

In the interest of profit, prevention is becoming the byword of enterprising employers.

Employee wellness "may have been considered fluffy in the past, but employers aren't doing it for fluffy reasons anymore," said Laura Pankratz, coordinator of the BusinessHealth Institute at the Scripps Institutions of Medicine and Science in San Diego.

Said Dr. Martha Johns, medical director at Sharp HealthCare's Center for Health Promotion in San Diego, "Employers have been at the forefront of understanding the link between illness prevention and health costs. We have been ahead of the health-care establishment on that front."

In wellness circles, the new buzzword is "risk-rated" health insurance. Advocates of the concept contend that employees who don't smoke or drink and have enviable levels of cholesterol and blood pressure shouldn't have to subsidize the bad habits of co-workers who pay the same insurance premiums.

If premiums were based on health risks, then people who scored well on company medical tests would pay less than unhealthy people.

"Common sense would say that if auto insurance premiums are based on healthy lifestyle factors, why in the world isn't health insurance based on those?" Pankratz said.

What's more, advocates of risk-based health insurance argue, insurance premiums based on risk give people an incentive to change.

"I strongly feel this (risk-based insurance) is where we're going and where we've got to go because of our health care costs in this country," said John Harris, a Toledo, Ohio-based wellness consultant.

"Most people I know will jump through hoops for money," he said. "I'd like to see anybody say money doesn't have some effect on people."

But even employers who offer financial incentives to employees for being healthy are wary that charging premiums based on health risks could be abusive. They say it could penalize employees who, for genetic or environmental reasons, have less control than others over cholesterol or blood pressure.

"It's not right to discriminate against people based on health risk factors," said Johns. "We are not the wellness police."

Still, a growing number of employers are offering employees money to either stay healthy, get healthy — or at least try to shape up and slim down.

Towers Perrin, an employee benefits consultant, found in a survey last year that out of 135 large employers, 12 percent offered a discount to healthy employees or imposed a surcharge on unhealthy workers' monthly contributions to their health plans. An additional

21 percent of the sample said they either planned, or were considering, such incentives in the following two years.

At some companies, employees receive a \$130-a-year premium reduction for just participating in the wellness program. At others, the credit is worth \$120 a year to employees who pass a battery of five basic medical tests, including checks for cholesterol, high blood pressure, blood sugar level, smoking and weight. If employees don't pass the tests, they still can get the premium discount if they show "significant effort and improvement" in their health, says one company brochure.

Pankratz, of the BusinessHealth Institute at Scripps, calls Southern California Edison's program the ultimate model.

Edison offers employees and their spouses a Good Health Rebate worth \$120 a year per person, or \$240 per couple. Plus, the company has set up a Preventative Health Account for each employee and spouse to pay for such services as stop-smoking and weight-loss classes. Each couple's account starts the year with \$300.

Jeff Aaron, director of community education and health promotion at a San Diego hospital, said one possible explanation for employers' reluctant participation in wellness is that they have delegated their interest in prevention to the many health maintenance organizations. HMOs were supposedly created on the prevention model.

"Whether that is actually being done is another question," Aaron said. "One of the global questions in health care is whether HMOs really have taken the preventative stance that they were created

for."

But there are other factors that could hold back employers from launching wellness programs in an effort to reduce employee health costs, no matter where the business is located.

First, it's difficult to quantify immediate financial benefits of health prevention. The benefits might outweigh the costs, but it would take expensive studies to prove it, said Eric Zimmerman, manager of health systems development at Health Management Inc. in Santa Monica, Calif., a Johnson & Johnson subsidiary that consults companies on wellness programs.

Economic benefits of disease prevention can occur years down the road — for example, the heart attack avoided because an employee took steps 10 years earlier to shape up.

What's more, employee wellness programs could actually increase employees' demand for medical services in the short run because they might discover medical problems that had been undetected without the programs, experts say.

"So ultimately, companies are doing this because management believes that it is the right thing to do as opposed to dollars-and-cents proof that it is saving money," Zimmerman said.

That isn't to say that the financial benefits to companies of keeping their employees healthy are not potentially huge.

Dupont, for example, found that 61 percent of its employees failed to exercise enough, costing the company an estimated \$7.5 million a year in medical costs. The 28 percent of its work force who smoked cigarettes cost the company \$26 million annually.

MARY HARDING and her FITNESS BREAKS LTD Team is offering the NEW SUMMER SCHEDULE beginning June 29, 1992

# Fitness Breaks Ltd.

by Mary Harding

739-2932

168 NASSAU BLVD.  
GARDEN CITY, NEW YORK 11530

Effective June 29, 1992  
NOTE: A mat or towel is needed for all classes.

TAKE THE OPPORTUNITY TO CROSS-TRAIN WITH A VARIETY OF OUR CLASSES

All Fitness Breaks Ltd. Staff Are Certified By A.F.A.A. and A.C.E.



IF YOU WANT A HOT NEW BODY THIS SUMMER, JOIN US IN OUR AIR CONDITIONED FACILITY.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7:30 a.m. Step & ABS		7:30 a.m. Combo Aerobics		7:30 a.m. Step & ABS		7:30 a.m. Step & ABS
8:30 a.m. Combo Aerobics	8:30 a.m. Step & Sculpt		8:30 a.m. Step & Sculpt	8:30 a.m. Combo Aerobics		
	5:30 p.m. Step					
7:30 p.m. Step & Sculpt		7:30 p.m. Step & Motion	7:30 p.m. Step & Sculpt	Step & Motion Step & Sculpt Combo Aerobics	Combination of Stepping Plus Aerobics Combination of Stepping Plus Free Weights Combination of Hi & Low Impact Aerobics	



# What Your Local NEWSpaper Has For You!

**No Inflation Here -  
And Here's What You Get  
That No Other Newspaper Has...**

The LOCAL NEWS about you and your friends

LOCAL GOVERNMENT NEWS - and how local taxes can affect you

SCHOOL NEWS - Not just the "Me Too" good news, but the entire spectrum including local pictures.

A full MAGAZINE SECTION locally edited and featuring local writers, Input opinion (You can talk back), Your local grandchildren, grandparents and pets.

A complete RESTAURANT READER RATING Section in which you can present your own views.

The OFFICE CAT. The only column in the world written by a smart cat that doesn't pussy foot around.

Ten SPECIAL SUPPLEMENTS a year on Brides, Car Care, Home Improvement, Health and many other subjects. All locally edited.

LOCAL CLASSIFIED pages. The largest section in the area to help you buy, sell and locate things where you live.

It's all here every week and many more Important Items for you.

**We're the Biggest .... and We're the Best ....**

**The Best Buy Ever**

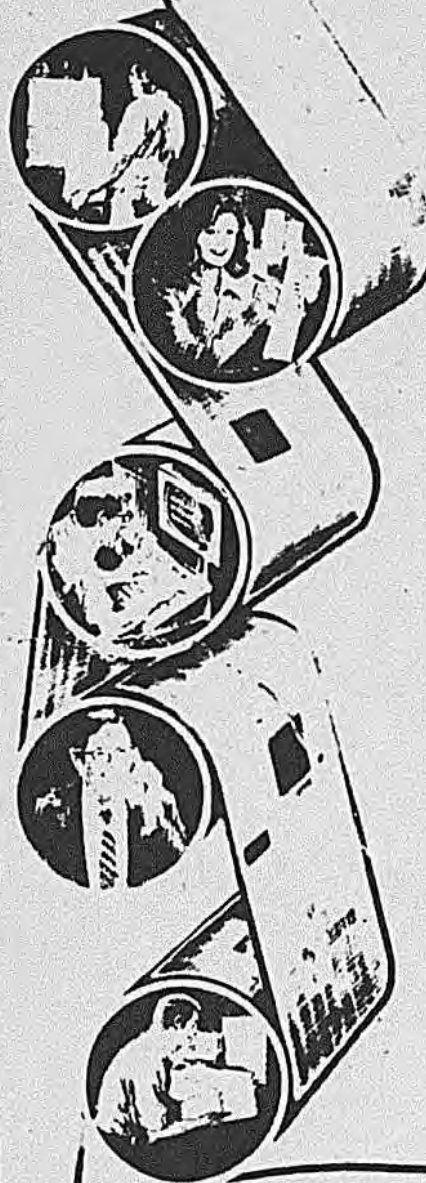
**52 Issues For \$8.50**

**Receive This Paper For \$8.50**

**Two Years,**

**For Only \$15.00**

**Three Years....\$19.00**



If you are not already a subscriber to this newspaper, you are missing all of the local news of the area. You can get the paper delivered to you each week, by mail, for only \$8.50. Just send in your name and address with a check to Litmore Publications, Hicksville, N.Y. 11801. Subscribe for two years for only \$15.00! Three years...\$19.00!

**Use the Handy Coupon  
SEND ME THE PAPER**

Name.....

Address.....

Town.....Zip.....

Phone No. ....

New.....Renewal.....





**JOHN F. KENNEDY MIDDLE SCHOOL**  
Bethpage, New York

7th Grade

**7-118**

Abrams, Stacy  
Anasidi, Andrea  
Au, Jason  
Barbieri, Jo Ann  
Barcon, Susan Ann  
Barthel, Jeanne  
Berman, Andrea  
Biolo, Jessica  
Bittarelli, Joseph  
Blewitt, Ryan  
Bookman, Brian  
Boschen, Ian  
Bretton, Lauren

**7-122**

Buonomo, Jennifer  
Camps, Michelle  
Castle, Christopher  
Chopra, Karun  
Ciampoli, Michele  
Cintado, Melanie  
Cohen, Melissa  
Conway, Jennifer  
Cooper, Andrea Marie  
DeMaria, Michael  
Desmetropoulos, Theodora  
DeRienzo, Christine

**7-212**

Diver, Marisa  
Evans, William  
Feiginova, Marcia  
Ferina, Elan  
Fiore, Nicole  
Florio, Michael  
Gay, Kimberly  
Giandalivigni, Rosemarie  
Ginty, Christine  
Goldenberg, William  
Gordon, Gregory  
Gordon, Kerri  
Haacke, Kristin

**7-207**

Hance, Tiffany  
Harrison, Kerry  
Hartofilis, Christopher  
Hasapogian, Marie  
Haudberg, Scott  
Heimbauer, Melanie  
Horn, Melissa  
Jansky, Jason  
Karakaya, Karen  
Kee, Matthew  
Kim, Woo Jin  
Kriser, Bryan  
Hogan, Pamela

**7-117**

Lombardo, Eileen  
Mackey, Nicole  
Martin, Sean  
McAuliffe, Tara  
McDonnell, Jessica  
Menzer, Erica  
Nikulus, Laura  
Miracolo, Matthew  
Neyland, Erica  
Ni, Yun Qin  
Nyhan, Michael

**7-216**

Oginar, Pena  
Pagano, Christopher  
Pappas, John  
Patel, Aruna  
Prehm, Patricia  
Razov, Adam  
Riccardello, Danielle  
Rotondo, Yolanda

**7-221**

Sarro, Michelle  
Sawyer, Irene  
Schiebel, Kristine  
Schmitt, Elise  
Schneiderman, Jason  
Seiter, Joseph  
Shah, Urvi  
Shtman, Laura  
Smith, Jeremy  
Smyth, Amanda  
Sollenberger, Kimberli  
Sorin, Douglas  
Sotardi, Susan  
Swanson, Kristin  
Testa, Brandon  
Tito, Matthew  
Toland, Laura

**7-226**

Troy, Melanie  
Van Horne, Samantha  
Vasudev, Praveen  
Vicchiarelli, John  
Wallentin, Nathan  
Wasylshyn, Andrei  
Weisel, Anri  
Weitzman, Andrew  
Wiersbicki, Jason  
Zarccone, Andrea

Zarccone, Anthony  
Zarccone, James  
Zeitlin, Randy  
Zito, Michele  
Zuaro, Kara

**HONOR ROLL**  
3rd Quarter - 1991/92  
6th Grade

**6-107**

Albano, Andrea  
Barbera, Mario  
Buonagura, Melissa  
Corey, Brian  
DiStephano, Karin  
Drummond, Eugene  
Feldman, Stephanie  
Filaski, Michael  
Greenberg, Eric  
Hecker, Craig  
Miller, Meaghan  
Nazzaro, Michael  
Ong, Derrick  
Pagano, Timothy  
Sangirardi, Lisa  
Sidi, Michelle  
Waxman, Jonathan

**6-108**

Botcowsky, David  
Chernosky, Jeffrey  
Dierlam, Valerie  
Eglezos, Amalia  
Franco, Donna  
Fu, Jason  
Fulgieri, Anthony  
Grunewald, Daniel  
Haacke, Susan  
Kalinic, Thomas  
Masi, Christina  
Moleiro, Leonor  
Morano, Alyssa  
Thomas, Sheba  
Zito, Peter

**6-109**

Furey, Christian  
Gallo, Gina Marie  
Goodside, Scott  
Procida, Thomas  
Rubenstein, Michael  
Seiter, Elizabeth  
Stuart, Jane  
Tak, Hyejin  
Weigold, Kristie  
Yee, Sharon  
Zannikos, Despina

**6-110**

Amato, Allison  
Anspach, Christopher  
Brooks, Michael  
Claus, Kelly  
Folkes, Lauren  
Gabbola, Gina  
Goldman, Richard  
Greenberg, Leslie  
Holz, Laura  
Koroneos, Anastasios  
McCoy, Alison  
Rabbene, Michael  
Romanowski, Holly  
Viasopoulos, Christopher  
Watson, Jennifer

**6-202**

Accetta, Jacqueline  
Bentivegna, Vincent  
Diamantis, Vicky  
Eskridge, Joeline  
Forlino, John  
Giandalivigni, Christina  
Papadopoulos, Alexis  
Riccardi, Anthony  
Rich, Kimberly  
Rosenbaum, Kathy Marie  
Sanna, Michele  
Tur, Liasette  
Verderosa, Christopher  
Von Thaden, Laurie

**6-204**

Brecher, Matthew  
Fitzgerald, Caitriona  
Gerontakos, Joanna  
Jollon, Christopher  
Kletcides, Fanny  
Kritikos, Julie  
Martin, Jamie  
O'Connell, Heather  
Reese, Steven  
Russo, Kelly  
Taylor, James  
Zafiroopoulos, George

**6-206**

Abboud, Danielle  
Buonomassa, Joshua  
Colleluori, Melissa  
Coppola, Marissa  
Gantile, Nicole  
Gregory, Jaime  
Levchenko, Michael

McCoy, Megan  
McTigue, Katrina  
O'Connor, Elifabeth  
Roberts, Paul  
Rossol, Janine  
Schlaeuuss, Eric  
Schuerlein, Michael

**6-208**

Achtziger, Mary  
Arnott, Alicia  
Costa, Michael  
Diver, Ramona  
Edelman, Jason  
Fieger, Michael  
Gaubatz, Dana  
Jansky, Jesse  
Jones, Janelle  
Kim, Edwin

**6-113**

Knudsen, Christopher

**HONOR ROLL**  
3rd Quarter - 1991/92  
8th Grade

**8-120**

Achtziger, Susan  
Akdennis, Aysel  
Alexander, David  
Alexander, Sunil  
Antzoulides, Nicole  
Balducci, Donna  
Bank, Brian  
Barricavac, Kristin  
Bestany, Nicole  
Brennan, Jennifer

**8-126**

Colleluori, Brian  
Conner, Karen  
DeLena, Joseph  
Donahue, Kerry  
Dubensky, Deborah  
Feller, Darren  
Femminella, Jennifer  
Gordon, Tiya  
Granaroli, Christine

**8-128**

Granieri, Anna  
Greenberg, Lainie  
Harrison, Kevin  
Haugen, Andrew  
Hecker, Christopher  
Hintz, John  
Ho, Julie  
Hoffman, Joseph  
Imbesi, Dena  
Iovino, Patricia  
Isernia, Ann Marie  
Kelly, David  
Kober, Cheryl  
Koehn, David

**8-205**

Koroneos, Nikitas  
Kramer, Kathryn  
Krause, Melanie  
Labelson, Adam  
Lison, Dana  
Mantilla, Marcella  
Marcus, Robert  
Martello, John  
McCoy, Stefanie  
McDonnell, Michael  
McGrath, Michael  
McKinley, Melissa

**8-209**

Meade, Karin  
Miracola, Andrew  
Naso, Lauren  
Nazzaro, Craig  
Neglia, Vincent  
Nisenbaum, Dror  
Nosovits, Evan  
Notarnicola, Lauren  
Novelli, Laura  
O'Connell, Jason  
Okolski, Danielle  
Panagos, Kostas (Gus)  
Parnass, Adam

**8-112**

Patterson, Kerry  
Ramirez, Jessica  
Rolston, Cathleen  
Romano, Laura  
Romano, Tara  
Rosenthal, Sara  
Rothberg, Randi  
Russell, Thomas  
Sangirardi, Michael  
Schaeffer, Jennifer  
Schwabe, Kathryn  
Small, Candace

**8-225**

Sokolowski, Krista  
Stuart, Regina  
Sullivan, Suzanne  
Sydor, Daniel  
Tesoriero, Michael  
Thomas, Jobbin  
Trigger, Jason  
Tunncliffe, Lisa  
Varghese, Binu  
Wasylshyn, Christina  
Waxman, David  
Weingart, Seth  
Winkler, Sara  
Wright, James  
Yilmaz, Hulya  
Zambri, Elizabeth

**CITIZENSHIP ROLL**  
3rd Quarter - 1991/92  
6th Grade

**6-108**

Dierlam, Valerie  
Fu, Jason  
Masi, Christina

**6-109**

Furey, Christian  
Goodside, Scott  
Stuart, Jane  
Tak, Hyejin  
Yee, Sharon

**6-110**

Goldman, Richard  
Greenberg, Leslie

**6-202**

Giandalivigni, Christina  
Riccardi, Anthony  
Rich, Kimberly  
Von Thaden, Laurie

**6-204**

Fitzgerald, Caitriona  
O'Connell, Heather  
Zafiroopoulos, George

**6-206**

Colleluori, Melissa  
Rossol, Janine

**6-208**

Achtziger, Mary  
Arnott, Alicia  
Jones, Janelle  
Naso, Kristen  
Novelli, Jeanna

**CITIZENSHIP ROLL**  
3rd Quarter - 1991/92  
7th Grade

**7-118**

Berman, Andrea

**7-122**

Ciampoli, Michele  
Cohen, Melissa

**7-212**

Diver, Marisa  
Gordon, Gregory  
Gordon, Kerri

**7-117**

Neyland, Erica

**7-216**

Oginar, Pena

**7-221**

Smith, Jeremy  
Sotardi, Susan

**7-226**

Zito, Michele  
Zuaro, Kara

**CITIZENSHIP ROLL**  
3rd Quarter - 1991/92  
8th Grade

**8-120**

Achtziger, Susan  
Antzoulides, Nicole

**8-128**

Harrison, Kevin  
Hoffman, Joseph  
Imbesi, Dena  
Kober, Cheryl  
Koehn, David

**8-205**

Kramer, Kathryn  
Mantilla, Marcella

**8-209**

Meade, Karin  
Nosovits, Evan  
Novelli, Laura

**8-225**

Wasylshyn, Christina  
Winkler, Sara

**College Notes**

The State University of New York at Plattsburgh recently published the Dean's List for the semester ending on May 16. Local residents who were honored include: Jennifer L. Dickson, a senior from Hicksville majoring in Special Education, Michael S. Letter, a junior from Plainview majoring in Business Management, and Salvatore J. Rinaldi, Jr., a Senior from Levittown majoring in Sociology.

Dr. Neil Palladino of Plainview was awarded a Bachelor of Science degree from Union College at commencement exercises on Sunday, June 14.

Thirteen Plainview resident recently graduated from Long Island University's C.W. Post

Campus at commencement exercises in May. The Plainview residents receiving their diplomas were Lori Cantor, Melissa Korgood, Paula Serani, Holly Sher, Dianne Balliny, Michael Gange, Nicole Guy, Karen Klein, Tammy LaBarca, Allison Levine, Vincent Madrigal, Robert Rogers, and Marc Rutman.

Nine Hicksville residents recently graduated from Long Island University's C.W. Post Campus at commencement exercises earlier this year in May. The Hicksville residents awarded diplomas were Youngho Oh, Miya Yoon, Karen Cimino, Mark Epanet, Janene Otten, Maria Perillo, Madaline Ribaud, Cathy Savino, and Hiroshi Yamazuchi.

Lynn Flannery of Hicksville recently graduated from the University of Scranton in Pennsylvania. Lynn was honored upon her graduation with the Frank O'Hara Award, which recognizes the top male and female athletes based on performance, scholarship, and citizenship.

Jennifer D. Henry of Plainview recently graduated from Bentley College in Massachusetts during commencement exercises on May 16. Jennifer was awarded a Bachelor of Science degree in Economics and Finance.

David P. Kran of Plainview recently graduated from Bentley College in Massachusetts during commencement exercises on May 16. David was awarded a Bachelor of Arts degree in English and graduated Cum Laude.

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....

# PROFESSIONAL GUIDE

Advertising on this page is only open to NYS licensed professionals

**ATTORNEY**

**John J. Sullivan**  
Attorney at Law

Wills • Estates • Closings • Corporations  
Business Transactions & Criminal

1600 Hillside Ave.  
New Hyde Park, N.Y. 11040 (516) 775-7109

**ATTORNEY**

**Mark F. Palomino**  
Attorney At Law

Real Estate • Personal Injury  
Contracts • Litigation • Family Law  
No Fee For Initial Consultation

1527 Franklin Ave.  
Mineola, N.Y. 11501 (516) 747-3452

**ATTORNEY**

**William B. Drabky**  
Attorney at Law

Personal Injury and Insurance Claims,  
Litigation, Matrimonial and Family  
Matters, Wills, Estates and Real Estate

565 Stewart Avenue  
Suite 410 Garden City, N.Y. 11530 Tel: (516) 228-8144 Fax: (516) 228-4391

**ACCOUNTANT**

**James V. McGurran C.P.A., P.C.**  
Certified Public Accountant  
Registered Investment Adviser

Accounting & Tax Services  
Financial & Investment Planning  
Estate & Retirement Planning

310 Northern Blvd.  
Great Neck, N.Y. 11021-4806 Fax: (516) 466-1606 (516) 466-1600

**ACCOUNTANT**

**Frank W. DePietro**  
Certified Public Accountant

Financial Planning • Money Management  
Estate Planning • Litigation Support  
Accounting & Tax Services

1205 Franklin Avenue  
Garden City, N.Y. 11530 (516) 248-5531

**ACCOUNTANT**

**Jahelka & Company**  
Certified Public Accountants

One Commercial Avenue  
Garden City, N.Y. 11530 Fax: (516) 877-1008 (516) 877-2110

**ACCOUNTANT**

Louise E. Gregg (516) 294-9383 Paula A. Iacovissi (516) 681-7870

**Gregg & Iacovissi**  
Certified Public Accountants

88 Pine St. • Garden City, N.Y. 11530

**ACCOUNTANT**

**Robert Wm. Sundlus, Jr.**  
Certified Public Accountant

Tax & Financial Advisor  
Individuals & Small Businesses

143 Willow Street  
Garden City, N.Y. 11530 516-248-9515

**ATTORNEYS**

Law Office of  
**Shirley Stern**  
Attorney At Law

• Matrimonial Family Law  
• Personal Injury & Accident Cases  
(No fee charged if no recovery)  
• Personal Attention given to Your Case

26 Birchwood Drive  
New Hyde Park, NY 11040 746-0640

**ACCOUNTANT**

**Thomas D. Musnicki**  
Certified Public Accountant

54 Maxwell Road  
Garden City, N.Y. 11530 (516) 593-7676 (516) 747-4723

**ACCOUNTANT**

**Byrnes & Baker**  
Certified Public Accountants

Est. 1913  
Individual and Business Tax Preparation  
Full Accounting and Computer Services  
Business and Personal Tax Planning

286 Old Country Road  
Mineola, N.Y. 11501 (516) 742-4531

**ACCOUNTANT**

**Vincent M. Carotenuto**  
Certified Public Accountant

Business Services  
Litigation Support  
Accounting and Tax Services

111 Meadbrook Rd. Garden City, N.Y. 11530 (516) 747-8462 140 S. Long Beach Ave. Freeport, N.Y. 11520 (516) 378-3355

**ATTORNEY**

**Kathleen K. Trum**  
Attorney At Law

Wills, Estates, Accidents  
Real Estate and Divorces  
Free Consultation

114 Old Country Rd.  
Suite 382 Mineola, N.Y. 11501 516-741-3408

**ATTORNEY**

Marshall & Bellard  
**William T. Bellard**  
Attorney At Law

Specializing In Negligence Practice,  
Matrimonial, Real Estate,  
Insurance Law, and Personal Injury.

226 Seventh Street  
Garden City, N.Y. 11530 Telephone (516) 741-8005

**ATTORNEYS**

**Martin, Van De Walle,  
Guarino, & Donohue**  
Attorneys At Law

• Personal Injury Including Auto Accidents  
Falls, and Product Defects  
• Real Estate • Wills and Estates  
• Free Consultation by Appointment •

17 Barstow Road  
Great Neck, NY 11022 Telephone: (516) 482-6100  
(Across from LIRR Station)

**CERTIFIED EXPRESSIVE THERAPIST**

**Anne R. Ciccone, CET**  
Certified Expressive Therapist

Personal, Career and Employment Counseling  
Effective Communications / Relationships  
Educational Counseling - Relaxation Skills  
Insurance Accepted

By Appointment (516) 354-1303  
New Hyde Park, N.Y. (516) 352-5327

**MASSAGE THERAPIST**

**Donna M. Tedeschi**  
Licensed Massage Therapist

Phone (516) 747-7610  
Beeper (516) 542-6713

By Appointment Only

**PSYCHOLOGIST**

**Dr. Bruce V. Hillowe**  
Licensed Psychologist

Psychological counseling for personal,  
family and marriage problems with a caring approach.  
Short-term counseling and in-depth therapy. Health insurance accepted, moderate fees. Evening and Saturday appointments available.

FREE INITIAL CONSULTATION

2E Hillside Ave. For information call:  
Williston Park, N.Y. 11596 (516) 877-2016

**PHARMACIST**

**Medical Center Pharmacy  
and Surgical Supply**

Diabetic Care Center • Ostomy • Colostomy  
First Aid Supplies • Registered Nurses On Staff  
James Marchetta, R.Ph.

530 Franklin Avenue  
Garden City, N.Y. 11530 (516) 742-0222

**OPTOMETRIST**

**Dr. Sanford M. Miller**  
Optometrist

OVER 30 YEARS EXPERIENCE  
Eyes Examined • Contact Lenses  
Prescriptions Filled

18 Hillside Avenue  
Williston Park, N.Y. 11596 By Appt. (516) 746-1272

**OPTICIANS**

**J & R Opticians Inc.**  
**John Dempsey, F.N.A.O.**

Fashion Eyewear • Contact Lenses

Monday-Friday 9-5:30  
Saturday 9-2  
Closed Wednesday (516) 746-7577

540 Franklin Avenue  
Suite 125 Garden City, N.Y. 11530

**PODIATRISTS**

**Maryanne Alongi, D.P.M.**  
Associate, American College of Foot Surgeons

**Michael Cassano, D.P.M.**  
Podiatric Medicine-Foot Surgery

226 Seventh Street, Suite 105  
Garden City, N.Y. 11530 (516) 248-9680

**PODIATRIST**

**Bruce A. Rudin, D.P.M.**  
**A.A.C.F.S.**

Associate, American College of Foot Surgeons

Podiatric Medicine and Surgery  
Medicare & Most Insurance Plans  
Accepted as Full or Partial Payment  
House Calls-Evening Hours

103 Hillside Avenue, Suite C  
Williston Park, N.Y. 11596 By Appt. (516) 746-7245

**PODIATRIST**

**Thomas Barbaro, D.P.M.**  
Foot Specialist

Podiatric Medicine-Corns-Calluses  
Diabetic Foot Problems-Bunions-Hammer Toes  
Biomechanical Deformities-Sports Medicine  
Most Insurance Plans Accepted  
as full or partial payment  
House Calls & Evening Hours Available

706 Jericho Tpke.  
New Hyde Park, N.Y. 11040 By Appt. (516) 326-7979

**PSYCHOTHERAPY**

**Option Center for Psychotherapy**  
**Relieve Your Emotional Pain**

RITA CORWIN, M.S.W., A.C.S.W.  
EMANUEL PLESANT, Ed.D., A.C.S.W.  
SYLVIA RAPP, M.S.W., A.C.S.W.

INSURANCE WHERE APPLICABLE

340-A Willis Ave.  
Mineola, N.Y. 11501 (516) 747-1344

**PHYSICAL THERAPY**

**Garden City  
Physical Therapy Associates**  
Licensed Therapist

Orthopedic Injuries-Rehabilitation Programs  
Sports Injuries-Workman's Compensation  
and No Fault Injuries  
CYBEX Equipment for Training and Testing

520 Franklin Avenue  
Garden City, N.Y. 11530 (516) 248-3812

**INSURANCE SERVICES**

**AUTO INSURANCE MADE EASY  
LOWEST INSURANCE RATES  
ON LONG ISLAND**

\$437.00 Yearly Complete for \$50,000 Liability  
visit

**Borg Intergroup Ltd.**

230 Hilton Avenue  
Hempstead, New York cr Call: (516) 538-6200



## Childrens' Performances Delight All

The children in Miss Flanagan's second grade class at the Lee Avenue School and

the first graders at Fork Lane School have delighted audiences with their performances of "Cinderella" and "The Life of

Jack and the Beanstalk", respectively.

Miss Flanagan's class did an outstanding job performing Cinderella in front of a large audience in the All-Purpose Room. The cast included Kelly Thomas (Narrator), Veronica Klupt (Cinderella), Jennifer Knudson (Stepmother), Bernadette Lachoff (stepsister Anastasia), Samantha Davis (stepsister Drizzella), Angela Hildenbrand (Fairy Godmother), Raymond Socha (the King), Michael Fries (the Prince), Jonathan Parra (the Duke), and Jennifer Corman (the coach driver). The ladies at the Royal Ball were played by Peggy Bastounis, Tina Ann Busch, Jessica Goessman, Christina Gomez, Jennifer Tynion, Danielle Marcel, Kelly Normile, Meagan Picardi, and Tiffany Smith.

teachers Mrs. Davan and Mrs. Schreck, with special thanks to Mrs. Grigg, Mrs. Haddock, Mr. Dougherty, and Mr. Davan for assisting with the production.

The Life of Jack and the Beanstalk was divided into three shorter plays: Jack and the Beanstalk, The Golden Goose, and The Shoemaker and the Elves.

Jack and the Beanstalk was narrated by Krystina Mastropolo. The cast included: Christopher D'Aquila (storyteller #1), Brian Noble (storyteller #2), Benjamin Pucci (storyteller #3), Sherri Brown, (Mother), Christopher Radi (Man), Christopher Holden (Jack as a boy), Krystina Leo (Giant's wife), Douglas Pinelli (Giant), Stephanie Arbore, Daniel Pelletiere (hens), and Alexis Tobin (harp).

Characters in The Golden Goose included: Kelly Carbery (storyteller #1), Douglas Rooney (storyteller #2), Nicole

Desimone (story teller #3), Craig Vella (Father), Robert Spaurstou (first son), Bryan Paraspolo (second son), Matthew Galante (Jack as a young man), Joseph Siddique (little grey man), Markela Sazaklis (oldest daughter), Gerilyn Urbanowski (middle daughter), Trisha Przywara (youngest daughter), Kevin Fitzpatrick (Parson), Matthew O'Brien (farmer), Christopher Saltalamacchio (King), and Paula Barriero (Princess).

The Shoemaker and the Elves included the following cast members: Mana Saraghi (storyteller #1), Rosemarie Ful-faro (storyteller #2), John Scelzi (storyteller #3), Ricky Smith (shoemaker), Michelle Demarco (wife), Tayfun Denk (first rich man), George Liberatos (second rich man), Jonathan Roca (first elf), Bonnie Walsh (second elf), Michael Walsh (third elf), and Steven Chan (fourth elf).



Cinderella (Veronica Klupt) and Prince (Michael Fries) at Royal Ball

## Sign Up Now For a Fabulous Summer

Sign-up for the Bethpage Public Library's "New York is Reading Country" Summer Reading Club, with rip-roaring adventures that begin on Wednesday, June 10.

In addition to two Reading Clubs, one for youngsters who have completed grades 1-6, and a Read-to-Me Club for pre-readers aged 3 1/2 to 6, the library will offer a fabulous assortment of programs. There will be Storytimes galore: preschool storytime (ages 3 1/2 to 5), Tiny Tots Time (ages 2 1/2 to 3 1/2), storytelling at the Bethpage Pool, evening Teddy Bear Pajama Storytimes, and Friday Read-to-Me at the Library for ages 3 1/2 to 6.

There will also be a colorful kaleidoscope of program spectacles - evening family programs including a "Storytelling Mini-Series" by star performers and Walt Disney classic films. In addition, there will be magicians, puppet shows, wild

animal shows, science spectaculars, a reptile show, clowns galore, an extra special birthday party tribute to famous children's author Tomie de Paola, an exciting "Introduction to Italian," a computer club, tons of crafts - and more.

Youngsters can also play the exciting "New York Adventure Hunt Game," new this summer and sponsored by the Friends of the Bethpage Public Library. The prize is an exciting Statue of Liberty Ring Toss. The game is available for two age levels - 5 to 7, and 8 to 12. The fun begins on June 10. Ask the Children's Room staff for details.

Youngsters who have completed grades 1-6 can literally read their way to fabulous prizes and surprises such as fascinating games of miniature golf at Batter Up, Inc., 130 Hicksville Road, Plainview. Our "super Readers" will receive a delicious surprise from Carvel, 552 Stewart Avenue, Bethpage. All Bethpage Public Library summer programs are open to young people who reside in School District No. 21. For further information, please call 931-3907.

## Trip To Atlantic City With Library

Join the Friends of the Bethpage Public Library on a sun-filled Atlantic City outing to Trump Plaza. The date is Friday, July 10. The bus leaves the library promptly at 9 a.m. Each participant will receive \$5 in coin and a \$5 deferred voucher. Cost for members of the Friends is \$16; for non-members \$20.

Don't wait - space is limited. Sign-up at the Circulation Desk of the library which is located at 47 Powell Avenue (phone: 931-3907), two blocks west of Exit #8 on the Seaford-Oyster Bay Expressway (Route #135).

## Hicksville Library Bd. Meeting

The Hicksville Public Library Board of Trustees will hold a reorganizational and regular board meeting on July 6, at 8 p.m., in the Hicksville Public Library. All residents are invited to attend.

## Young Adult Chess Tournament

Calling all young adult intermediate chess players (grades 6 and up). Join Alon Bochman, chess expert, at the Bethpage Public Library for an exciting chess tournament on Wednesday, July 22, 6:30-9:30 p.m.

You must be an intermediate level player, and pre-registration is required. Participation is limited to twenty players, so sign up beginning June 15 at the Adult Reference Desk. Refreshments will be served!

Bring your chess set, and take advantage of the opportunity to test your skill and knowledge of the game against other skilled opponents!

Admission Free - All Welcome.

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

## HAPPY BIRTHDAY

- June 1  
Cathie C. Wohl  
Laura Sterling
- June 2  
Paul Doyle  
Sam Spiegel  
Vito Camarda  
Curtis Banos  
Bobby Manson  
Irene Woods  
Paul Esposito
- June 3  
Anthony Camarda  
Sara Olsson
- June 4  
Ginger Barrecelli  
Ruth Leger  
Linda Scapperotti  
Brian Anderson  
Doris Bomiett
- June 5  
Kristi Smith  
Don Morck  
Michael Adelstein  
Catherine Heberer  
R. J. Webber
- June 6  
Dana Marie LaCorte  
Randy Mauch  
Lisa Banos
- June 7  
Rose Amato  
Matthew Edwards  
Bob Klein
- June 8  
Jacqueline Corfe  
Stephanie Gaylor  
Helen Werlinitich  
Lorraine Koch  
Diane Gully

## Birthday And Anniversary Club

- June 9  
Lorraine Breitfeller  
Wendy Lagattuta  
Daniel Conte  
June 10  
Estelle Kershaw
- June 11  
Alice Roth  
John C. Brannan  
Jane Harrison
- June 12  
Louis Salera  
Leo V. Kanawada  
Scott O'Callaghan  
Raymond N. Marshall
- June 13  
Jerry Breiten  
Betty Levins  
Candy Baird  
Jennifer Breuer  
Cathy Maguire
- June 14  
Jean Johnson  
Mary Karl  
Lorraine Menzies  
Don Zadereski
- June 15  
Dan Baben  
Sal Noto III  
Clinton Thomas
- June 16  
Shannon D'Amico  
Billy Findlay  
Dominick Giacopelli  
Danielle Knight  
Eileen Perchinsky  
Harold "Bud" Robinson  
Linda Salz  
Kurt M. Spiegel  
Iris Widder



- June 17  
Michael Karman  
Cathy Snadecky  
Kevin Matthew Wohl
- June 18  
Matthew Anello  
Al Dzienius  
Mary Weinryb
- June 19  
Guy Brogna  
Paul Crown  
Kathleen Haffner  
Jennifer Hoosackalai
- June 20  
Rosina Lichtman
- June 21  
Lee Bavero  
Pat Carsten  
Kathy Locke  
Jeanne Rapuzzi  
June Renee Fulton  
Linda Trongone  
Bob Wahlen
- June 22  
Helen Bergholtz  
Jarret Roth  
Matthew Tyson
- June 23  
Mary Attiuissimo  
Nancy Reilly  
Joyce Sevidzinski  
Jill Swider
- June 24  
Carolyn Klevanosky  
John W. Madigan  
Derek Sheppard

## HAPPY ANNIVERSARY

- June 1  
Alex & Joan Harris
- June 2  
Sandy & Shellie Gersten
- June 3  
Don & Jeanne Rapuzzi  
Debra & William Grundel  
Richard & Evamarie Willson
- June 5  
Rosina & Bob Lichtman  
Terry & Cliff Locke
- June 6  
Andrew & Mary Attivissimo  
Ruth & Ed Leger  
Trudi & Randy Mauch
- June 7  
Peter & Annie Collins  
Valerie & Mark Goldstein
- June 8  
Pam & Bill Durkin
- June 9  
Pat & Irv Carsten  
Kathy & Kevin Moscattello
- June 10  
Merle & John Campbell
- June 13  
Emily & George Seif  
Don & Trudy Morck
- June 16  
Bob & Roberts Obermeyer
- June 18  
Keith & Cheryl Pastuck
- June 20  
Bob & Beth Manson
- June 21  
Michael & Heidi O'Connell



- June 22  
Barbara & Arthur DiGiovanni  
Frank & Lauren Kurtzke
- June 23  
Al & Rosemary Dzienius
- June 24  
Chris & Nancy Reilly  
Alice & Edward Warren  
Gina & Don Zadereski
- June 25  
Mr. & Mrs. Arthur Zuker
- June 26  
Mr. & Mrs. Lowell Glatt  
John & Irmgard Tuechler
- June 28  
Curtis & Frank Banos  
Mr. & Mrs. Frank Bubenik  
Mr. & Mrs. R. Conover
- June 29  
Patricia & Jerry Breiten

## Jottings From Yesteryear

By Bill Clark

Do you remember Hoffman Brake Service on the corner of First Street and Broadway? Later the store became a TV and Radio store. This week I was talking to a young lady who recalls being sent for a pound of chuck chopped and ground twice for 25 cents and a free bone and liver for the cat. Then get a large can of small peas.

The graduates now days are far from my time in costs and appearance. We would have the white flannel pants, dark sport coat, shirt and tie. Nowadays formal dress for the fellows, expensive dresses for the girls, and a stretch limo. We were lucky to have a friend with a car or parents to drive us to our affairs.

Have you ever re-webbed the old aluminum folding chairs and lounges? I just finished doing 15 of them complete. I don't want to see more for a while. An old 1873 map I have shows Newbridge Rd. from RR to Old Country Rd. (then Manetto Hill Rd.), after that going south to what they called Lincoln Ave. Old photo of the Hicksville Playhouse theater on E. Marie St. showing John Boles in All Talking Picture in 30's.

On my vacation I visited a friend who had a small monkey that didn't like me too much. Possibly because his name was Willie and supposed to remind them of me. I could not see it, he had more hair.



Old Country Road looking west from Carl St. (1965 before road widening).



1976 after widening, trees gone.

## STOP To Accept Propane Tanks

Town of Oyster Bay residents will now be able to discard used propane barbecue tanks through the STOP (Stop Throwing Out Pollutants) program, it was announced this week by Town Councilwoman Ann R. Ocker.

"Old propane barbecue tanks had posed a disposal problem in the past," Councilwoman Ocker stated. "Sanitation work crews could not collect them because of the possibility of explosion when the packer blade of sanitation vehicles encountered tanks with propane residue inside."

"Now, through an arrangement with The Synergy Corporation, residents can bring what are commonly called 'barbecue gas grill tanks' to future STOP collection sites," the Councilwoman continued. "The Synergy Corporation will pick

up the tanks at no cost to the Town. They will also recycle the metal where practicable."

The Councilwoman noted that the STOP program will accept only the small, barbecue-type propane tanks, not the larger, household propane (bottled gas) tanks.

"The Town of Oyster Bay's STOP program is recognized as the best household hazardous waste collection program in the state," Councilwoman Ocker stated. "We collect more household hazardous wastes and offer more annual collection days to residents than other municipal programs of this type. The addition of propane tanks is another example of how the Town is always looking for ways to expand the program and further tailor it to meet the needs of our residents."

## LEGAL NOTICE PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, July 21, 1992, at 10 o'clock a.m., prevailing time in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering an application for a Special Use Permit pursuant to the Building Zone Ordinance of the Town of Oyster Bay as follows:

**PROPOSED SPECIAL USE PERMIT: Petition of KUNO WECKENMANN and IRMGARD WECKENMANN to use premises for retail sale and installation of tires, public garage, warehouse and office space in an "H" Industrial District (Light Industry), on the following described premises: ALL that certain plot, piece or parcel of land situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau, State of New York, which is bounded and described as an irregularly shaped parcel located on the northerly side of Duffy Avenue distant 1448.16 feet west of the intersection of Duffy Avenue and Newbridge Road, having a frontage of 201.34 feet along Duffy Avenue and containing 51,728 square feet. Said premises has a street address of 148-152 Duffy Avenue, Hicksville, New York, and described as Section 11, Block 6, Lot 176 on the land and Tax Map of Nassau County. The above-mentioned petition and maps which accompany it are on file and may be viewed daily (except Saturday, Sunday or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay and Massapeque. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.**

**TOWN BOARD  
OF TOWN OF  
OYSTER BAY  
Lewis J. Yevoli  
Supervisor  
Carl L. Marcellino  
Town Clerk**

Dated: March 24, 1992  
Oyster Bay, New York  
MIT 2587  
1x6/26

## College Notes

Ten Bethpage residents were awarded their diplomas from Long Island University's C.W. Post Campus at commencement exercises in May. These residents were Michelle Noren, George Roussos, Christopher Smith, Charles Farrell, Ellen Junet, Karen Gibbs, Michele Krajewski, Dana Olsen, Constance Volpe, and Christine Wany.

## Temple Installs New Officers



He described him as a warm and caring person and was confident that the temple would be in competent hands during his administration.

Mr. Kornhauser stressed that he wanted to build on the success of the 20 previous Temple Beth Torah presidents and that he wants the theme of his presidency to be involvement. Specifically, he would like as many families as possible to become involved with all of the positive aspects and activities that Temple Beth Torah has to offer.

Below is the list of officers for 1992-93:

**Temple Beth Torah President Ken Kornhauser  
By Mitchell Kornet**

On June 19, in a special Shabbat service, Temple Beth Torah installed its new executive board and board of trustees. The evening was marked by various presentations and speeches by both the outgoing and incoming officers.

Past president Irving Stone and Libby Rosenberg recognized the new officers and told the congregation how important strong leadership was for the continued success of Temple Beth Torah.

The next portion of the service included the installation of the Men's Club and Sisterhood presidents. Manny Syskrot and Renee Kornet were elected to these two year posts. Wendy Gray presented outgoing president Carolyn Newman with a gift and thanked her for her hard work and dedication during the past two years.

Rabbi Katz presided over the installation of Temple Beth Torah's new president. First he thanked former president Mark Drucker for leading the temple during its expansion and renovation, a critical period in its history. Mr. Drucker received several certificates and plaques noting his two year tenure as president. In his closing speech he thanked all members of his executive board, and presented a gift to each person.

Next, Rabbi Katz introduced new president Ken Kornhauser.

**President - Kenneth R. Kornhauser, Exec. Vice Pres. - Steven Tilzer, Vice Pres.-Education - Stacie Gross, Vice Pres.-Fund Raising - Leonard Austin, Vice**

**Pres.-House & Building - Howard Liebenstein, Vice Pres.-Membership - Edward Katzin, Vice Pres.-Publicity - Mitchell Kornet, Vice Pres.-Ritual - Harry Newman, Vice Pres.-Youth - Janice Gelfand, Treasurer - Robert Kinzer, Financial Secretary - Howard Kaufman, Corresponding Secretary - Ann Kornhauser, Recording Secretary - Jeffrey Markowitz, Men's Club President - Manny Syskrot, Sisterhood President - Renee Kornet**

**Board of Trustees:**

Shelley Berger, Steve Berger, Joan Eglow, Marjorie Elbaum, Marty Elbaum, Meryl Fischer, Tina Fischer, Renee Fromer, Ed Geller, Gloria Miller Geller, Harold Gray, Wendy Gray, Arlene Hauser, Fred Hauser, Amy Liebenstein, Mark Lippman, Pat Lusthaus, Robert Lusthaus, Elaine Nathanson, Judy Neuman, Carolyn Newman, Jim Polen, Florine Polner, Sheldon Polner, Marilyn Reich, Libby Rosenberg, Sy Roth, Marty Sasa, Ray Schleicher, Roberta Schleicher, Maddy Schlesinger, Evelyn Seelig, Fred Shlisky, Janice Stone, Mitch Tanne, Diane Wohl, Howard Wohl, Ron Wysel, Ivan Ziegler, Sheila Ziegler.

## In Schools Grandparents Day

The Elementary Schools in the Hicksville district celebrated "Grandparents Day" on various dates throughout the spring. Superintendent of Schools Salvatore Mugavero expressed his gratitude for the support of the educational system.

Throughout Hicksville, the children performed skits, plays, and concerts, demonstrated athletic and artistic abilities, and proudly displayed academic achievements. Grandparents from all over shared in the joy and festivities of each event.



Dutch Lane Pre-school graduation took place on June 4. The graduates were: Deborah Allinger, Jessica Dantuono, Laura DeGennaro, Joseph Doyle, Sarah Faup, Robert Funk, Kevin Hoppe, Joseph LaRosa, Gina Licul, Eric Lovastik, Michael Magee, David Meyer, Meaghan Monahan, Daniel O'Connor, Dana Probst, Timothy Ramon, Jacquelyn Rothbard, Megan Schack, Lynn Zeheb. The Teachers Staff: Pilar Pappas, Mary Triolo, Cathy Doyle, Karen Farrell.



**Girls' Minor Div.**

The last game of the regular HBA season for the Minor girls took place on June 13 with the Red team playing the Gray team. The Red got off to a great start, getting 5 runs in the top of the first inning. However, a fantastic home run by Rosie Zollo and a walk by her twin, Jenny brought the score to 5 to 1.

In the 2nd inning, Terry Anderson got a beautiful hit bringing her to second while Courtney Shaudel walked. However, at the end of the second, the score was 8 to 1. By the 5th inning good hitting by Leah Struzgat, Mary Dwyer, Rosie Zollo, Jenny Zollo, Kelly Wigand, Kelly Kwas, Kelly Arnstein and Maria Panarelli plus great fielding by Jillian Scinocco, Lisa Sarandrea and Lizzy Rothbard brought the score to 13-10 in Gray's favor.

Both teams never let up and final outcome of 19-14 Red was hard fought. Gray team, still in first place, congratulates the Red for a game well played. Girls Senior Div.

Galileo Galilei Lodge team #3 (gray) pulled another great win. A fine pitching performance by Kelly Moylan and a great defensive performance by Nicole Franchino and Tracy Koetter. Added to the win were good plays made by Kristen Wigand, Tina Mazzara, Stephanie Grippi and Diane Traxler. They won by a score 9-6.

**Boys Instructional Div.**

Hicksville Fire Dept's Yankee team played on June 15 and we realize the season is approaching the end. The bats are still on fire and the fielding has improved one hundred percent. Thanks to plays made by Nick Giambalvo at first, Malcolm Pike as the pitcher, Brenden Coyle at second Mike Caglione at third. Brandon Serralto and Kevin Kuck each had four hits. Thomas Brewer tripled and teamed up with Brandon to make some fine put outs at first. Matt Economou had another extra base hit this time a double, he also made some fine put outs at first base. Matt Hasbrough and Mike Caglione continued there hitting with three hits each. Jeffrey Salustro and Brendon Coyle each had two RBI singles. Two team balls were awarded this game. One to Nick Giambalvo who in addition to his fine plays at first base, had three singles. And another to Malcolm Pike for his two clutch singles and fine play in the field.

These Yankees, who are coached by Tom Brewer and Julio Seralto faced their final game of the season against the Tigers. Team balls were awarded to Mike Caglione and Frank Olva who each had three clutch singles. Mike made a couple of fine catches as the pitcher and Frank did the same at third base. Brandon Serralto, Brenden Coyle, and Malcolm Pike continued their fine hitting with four hits each. One of Brandon's was a double. Kevin Kuck batting clean up for the first time had three singles and flied out deep to center. Tom Brewer also had three hits one a triple with the bases loaded. He also made an unassisted double play. Chris Gorman, Matt Hasbrough and Nick

**HBA Week In Review**

Giambalvo rounded out the hitting with a single each. Boys Major Div.

The Red Sox, sponsored by Pudge's Famous Chicken and managed by Joe Restivo met the Cubs for the second time this season on June 10, and came out a winner in a real pitchers duel 20-16! Every Red Sox player scored at least one run and stole at least 1 base in this offensive game. Steven Recher went 3/4, 2 RBI's and 2 stolen bases, Michael Benic also 3/4, 2 RBI's while adding 6 stolen bases. Joey Restivo had a single, double and triple, 2 RBI's and 4 stolen bases. Joey also added 7 strike outs on the mound. Joey Mianulli with 5 stolen bases and 3 runs scored. Gary Bretton, Lenny DeStefano and Ryan O'Toole each 2 hits. J.T. Quinn, Joey Leo and Scott McDonald each with a run scored and 2 stolen bases. Vinnie Patrowicz scoring two runs and swiping 2 bases.

Four days later these two teams met again, and again each had their hitting shoes on. The outcome of this game was reversed with the Cubs pushing across 18 runs and the Red Sox 11. Both teams I might add, played extremely well with only 8 players each. Edric Borja stroking a triple and driving in 2 runs while Vinnie Patrowicz continues to swing a hot bat adding a base hit. Joey Mianulli helped us out on the mound while scoring twice and stealing 3 bases. Michael Benic continued his torrid base stealing pace adding 4 and scoring 3 times. Gary Bretton who has done an excellent job all season behind the plate added a base hit, RBI and run scored. Bob Becker stole a base and scored 1 run. Joey Restivo went 2/4 with 3 RBI's, stole 4 and added 6 strike outs to his team leading total of 53 strike outs. Joey Leo added 2 runs scored and 2 stolen bases. A thank you to Joe Leo, Sr. for his 3 innings of work.

On Wed., June 17, the Red Sox and Blue Jays played an exciting regular season finale with the Sox topping the Jays 9-3. Games really fly by when you're having fun, fourteen of them to be exact. Lenny DeStefano our field general at shortstop all season, pitched superbly this day with three shutout innings and five strikeouts. Michael "beep-beep" Benic, scored twice and stole four bases to finish the regular season with a team leading 44. Joey Restivo did his usual fine job behind the plate and added three hits including a home run in the 3rd inning and 3 RBI's. Joe finishes out the regular season with a team leading .579 batting average and 22 RBI's. Steven Recher smashed a home run in the 2nd inning (his second this season) and scored once. Gary Bretton went 2/2 with 2 runs scored and a game high 5 stolen bases. Joey Mianulli our fine second bagger played great defense as always taking a relay from Joe Leo in center and nailing a runner at the plate. Great teamwork! Joey M. also added 3 stolen bases (29 total) and scored a run. J.T. Quinn doubled and had an RBI while playing good defense in the outfield. Joe Leo added a base hit, 2 stolen bases

and scored once while stopping everything that came his way in center. Vinnie Patrowicz stole a base and continued his tough defense in leftfield, where he led the team with 3 putouts in one game. Ryan O'Toole one of our more versatile players who did the job in the outfield, infield and on the mound and behind the plate this season, continued this strong play as did Scott McDonald who was swinging a hot bat in this the season ender. With the playoffs ahead, the Sox hope to continue their winning ways. Good Luck, Guys!

**Boys Major Div.**

Sunday, June 14 saw a great game for Joe Koloski's Pirates. The final score was 13-9 in their favor, with all of the Pirates players contributing to the win. Andrew Coppola pitched the whole game, striking out 8 of the Yankees. Jason Basso went 2/2 at bat and Adam Smith was 2/3. Mike Ciarciani hit a single and a double. Russell John-Baptiste, Daniel Koloaki, Jamison Lee, Josh Struzgat and Troy Cabrera-Giffin were also successful with solid singles. It was a nice ending to the season - all of the Pirates players are to be congratulated for their efforts and their sportsmanship. Special Thanks to Joe Koloski, John Smith and Ralph Coppola for their dedication and help!

On June 20, these Pirates played a tough play-off game. The first inning saw some nice action, with Danny Koloski at bat taking him to 3rd base. That was followed by Adam Smith which cleared the outfield fence by a mile! Jamison Lee and Josh Struzgat both hit singles but no further runs scored. In the bottom of the sixth, with 2 Pirate runners on base, the Red Sox decided to walk Pirate powerhouse Adam Smith. With the bases loaded, a pop fly fielded by the Sox ended the game. Final Score, 5-2.

This last week has ended Hicksville Baseball Associations 1992 season of baseball and softball. The playoffs are beginning and we wish to take this opportunity to wish all the teams good luck. We hope you have enjoyed your season of baseball this year and hope good, pleasant memories can be added to the lives of each and every child that played with us. We wish to extend a heartfelt thanks to all volunteers who helped with our children, for without you we would have had no Hicksville Baseball Association. Enjoy your summer and come back again next year!

**Help Your Heart**

American Heart Association

**Heart and Blood Vessel Diseases Still No. 1**

While you read this, another American will die of a peril that plagues this country. It could be cancer. Or an accident. Or AIDS.

But chances are it'll be heart and blood vessel diseases — the nation's No. 1 killer.

Every 34 seconds someone dies of a heart attack, stroke or other forms of cardiovascular disease, according to federal studies. Cardiovascular diseases kill almost 1 million Americans each year. That's almost half of all U.S. deaths, including cancer (497,000), accidents (195,000) and AIDS (26,000).

But you can fight heart and blood vessel disease. And win. The American Heart Association has fought on the front line to provide over \$1 billion for research since 1949. Some of that research has helped scientists learn more about risk factors for heart disease and stroke.

Three of the major risk factors for heart disease can't be changed. These are:

- **Age** — The older you get, the more likely you are to develop heart disease.
  - **Sex** — Many men have heart disease and develop it earlier than women, but women narrow the gap after menopause.
  - **Hereditary** — You're more likely to develop heart disease if your low blood relatives had it. Race is also a consideration. Blacks have high blood pressure more often than whites. Consequently, African-Americans have a greater risk of heart disease.
- You can control these major risk factors.
- **Smoking** — It's the most preventable cause of death from heart attack. And it's

never too late to stop smoking. Your risk of heart disease rapidly drops when you quit.

- **High blood pressure** — The cause is unclear in most cases, but you can often control it by eating a healthy diet, exercising regularly and limiting how much sodium you use. Your doctor may also suggest that you take medicine.
- **High blood cholesterol** — The fat-like substance is a normal part of your body's cells. The higher your blood cholesterol level, the more likely that fats and cholesterol will build up in your artery walls. You can help lower your level by reducing cholesterol, total fat and saturated fatty acids in your diet. You may also need to lose weight and take cholesterol-lowering drugs.

Diabetes, obesity, physical inactivity and long-term stress are also factors that contribute to heart disease.

Most of the risk factors for stroke are the same as those for heart disease. Prior stroke and cardiovascular disease (an abnormal sound heard when a doctor listens to arteries in the neck) are other risk factors for stroke that can't be changed. And blacks have a much greater risk than whites of disability and death from stroke. Risk factors that you may be able to change include heart disease, high red blood cell count and transient ischemic attacks (TIAs), which occur when blood supply to the brain is blocked temporarily.

Remember, somebody died of heart and blood vessel diseases in the last few seconds. But it doesn't have to be this way. Fight back with education and prevention.

© 1992 American Heart Association

**HELP YOUR HEART RECIPES**

American Heart Association

This recipe is intended to be part of an overall healthful eating plan that would not include more than 30 percent of daily calories from fat.

**Crunchy Cereal**

- You — and your children — can crunch to your heart's content.
- |                                                       |                                    |
|-------------------------------------------------------|------------------------------------|
| 2 1/2 cups regular rolled oatmeal (not quick-cooking) | 1/2 cup wheat germ                 |
| 1/2 cup unsalted dry-roasted cashew or almond slivers | 1/2 cup firmly packed brown sugar  |
| 1/2 cup coarsely chopped peanuts                      | 2 tsp ground cinnamon              |
| 1/2 cup sesame seeds                                  | 1/2 cup "acceptable" vegetable oil |
| 1/2 cup sunflower seeds                               | 2 tsp. vanilla extract             |
| 1/2 cup nonfat dry milk                               |                                    |

Preheat oven to 300 F. In a bowl, combine oatmeal, nuts, seeds, milk and wheat germ. Mix well.

In another bowl, combine brown sugar, cinnamon and oil. Stir until smooth. Stir into dry ingredients and spread mixture into a 9 x 13-inch pan. Bake 1 hour, stirring every 10 minutes.

Remove from oven, sprinkle with vanilla and allow to cool. Store in an airtight container. Makes 16 1/2-cup servings.


Carve corn, blue, softshell crabs and summer sea.

**Nutritional Analysis per Serving**

187	Calories	8 mg	Iron	1 gm	Saturated Fat
4 gm	Fiber	16 mg	Sodium	6 gm	Polysaturated Fat
12 gm	Carbohydrates	11 gm	Total Fat	3 gm	Monounsaturated Fat

This recipe first appeared in the American Heart Association Cookbook, 1987 Edition. Copyright 1991 by the American Heart Association, Inc. Published by Times Books, a division of Random House, Inc., New York.

**Learn about the world without leaving your home!**



This fall, students from around the world will arrive in the U.S., eager to share their own cultures, and learn about yours. These students have been selected to spend a high school year abroad through EF Foundation. All students have studied English, are fully insured, and bring their own spending money. They are eager to share their exchange experience by living with an American host family.

For more information call:  
Cindy Turschmann 561 • 4083

OR:  
**-800-44-SHARE**

**EF** EF Educational Foundation for Foreign Study. non-profit organization  
Foundation

## Dist Wins High Rating Approve Food Service

Continued From Page 1

for a job well done is to have done it," Mr. Gagnon highlighted the contributions to the district by the retirees present, several of them having served Hicksville for 33, 39 and even 40 years.

On behalf of the Board of Education, James Black and Carole Wolf presented plaques to William Collins and James Martillo, respectively, as they approach the end of their terms on June 30.

The honored staff members included:

From Administration - Richard Greenfield, William Hall, Lucille Sluder, Robert West.

From the Senior High - Martin Cohen, Richard Halowitch, Sheldon Lieber, David Persinger, Michael Sheridan.

From Middle School - Martin Gensler, Richard Gould, Dorothea Kneher, Doris Noblit, Iris Williams.

From Burns Ave. School - Virginia Blaauboer, David Dunn, Viola Lips.

From Dutch Lane - Rita Bernstein, Mary Calio, Selma Spector-Marx.

From East Street - Elnore Saxon.

From Fork Lane - Evelyn Grib, Yolanda Grigg, Rhoda Ratner.

From Lee Avenue - Edith Abramowitz, Betty Grayson, John Matcer, Helen Twohig.

From Old Country Road - Renee Blumenthal, Lee Firester, Marion Michaels, Bernice Soeger.

From Woodland School - Margaret Belz, Beverly Brown, Elayne Kabakoff, Barbara Koenig, Harry Mandel, Nicholas Monfredo, Elizabeth Stouges.

From Pupil Personnel Services - Gladys Tate

## "July 4th Celebration In Oyster Bay"

by P.P.C. Carmine A. Somma

On Saturday, July 4, Oyster Bay Post 8033 will sponsor the annual July 4th Parade & Service at Townsend Park. The day's activities will kick off at 10:45 a.m. on Saturday, with a parade which will form at the Church Street municipal parking lot #4. With color guards from various organizations, the parade will wend its way down East Main Street, across South Street and onto Audrey Avenue, reaching its destination at Townsend Park. There, start-

ing at 11 a.m., residents will be treated to a program including musical selections by the Oyster Bay Community Band. There will also be fly-over by three UH-1H piloted by members of the Army National Guard located at A.A.S.F. #1 in Ronkonkoma. Following the observance, parade units will reform and march back to Church Street parking field.

Residents will join us in our salute to Columbus and Walt Whitman, and to our nation's 216th birthday.

### Bethpage Athletes



Oyster Bay Town Councilman Leonard Kunzig, center, presents certificates for Outstanding Athletic Achievement to Daniel Fredericks and Suzanne Burk of Bethpage High School. The recognition program was initiated to honor students from high schools throughout the Town for their athletic accomplishments. The students were selected according to criteria established by their school's administration.

### Amateur Radio Week



Oyster Bay Town Councilman Leonard B. Symons, center, presents a citation to the Grumman Corporation in recognition of their efforts to promote the week of June 22 through June 28, as "Amateur Radio Week." Two members of the Grumman Amateur Radio Club, Assistant Director of Computer Technology Patrick Masterson, right, and Engineer Gordon Summis, were on hand to accept the proclamation on behalf of Grumman.

## Safety Patrol Awards At St. Ignatius

Throughout the school year, several students at Saint Ignatius Loyola School help to maintain the safety of the other students by their service on the school Safety Patrol. During the first week in May, designated as Safety Patrol Week in New York State by Governor Cuomo, Saint Ignatius Safety Patrol members were honored for their service.

On May 5, Nicholas Donohue, the lieutenant on the Safety Patrol, received the Distinguished Service Medal of the Automobile Club of New York from County Executive Thomas Gulotta. Mr. Gulotta presented the medal to Nicholas at an Awards Ceremony in the Cour-

ty Executive Office. The medal was in recognition of his commendable service for the past two years. Nicholas was one of three Safety Patrol members in Nassau County to receive this medal.

The following members received a Certificate of Merit at a school assembly on May 7: Captain - Dawn Vallone, Lieutenant - Nicholas Donohue, Sergeants - Antonietta Suppa and Joanne Smith, Patrol members - Kimberly Lap, Colleen O'Shea, Michael Gandolfi, Omar Syed, James Turturro, Francesca Aquilia, Sabrina Chancy, Jennifer Fahy, Patricia Koh, Kara Lindsay, Meghan Quinn, and Christina Wainer.

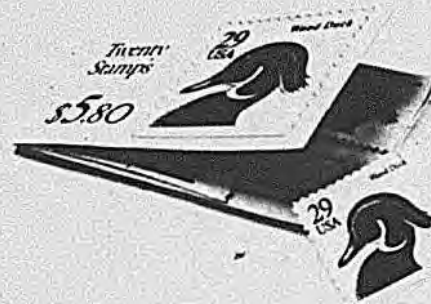
The Safety Patrol is coordinated by Miss Scheel.

Congratulations to Nicholas and all the Safety Patrol members for their commendable school service!

## College Notes

Boston University awarded academic degrees to 4568 students this spring. Receiving degrees were Hicksville residents Michael W. Hoops, BA in English; Michael J. Olive, BS in Manufacturing Engineering, Magna Cum Laude.

One more small reason to shop at these stores.



Get stamps where you shop — at no extra charge.

Now you can skip an extra trip for stamps. Simply pick them up at local stores and pay the same price you'd pay at the post office. It's all part of the EASY STAMP™ program from the U.S. Postal Service. Just look for this BUY STAMPS HERE™ sign.

You can buy stamps at these locations:



### King Kullen

275 South Broadway  
Hicksville, NY 11801

### Chateau Drugs

89 Broadway  
Hicksville, NY 11801

### My Mailbox - Shipping Center

218 Old Country Road  
Hicksville, NY 11801



OFFICIAL OLYMPIC SPONSOR  
© U.S.P.S. 1992



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



# Discovery!

Magazine

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



Friday, June 26, 1992

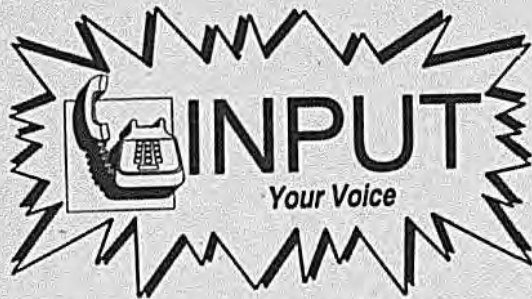
A Get Well Card  
To Our Economy



USA

Get Well

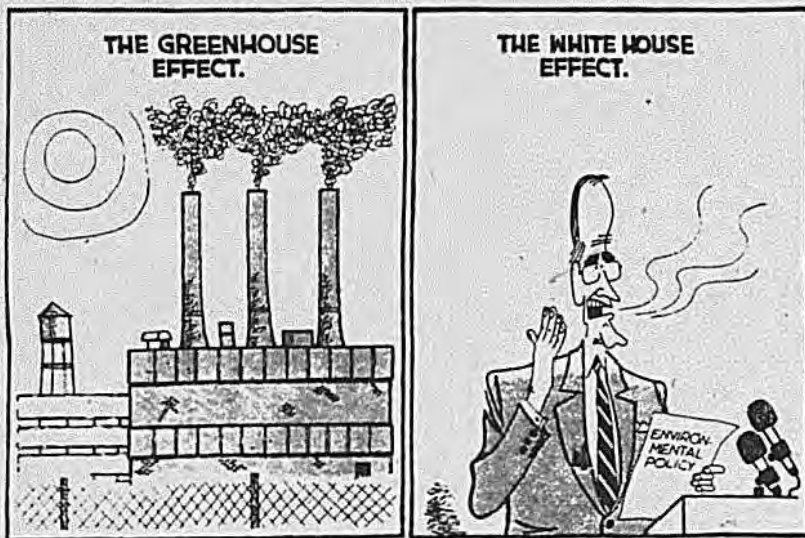
SEE PAGE 3



## THE QUESTION OF THE WEEK

Do you agree with President Bush that the U.S. should not sign an international agreement on environmental control?

### WHICH PRODUCES MORE HOT AIR?



Call 931-0027

**24**  
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.

## Input Callers Think Perot Is On His Own

Most callers to Input do not think that the selection of a Vice Presidential candidate will have a big effect on voting for Perot in answer to this question: "Would the selection of Schwartkopf or other popular figure as a running mate insure the election of Perot? Here are some of the answers:  
**STAND ON HIS OWN**

Perot will have to stand or fall on his own campaign. He does not yet realize this but before the campaign is over he will have to stop thinking that the negative vote against all politicians will bring him the White House. The negative vote is not strong or big enough when it comes right down to Election Day. Perot will have to state a platform and a program or he won't be elected regardless of who his running mate is. H.F.

### VICE PRES. IRRELEVANT

Perot's Vice Presidential choice is completely irrelevant. There has been government gridlock for a dozen years because Republican Presidents have tried to go to the Right and the Democrat Congress has tried to go Left. With Perot having no reliable Congressional support, whatsoever, the government will become completely paralyzed. R.K.

### BUSH'S VICE PRES.

I am more worried about the running mate of Bush than Perot. While he at times makes worthwhile remarks he certainly is not of the calibre needed to be a Vice President ready to take over the government if the President should die. I believe that if Bush makes a new choice for Vice President that it will give his entire campaign a shot and he will be able to win the election. Forget about Perot. V.C.

### OTHER CHOICES

There have been a number of people mentioned for the Vice Pres. spot with Perot. Besides Swartzkopf, there has been Gov. Cuomo who would do a lot for the ticket, except he probably will not take the bid. Then there is Bill Moyers TV and print journalist who could make the run if he wanted. Moyers, though, is an intellectual and this is a problem with an electorate that still thinks in terms of "Give 'em hell Harry" candidates. I think that only Cuomo would be of help to Perot. J.D.

### NOT IMPORTANT

No. The running mate in any Presidential campaign is not one who delivers many votes. Only in the John F. Kennedy election did the selection of Johnson bring votes that meant anything. Kennedy knew that it would be hard to swing Texas and Southern states so he took Johnson with a long political record. But that was a different election and one that cannot compare to a Perot three-way run. L.K.

### WON'T BE CLOSE

I don't really think that Perot will finish that close in the election. He might possibly beat Clinton because Clinton is probably the wrong candidate for the Democrats. But it would be difficult for Perot to beat Bush as an incumbent and with people following him for jobs and other special concessions. In addition the local clubs are on the line to turn out the vote for Bush and Perot only has volunteers who will work but will be outnumbered. L.F.

### FROM BUSINESS

I think that Perot can win the election without selling out to a Vice Presidential nomination who would get votes but not agree with his philosophy. I think Perot will have to take a vice presidential candidate from business who has a similar independent philosophy to his own. Swartzkopf is famous but each day after the Iraq war his popularity goes down. By Election Day it would not be enough to win an election. G.D.  
**CANT CLASH WITH PEROT**

I don't believe that any famous figure as a running mate, regardless of how much the individual received headline publicity in the past, would insure the election of Perot. My feeling is partly due to the fact that that individual might bring with him or her negative vibes rather than the heroic acclaim which surrounded the person in a previous period of acclaim. For example, I have a feeling that Schwartzkopf may have lost the heroic aura which surrounded him at the conclusion of the Persian Gulf affair. If we were to take another candidate, namely, Governor Cuomo, I would find it very difficult to visualize him in a secondary position especially considering the widespread attitude that getting the Presidency would be more to his liking despite his denials. Somehow, I just can't visualize Perot with his own extremely individualistic attitude accepting a running mate with whom there would be a great likelihood of a personality clash on vital issues. And, I feel that Perot himself would feel that way if his innermost feelings were known. P.G.S.





# Discovery!

## A Get Well Card To Our Economy

By Mollie Gossow



How do we recover from a recession illness? Does it need medicine, an operation or just lots of rest. The more I think about it, the more suggestions come to mind.

**Perhaps we are all**, in a small way to blame. We should not sit back and dare our Congress and Washington to straighten it out alone. At a time like this, they should work together, instead of criticizing everyone else, because of the campaigning season. They cannot feel what we feel. Their medical bills are paid for, their salaries are all year round and long vacations on hand.

**We ourselves** will have to get to work and rearrange our budgets, tighten our belts, for a while, and above all, not to lose hope or strength. We will need all of it. We keep in mind that every ray of sunshine casts a shadow and it's the shadow we are dealing with now.

I'm 82 years old, and I have been through a recession and a depression, and survived because I never gave up. Our economy is ill and an answer will come up shortly.

**Even little children** fall down and learn to get up by themselves. Our campaign trail of nominees are people who haven't felt the economy crunch yet. Talking and promising us everything is easy. Thundering makes a lot of noise, but it's the lightning that does the work.

Always remember each of our 10 fingers have a purpose in life. It may slow us up, but will give us patience. Let's use one at a time, as we go along. Never to use them all at once, as it becomes a fist, and a fist creates hate among us. Hatred is not a medicine to help the economy. There are many ways we can work apart or together.

**Our country** will regain confidence in our people, and our president. Let's give him a chance to work it out. He may try several ways and one will work. He may be late in starting, but better late than never. The right medicine will help the economy from weakness and will reflect on the people and him too, and his administration. We have all seen each president aging 20 years in their 4 years of presidency. It's a difficult job to do. We will help him lay solid ground underfoot for us and our children. We owe it to them.

**We are all hurting**, and looking ahead and praying at the same time.

We are all God's children, and he'll help us through this healing period and we will see sunshine again. It takes a little time, and we can't run faster than our shoes. We help every country from their ailments, and now is our time.

Get well soon, we're all behind you.

### About The Author

Mollie Gussow lives in Great Neck. She is a senior citizen who frequently gives her reminiscences, views and wisdom. This is her third contribution to Discovery.

# DINING GUIDE

*The*  
**New Hyde Park Inn**  
 Restaurant & Caterers

Over 50 Years of Quality, Complete Attention to Detail, Prices to Fit Your Budget

**Serving Lunch & Dinner Daily**

214 Jericho Tpke. New Hyde Park  
 (516) 354-7797 (718) 343-7380

No Credit Cards Closed Tuesday

JERICHO, N.Y.

**Maine Maid Inn**  
 Luncheon • Cocktails • Dinner

American Traditional Cuisine Circa 1789

935-6400  
 East of Routes 106-107  
 On Jericho Tpke.

Facilities For Executive Meetings & Private Parties

**Kevin Grant's** Pub & Restaurant

Presents  
 LIVE IRISH ENTERTAINMENT EVERY SATURDAY & SUNDAY

**Family Style Buffet Brunch**

INCLUDES ONE COMPLIMENTARY BLOODY MARY, MIMOSA, SCREWDRIVER or WINE FOR MOM & DAD THE KIDS DRINK ON US (NOT THE HARD STUFF)

MENU

- FRESHLY ROASTED TURKEY & FRESH SMOKED HAM CARVED OFF — THE BONE\*
- SCRAMBLED EGGS • BACON & SAUSAGE • HOME FRIES • FRENCH TOAST
- GARDEN SALADS • TUNA • CHICKEN • SEAFOOD SALADS • MINI DANISH • FRESH FRUIT

ALL FOR ONLY \$9.95 PER PERSON 12-4 pm  
 CHILDREN 1/2 PRICE UP TO 15 YRS. OLD

133 Mineola Blvd., Mineola, L.I. Bet. Jericho Tpke. & Old Country Road  
 (516) 746-1316

ALL YOU CAN EAT

**BLUE CHIP**  
 LUNCH - DINNER

Open Sunday 3-10 P.M.

SEAFOOD CAFE

Closed Monday 742-2240

2136 Jericho Turnpike Garden City Park

VISA

# READER RATINGS



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

A. Absolutely not—and this applies to all size groups. No one should ever order an alcoholic drink to please others. If you wish, you may order a soft drink or mineral water, but this is purely optional.

Q. I seem to remember that years ago salads always came to the table with the entree. But now they are served in advance of the main course. Why did this change occur?

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

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

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

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

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

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

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

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

Q. I am a busy professional woman who finds it difficult to entertain at home. My working hours as an attorney are long and tiring. I really don't feel like coping with guests on the weekend. Would it be all right to repay my social obligations by inviting people to dine out?

A. Certainly that would be proper. Social obligations do not have to be repaid on a strictly tit-for-tat basis. Your friends would enjoy a delicious dinner in a relaxed restaurant atmosphere more than an at-home meal served by a hostess they sense is harried and exhausted.

# DINING GUIDE

**Estoril Granada** RESTAURANT  
 Portuguese & Spanish Cuisine

"We've Very Often Been Imitated, But Never Duplicated"

WEDNESDAY NITE SPECIAL - SENIOR CITIZEN DISCOUNT 15%

**ENTERTAINMENT THURSDAY NITE**  
 at the Piano - Danilo Aviles 5 p.m. to closing

- LUNCH SELECTIONS \$3.95 to \$11.95
- DINNER SELECTIONS \$7.95 to \$18.95
- PAELHA • VILLARROY • SALSA VERDE • MARISCADAS
- RIBS IN FRUIT SAUCE • CLAMS PORTUGUESE STYLE
- SHRIMP IN GARLIC SAUCE • GARLIC SOUP
- BLACK BEAN SOUP
- FAMOUS HOMEMADE POTATO CHIPS

OPEN 7 DAYS A WEEK FOR LUNCH & DINNER

CATERING AVAILABLE FOR ALL OCCASIONS  
 149 MINEOLA BLVD. MINEOLA 747-7599



**Executive Restaurant**  
 Featuring The Finest Northern Italian, Continental, and Seafood Cuisine

**SPRING SEAFOOD FESTIVAL**

FEATURING FRESH SEAFOOD DAILY

- LOBSTERS
- SOFTSHELL CRABS
- SALMON
- SCALLOPS
- CLAMS/MUSSELS

★ PRIME RIBS OF BEEF finest in area SATURDAY ONLY

ORDINARY DAY EXECUTIVE RESTAURANT \$500 OFF DINNER FOR 2 SOLO DINERS ONLY - \$2.50 OFF ANY ENTREE (For Dinner for 2, A-La-Carte Only) Does Not Include Early Bird or Advertised Specials.

SPRING BIRD SPECIAL BASKET OF 4 \$300 OFF EARLY BIRD DINNER FOR 2 SOLO DINERS ONLY - \$1.50 OFF ANY ENTREE 4-6 PM DAILY, Mon-Fri. Average Price \$9.95 Does Not Include Advertised Specials.

121 Mineola Blvd, Mineola 248-2686 • 746-8164  
 All Specials are not to be combined with any other offers.  
 Parking across the street behind office building. MAJOR CREDIT CARDS



# DINING GUIDE



## Vegetarian View

By Margaret Wiaz-Peterson

Summertime is salad time! It is difficult to think of a "munchable" food that would not fit into a salad. There are meat salads, rice salads, vegetable salads and fruit salads. Even the ordinary green salad can be astonishing and extraordinary in its variety with the combination of different greenery. Most salads have in common a low-fat content and high nutritional value.

There are a few rules in salad making, however. It is important to have greens dry and crisp and to mix them with dressing just before serving. As a main dish or a side dish, be creative and let your imagination be your guide!

- HAWAIIAN COLESLAW**  
 1 small head cabbage (2½ pounds)  
 1 small can (8 ounces) crushed pineapple  
 3 tablespoons mayonnaise

Yields 6 servings.  
 Shred cabbage very fine. Add crushed pineapple and mayonnaise to moisten. Chill in refrigerator until serving time.

- TUNA WALDORF**  
 1 (7-ounce) can tuna, drained  
 ¼ cup apples, diced  
 ¼ cup celery, chopped  
 2 tablespoons walnuts, chopped  
 ¼ cup mayonnaise  
 1 tablespoon lemon juice

Yields 2 servings.  
 Break tuna with fork. Combine all ingredients. Serve on lettuce leaves.

- PARSLEY SALAD (Tabouli)**  
 ¼ cup finely crushed bulgur wheat  
 2 bunches parsley, washed and crisped  
 1 cucumber, diced  
 2 medium tomatoes, cut in large pieces  
 4 green onions, finely chopped  
 ¼ cup chopped fresh green mint, or 1 tablespoon dried mint  
 Freshly ground black pepper  
 Dressing  
 Juice of 1½ lemons  
 1 clove garlic, crushed  
 1 tablespoon olive oil

Yields 6 servings.  
 Wash and drain crushed wheat and let stand while preparing vegetables.

Chop parsley and combine with chopped cucumber, tomatoes, onions and mint and pepper. Mix in crushed bulgur wheat.

Mix all dressing ingredients together and let stand for several hours. Remove garlic from dressing. Toss together with Parsley Salad. Let stand several hours before serving.

- CAULIFLOWER SALAD**  
 1 cup sliced cauliflower  
 1 cup spinach or other dark greens

# DINING GUIDE

**MING garden** **MING garden**

Formerly Cheong's Garden of West Hempstead and Chi Ling  
 Gourmet of Cedarhurst

**THE FINEST IN  
 MANDARIN, SZECHUAN,  
 HUNAN and CANTONESE**

Open 7 Days for Lunch & Dinner  
 Business Lunch Served Daily  
 Take Out Service  
 Private Party Room Available

200 Garden City Plaza, Garden City  
 at Roosevelt Field  
 (50909th Ave. & A. Merrin St.) **248-9790**

MAJOR CREDIT CARDS ACCEPTED

**The Lucky Duck**

**The Lucky Duck Restaurant**  
 9 Nassau Blvd., Garden City South - (516) 485-4848

For "fun" Italian/American dining at its absolute best!!!

**Penny Lane**

*A Friendly Gathering Place*

**AMERICAN BISTRO**

- JUMBO BURGERS
- FRESH SEAFOOD DAILY
- SUPER SALADS
- DELICIOUS PASTA DISHES

**Introducing a New Light & Exciting Menu For Casual Diners**

**LATE NIGHT SNACKS**

**GET TO KNOW OFFER**  
 For a party of 2 or more:  
 LUNCH - \$3.00 off check DINNER - \$5.00 off check  
 (not to be combined with any other promotion or specials)  
 Expires 7/1/92

**SUNDAY BRUNCH**  
 Starting \$7.95  
 with Unlimited Cocktails

**EVERY FRIDAY**  
 Classic Long Bar, Grand Buffet & Happy Hour Daily 4-7 PM  
 2 For The Price Of ONE  
 660 Franklin Ave. Garden City • 747-2156

**Little Portugal Restuarante**

Ample Parking in Rear  
 OPEN 7 DAYS A WEEK

Continental  
Cuisine  
Specialty  
In Seafood

Private Parties  
Accommodating  
up to 90 people

Portuguese  
Spanish  
And  
Italian

241 Mineola Blvd., Mineola (516) 742-9797  
 Major Credit Cards Accepted Free Parking in Rear

## KITCHEN HINTS

### The disposal does a lot of hard work

Every so often it needs freshening.

Here's how to restore its sweet smell:

1. Mix a cup of plain white vinegar with enough water to fill an ice cube tray. Freeze into cubes.
2. Put the vinegared cubes into the disposal and grind them up.
3. Flush well with cold water and enjoy the refreshed scent.



### If Your Restaurant is First Rate, We have a message for you.



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

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

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

Call 931-0012 for details

# DINING GUIDE

## Ristorante Venere

invites you to the finest Italian Cuisine  
**Specializing in Seafood, Veal and  
 Homemade Pasta Dishes**  
**We Also Serve Pizza**

"TOUCHES OF AFFORDABLE LUXURY-  
 UPTOWN TOUCHES, DOWNTOWN PRICES"  
 Joanne Starkey, N. Y. Times 5-5-91

"ALA CARTE, UNEXPECTED QUALITY AT  
 THE BUFFET TABLE"  
 Richard Scholem, N.Y. Times 6-2-91

Savor Our Blackboard Specials  
 for Lunch and Dinner

**ALL YOU CAN EAT HOT BUFFET \$9.95**  
 MONDAY & TUESDAY 4:30-8 PM

841 Carman Ave., Westbury  
 333-2332

1/4 Mile South of  
 Old Country Rd.  
 Major Credit Cards Accepted  
 Reservations Suggested



## READER RATINGS



**Q.** I have been invited to a formal restaurant dinner later in the year. However, I am also on a strict diet for medical reasons. Do you think I should mention that to my boss?

**A.** By all means, tell her. If she selects the menu for her guests she will take your special diet into account. However, my own opinion is that where restaurant dinners are arranged it is better to allow guests to make their own food selections.

**Q.** When vegetable are served in individual dishes should they be eaten directly from there side dishes or first transferred to the dinner plate?

**A.** Either way is correct, but my own preference is to transfer the vegetables with a serving spoon onto the main dish. The waiter can then be asked to remove the serving dishes, thus ridding the table of a great deal of clutter.

**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.

# DINING GUIDE

## FLORAL PALACE

**ELVIS IS COMING!** FLORAL PALACE PROUDLY PRESENTS  
**A TOUCH OF ELVIS!** FEATURING  
 Steve Mitchell as Elvis (of the Elvis Foundation of N.Y.)  
 and "Not the Memphis Blues" Band

**FRIDAY - JUNE 19th 10:00 P.M. and 11:30 P.M.**  
 Come and join us for a night fit for "The King" and dance to such Elvis hits as Jailhouse Rock, Heartbreak Hotel, Don't Be Cruel, Blue Suede Shoes, and much, much more.

Singles, Couples...ALL WELCOME! DANCE CONTEST  
 Pub Style Menu - Cash Bar CASH GRAND PRIZE

• Doors Open at 8:00 P.M.  
 Free admission from 8:00 p.m. to 9:00 p.m.  
 \$10.00 Admission after 9:00 p.m.

**DINNER THEATER PRESENTS**  
**AFTER HOURS - thru June 23**  
 An evening of side-splitting skits, spoofs & short plays

**COMPLETE DINNERS**  
 Prime Rib, Chicken Francese or Sole Florentine  
 Friday & Saturday Night - Dancing During  
 Dinner Hour For Your Entertainment Special Group Rates Available

**PRICE: Weekdays & Sundays \$38.00 Inc. Tax.**  
 Saturdays \$43.00 Inc. Tax

250 Jericho Turnpike • Floral Park, N.Y. 11001 • (516) 775-1782/83

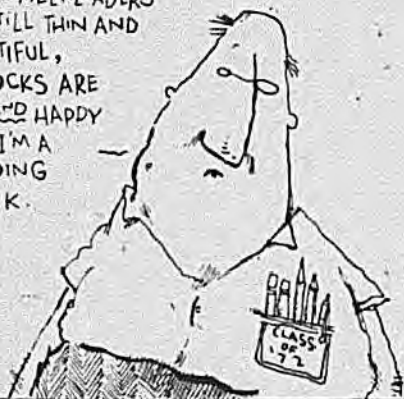




## The Crowley Chronicle

# CLASS REUNION NIGHTMARE!

The CHEERLEADERS  
 ARE STILL THIN AND  
 BEAUTIFUL,  
 THE JOCKS ARE  
 RICH AND HAPPY  
 AND I'M A  
 BALDING  
 GEEK.



COPYRIGHT  
 BY  
 CROWLEY

If Your Restaurant is First Rate,  
 We have a message for you.



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

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

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

Call 931-0012 for details





# RESTAURANT GUIDE

N.Y. Times Rave Review - May 3, 1992

## C.P. Michaels

cafe & grill

41 Covert Avenue, Floral Park

LUNCH M-F 11-3  
DINNER M-Th 5-10, Fri. 5-11,  
Sat. 4-11, Sun. 4-10

CATERING 775-9004  
PRIVATE PARTIES



Miracle Mile Ample Parking

## Lauraine Murphy

Luncheon • Cocktails • Dinner  
• WEDDINGS • BANQUETS • ANNIVERSARIES  
• SHOWERS • LUNCHEONS • PARTIES  
FROM 25-200

1445 Northern Blvd., Manhasset  
627-3020

Eastbound LIE Exit 35  
Westbound LIE Exit 36  
Northern State Pkwy. Exit 27 North  
3 minutes from Pkwy or Expressway

YOU CAN BE A RESTAURANT CRITIC—if you visit any of the restaurants selected for inclusion in this section—call WE 1-6027 at any hour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space.

## Cafe Continental

Restaurant

Italian and Continental Cuisine

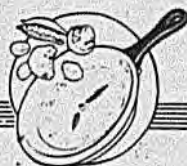
### EARLY BIRD SPECIALS

Mon.-Fri.  
4:30 - 6:30 p.m.

Choose from a large selection of complete dinners \$18.50

Call 627-4269  
1538 Northern Blvd.  
Manhasset

## After Work Gourmet



## Create a meal with canned cream soups

By Sharon Achatz

When it comes to making quick meals, canned cream soup is one of the most versatile ingredients around. Pull a single can off the pantry shelf, and out comes inspiration for casseroles, pasta sauces, chowders and more.

No one seems more aware of this than soup manufacturers — nearly every can comes with a side-panel suggestion of how to use the soup in a more complex dish.

Here's a cross section of favorite recipes collected and adapted from soup-can labels.

Pair open-a-can ease with the simplicity of frozen vegetables, and you have the basis for Corn Chowder and Lemon Broccoli Pasta.

Cheesy Tuna Macaroni stars another pantry staple — ever-popular tuna — while Sausage Skillet pairs fresh vegetables with spicy sausage for a fresh and festive dish.

### CORN CHOWDER

- 4 slices bacon
- 2 cups frozen corn kernels
- 1 (10½-ounce) can condensed cream of potato soup
- 1 cup milk
- 2 tablespoons chopped pimento, drained
- ¼ teaspoon pepper

Yields 2 servings.

Preparation time: 15 minutes.

Cook bacon until crisp. Meanwhile, cook corn according to package directions.

In medium saucepan, mix together corn, soup, milk, pimento and pepper. Crumble in bacon. Cook, stirring occasionally, until heated through.

### LEMON BROCCOLI PASTA

- 8 ounces fettuccine
- 1 (10-ounce) package frozen broccoli spears
- 1 (10½ ounce) can cream of broccoli soup
- ¼ cup milk
- 1 tablespoon lemon juice
- 1 teaspoon dill
- ¼ teaspoon pepper

Yields 4 servings.

Preparation time: 15 minutes.

Cook fettuccine according to package directions; cook broccoli according to package directions.

Meanwhile, in saucepan, combine soup, milk, lemon juice, dill and pepper; heat through.

To serve, divide warm, drained pasta among dinner plates. Top with a few broccoli spears per plate and pour lemon sauce over all.

### CHEESEY TUNA CASSEROLE

- 8 ounces elbow macaroni
- ¼ cup finely chopped onion

- 2 tablespoons margarine
- 1 (10½-ounce) can cream of mushroom soup
- ¼ cup milk
- Dash pepper
- 1 cup shredded Cheddar cheese
- 1 (6-ounce) can tuna, drained
- 1 (4-ounce) can sliced olives, drained

Yields 4 servings.

Preparation time: 20 minutes.

Cook macaroni according to package directions.

Meanwhile, in medium saucepan, cook onion in margarine until tender. Stir in soup, milk and pepper until smooth. Add cheese, tuna and olives.

Once macaroni is cooked, drain and add to tuna mixture. Pour into 1½ quart microwave-safe casserole; cover. Cook on HIGH 8 minutes or until hot, stirring halfway through beating.

### SAUSAGE SKILLET

- 4 zucchini
- 1 pound bulk sausage
- 1 (10½-ounce) can cream of mushroom soup
- ¼ cup thinly sliced onion
- ¼ teaspoon chopped garlic
- 2 tomatoes, cut into wedges

Yields 4 servings.

Preparation time: 30 minutes.

Cut zucchini in half lengthwise, then into 1-inch pieces; set aside.

Shape sausage into 16 meatballs. Brown in skillet; pour off fat.

Return meatballs to skillet, then add zucchini, soup, onion and garlic. Cover; simmer 15 minutes, stirring often. Add tomatoes; heat through.

### QUICK TIP

For fresh garlic flavor without chopping, purchase a jar of chopped garlic packed in oil from the produce section of the supermarket. For easy substitution in recipes, ¼ teaspoon equals one clove of garlic.

Sharon Achatz is a free-lance writer.



# WIEGEL'S

Reservations 746-3713

## SUMMER WEEKEND SPECIAL

DANISH BABY BACK RIBS (Barbeque Style), & CAJUN STYLE SHRIMP Georgia Popcorn

A mountain of French Fries and Cole Slaw

ALL OF THE ABOVE \$10.95

THIS SPECIAL WILL RUN ALL SUMMER

HOUSE DESSERT

"All made on Premises".....\$2.50

Carrot Cake  
Cheese Cake  
Apple Pie

Chocolate or Golden Cherry Cake

Chocolate Mousse.....\$1.95

100 Herricks Rd.  
Mineola, NY

ADDITIONAL PARKING NOW AVAILABLE

# DINING GUIDE



# DINING GUIDE

## La Cisterna

The place to go when you're looking for a special dining experience...

- A classical New York City restaurant with Long Island prices
- Serving the finest and freshest Northern Italian, Roman and Nouvelle specialties
- Homemade pasta, nature veal, lobster and more
- Special desserts made tableside
- A Mineola landmark since 1970



Celebrate your birthday or anniversary with us

Complimentary Drink on the House  
 Minimum party of four - Valid week of occasion only

Your Host Angelo 109 Mineola Blvd., Mineola  
 746-9474 • 248-2112

## Vegetarian View

Continued From PAGE 5A

- 1 cup shredded carrots
- ¼ cup chopped pecans
- Freshly ground black pepper

Yields 4 servings.  
 Slice cauliflower in about ¼-inch cuts. Slice part near stalk very thin.

Tear greens into small pieces. Toss all ingredients together lightly; add pepper to taste. Chill and serve with your choice of dressing.



Q. What is the proper way of addressing a waiter in a restaurant?

A. My own preference is "Sir", rather than "Waiter" because it shows more courtesy and people do like to be treated with respect. For a waitress I prefer "Miss" to "Waitress" for the same reason.  
 Q. When arriving early for a private party in a restaurant, who should do the seating when there is no waiter or captain on hand?  
 A. The man is expected to seat his woman companion. If he is accompanied by two or more women, he would seat his wife last.



Long Island's delightfully delicious Spanish American Restaurant

## CASA MADRID

Fine Cuisine...Modestly Priced

**COMPLETE DINNERS**  
 (except Saturday)  
 soup, salad, main course, dessert & coffee

**WE CATER PARTIES**

Open 7 days for lunch from 12 noon  
 dinner every evening

210 Franklin Ave., Valley Stream, L.I. 825-7557

## Mamma Lucia

2335 Jericho Turnpike  
 (Pathmark Shopping Cen)  
 Garden City Park, N.Y.  
 (516) 748-8681  
 FAX: 1-800-464-2443

**EARLY BIRD DINNER** 4 p.m. - 7 p.m. only  
 Incl. salad, entree, veg., coffee & homemade cheesecake  
 in our DINING ROOM.  
 Starting at \$5.95.

We gladly accept  
 Visa & M.C.

We Also Cater Small to Large Affairs.



## Mahoney's Hillside

Since 1948

**RESTAURANT**  
 STEAK • CHOPS • SEAFOOD A SPECIALTY!

Lunch & Dinner Spectacle Daily  
 Catering Available

Open 7 Days • Sunday to 9 p.m.

294-6404

We Honor Major Credit Cards 28 Hillside Avenue Williston Park

## FLORAL PALACE

LET US CATER YOUR  
 SWEET SIXTEEN  
 CHRISTMAS PARTY  
 CHRISTENING  
 GRADUATION ETC.

Saturday Night Available  
 Private Room  
 Seats From  
 40 to 110 People

**SPECIAL PACKAGE INCLUDES**

- Hot Buffet/Salad/Rolls
- Decorated Cake
- Table Snacks
- Unlimited Soft Drinks
- Coffee Tea
- \$17.50 Per Person and up

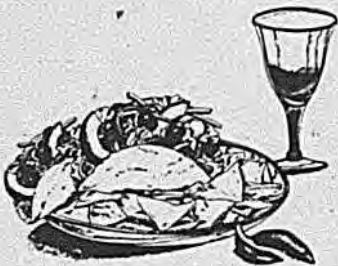
For Your Wedding,  
 Bar/Bat Mitzvah  
 Large Affairs

Have Your Wedding in a Lavish Baroque-Style Architectural Setting with Accompanying Dinner Served in the Grand Manner.

\$39.50 per person and up

MAIN BALLROOM  
 SEATS 50 to 300  
 PEOPLE

1992 Dates Still Available  
 250 Jericho Turnpike • Floral Park, N.Y. 11001 • (516) 775-1782/83



For An Occasion To Remember, It's

# Stella Ristorante

Available For Communion, Confirmation, Graduation, Showers and Engagement Parties

Specializing in the Finest Home-Cooked Italian Cuisine For the Past 32 Years

Call For Reservations  
 516-775-2202

152 Jericho Tpke.  
 Floral Park, N.Y.





Desiree Vivea

With summer in full swing, now is the time to take advantage of the seasonal crop of fresh summer vegetables. Supermarket counters are brimming over with healthy and delicious varieties of squash, such as yellow crookneck and zucchini, as well as with artichokes, sweet corn and asparagus. Your microwave will help you cook these fresh vegetables in a way that will retain their fresh flavor and vitamin benefits.

Sweet corn is a summer favorite in my family, and I like to stock up on both yellow and white ears for barbecues or a special summer treat. Microwaving corn is a snap, and the ears turn out juicy and delicious.

To microwave corn, simply remove the husk and silk, rinse and tightly wrap each ear in plastic wrap. Microwave one ear on HIGH (100 percent power) setting for three to four minutes, two ears for five to six minutes, three ears for seven to eight minutes, and four ears for nine to 11 minutes. Turn ears over and rearrange halfway through cooking time.

Fresh hot ears of corn are especially delicious when served with tasty flavored butters. For a spicy butter dip, place 3 tablespoons butter or margarine in a microwave-safe glass measure. Add 1 tablespoon lemon juice, ¼ teaspoon curry powder, ¼ teaspoon cayenne pepper, and ½ teaspoon Dijon mustard. Stir all until well mixed, and microwave on HIGH (100 percent power) setting for one minute or until melted.

For a fresh herb butter, place 3 tablespoons butter or margarine in a 2-cup microwave-safe glass measure. Mix in 2 teaspoons lemon juice, 1 teaspoon fresh diced parsley and ½ teaspoon dried dill. Microwave as above. (These butters also make a terrific dip for artichokes.)

Some tips to remember when microwaving fresh veggies: Never salt your vegetables before microwaving. This will cause them to dehydrate and toughen.

Also, do not add water to vegetables unless required by the recipe. Rinse vegetables before microwaving, but don't dry. This should provide enough moisture for cooking.

Whenever possible, microwave vegetables whole, rather than slicing, as they will retain the maximum amount of nutrients when uncut.

Always microwave vegetables on HIGH (100 percent power) setting, unless instructed otherwise by recipe.

Summertime is the perfect time to "lighten up" with fresh vegetables for supper. Prepare one of the scrumptious recipes listed in this week's column, whip up a tall, cool pitcher of iced tea, and enjoy a warm summer evening on the back porch!

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

## ROMA VEGETABLE MEDLEY

- 2 small zucchini
- 2 small yellow crookneck squash
- 1 cup chopped fresh broccoli
- ¼ pound fresh mushrooms, sliced
- 3 tablespoons minced onion
- ¼ teaspoon dried basil or 1 tablespoon chopped fresh basil
- 1 clove garlic, minced
- 2 tablespoons water
- 3 tablespoons butter or margarine
- 2 small tomatoes, quartered
- Salt and pepper to taste

Yields 4 to 6 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 10 to 12 minutes (plus 3 minutes standing time).

Oven setting: HIGH (100 percent power).

Wash zucchini and squash, trim ends, and slice ¼-inch thick. Arrange with broccoli and mushrooms in 10-inch microwave-safe glass casserole. Sprinkle with onions, basil, garlic and water.

Dot vegetables with butter or margarine and microwave 6 minutes, stirring once after 3 minutes. Add quartered tomatoes, cover, and microwave 4 to 6 minutes longer, stirring once, until vegetables are crisp-tender. Let stand.

Place artichokes on microwave-safe serving tray and microwave 3 to 4 minutes, or until heated through. Let stand 2 minutes before serving.

covered, 3 minutes before serving. Season to taste with salt and pepper.

## ARTICHOKES ITALIANO

- 2 medium artichokes
- ½ cup grated Parmesan cheese
- 1 medium tomato, seeded and chopped
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh basil
- 1 teaspoon dried oregano
- 1 tablespoon olive oil
- 1 clove garlic, minced

Yields 2 servings.

Preparation time: 15 minutes.

Cooking time: 10 to 12 minutes (plus 12 minutes standing time).

Oven setting: HIGH (100 percent power).

Slice off artichoke stems and trim off tips of leaves with scissors. Rinse under cold running water.

Tightly wrap each artichoke with plastic wrap and place bottom-side-up in 2 microwave-safe glass custard dishes. Microwave 7 to 8 minutes, rotating halfway through cooking time. Let stand 10 minutes. Remove purple area at base of each artichoke.

Mix together remaining ingredients. Stuff filling between leaves of artichokes, working from outside of artichoke to center.

By Willard Abraham, Ph.D.

Dr. Abraham: All of my friends get allowances from their parents, but mine have never brought up the subject. They are very generous with me, giving me whatever I ask for to go to the movies (except they want me to shop around for the lowest-priced tickets), football and baseball, clothes, ice cream and really just about anything I want.

It's just that I'm tired of asking them all the time. I'm only 13 years old, so I don't guess they'll give me a whole bunch of money every week or two, but it would be so good to have a set amount that I can count on. Then I wouldn't always have to go back to them for money.

Don't you agree with me that that would be a good idea? — Gloria, Corpus Christi, Texas

Gloria: Yes, I do.

It would be best to talk to both your parents at the same time about this subject so they don't feel you're playing one off against the other.

Here are three thoughts to consider before you do that:

Have two lists written down — one of the expenses you'd like to have covered and what they cost and the other of the tasks around the house that you already handle and others you'd be willing to help with.

The first list should include every reasonable item you can think of, and the other might include chores such as cleaning up (your room and perhaps other parts of the house), meal preparation, dish washing and handling garbage.

Listen to them as much as you want them to listen to you. What ideas do they have for you to limit what you spend? How often do they think you should receive your allowance? They may want to tell you a little bit about their own budgeting problems, maybe even more than you care to know.

Suggest an "emergency" figure to add to your actual needs and their costs, perhaps 10 percent of the allowance, either to take care of unexpected costs or for you to save. (Perhaps this is the time also to talk to them about a bank savings account.)

When an agreement is arrived at, in writing, that both you and they can live with, set a time to talk about how things are going, something like the first of each month. But keep the option open so that either they or you can bring up the subject whenever the need seems to arise.

Dr. Abraham: Let me tell this to you straight and plain: My parents don't trust me. And let me add: They have no reason in the world to not trust me.

Maybe it's just because I'm only 14 years old and they think I'll get into trouble of some kind. I've never been in any, so why are they in such an uproar? — Nellie, Savannah, Ga.

Nellie: There is this "thing" about many parents. They want to be sure that their teens and other youngsters have as few problems as possible. They may also feel that when they are a bit strict their kids will turn out better than they otherwise would.

The beginning years of adolescence, those early teens, are when they often begin to worry the most.

So try to be patient with them. You need to try to accept them as they are, at least as much as you hope they will accept you.

It may sometimes be hard for you to believe, but these concerns of theirs are usually based on their terrific love for you. Although that might be difficult for you to understand when they appear to do so much that doesn't seem right to you, it is often true.

Dr. Abraham: I guess I'm lucky with my girlfriend because the only thing I don't like about her is the way she has her hair cut. It's just too darned short.

She has a long, thin face, and with that little hair on top and practically none on the sides, it really looks funny. Silly or dumb might describe it better.

I've told her a lot of times how I feel about it, but she always says, "I like it that way."

Do you think that's a good enough answer? — Tim, North Platte, Neb.

Tim: Honestly, I have to tell you that I do feel it's a pretty good answer. Hairstyling is a matter of personal taste, so it would be advisable for you to back off.

If this really is the only thing that turns you off about her, it's probably a good time to think of the many that turn you on and enjoy them and her.

# Cooking Corner



## Seafood lovers hooked on surimi

By Linda Susan Dudley

A lot of shoppers don't know what surimi is — but they know they like it.

Witness this exchange in a supermarket in front of an iced counter full of cartons of surimi salad:

"Do you like surimi?" a woman asked a customer.

"I don't know what it is," admitted the customer.

The woman pointed to the surimi salad containers.

"Oh, you mean fake crab," he replied. "Yeah, I like it."

The shopper wasn't the only one who didn't know the seafood product surimi (pronounced sir-REE-mee) by its proper name. Yet, most were familiar with the substitutes for high-priced seafood, including crab, lobster and shrimp. While these pricey three, when cooked and shelled, are \$10 to \$20 a pound fresh, surimi pretenders — also fully cooked — average about \$3 to \$5 a pound.

Part of the reason surimi has an identity problem is unclear labeling. Not all manufacturers put the word surimi on their labels, instead calling the product imitation crab (or spelling it krab), Sea Legs, seafood salad or other names.

"That's why the Surimi Seafood Education Center was formed," said Clare Vanderbeek, vice president of communications for the National Fisheries Institute, a trade association that oversees the education center.

"There's been a lot of misinformation as to what the product was and how it was made," Vanderbeek added.

"Now it is a product in its own right and people are responding to it because it's a nutritional seafood at a reasonable price and it's ready to use."

Although surimi has been a food staple in Japan for years, it was only introduced in this country in 1976 by a San Francisco-based company under the brand name Sea Legs. By the turn of the decade, 1980, sales of surimi in the United States had reached 6.1 million pounds. During the '80s, surimi consumption here rose to 150 million pounds — an increase that made it one of the fastest-growing fish categories.

Today, Alaskan pollock, the primary ingredient for surimi seafood blends, ranks fourth in per-capita consumption, right after traditional favorites of tuna, shrimp and cod.

It's true that the ersatz seafood and the real thing don't exactly taste alike. But mixed with other ingredients, consumers in taste tests have liked the seafood substitutes.

Surimi is made by removing the

skin and bones from the pollock fish, mincing and then washing and straining it until it is an odorless, flavorless paste.

The fish paste is then combined with sugar or sorbitol to help it retain moisture and decrease damage from freezing, plus salt, starch, binders, flavors, coloring and — by some manufacturers — some real shellfish meat. Finally, the paste is extruded and pressed into shapes. Most companies do not add MSG but a few do, so check the label if you're MSG-intolerant.

The seafood products are fully cooked and pasteurized and contain 96 calories in 3½ ounces. In addition to fresh seafood chunks or "legs," surimi is often sold in "salad" form, which means dressed in mayonnaise (sometimes way too much mayo) with diced celery and seasonings.

One of the newer entries in the surimi market is individual lunch or servings of 4 ounces of crab-flavored seafood with cocktail sauce or lobster-flavored seafood with butter-flavored sauce.

Here are some recipes for surimi dishes from the Surimi Seafood Education Center in Arlington, Va.

### SURIMI SEAFOOD WITH BLACK BEANS AND CILANTRO SAUCE

- 2 cups frozen corn
- 1 (16-ounce) can black beans, rinsed and drained well (2 cups)
- ¼ cup chopped fresh red pepper
- 1 (4-ounce) can chopped green chilies, drained (½ cup)
- ¼ cup minced cilantro
- 4 green onions, green and white part, minced
- 12 ounces lobster-flavored surimi seafood chunks, shredded or flake style
- 2 cloves garlic, peeled and minced
- 1 teaspoon ground cumin
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons white wine vinegar
- 1 to 2 teaspoons minced jalapeno chili, or to taste (optional)
- 2 teaspoons fresh lime juice
- 2 tablespoons water
- 3 tablespoons olive oil
- Yogurt Cilantro Sauce (recipe follows)

Yields 4 servings.

Place corn in strainer and run cold water over it to thaw; drain well. In large bowl, mix corn, beans, red pepper, chilies, cilantro, green onions and surimi seafood. On cutting board, with

point of sharp knife, mash together garlic, cumin and pepper to form a paste.

Place paste in small bowl and whisk in vinegar, jalapeno chili, lime juice and water. Gradually whisk in oil. Drizzle vinaigrette over beans and toss.

Serve salad at room temperature in bowls or in lettuce cups. If chilling salad, taste and adjust seasonings before serving. Pass Yogurt Cilantro Sauce separately.

### YOGURT CILANTRO SAUCE

- 1 cup plain non-fat yogurt
- ¼ cup minced cilantro
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ to ½ teaspoon cayenne

Yields 4 servings.

For sauce, stir together all ingredients until well mixed.

### SURIMI ZUCCHINI FRITTATA WITH FRESH TOMATO SAUCE

- 2 tablespoons olive or salad oil
- 1 (5-6 ounce) zucchini, thinly sliced
- ¼ cup chopped onion
- ¼ cup chopped green pepper, seeded
- 3 eggs (see note)
- 6 egg whites (see note)
- 2 teaspoons finely chopped fresh basil or ¼ teaspoon dried basil
- ½ teaspoon salt (optional)
- ¼ teaspoon pepper
- 6 ounces surimi seafood, crab or lobster flavored, chunk style
- 2 tablespoons butter or margarine
- Fresh Tomato Sauce (recipe follows)

Yields 6 servings.

Preheat oven to 375 F. In 10-inch cast-iron or heavy metal-handled skillet, heat oil to "rippling" over medium heat. Add zucchini, onion and green pepper and cook, stirring often, 5 minutes, or until zucchini begins to brown. Turn into mixing bowl and set aside to cool slightly.

In second mixing bowl, beat eggs and egg whites with basil, salt and pepper until well blended; add zucchini mixture and surimi seafood, beat well.

Meanwhile, in same skillet in which vegetables cooked, melt butter over medium heat, swirling skillet to coat evenly with butter. Pour in egg-surimi seafood mixture and place skillet on middle shelf of oven. Bake 12 to 15 minutes or until eggs are set throughout. Loosen around edges with metal spatula, then cut into wedges. Serve hot with Fresh Tomato Sauce.

Note: Six whole eggs can be substituted for 3 eggs and 6 egg whites.

The following tomato sauce also can be used as a summer pasta sauce. Make the sauce according to directions and add 6 ounces of surimi seafood at end of cooking. Serve over hot, cooked pasta. Yields 2 to 3 entree servings.

### FRESH TOMATO SAUCE

- 2 tablespoons olive or salad oil

- ¼ cup onions, chopped
- 1 clove garlic, crushed
- 3 cups fresh tomatoes, skin removed and coarsely chopped
- 2 teaspoons finely chopped fresh basil or ¼ teaspoon dried basil
- 1 teaspoon each salt and sugar (optional)
- ½ teaspoon pepper

Yields 6 servings.

Microwave method: In 4-cup microwave-safe glass measuring cup or bowl, stir oil with onions. Microwave, uncovered, on HIGH 2 minutes; stir in garlic.

Add tomatoes, basil, salt, sugar and pepper; cover with paper towel to prevent splattering and microwave on HIGH 15 minutes, stirring every 5 minutes.

Stovetop: Film small, heavy saucepan with oil; add onions and cook over low heat until tender but not brown. Add garlic, cook 1 minute. Add tomatoes, basil, salt, sugar and pepper. Bring to a simmer and cook, uncovered, 30 minutes, stirring occasionally.

Serve ¼ cup sauce over each wedge of Seafood Frittata.

### SURIMI SEAFOOD, AVOCADO AND SPROUT SALAD

- 12 ounces crab-flavored surimi seafood, flakes, chunks or salad style, well flaked
- 1 small firm-ripe avocado, peeled, pitted and diced
- ¼ cup thinly sliced celery or peeled English cucumber
- 1 cup alfalfa sprouts
- 2 tablespoons reduced-calorie mayonnaise
- 2 tablespoons plain low-fat yogurt
- 2 teaspoons prepared creamy horseradish
- 1 teaspoon lemon juice
- 4 large romaine lettuce leaves

Yields 4 servings.

Combine surimi seafood, avocado, celery or cucumber and sprouts in medium bowl. Stir together mayonnaise, yogurt, horseradish and lemon juice. Add to surimi seafood mixture and toss gently. Arrange romaine on 4 plates and divide surimi seafood mixture on top.





By C.Z. Guest

Growing herbs is a cinch as they'll even thrive in poor soils with ample watering. However, for the best crops, the secret is when to harvest.

Most herbs can survive on poor, stony ground, but few can handle waterlogged soil. Ideally, they do best in light, open soil that is well aerated yet able to retain nutrients and moisture.

To help your plants thrive, prepare the soil in early spring by eliminating weeds, improving drainage, enriching the soil and covering it with an organic matter, like mud. Potted grown plants can be planted almost immediately in prepared soil.

Fresh leaves can be harvested for immediate use at any time during the growing season while evergreen herbs, such as thyme, can be picked throughout the year, although new growth should be given the chance to harden before winter sets in.

Collect leaves in the morning after the dew has evaporated. Leaves are most sweet and tender when the plant is young up to flowering time. Be gentle with the leaves, taking care not to bruise or crush them. Pick only healthy ones without yellowing, blemishes or insect damage.

The best time to harvest a herb plant is just before the flowers open. If you want the green parts only, cut back annuals 3 inches above the ground, but take no more than a third from perennials.

Flowers are best collected at midday in dry weather. Pick them just as they open fully. Treat all flowers with great care, avoid

wilted or damaged ones, particularly if you wish to crystallize them. Once picked, keep your flowers loose in open containers; keep in mind they bruise easily.

## PROTECTING PERENNIALS

Let a threatening rainstorm remind you to stake all tall and weak-stemmed perennials, such as lilies, coreopsis, asters, dahlias, some peony varieties and any other floppers.

Bamboo stakes and string, even prunings from your privet or other shrubs will do the job. Stakes will go into moist soil easily, but take care to avoid hitting tuberous rooted plants or bulbs.

Use the rain instead of watering before applying fertilizer. After rainfall is the best time to pull weeds by hand or thin young seedlings.

**Q.** I want to make my own brooms. Is broomcorn difficult to grow?

**A.** No, broomcorn is as easy to grow as sweet corn. In the spring, after the soil has warmed up, plant the seed on hills 12 inches apart, or 4 to 5 inches apart in rows. Cut the heads about three months later, when they begin to fill out but the seeds and sweeps are still green.

Fully mature broomcorn will have red heads, which makes an attractive broom but, unfortunately, the fibers are not as strong as green ones. Cut the stalks about 3 feet from the top, fan the heads out, lay flat to cure. The heads will bleach if cured outdoors.

Broomcorn mildews easily, so if you let it dry outside, take it in at night and during rainy weather.

## Hearty herbs



- Although herbs can grow in stony soil, they grow best in well-aerated, light soil.
- Prepare soil by eliminating weeds and improving drainage.
- Don't overwater herbs.
- Fresh leaves can be harvested any time during the growing season. Evergreen herbs, such as thyme, can be harvested year-round. Collect leaves early in the morning, after dew has evaporated.

Sage

# Our Children

By Willard Abraham, Ph.D.



## Telling child about her 'real' father

**Q.** Our daughter is almost 10 years old and recently has become curious about her father. The man I am married to has been the only father she knows, but her questions relate to her "real" father (whom I never married). She never thinks of herself as being illegitimate because I've never used that word with her.

She asks things like, "What is he like?" "Where is he?" and "When can I see him?"

I answer her as honestly as I can, including telling her that I have not seen him since before she was born. Although I know where he is in a nearby town, I've been reluctant about having her meet him.

He has made no effort to see her, and I'm afraid that she might feel further rejected by him.

What do you think I should do?

**A.** If your husband approves and if her "real" father is willing to see her, that may be the way to go. If he isn't willing, then you'll have to tell her that his refusal has nothing to do with her but relates to his having another life, just as she and you do.

It is so refreshing to hear that you haven't used the word "illegitimate." Unfortunately some parents in the past did use it.

Movie fans of old films might remember a dramatic Greer Garson scene in a movie called "Blossoms in the Dust." In it, she severely and publicly criticized an audience of legislators with a statement like this: "There are no illegitimate children, only illegitimate parents." As I recall, her objective was to remove the stigma of that label on birth certificates. Fortunately, that problem belongs in the past.

**Q.** I figured that if I quit smoking, it would help discourage our kids from starting (they're 10 and 12, both boys), as well as be good for my own health.

The advice I followed came from the American Cancer Society, and it worked! Here are the magic suggestions:

- Hide all ashtrays and matches.
- Chew gum or munch on carrot sticks or other snacks during the day.
- Drink lots of liquids, but stay away from coffee and alcohol.
- Exercise to relieve tension.
- When the urge to light up strikes, take a deep breath and

hold it for 10 seconds, then release it slowly.

Other smoking parents may want to try this procedure. I hope they have the same good luck that I've had.

**A.** Good for you — and for your children. You are so wise to realize that parents are the major model youngsters copy on smoking habits as well as many other factors.

By the way, if those suggestions don't work to help you other parents stop, consider these points:

- Approximately 434,000 deaths last year were caused by smoking.
- Health risks for those who quit for 15 years drop to the same levels as non-smokers.

I wish all kids had parents as smart as you. Thanks very much for writing.

**Q.** I know that children with Tourette's syndrome have a lot of problems, but I wonder whether stuttering is among them. Our little 3-year-old seems to stutter, but does that mean that maybe he has Tourette's syndrome? I'm starting to worry about that.

**A.** A child may have both or just one, or, of course, neither one. A professional who deals with speech problems is probably your best source related to your own youngster.

Three-year-olds could be in the none-of-the-above group because they sometimes have a kind of hesitant speech that inaccurately is labeled as stuttering and that they will outgrow. A speech therapist can no doubt provide the kind of information you need.



## THE HEALTHY GOURMET



By Kit Saedaker

Useful yogurt  
for every course

The first time I ate yogurt, back in the late '40s, I was told never to sweeten it. It "doesn't taste good that way."

Yogurt was recommended for "gippy tummy," meaning the gastrointestinal upset guaranteed when traveling in the Far East. And I dutifully ate it for that. It works. Then I discovered it in my local store back home, although only in one flavor, and the next thing I knew it was everywhere.

The best I've ever had was in Greece, made from ewe's milk. Topped by local honey, it was a feast. For several months after that binge, I dieted on low-fat blueberry yogurt and lost masses of pounds while feeling as wicked as though I were eating cheese-cake.

By now yogurt is an all-American ingredient that can be eaten through an entire meal. Frozen yogurt is a prime dessert; yogurt sauces rival vinaigrettes. Yogurt sparks pasta, smooths and flavors cold soups and even makes an engaging cheese. For this, dump it in a paper coffee filter over a bowl and let it drain in the refrigerator for a mild cheese, at room temperature for a stronger one. Then use the result in dips, sauces and on top of soup.

Here are three of my favorite things to do with yogurt: a pasta, soup and dessert. All of them are delicious and all of them will quiet a "gippy tummy," too.

## COLD YOGURT PASTA

- 1/4 cup plain low-fat yogurt
- 2 tablespoons instant non-fat dry milk powder
- 1 tablespoon rice vinegar
- 1/4 teaspoon ground cumin
- Freshly ground pepper
- 1 1/2 cups cooked rigatoni or ziti
- 1/4 cup diced radishes
- 1/4 cup diced celery
- 1 1/2 teaspoons minced scallion
- 1 teaspoon chopped fresh mint
- 1 teaspoon cilantro or Italian parsley (1/4 teaspoon each dried)

Yields 2 servings.

Each serving has about 180 calories, 1 gram fat, 4 milligrams cholesterol and 90 milligrams sodium.

Put yogurt, milk powder, vinegar, cumin and pepper in bowl and whisk together. Add remaining ingredients and toss. Cover and refrigerate until serving time.

## YOGURT GAZPACHO

- 1/2 cup spicy mixed vegetable juice
- 1/2 cup plain low-fat yogurt
- 1/2 cup chopped cucumber
- 1/4 cup diced green and red peppers
- 1/4 cup diced celery
- 1/4 cup diced scallions

- 1/4 cup diced tomato
- 1 1/2 teaspoon seeded and minced chili pepper
- 1 1/2 teaspoon fresh Italian parsley
- 1/2 small clove garlic, minced
- Salt and pepper to taste
- 1 ounce croutons
- 1 tablespoon low-fat sour cream

Yields 2 servings.

Each has about 100 calories, 4 grams fat, 8 milligrams cholesterol and 395 milligrams sodium.

Put juice and yogurt in food processor or blender and combine. Add about 1/2 cup of cucumber, 2 tablespoons each of peppers, celery, scallions and tomato, then the chili pepper, parsley, garlic and salt and pepper, if used. Process until smooth. Refrigerate at least 1 hour.

To serve, half-fill two soup bowls with the gazpacho, top with remaining cucumbers, peppers, celery, scallions and tomato. Top each with half the croutons and sour cream.

FROZEN YOGURT  
WITH BERRIES

- 4 cups fresh (or thawed) berries, such as raspberries, strawberries, blueberries)
- 1 banana
- 1/2 cup brown sugar
- 1/2 cup frozen orange juice concentrate
- 1 teaspoon vanilla
- 2 cups low-fat yogurt

Yields 8 to 10 servings.

Each serving has about 150 calories, 1 gram fat, 8 milligrams cholesterol and 45 milligrams sodium.

Put berries in food processor and puree until smooth. Sieve them to remove seeds and try to end up with about 2 cups. Puree banana in food processor (don't have to wash processor first), add berries, brown sugar, orange juice and vanilla. Whiz to mix. Add yogurt and mix in.

Freeze in an ice-cream freezer as manufacturer directs. Or put in ice cube trays, freeze until almost solid, puree again the food processor, put in plastic bowl, cover and place in the freezer.

THE HEALTHY  
GOURMET

## Yogurt Gazpacho

- Calories per serving: 100
- Fat per serving: 4 grams
- Cholesterol per serving: 8 milligrams
- Sodium per serving: 395 milligrams

THE HEALTHY  
GOURMETFrozen Yogurt  
With Berries

- Calories per serving: 150
- Fat per serving: 1 gram
- Cholesterol per serving: 8 milligrams
- Sodium per serving: 45 milligrams

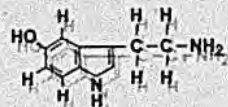
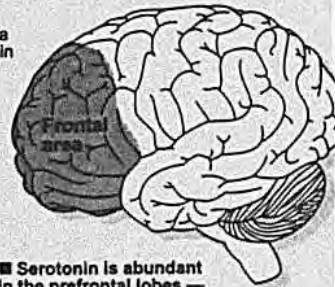
## DISCOVERY

## Tourette's syndrome

A baffling syndrome, most often associated with uncontrollable swearing, Tourette's was discovered by a French neurologist and is believed to be caused by chemical imbalances in the brain.

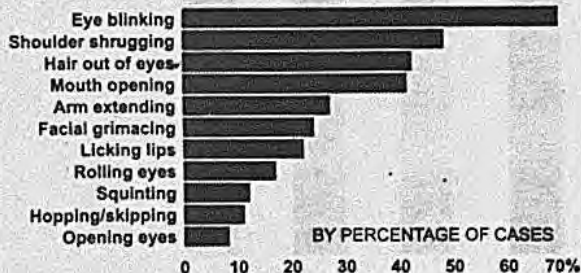
## Tourette's facts

- It appears to be caused by a chemical imbalance of serotonin and dopamine.
- One of the brain's major chemicals, serotonin, is involved in transmissions between nerves. Dopamine is important in controlling muscle movement.
- The syndrome is more common in males and has a strong inheritance component.



- Serotonin is abundant in the prefrontal lobes — areas responsible for motivation, self-discipline and paying attention.

## Most common uncontrollable motor actions

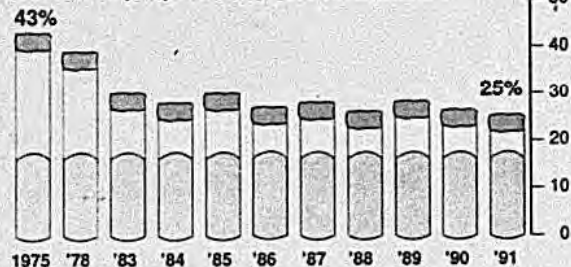


## HEALTH WATCH

## Smoking has dropped in popularity

The percent of people surveyed who indicate that they smoke has dropped significantly since 1975.

## Percent of people surveyed who smoke



SOURCES: The Prevention Index, Prevention magazine; Louis Harris and Associates

HEALTHY  
GOURMET





## Fitness Forum

### A consumer's guide to fitness equipment

By Jane Rosenberg

When George Bush declared at the start of his presidency that the country had "more will than wallet, but will is what we need," he could have been foretelling the latest trend in home fitness.

Indeed, health-conscious Americans have more than their weight to fret over in the '90s, the decade of reckoning with the excesses of the '80s. Besides a waistline, the width of the wallet must be considered.

With this in mind, exercise experts are still talking up the past decade's more popular devices — rowing machines, climbing machines, bicycles and home gyms — but without the heart monitors, video screens and individualized computer-programmed workouts.

Equipment without those "bells and whistles" fell out of favor after the initial sales rush, says Tom Anderson, director of health testing at a Los Angeles-area hospital.

Yet the intended message of those models — thriftiness as well as fitness — has somehow remained on the lips of fitness experts.

"Some people have to make a financial commitment in order to get motivated," Anderson says, explaining what's been fueling the yuppie stampede to devices that calculated the calories lost along with the sweat.

"But if people don't have a background in something, like rowing, people won't stick with it," he continues. "As long as you enjoy it and stick with it, that's fine."

The latest in both home and health-club fitness capitalizes on the most utilitarian, if not off-beat, items. For example, fitness instructors are bringing long-forgotten household items to add something new to their routines.

Mirabal Holland added light weights to her Hula Hoop — available at most toy stores for \$3.99 — and introduced it to her classes at New York's Atrium Club. Students don't hula, but they leap through the plastic play ring, jump-rope

style, with its added resistance. This trend in the making, featured in *Self* magazine, is bound to shake itself loose and and roll out to the West Coast.

#### BACK TO BASICS

Equipment manufacturers are taking the lead from instructors and shying away from high-tech devices heavy on the metal and microchips. Today's hottest innovations include twists on the giant gym trampoline and the home or office staircase.

The trampoline is getting quite a workout these days both in aerobics classes and at home. The home models, such as Step On Board, Jack LaLanne and Weslo, are light and small, usually measuring no more than 3 feet in diameter.

Sporting goods store clerks also report that those who used to jog in place now apparently want to actually go somewhere — higher.

There's also a certain fantasy appeal to the home trampoline. It can take anyone back to those juvenile years of jumping on your parents' big bed, to the circus to join the Flying Wallendas or even to the sports arena for some warm-ups leading to the perfect slam-dunk.

Trampolines run from \$19.99 to \$59.99, depending on the size and manufacturer.

Fear of flights — flights of stairs, that is — may be conquered on either the low-cost "steps" or high-cost stair machines.

Think of a stair machine as a personal escalator with a bevy of futuristic options. The Stair Master, for instance, can be programmed to simulate the conditions of a "lunar landing," "black hole" or "blast off." The descriptions apply to the steepness and drop-off points of each climb.

For most consumers, the \$4,000 price tag of the Stair Master is out of this world. But manual steps — re-fashioned step ladders in typical colors — are more down-to-earth, in purpose and appearance, as well as price.

Initially introduced in aerobics

classes, steps are becoming increasingly popular as more fitness fans discover their versatility. Anyone can adjust the height and accompanying difficulty level, sporting goods stores report. Even the least expensive brand of the steps can be built up three levels. Depending on the size and manufacturer, the item can run between \$39.99 and \$99.95.

#### ROLLING IN PLACE

The stationary home bicycle also underwent a make-over during the '80s. Manufacturers did away with heavy steel, using a lighter material for the frame and concealing the rubber tires and metal spokes inside aerodynamically designed chambers.

First, the names changed — to Lifecycle, Aerobicycle, Fitron or Heart Mate — as if to tell the consumer the bicycling was just as beneficial to the organs above the waist line as for the quadriceps muscles below.

The new models also are equipped with speedometers, timers, pulse or heart-rate monitors and calculators for the number of calories burned off. Computers also allow the rider to simulate the conditions of a particular course, whether it be hills, flatlands or a combination.

The extras, however, can be as steep as any ride the on-board computer can program. A Lifecycle, one of the more popular brands, can cost as much as \$2,000.

The price tag also guarantees a smoother ride and a more consistent workout for more of the body — the posterior, buttock and flexor leg muscles. Less expensive bikes may test one's ability for only a half, instead of a full, revolution of the pedals, calling on the just quadriceps muscles in the process.

Despite the proliferation of the super-computer bikes, low-tech models are readily available and well recommended.

Anderson calls Schwinn's Air Dyne "the best workout in the house." He points out that the Air Dyne not only calls on rider's legs, heart and lungs, but the arms and shoulders as well.

The Air Dyne, which costs about \$600, runs on leg or arm power, or both. The handlebars shift back and forth during pedaling, allowing the rider to concentrate on one part of the body or rest one set of muscles while continuing the workout on the other.

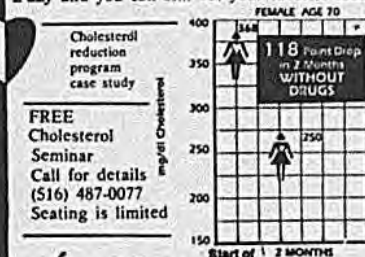


Healing the Heart without Drugs

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

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

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



FREE Cholesterol Seminar  
Call for details (516) 487-0077  
Seating is limited

**GREAT NECK Program**  
**CARDIOVASCULAR & HYPERTENSION CENTER**  
516 / 487-0077  
833 Northern Blvd. • Great Neck, NY 11021

Lower your cholesterol by 30% and you'll reduce your risk of a heart attack by 60%

### DISCOVER THE UNIQUE MEDICALLY-SUPERVISED SMOKING CESSATION "PATCH-PLUS PROGRAM"

With the Patch-Plus Program you don't get *Patched* and forgotten. You get the extra help you need to *finally stop smoking*.

- Plus Stress Management: A stress management expert works with you to help you manage your stress and replace the "smoking habit" with healthier behaviors.
- Plus Biofeedback: In just a few sessions you develop the skills needed to help you win.
- Plus Support Groups: For long lasting results support is key.
- Plus Medical Supervision: Your well-being is carefully monitored during this process.

Dr. Ted Horowitz, Psychotherapist

Dr. Michael Jason, Cardiologist



GREAT NECK  
CARDIOVASCULAR &  
HYPERTENSION  
CENTER

833 Northern Blvd Great Neck, NY 11021

FREE SEMINAR  
Smoking Cessation  
"PATCH PLUS PROGRAM"  
Call for details • 516/487-0077

### Need Help Finding A NURSING HOME?

Medicare & Medicaid Assistance Provided  
PRI'S and SCREENS

### SENIOR PLACEMENT SERVICES

Herricks Community Center  
999 Herricks Road  
New Hyde Park, N.Y. 11040

(516) 742-3400  
Fax (516) 742-3422  
Virginia Belling, R.N.

## Here's How



By Gene Gory.

**Q.** We recently built a brick retaining wall. After a recent rain, the bricks were covered with a white powder. I've washed the bricks repeatedly, but the powdery film keeps coming back. Will it ever quit leaching out?

Is there any way to clean the bricks and keep this film from reappearing?

**A.** This is a common problem. The white spotting is due to efflorescence, caused by moisture working its way through the brick and carrying salts with it that remain on the surface after the water evaporates.

Masonry cleaning and etching preparations, available at masonry supply houses, will remove soil and various stains, including the

white surface coating. There also is a solution you can mix yourself that should remove the white deposits.

Mix a solution of muriatic acid, 1 part acid to 9 parts water, using a plastic or wood container. In making the mixture, pour the acid into the water slowly and avoid splashing. This is a strong acid mixture and you should wear rubber gloves, old clothing and eye goggles for protection.

Wet the brick with water first, then liberally apply the muriatic solution, allowing it to remain two to three minutes. Scrub with more of the acid solution, using a stiff bristle brush. Keep the acid bath on the brick, carefully protecting

adjacent areas, including the concrete. Rinse well with clear water.

A word of caution — light-colored brick and some concrete can become discolored with this acid treatment due to chemical reaction with the brick composition (which varies). It is best to first test an inconspicuous area to be assured that the acid cleans rather than discolors your type of brick or masonry surface.

After the brick surface is thoroughly cleaned, a clear masonry sealer should be applied to protect the brick from moisture and a repeat of the white spotting condition.

Masonry sealers also are available in colors that can give you a richer, deeper red than the natural brick, or more like the color of red brick when it is wet.

One of our readers writes:

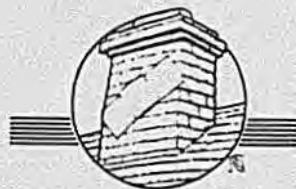
Reading your recent advice on cleaning streaked and stained windows has prompted me to write. I live in a house built at the turn of the century, which has

glass French doors and beveled glass windows throughout.

I, too, had trouble with streaks and pitted glass. I have tried all of your suggestions and then some. Still no really clean glass until I tried a new cleaner on the market.

"Cinch" worked wonders for me! My glass inside and out looks like sparkling diamonds now. Just a little more money than regular window cleaners, and so much easier to use than ammonia or other strong cleaners. — P.E.M.

Editor's Note: This cleaner is also great for plastic laminates, corian, range tops with glass, oven doors, etc.



## Decor Score



By Rose Bennett Gilbert

## Upholstered chairs add interest to dining group

**Q.** I'd like to have an upholstered armchair at the head of the dinner table, but my wife says that would be rude, making everyone else sit on ordinary chairs. Besides, she says all the chairs should be alike. Is that right? — K.C.

**A.** Not necessarily. It's quite usual, in fact, for the host and hostess to have arms on their chairs while the rest of the diners don't. And it's becoming more and more usual to see unlike chairs clustered around the table.

Mismatching things can be more visually interesting than a mirror-image hedgerow of backs and legs marching down the table sides.

The dining arrangement we show here is a sophisticated case in point. Here, you not only have an upholstered wing chair at the head of the table, you have a sofa sitting in as a kind of banquette on one side. Flanking it are a couple of straw-bottomed pull-up chairs, so the arrangement is as flexible as it is cozy.

Also underscoring the sheer comfort of such a well-upholstered dining group, the designers (members of the design staff at Woodward & Lothrop, Washington, D.C.) have anchored things on a dark and imposing area rug that

delineates the space from the rest of the room.

**Q.** I'd like to do something really smashing in the master bath we're planning to add to our house. Recently, while we were traveling through France near the Pyrenees, we stayed in a small *auberge* that had wonderful mosaic floors that looked like area rugs. How would I go about copying the idea in this country? — R.D.

**A.** Talk to the best tile store or kitchen/bath designer you can find in your area. Tell them what you want, in what colors — or, better, do some homework in decorating magazines, books on Oriental carpets, mosaics and such, so you can show the pros the kind of look you'd like.

Thanks to the computer technology at their fingertips today, they should be able to design and duplicate your "souvenir" mosaic rug.

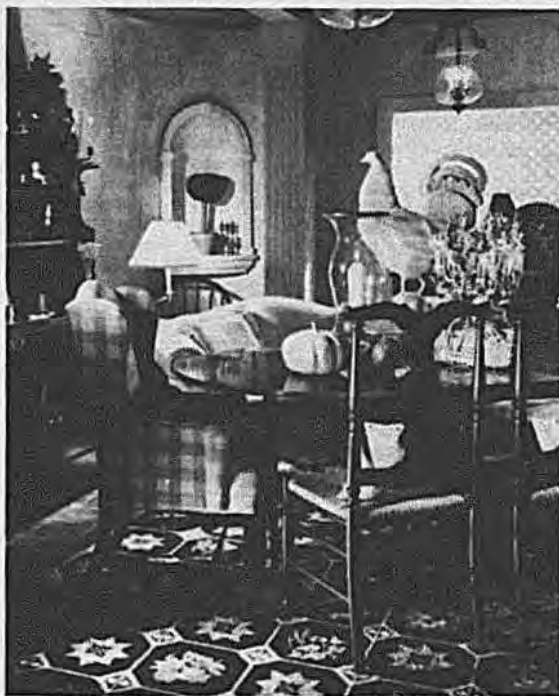
**Q.** My one-room apartment has such a wide entry I keep trying to put it to better use. Specifically, I'd like to hide my bed in there. Any suggestions on how to go about it? — T.X.

**A.** If you can construct free-standing dividers at the living room end of the hallway, you should be able to claim space

enough to fit your bed in. Curtains will disguise it by day. Hang them floor to ceiling, *behind* your bed, as well as in front, to help relieve a potentially claustrophobic situation. A couple of wall-mounted lamps *inside* your curtained-off quarters will help, too.

When you pull the curtains closed to hide the bed, you might want to set a narrow table against them to further the illusion that this is just a well-dressed hall, not sleeping quarters at all.

On the other hand, you can treat your bed like an alcove lounge: Heap it with cushions and tie the curtains back to each side, the better to show it off.



**ADDED INTEREST** — Interestingly mismatched seating adds personality to the dining area of a country-style sitting room.





# LOCAL READER

## CLASSIFIED ADS sure to get results

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

DEADLINE  
TUESDAY  
12 NOON

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

**IMMEDIATE OPENING - SALES** in Hicksville newspaper office. Salary and commission. Approx. 20 hours per week. 931-0012.

**HOUSEKEEPER/BABYSITTER** needed to assist professional couple with housekeeping and care of one child. Driver's license necessary. Checkable references. Please call 334-8165 & leave message. wjn4

**PERMANENT, P/T, SECRETARY** for one man insurance office. Tuesdays and Thursdays, 10-4. Must touch-type; steno and computer knowledge helpful. 921-4008. hJn3

**COUNTER PERSON NEEDED** P/T in local dry cleaner. Experienced & responsible. Good salary. 294-6808. wjn4

**COLLEGE STUDENT** OR older woman needed to supervise activities of two children ages 12 and 9. Three (3) full days a week from July 27 to August 21. Two-three (2-3) afternoons a week, beginning September. Driver's license and references. 489-8382. gcjy1

**RETIRED PERSON** TO BE male companion for physician (psychiatrist) in Great Neck Nursing Home. Able to read, conversational and caring a must. 484-0117. gcjy1

**HOUSEKEEPER. MATURE.** OWN transportation. Weekly adjustable days & hours. Assist active couple. No smoking. References. 487-1653. wjn4

**WORK AT HOME** - Assembly, crafts, typing and more. Up to \$500 a week plus possible. For information write Source, Dept. 5266, 2045 Southern Blvd., Apt. 1B, Bronx, N.Y. 10460. hJn1

#### Help Wanted

**IN MY MINEOLA HOME.** Full time. 2 boys 3 and 6. References needed - 746-7289. hJn3

**INSURANCE OFFICE. MINEOLA.** Customer Serv. Rep. Good typing skills, steno, exp. preferred. Call 248-4777. hJn4

**DENTAL ASST. P/T.** 10 to 16 hrs. 2 evenings. Modern New Hyde Park office. 354-3488. wjn4

**RESPONSIBLE, MATURE BABYSITTER** wanted for Mon., 8:30 - 3:30 & Thurs, 8:30 - 6:30 to care for my 3 school age children & one toddler. Non-smoker, own transportation & references required. 739-1802. gcjy2

**SECRETARY. WE ARE** a long established Garden City commercial real estate management firm seeking someone who is well organized, detail oriented and highly skilled in all office procedures. Type 75 wpm, steno, W.P. 5.1 and strong telephone skills essential. Call (516) 741-1734. gcjN4

**OPENING OF RESTAURANT** seeks energetic waitresses & waiters. Location 300 Jericho Tpk., Garden City Park. 742-7300. gcjN4

**DENTAL ASSISTANT - RECEPTIONIST** for small family practice in Garden City. P / T a f t e r n o o n , evenings/Saturday a must. Approximately 25 hrs a week. Please call 483-7377. gcjy3

**EXPERIENCED CHILD CARE** giver wanted for 2 & 5 year old boys. English speaking, own transportation. 15-25 hours. Looking for long term relationship. References. call evenings. 741-7090. gcjy3

#### Help Wanted

**STOCK PERSON WANTED** for retail food store in Great Neck. (Some heavy lifting) must have car for deliveries. Mon-Fri 8 am - 2:30 pm. Sat. 8 am-6 pm. Call 829-2174. hJn4

**PART TIME CHAIRSIDE** Dental assistant for periodontal office. Experience preferred, but will train. Dr. David Fields 486-5694. gcjy1

**RECEPTIONIST/TYPIST ASST. MANAGER** full time. Reliable, responsible, pleasant. 741-3089 evens. gcjy3

#### Situation Wanted

**BABYSITTER AVAILABLE** IN my New Hyde Park home. From newborn to three years old. Experienced & reliable with excellent references. P/T or F/T. Ask for Josephine. 516-775-5973. wjn4

**AVAILABLE FOR HOUSE- CLEANING** and Babysitting P/T. Good references - Garden City-New Hyde Park area. Call after 6. 437-2262. hJn3

**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. gcjy1

**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. gcag3

**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. wjy1

**CINDERELLA'S HOME CLEANING Service.** I will sparkle clean your home like it was my own. Experience & references. Call 354-8981. hJ14

**POLISH WOMAN IS** available for house cleaning. Please call 432-8722. hJn3

**HOUSECLEANING JOB WANTED,** sleep out. Experience, reference, 486-7118. Please call any time. gcjy1

#### Situation Wanted

**CHILD CARE-MATURE** experienced mother. Mon-Fri. Live out. Non-smoking, English speaking. Excellent references. Call 877-1229. Mon-Fri 9 am - 4 pm. gcjN4

**HOUSECLEANER - MON THRU FRIDAY.** Experienced, references. Call after 6:30 pm. 489-5631. gcjN4

**HOUSECLEANING AVAILABLE** for Wednesday (only) and also babysitting on weekends. Good references, experience. 747-5950 gcjN4

**NEED A CLEANING LADY?** Reliable with references. call Mary at (718) 476-1779 at any time. Reasonable rates. gcjN4

**MOTHER'S HELPER.** I can make your child's summer special & yours easier. I am 13 1/2, responsible, experienced, Garden City Pool member with excellent baby sitting references. Please call 747-3282. gcjN4

**EXPERIENCED CERTIFIED NURSE'S Aide** looking for position P/T or F/T to take care of elderly. Good references & driving experience (718) 479-2055. gcjN4

**CARE GIVER TO TAKE** care of elderly person. Sleep out, days. Mrs. Dokonda Fable, 358-7058. gcjN4

**HOUSECLEANING EXPERIENCED** and references available. Call any time. 292-3074. gcjy1

**EXPERIENCED BABYSITTER** looking for P/T, P/T summer job. Will travel. 741-0579. gcjy1

**COLLEGE STUDENT** LOOKING for office position as clerical or receptionist. 483-5025. gcjy1

**NICE WEST INDIAN** lady seeks to take care of an elderly person or children. Very caring & easy going. Will live in or out. Please call 746-6569 evenings not later than 9 p.m. and not earlier than 11 a.m. gcjN4

**I DO GENERAL** housework. References & experience, reliable. Call Sus 693-3593. gcjN4

**CHILD CARE OR** companion. Sleep in or out. Mature, hard-working, non-smoker. References upon request. 481-7672. gcjN4

**HOUSECLEANING AVAILABLE:** Two female college students with own transportation, will work around your schedule. Non-smoking, reliable. Experienced with references. Call Kerri, 326-1251. wjn4

#### Situations Wanted

**HOUSECLEANER AVAILABLE** Garden City area preferred. Own transportation and references. call Monday-Friday at 538-1713. gcjy3

**NURSES AIDE** LOOKING for position taking care of elderly. 20 years experience, licensed, days or nights. I have a lot of compassion. 378-6764. gcjy3

**SUMMER HELPER - GARDEN CITY** Middle School student seeks summer jobs - dog walking, pet watching, flower/lawn watering, gardening, car washing - experienced, reliable. 248-7147. gcjy3

**EXPERIENCED MATURE WOMAN** seeks live out/live in, to work with elderly. References available. (718) 523-5649. Call anytime. gcjy1

**MATURE WOMAN INTERESTED** in baby sitting in my Garden City home for 3 days a week. Mon-Fri, 3 hours a day. Ages newborn to 4 years old. References available. 248-6879. gcjy3

**EXPERIENCED IRISH HOME CARE AIDE** looking for position to take care of elderly at night. 741-8619. wJy1

**COMPANION EXPERIENCED,** Honest, reliable, seeks live-in five days taking care of elderly. Non-smoker. References. 485-6276. wJy3

**YOUNG GRANDMOTHER** LOOKING for babysitting job two or three days a week. Live in Mineola. Have no transportation. 248-9325. wjn4

**LEGAL SECRETARY - PARA-Legal** seeks P/T position. Negligence experience. Bilingual/Spanish. Call evenings 292-3203. wjn4

**WILL BABYSIT YOUR** child in my New Hyde Park home. Mon. thru Fri. References. 746-7773. wjn4

**QUALITY CHILD CARE** available in my New Hyde Park home, reasonable. Mon. to Fri. Full time preferred, part time acceptable. References. 741-9163. wjn4

**HOUSECLEANER AVAILABLE. MONDAY-Friday.** Own transportation, experience. Call 868-3196. hJn4

**CHILD CARE AVAILABLE** in my Mineola home. Loving mother will care for your Hampton St. School child, full time, summer or after school Sept. Excellent references. 741-4369. wJy1



**Situation Wanted**

**HOME HEALTH AIDE** with experience will take care of your loved ones. Affordable, reliable. Excellent references. Ask for Rose. 326-2917. gcy1

**CARING MATURE BILINGUAL Nurse's Aide** seeks position working with elderly/housebound. Experience & references. 489-7351. gcy1

**HOUSECLEANING AVAILABLE.** Good references and experienced. Own transportation. Please call at 489-2666. gcy1

**TLC GIVEN TO YOUR** child 3 years and older in your home. English speaking, experience and references. Call Martha, evenings 872-3102. gcy3

**EXPERIENCED BABYSITTER** looking for job P/T or F/T, weekdays or weekends. Excellent references, reliable, own transportation. 868-4790 after 6 P.M. gcy1

**BABYSITTER, CARING, RESPONSIBLE,** Energetic babysitter available M-F for all or part of June, July & August. Excellent references, non-smoker, English speaking. Live out. Call Anna (212) 666-8195. gcy1

**CHILDCARE BY R.N.** - I am a young mom with newborn, preemie and pediatric experience who will lovingly care for your child in my large, happy, safe New Hyde Park home. Please call 294-1994. gcy1

**CHILD/PET CARE BY COLLEGE** graduate available. Experienced and reliable. P/T, Garden City, New Hyde Park area. Have car. Call Mary Beth 741-4614. gcy1

**POLISH HOUSECLEANER AVAILABLE.** Ask for Donna, 741-5145. gcy1

**BABYSITTER AVAILABLE IN MY Williston Park** home. Experienced. References available. 248-7173. wjy1

**HOUSECLEANING AVAILABLE.** Experienced woman any day, any time. 781-3560. gcy2

**EUROPEAN GIRL AVAILABLE** for cleaning. Reliable, references. Also thorough, own transportation. Call 783-4143. gcy2

**CERTIFIED WOMAN SEEKS** position as HHA, companion, nurse's aide. Part time or full time (718) 927-0029. gcy2

**HIGHLY QUALIFIED & RELIABLE** Garden City college senior seeks babysitting jobs throughout the month of June. 294-8289. gcn4

**HOUSECLEANING AVAILABLE. MON-FRI.** Good references. Own transportation. 742-9175. gcy2

**HOUSECLEANER AVAILABLE. EXPERIENCED,** reliable, responsible. Call Ana Maria after 7 p.m. 877-5045. gcy2

**Situation Wanted**

**TAKE ADVANTAGE OF** a weekend off or vacation while I take care of elderly. German/English speaking. Reference & experience. Leave message. 488-5723. gcn4

**MOTHER'S HELPER. RESPONSIBLE** Garden City H.S. student with experience seeks summer position as babysitter or mother's helper. Have G.C. pool pass. 746-3068. gcy2

**YOU NEED YOUR** home, pets or plants looked after while you are on vacation? Two reliable mature college women will take care of your needs while you enjoy your vacation. Call Shannon 746-4307 or Becky 747-3457. wjy2

**HOUSECLEANING. INCLUDING WINDOWS.** Experienced. References. Mon. to Sun. anytime thru 9 p.m. 489-4694. wjy2

**I CLEAN HOUSE,** have own transportation, references & experience. Call 481-1844. gcy3

**Real Estate for Sale**

**GARDEN CITY SOUTH.** Adorable mint Cape. LR/fpl, DR. Three plus BRs, mod. EIK, central AC. Taxes \$3,400. Walk to stores. \$259,000. 538-8850 - 746-0563. wjnd4

**EAST WILLISTON. BEAUTIFUL** older Robbins Hill Colonial on almost 1/2 acre of magnificent property. 3/4 BRs, 2 1/2 baths, LR/fpl, FDR, large EIK, sunny den, fin. bsmt., plus separate playroom. CAC. Low taxes. Mint cond. \$525K owner. 294-8357. wjnd4

**GREENPORT BEAUTIFUL COLONIAL.** 6 yrs. old. Exclusive area. 4 BRs, 2 baths, fpl, deck, garage, bsmt. Walk to private beach. Reduced from \$275,000 to \$229,900 for quick sale. Must see. 731-2241. gcy1

**GARDEN CITY SPACIOUS** Colonial. First floor: Large LR, FDR, mod. EIK, den/fpl, powder rm & laundry rm plus former professional or M/D 4 rm. suite with 1/2 bath. Second floor: 4 BRs, 2 full baths, closets galore, full 2 car garage, automatic doors, 2 zone, CAC, 3 zone gas heat & monitored burglar/fire alarm, sprinklers, 100x100. Move in cond. Principals only. \$489,000. 538-1812. gcy1

**ABSOLUTELY MINT CONDITION.** Brick Center Hall Georgian Colonial, fin. oak floors throughout, 4 BRs, 2 1/2 baths, LR/fpl, large FDR, sunroom, new EIK & fam. rm., fin. bsmt. with laundry & work rooms, 2 car garage. 60x110. Walk to RR, schools & parks. Principals only. \$575,000. 747-6536. gcy1

**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. gcy1

**Real Estate for Sale**

**GARDEN CITY SPACIOUS** Split. 3/4 BRs, 2 baths, cathedral LR, DR, new EIK, den, fin. bsmt., 2 car, fam. home / location. Low taxes / maintenance. \$369,000 747-6386. gcy1

**GARDEN CITY ESTATES.** Spacious Oxford Blvd. Colonial. 5 BRs, 4 1/2 baths, LR/fpl, FDR, den, huge mod. EIK, full bsmt., attached 2 car garage, 1/3 acre. Great value at \$795,000. Very flexible owner financing. 248-2450. gcy1

**GARDEN CITY ESTATES** updated 4 BR, 3 bath Colonial. North of Stewart Ave. EIK, CAC. Asking \$415,000. Principals only. 747-2794. gcn4

**GARDEN CITY 1 BR** Condo, Tudor Gardens. Mod. EIK & bath, A/C. Walk to all. Low, low maintenance \$160's by owner. 742-8342. gcn4

**GARDEN CITY BEAUTIFUL** spacious home, 80x100, 5 BRs, 3 baths, ac. porch, fin. rec. rm., walk RR. Asking \$315K By apt. Principals only. 775-5974. gcy2

**SOUTH JAMESPORT RANCH.** Deeded Peconic Bay beach rights, 3 BRs, LR/DR, 2 baths, laundry alcove, screened patio, garage, 1/3 plus acre, all appliances, fully landscaped. Reduced \$175,000 by owner. 722-4158. gcy2

**GARDEN CITY MOTT AREA.** 3 BRs, 2 1/2 baths, FDR, LR/fpl, large EIK, large fam. rm., 2 car garage, patio with awning. Move in. Low \$300's. No brokers please 294-8118. gcy2

**MONTAUK. 2 RM.** Co-op. One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$40,500. Great rental history. 724-5572. gcy2

**GARDEN CITY ESTATES.** 3 BR Split, cathedral LR, DR, EIK, den, 2 1/2 baths, gas heat, 2 car garage, bsmt., alarm, 60x100. Reduced \$359,000 neg. Owner 747-0774. gcy1

**MINEOLA - A-1 - LEGAL 2** Fam., 3 BR and 2 BR Apts., Fpl., Fin. Bsmt., Garage, low taxes, walk to RR and shopping. No fee. \$229,990. 746-3141. hjn4

**GARDEN CITY SPACIOUS,** bright, 3 BRs, 2 baths, split, den plus study. Maid's BR plus bath, plus sitting rm., plus workshop. Private sale. High \$300's. 437-7934. gcy3

**GARDEN CITY MOTT** Colonial, center hall, leaded glass entry, dentil moldings, bay windows, gas heat, wide lot, circular driveway, oak floors. Owner. Mid \$300's. Leave message. 248-4844. hly3

**GARDEN CITY SOUTH.** 4 BR, 3 bath, w/w, nice block needs some work. School District 17, near transportation. Owner being transferred. Principals only. 352-7211. hjn4

**Real Estate for Sale**

**GARDEN CITY 3 BR** Colonial, 1 1/2 baths, LR/fpl, French doors to patio, fin. bsmt. w/cedar closet, washer/dryer. 2 blocks to RR, 1/2 hr. to N.Y.C. Excellent school system. Near 4 medical centers. Principals only. Mid \$200's. 437-0543. gcy2

**GARDEN CITY ESTATES** section: 3 BR, 2 Bath Split, LR/fpl, DR, EIK, Den, Deck, 60 x 110. Walk to RR, school, park. \$365K. 741-8566. Principals only. gcy1

**GARDEN CITY ESTATES.** Return to gracious living. Historic Victorian Colonial. Circa 1911, 100x100 property. 5 BRs, 4 full plus 2 one half baths, 3 fpls, 40' LR, first floor den, banquet DR. Mod. EIK with butler's pantry. Fully air conditioned. Fin. bsmt., large screened porch overlooking European style gardens. Perfect for entertainment. Low taxes. \$550,000. By owner. 294-0539. wjy2

**GREENPORT. TERRIFIC** CIRCA 1900 Victorian, historic district, side hall entrance w/stained glass diamond windows, wooden stair rail, newel post, orig. wide moldings, pine board floors, parlor bay window, FDR, in wall china closet, pocket doors. High medallion ceilings, 3 BRs, 2 baths, decks. Restored barn with 6 skylights. Block Sterling Harbor. \$189,000. Owner 477-1755. Owner will mortgage. gcy2

**NORTH CAROLINA, CAROLINA** Beach, ocean front, owner forced to sell, luxury condo on beach. Completely furnished. 2 BRs, 2 baths, great golf courses nearby. Take over \$81,000 mortg. (orig. price \$95,000) 516-423-6709. gcn4

**SOUTHOLD, SUNNY, CHARMING,** year round vacation leisure home on private road. Walk to town. 2-3 BRs, 1 1/2 baths, LR, DR. Principals only. \$185K. Owner: (212) 243-7567. Weekdays. gcn4

**SOUTHOLD - BOATER'S DELIGHT.** Beautiful young contemporary on private creek, 60 Ft. bulkhead, all amenities, owner retiring, will finance. Principals only. 785-4169 evenings. gcn4

**NASSAU POINT.** 7/10 of an acre. Magnificent setting, heavily wooded, near beach and boating. North Fork's most exclusive community. Reduced to \$115,000. 734-7160 or 747-0535. gcn4

**FRAN SMITH OF Cutchogue** has the house for you. Be it a retirement home, weekend retreat or that "East End Dream House!" Call me at 734-6219 or Krupski Realty - 734-5000. hjn3

**GARDEN CITY ESTATES** Spacious Georgian Colonial. Brick, slate roof. 5 BRs on second floor, 3 1/2 Baths, graceful circular stairway, finished basement, large walk up attic, heated 2 car, A/C, sprinklers. Ask \$525,000. 741-3513. gcy3

**Real Estate for Sale**

**SHELTER ISLAND - STEP BACK** in time to peaceful surroundings - This 3 BR, 2 Bath Ranch won't last. Call Anita at Krupski Realty for more details. 734-5000. hjn3

**PRISTINE MOTT SIDE** Hall Colonial. 3 BRs, 1 1/2 new bathrooms, large EIK & fam. rm., new appliances & gas heat. Low taxes \$425,000. Principals only. 294-8782. gcn4

**GARDEN CITY ESTATES** Impeccably maintained Center Hall Brick Colonial. Liv/rm w/fpl, Formal Dining Room, Mod. EIK, 3 BRs, 3 full baths, Base Rec Rm., Jal Porch, CAC, Alarmed, 2 car garage, professionally landscaped, underground sprinklers, and more. App't only. 747-8340. \$400's. gcy1

**GARDEN CITY SOUTH** Mint Colonial, LR, FDR, EIK, family room/fpl, 2 1/2 Baths, 3 BRs, Finished basement. \$284,000. 486-6292. gcy1

**VICTORIAN LANDMARK HOME.** Mint cond., centrally located. Large property, 14 rms., 8 BRs, 4 1/2 baths, 4 fpls., 3 floors, carriage house/barn. For sale by owner 741-8123. Asking \$795,000. gcn4

**GARDEN CITY PRIME** Estates Section. Immaculate English Tudor, large LR/stone fpl, FDR, large kit/fam rm., 3 BRs, 2 1/2 baths, 4th BR on 3rd floor - huge rm., fin. bsmt, terrace, gas heat, sprinkler system. Offered by owner at \$470,000. Principals only. 747-3370. gcn4

**EAST HAMPTON TOWN** House - Bring your tennis racket & swimsuit. Modern 3 BR, 2 1/2 baths, sunken living room with fireplace, private patio overlooking landscaped 5 acres, 2 tennis courts, heated swimming pool, walk to station and town, near beaches, galleries and theatre, freshly painted. Pick up keys and move in. Low \$200's. 324-6523. gcy1

**MINEOLA, 2 BR, 2 BATHS,** Condo, Terrace, A/C, washer/dryer, near rr, hospital, includes parking space. \$185,000. 271-7377. gcy1

**GARDEN CITY PRISTINE -** Colonial mansion. Glorious 1/2 acre, million dollar plus street. 6 BRs, 3 1/2 baths, jacuzzi, 4 car plus garage. Call for photo & info. Asking \$795,000. Principals only. 741-7273. gcy1

**GARDEN CITY DESIRABLE** Location, 3 BR Colonial, large EIK, den, large FDR, 1.5 Bath, finished basement, separate laundry room. Low taxes. Owner relocating. Principals. Reduced \$239K 248-2764. gcy1

**CUTCHOGUE - EX-GARDEN CITY** residents selling lovely cape cod home. 3 bedrooms, 3 bathrooms, fireplace, full DR, new EIK, glassed and screened porch, A/C, 2 car garage, one acre, excellent cond., next to North Fork Country Club, near beaches, walk to stores, private community. \$375,000. 734-5997. hjn2



Real Estate for Sale

GARDEN CITY ESTATES - Mint CH Colonial. 5 large BRs, 3 1/2 baths, hardwood floors throughout, newly renovated den, knotty pine fin. bsmt., back staircase, brick patio, large private backyard, alarm, sprinkler. Convenient to schools & trains. Principals only. \$560,000. Call 248-7662 or 294-5888. gcjn4

GARDEN CITY ESTATES Charming Tudor. Compact: perfect as starter, for family of 4, "empty nest" couple or retirees. LR/FPL, DR w/built ins.; EIK for 2; 3/4 BRs, 1 1/2 baths; fin. basement; 1 car garage; enclosed patio; nice yard; gas heat; excellent storage/closets. Best location, convenient to all. Many extras. Must see. \$339,000 by owner. Call 747-4572. Principals only. gcj1

GARDEN CITY SOUTH Immaculate Cape, LR, DR, Modern EIK, 3 BRs, 2 Baths, Florida Room, Fin. Basement, 1 car garage. Principals only. \$239,000. Phone: 294-1960. gcj1

GARDEN CITY ESTATES. Charming Cape, immaculate 4/5 BRs (or Master BR suite), 2 baths, LR, DR, Mod. EIK, sunporch, fam. rm/wood burning stove. Dream workroom, deck, burglar/fire central station alarm system, zoned heating, A/C, all Anderson windows. Beautiful landscaped plot. Walk to RR, park & schools. Gorgeous house with many extras. Only \$379,000. Principals only. 747-7418. gcj1

NEW LISTING, ESTATES Section beauty. Brick center hall Georgian Colonial. 4 BR, 2 1/2 bath, LR, DR, sunroom, new EIK & fam. rm., fin. bsmt., 2 car garage. Mint cond. \$599,000. Call 747-6536. gcjn4

SOUTHOLD PRIVATE COMMUNITY. 4 BR Colonial, 2 1/2 baths, LR/fpl, FDR, fam. rm., Andersons, EIK, full bsmt., 2 car attached. Private beach, boat slip. Principals \$169,000 765-3540. gcjn4

GARDEN CITY 3 BR Colonial, 1 1/2 Baths, FDR, LR/marble fpl, fam. rm., oak & ceramic EIK, Skylit breakfast area, basement finished room, attached garage, patio, new windows, gas heat, new landscaping, inground sprinklers, alarm. Must see. Please no brokers/agents. Reduced to \$359,000. 747-3604. gcj1

GARDEN CITY TUDOR, 6 BR, 4 1/2 baths, breakfast room, den, pantry, back stairs, leaded windows. On Washington Ave., large property. Owner 747-1917. \$649,000. gcj1

222 SEVENTH ST. CONDO, 2 BR, 1 Bath. Beautiful first floor court yard view. Newly renovated throughout. Must see \$189,000. 742-8337. gcj1

GARDEN CITY - IMMACULATE 3 BR, 2 bth Split/2 car garage. Maintenance free exterior, CAC, large LR & DR, remodeled EIK, super FR/FPL, lg. patio/FPL. Charming landscaped \$300's. Principals. By apt. only. 248-6099. gcj2

Real Estate for Sale

SOUTHOLD, OWNER RELOCATING, 3 BR, 2 Bath Ranch, vinyl siding, Florida room w/skylights, country kitchen, split design, A/C, oversized detached 2 car garage. Walk to L.I. Sound. Mint condition. Priced to sell 765-5496. gcj1

GARDEN CITY NEW listing. Exquisite brick home. 4 BRs, 2 baths, LR/fpl, FDR, large property, \$300's. Owner relocating. Contemp 3 BRs, 2 baths, CAC, den, much more. \$300's Wilson Real Estate 746-1563. hjn3

GARDEN CITY ESTATES Gem Mint 3 BR, 2 full baths, FDR, large EIK, Finished basement, Family room, gorgeous LR, fenced in yard, sprinkler & alarm system. Walk to Stratford school & park. Principals only. \$415,000. 742-7750. gcj2

GARDEN CITY ESTATES, Stately CH Colonial north of Stewart Ave. brick with slate roof. 3 large BRs, 2 full baths, EIK, FDR, large LR/fpl, fam. rm. & patio, newly decorated, many extras. \$395,000. Principals only. 742-4396. gcj2

N A S S A U POINT/CUTCHOGUE. Private community with beach & mooring across the street. 3 BR Ranch, 2 baths, lg. EIK, LR/fpl. 2 car attached garage. Full attic & bsmt plus 2 story barn with workshop area & extras \$260,000 or best offer. Principals only. 734-5203. gcj2

GARDEN CITY WESTERN section, 4 BRs, 2 bath Cape, LLR/fpl, FDR, EIK, fin. bsmt., 100x100 lot. \$339,000. Principals only. 437-1966. gcj2

VILLAGE OF FLORAL Park. Spectacular elegance. First floor, beautifully detailed LR/FPL, FDR, oak kitchen w/breakfast area, den, 1/2 bath & deck for entertaining. Second floor features large Master BR w/pvt. bath & laundry room plus 2 large BRS & full bath. Basement is finished. Everything about this house says quality. \$279,999. Tulip Real Estate 354-0500. gcjn4

SOUTHOLD. 3,000 sq. ft., all brick custom center hall Ranch. 7 rms., 3 BRs, LR, FDR, 3 full baths, jacuzzi, fam. rm/brick/stone fpl, 23' x 16' kit, cathedral ceiling, sliding door leading to Cedar deck. Skylights, two zone A/C & heating. Central vac system. 2 car garage, full bsmt. 1 acre plot, near all beaches. Many extras. By owner. \$350,000. 765-2203, 747-1895. wj2

GARDEN CITY OWNER. Prestigious street Estates section. 4 BRs, 3 baths, enclosed/screened porch, large fam. rm., terrace, 2 car garage, LR/fpl, FDR, center hall, large EIK, CAC \$600's 747-6486. gcj2

GARDEN CITY ESTATES CH Colonial, slate roof, 3 BRs, mod. EIK, lg. rms & property, large screened porch, fin. bsmt., sprinkler sys. Easily expandable. \$350,000. Owner 746-7707. gcj2

Real Estate for Sale

GARDEN PLAZA - MUST SELL. Large studio, sleep-in alcove. New carpet, A/C, new tiles. Walk to RR. Security. \$40,000. 65% tax deductible. 294-5063. wj1

GARDEN CITY COUNTRY custom Colonial Central section. 5 large BRS, 3 1/2 baths, 1 BR on first flr. with private bath. Good for mother or mother-in-law. Large den, sunporch, 3 fpls, lg. EIK, hardwood flrs throughout, CAC, 13 years young. Kept beautifully. Many extras. Must see. Numbered street. \$700's. Call for appointment. 741-8533. gcj2

FRANKLIN SQUARE BRICK Cape; 4 BRS, bath, LR, DR, kitchen, finished basement. \$169,990. Principals only 565-9230 or 486-0322. gcj2

MATTITUCK - NEW LISTING: Perfect apartment size starter or retirement home. Completely upgraded, 2 BR., 1 bath, ranch, near beach & Marina, asking \$135,000. Our exclusive. ask for Fran - Krupski Realty. 734-5000. wJn4

NORTH FORK BEST BUYS. LAUREL - 3 BR, 2 Bath Ranch, deck, walk beach \$145,000. SOUTHOLD. 4 BR, 2 1/2 baths Colonial, deck. Walk boat slip, private beach. \$169,000. ERA Albo Agency 298-5060. gcjn4

GARDEN CITY ESTATES - Convenient Whitehall Blvd. location. All brick CH Colonial in excellent condition. 4/5 BRS, 3 1/2 baths, \$685,000. Principals only. 742-2641. gcj3

VALLEY STREAM 4 BR brick Colonial "Old World CHARM." Truly elegant, stained glass, hardwood inlaid floors & archways. 100x100 manicured property, 2 car garage. High \$300's. Mr. Grasso 775-6035. gcj3

FRANKLIN SQ. NORTH - Custom 6/6, 2 apts, 2 car garage full bsmt., separate entrance SD #17 \$200's. Owner 437-3854, 488-5636. gcj3

ROCKY POINT - ONE-HALF BLOCK FROM private beach on L.I. Sound. Swim, fish & sail, fun to own. Mint starter, year round getaway doll house. Living room, kitchen/dining area comb., one large master BR, bath, by owner. \$72,000. (718) 937-2496 eves. or (516) 746-4680. wJy3

GARDEN CITY ESTATES gem, Mint 3 BR, 2 full baths, FDR, large EIK, Fm. rm., gorgeous LR, fenced in yard, fin. bsmt., sprinkler & alarm system. Walk to Stratford School & park. Principals only. \$415,000. 742-7750. gcj3

GARDEN CITY ESTATES, Tullamore Rd. Side hall Colonial, 4 BRS, 1 1/2 baths, great property. Owner 248-9437. gcj3

WESTHAMPTON BEACH CONDO. 2 BR., 3 1/2 baths, kitchen, DR, LR, Fin. Bsmnt., One car garage, full walk in attic, furnished. \$265,000. Owner 288-0248 or 298-9122. gcj3

Real Estate for Sale

GARDEN CITY ESTATES - Newly renovated 3 BR, 2 bath expanded Ranch. Large family room, new kitchen & bath, 60 x 110. Asking \$379,000. 742-8337. gcj1

GARDEN CITY SOUTH. Mint brick Split, Adelphi area, 90x100, modern EIK, 3 BRs, FDR, 1 1/2 bths, fam. rm., fin. bsmt., plus 2 rm. professional suite with private entrance, possible M/D, skylights, new windows, sprinklers. Best offer over \$268,000. Owner 485-7880. gcj3

HUNTINGTON - PRIME NEIGHBORHOOD. Country French in forest-like 1/4 acre. 1 1/2 miles to beach. Desirable school district, SD #6. Taxes \$5,500. Downstairs - Large LR/FPL, extra Lg. sunken FDR, European style kitchen, full bath w/stained glass, den, maid's room, slate entry hall w/stained glass. Upstairs, 3 lg. BRS, full bath plus huge Master suite with sitting room, walk-in closet, lg. Master bath & private deck plus detached 2 car garage. Sprinkler/security system. Terrace, pond with waterfall. Sacrifice \$329,000. 549-8409. gcj3

NORTH FORK - Mint Cedar Ranch features LR, DR, Fm. Rm./Fpl, Laundry Rm, Master BR & Bath plus 2 BRS & bath, oversized 2 car garage. Steps to sandy bay beach, landscaped for privacy. Reduced to \$209,000. EAST MARION Bayfront. Sandy beach Cottage. 3 BRS, 1 1/2 baths, enclosed porch. Forever views. Bring all offers, asking \$225,000. MATTITUCK WATERFRONT. 2 story home features 4 BRS, 2 baths, LR, Fm. Rm., EIK, deck, easy bay access. \$299,000. SOUTHOLD WATERFRONT. Custom Colonial Cape features LR/Fpl, FDR, den/Fpl, EIK, Master BR & bath plus 3 BRS, 2 baths, large enclosed porch, CAC, professionally landscaped, dock, prestigious location \$595,000. NEW SUF-FOLK BAYFRONT Contemp. 4 BRS, 3 baths, great room, Fm. Rm., garage, deck, spectacular views. Absolutely mint. \$299,000. Lewis Realty Group 298-4600, 734-5533, 765-5810. gcjn4

GARDEN CITY ENGLISH Tudor Estates Section, 6 BRS, 4 full baths, 2 half baths, Lg. sunken LR/fpl, sun porch, lg. DR, new lg. kit, lg fam. Rm with wet bar in fin. bsmt. lg. patio, 2 car attached garage, corner lot, \$845,000. Partial owner financed. Principals only. 742-0140. gcj3

NASSAU POINT - WATERFRONT Estates on 4.25 wooded acres. Over 300 feet bayfront, fabulous water views. Ten oversized rooms. 6 BRS, 5 baths, 2 Fpls, CAC & vacuum, bsmt, 3 car garage. Groundkeeper's quarters, boat house. Reduced \$500,000 to \$1.5M Bookmiller Realty 722-4423. gcjn4

EAST HAMPTON. 6 BR, 5 Baths, pool, fully furnished \$1,800,000. ASPEN, COLORADO. 5 BR, 4 1/2 baths, \$2,300,000. Principals only. Call (212) 751-2655. gcj3

Real Estate for Sale

SHELTER ISLAND WATERFRONT. Pristine rambling Cape. 4 BRS, 3 baths, 2 FPLs, pool, lovely gardens. \$725K. Foxfire R.E. Exclusive 749-3080, 749-3288. gcjn4

SOUTHOLD BAYFRONT Hide-a-way. Sandy beach, fabulous views, expandable 3 BR home in move-in condition. Newly listed at \$295,000. MATTITUCK WATERFRONT, Magnificent "Old World" bayfront Estate. More than 3 acres with guest house or studio. Reduced to \$895,000 to settle estate. EAST MARION. Secluded lake front expandable 2 BR home on 1.2 acre with wonderful views. Deeded rights to sandy beach. Only \$179,000. SOUTHOLD. Just reduced for quick sale. Short stroll to wide sandy beach from this 3BR home. Ideal for year round or summer living. Excellent area \$139,000. SOUTHOLD BUILDING LOT. Shy acre, all permits in place ready to go. Beautiful wooded location, water view, excellent private area of lovely homes. \$100,000. SOUTHOLD NICELY treed lot with winter water view. Shy acre & short walk to beach. Priced to sell \$89,900. Marion King Realty. 734-5657. gcjn4

MATTITUCK BEACH Rights included in this 2 for 1 sale. Main house, 2 BRS, 2 baths. Plus a legal 2 BR, 1 bath rental. Priced to sell at \$110,000. CUTCHOGUE. Almost new bright, airy, spacious 3BR, 2 bath Ranch. DR, super sized kitchen, LR. Relax under covered porch or walk to golf. Great at \$390,000. MATTITUCK BAYFRONT. Broad sandy beach & expensive views come with this spacious 3 BR, 2 1/2 bath year round home. Gracious LR/Fpl, DR, Fm. Rm/Fpl., EIK, garage, sprinkler system \$675,000. NASSAU POINT Bayfront - Spectacular views of the harbor from this 1 story home perched on a bluff. 3 BRS, 2 baths, new kitchen, LR/Fpl. & cathedral ceiling. Wooded 2 acres, room for pool & tennis. Must be seen at \$789,000. Marilyn Lang Realty 734-6472, 734-6690. gcjn4

GARDEN CITY ARCHITECTS renovated Tudor on 1/2 + acre. LR/Fpl, FDR, skylit den/off., 4 lg. BRS, 3 Bths, fin. 3rd floor, sunny EIK, 2 car garage; Move in cond. Must be seen. Principals only. \$450K. 746-4527. gcj3

HOT HOUSES - MUST SELL. Garden City Estates Brick 4 BR, 2 1/2 baths, LR/Fpl, FDR, Low \$300's. GARDEN CITY ESTATES Ranch Contemp. 3 BRS, 2 baths, new Euro kitchen. LR/Fpl, den, Mid \$300's. Francis B. Wilson Real Estate (516) 746-1563. gcjn4

IF YOU ARE A PROFESSIONAL Check out the Professional Guide in this newspaper. For a low price of just \$11.50 per week you can get your message across to readers of all eight weekly newspapers we publish. Call today for more details. 931-0012



**Real Estate For Sale**

**GARDEN CITY GEM. 1BR**  
Co-op. Priced right for quick sale. Days (718) 641-4945. Eves. (516) 741-8894. hJy4

**MINEOLA GARDEN PLAZA**  
2 BR, 2 Bath Co-Op. 2 A/Cs, wall to wall, newly painted. \$125,000. Principals only. 746-5191. gcjy1

**GARDEN CITY LOVELY 1**  
BR Co-op. Excellent location. Walk to all. A must see with lots of extras. \$80,000. Days 718-641-4945, evening 516-741-8894. gcj4

**GARDEN CITY HAMILTON**  
Gardens - Drastic price reduction. Oversized 1 BR, mint, quiet corner, refinished hardwood floors, new Euro style EIK, separate DR, new bath, heated garage, walk to all. Originally \$115K. Best offer over \$86K takes it. 747-3507. gcjy1

**GARDEN CITY CHERRY**  
Valley, 2 BR Co-op, 1st floor, new bath, washer/dryer plus extras. \$125,000. Owner, 746-5168. gcj4

**GARDEN CITY CHERRY**  
Valley, 1 BR Co-Op first floor, walk to LIRR and stores. \$82,000. Principals only. 294-9556. gcj4

**MINEOLA HORTON HOUSE**, Large 1 BR, CO-OP, new kitchen with dishwasher, sunny corner. Must see. Near RR and hospital. \$85K. Eves. 248-4171. gcjy2

**MINEOLA HORTON HOUSE**, 1 BR, large LR, secure building, convenient to RR, hospital, stores. Must sell \$79,000. By owner. 747-8711. gcjy1

**GARDEN CITY CHERRY**  
Valley - Mint, second floor, 2 BRs, new kit, bath/carpets. Private corner, large garden. Maintenance 81% deductible. \$119,000. 742-8659. gcjy2

**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. gcjy2

**GARDEN CITY - CHERRY**  
Valley Co-op, 2 BR. Second floor, end unit. Owner relocated (301) 231-5262, leave message \$109,900. gcS2

**GARDEN CITY - STEWART**  
Ave., 3 BR, 2 Bath, FDR, LR/Fpl, washer/dryer. Maintenance \$1,110/month. 70% tax deductible. Make offer (212) 841-7887 days, (516) 746-4165, eves. & weekends. gcjy3

**CATHEDRAL GARDENS**  
CO-OP. Large 1 BR with Southern Exposure. Mint condition. Maintenance 79% deductible. \$65,000 negotiable. 538-9464. hJy3

**FLORAL PARK RENOVATED 1 BR CO-OP**. Great location, walk to RR, bus & stores. \$88,000 neg. Low maintenance. Must see. Owner 775-7320. gcjy2

**Services**

**HOUSEKEEPERS · DAY CLEANERS · NANNIES · BABYSITTERS · COMPANIONS · LIVE IN · LIVE OUT**

Available With References

**SANDY'S AGENCY**  
(516) 292-9216

**Real Estate For Sale**

**OPEN HOUSE. SUN.**, June 28, 22 Lafayette St. (off Willis Ave.) 3 BR Colonial, full DR, fam. rm/fpl, deck, oversize property, 2 car garage. No brokers. 747-7482. wj4

**GARDEN CITY OPEN HOUSE**, 223 Seventh St. (Apt. 1-I) Saturday & Sunday, 1-5 p.m. M.2 BR Co-op, second floor, 1 block LIRR/shops. \$118K. Owner 873-9469. gcJ4

**Real Estate For Rent**

**FLORAL PARK BRAND** new deluxe 3 room apt. Patio, storage space, convenient to shopping, transportation, LIRR \$850 per month. Call owner 488-2314. gcjy2

**FLORAL PARK 3 room** apartment. New kitchen & bath, patio, storage space, convenient to shopping, transportation, LIRR. Single preferred \$650 per month. Call owner 488-2314. gcJ4

**APARTMENT - WEST HEMPSTEAD** - main floor, 2 BRs, LR, DR, kitchen, patio, own thermostat, large back yard. Walk to RR, close to parkway. \$950. 248-7508, 481-1496. gcJ4

**GARDEN CITY BORDER** - Luxury apartment building. Spacious, bright, 1 BR apartment, A/C, new kitchen & bath, on premises parking. No fee \$750-\$800. 489-3010 days, 483-7449 eves & weekends. gcJ4

**GARDEN CITY 7th Street** - newly renovated, bright & sunny 2 BR apartment, many amenities including walk to wall, A/C, dishwasher. Walk to train & shops. No fee. \$1,250 a month. 294-9318. gcJ4

**NEW HYDE PARK** basement apartment. One BR, LR, kit, full bath, newly painted. Utilities included. \$500. One month security. Mature female preferred. No pets. Call after 4 p.m. 354-0778. hJ1

**FLORAL PARK APT.** One BR apartment. Great location; walk to all. Plenty of windows. Single person only. No pets. \$550, 775-4256. hJ2

**MINEOLA CO-OP** for rent. Large studio, separate sleeping area, separate efficiency kitchen. 24 hrs. security. Garden Plaza Complex. \$825 per month. Call Bob 741-0261. wjy1

**WEST HEMPSTEAD. PRIME** area, large sunny room, semi furnished, private home, share kitchen & bath, non-smoking career/student, female only. 564-0216. gcjy1

**Real Estate For Rent**

**FLORAL PARK 60 Plainfield** Ave. Freshly painted 1 BR apt. Large LR, recently renovated kit. Rent stabilized, 1 year lease \$774.30 per month, 2 year lease \$766.09 per month. No fee. Owner 538-0757. gcj11

**LYNBROOK APARTMENT.** LARGE first floor apartment, 2 BRs, LR, DR, EIK, large bsmt., full use of entire property fenced yard with patio. Newly painted. All hardwood floors, washer & dryer \$1075. Call 775-4256. hJ2

**CATHEDRAL GARDENS - 1** BR Co-op. LR, DR, new EIK, new bath, large BR, all new windows \$750 per month. Call 489-4577 Owner. gcjy2

**FLORAL PARK SAVE \$** - No fee. 2 rm. apt., full tile bath, private entrance, clean. \$495. Also 2 BR apt., EIK, modern, newly painted, garage, parking, yard, SW exposure, excellent area. Near shopping, LIRR. A real gem. 354-2926 after 5 p.m. \$975. gcjy1

**EAST ELMONT, FRANKLIN** Square boarder. Spacious 3 BR Colonial house, 2 baths, wall to wall, A/Cs, washer/dryer hook-up. Full fin. bsmt., patio, yard, 24 hr. street parking, move-in cond. Working adults only, no pets. Rent \$1,250. 437-1595. Leave message please. gcjy1

**GARDEN CITY - HEMPSTEAD** (Cathedral Gardens). Large 1 BR Co-op in mint cond. Outdoor patio, wall to wall, good closet space, new appliances. Great location, convenient to all. \$775. Owner. 485-8079. gcjy1

**VERY NICE COZY** room available in lovely house facing golf course in Westbury. Full kit privileges with washing machine, dishwasher & microwave. Looking for responsible single adult, male/female with steady job, references, non-smoker & non-drinker. Available immediately. \$420 per month includes utilities. Arrangement for meals possible for additional fee. Call 338-4510. gcjy1

**EAST MEADOW. 1 BR** Apt. small EIK, full bath. Brand new. Non-smoker. Female preferred. \$525. 579-8489 mornings. wjy1

**CATHEDRAL GARDENS/GARDEN** City border. 1 BR apartment on quiet cul-de-sac, first floor, private entrance, wall to wall carpet, near RR, shopping & Adelphi/Hofstra. Non-smoker preferred, utilities incl. \$650 per month. 292-0302, please leave message. gcjy1

**FLORAL PARK 60 Plainfield** Ave. 1 Br apartment, sublet below market rent. \$644.25 per month for July 1 occupancy. 538-0757. gcjy1

**FLORAL PARK BRAND** New luxury 6 room apartment. Patio, yard, storage space, A/C, W/W carpet, fireplace, dishwasher, washer/dryer. Convenient to shopping, transportation, LIRR. \$1,250 per month. Call owner 488-2314. gcjy2

**Real Estate For Rent**

**GARDEN CITY - HEMPSTEAD.** Cathedral Gardens. Large renovated 2 BR, bright, airy, best in complex. Dishwasher, wall to wall. By owner \$950 565-3159. No fee. gcjy1

**GARDEN CITY LOVELY,** quiet furnished room. Private entrance, bath. Mature non-smoker preferred. References. 746-0018. gcjy1

**E. ELMONT/FRANKLIN** SQUARE border. Spacious 3 BR Colonial house, 2 Baths, w/w, A/Cs, 7 closets, appl, w/d hook-up, fin. bsmt., patio, yard. 24 hour street parking. No pets! Working adults only. Move-in condition. Rent \$1250. Call 437-1595. Leave message. hJ4

**GARDEN CITY SOUTH.** Large furnished room, walk-in closet, private bath, small refrig., near all conveniences. Call evenings 6-9 p.m. 483-2095. gcjy1

**FRANKLIN SQUARE 2** ROOM Studio Basement Apartment. Separate bedroom. All utilities \$550. Large closets. Working professional woman preferred. Non-smoker. No pets. Available June 1. 328-9655. hJ3

**GARDEN CITY, LARGE,** sunny studio co-op; furnished \$750 or unfurnished \$700. Near RR. Pets OK. Available Aug. 1. 877-2733. gcj4

**GARDEN CITY FURNISHED** room, separate entrance, private bath, non-smoker, no cooking. Mature business person - male preferred. References and security. 741-0535. gcj4

**FLORAL PARK APARTMENT**, second and third floor of legal 2 family in nice residential area. BR, LR, Kitchen, Bath on second floor, BR and storage on third floor. Freshly painted, \$820, includes garage and heat. Pet considered. 328-1526. gcj4

**FLORAL PARK CREST:** Bright 2 BR, second floor apartment in legal 2 family home. available immediately. \$875. 437-7372. gcjy2

**GARDEN CITY 4 BR** Colonial. 2 1/2 baths, LR, DR, EIK, attached garage, A/C, FPL, patio, all appliances. Walk to train. Excellent conditions. \$1,800 month. Owner 627-4112. gcjy2

**GARDEN CITY** room, bath, kitchen privileges, use of laundry, private phone, cleaning woman weekly, non-smoker or drinker. Male preferred \$500 a month. References & security. Walk to RR & stores. 352-0608. gcjy1

**FLORAL PARK, BRAND** new deluxe 4 room apartment, EIK, master BR, LR and 2nd BR or study. Convenient to LIRR, shopping etc. Utilities included. \$1,000 monthly. Business couple preferred. Call owner 358-9072. **FLORAL PARK.** BRAND new studio apartment for rent. Full bath. Corner kitchen. Private entrance. \$500 monthly. Utilities included. Single only. Call owner 358-9072. gcjy2

**Real Estate For Rent**

**WEST HEMPSTEAD: PRIME** President's area. Cheerful furnished room in private home. Share bath, light kitchen privileges. Quiet female, non-smoker. Short term OK \$75 a week. 292-0582. gcjy2

**GARDEN CITY FURNISHED** rm. for rent. Convenient to stores & transportation. Use of kitchen available, share bath. Ideal for mature, business person. Call 747-6589. gcjy2

**MINEOLA. SMALL STUDIO.** Second floor. \$495 including utilities. Good location for all. 747-7379. wjy2

**MINEOLA BEAUTIFUL 2** BR apt. in 2 fam. house. Large, nice & clean. \$850 a mo. Also Studio \$500 a month. Roslyn Hgts. Large 2 BR/2 fam. house. \$950 a month. Royal International 742-3355. wj3

**GARDEN CITY ROOM** for rent. Private bath, carpeted & furnished, kit privileges \$550 month. Available July 2. Call evenings for appointment. 741-8533. gcjy2

**GARDEN CITY PLAZA.** Large studio with sleeping alcove, new carpet, A/C, tiles, security. Walk to RR. Maintenance 65% deductible. \$675 per month. Also for sale \$40,000. 294-5063. gcjy3

**GARDEN CITY FURNISHED** room for rent, non-smoker, private entrance, share bath, convenient to shopping. LIRR & Adelphi. \$475. 742-7706. gc2

**GARDEN CITY/STEWART** Ave. Spacious, bright apartment with great view. 3 BRs, 2 baths, FDR, LR/fpl, washer/dryer. Available June 1. \$2100 per month. (212) 841-7887 days; (516) 746-4165 eves. & weekends. gcjy3

**5 ROOM EXECUTIVE OFFICE** suite. 2nd floor. Ample parking. Close to transportation. Prime location. \$750. Sedacca Real Estate 747-0020. gcJ4

**GARDEN CITY & VICINITY** Rentals all types. Houses, apts, CO-OPs, etc. \$800/mo to \$3,500/mo +. Call Anne Hagen. Jaenichen Realty. The Rental Specialist. 741-2754. gcJ4

**GARDEN CITY** room, bath, kitchen privileges, use of laundry, private phone, cleaning woman weekly, non-smoker or drinker. Male preferred \$500 a month. References & security. Walk to RR & stores. 352-0608. GCjy3

**LEVITTOWN COZY FURNISHED** Studio, private entrance, own bath & thermostat. Wall to wall carpeting, wall to wall mirrored closet, Murphy kitchen. Looking for mature, quiet, non-smoking person. This is a safe, quiet area close to parkways. \$475 includes all. No pets. Owner 579-4186. gcjy3

**ROSLYN - TWO (2) BR.** 1 1/2 baths, ground floor, young two family. EIK, dishwasher, parking, storage. Couple, no pets. \$950. 746-8023. wJy3



Real Estate for Rent

WEST HEMPSTEAD, BRIGHT basement apartment. 3 rooms, newly decorated, walk to RR. Separate entrance and alarm. Single working female preferred. \$575 includes all. 538-1512. Leave message. gcJy3

NEW HYDE PARK basement apt. near all vicinities. Walk RR. 1 master bedroom, bathroom/shower, LR, kitchen. Rent \$525 plus 1 month security. Utilities included. Ideal for working couple. Female preferred (middle age person) no children, no pets. Call weekdays after 4 PM. Weekends all day. 352-6779. wJy3

SYOSSET SENIOR CITIZEN 4 room ground fl. apt. in private house. Bsmnt., yard, washing machine. Walk to RR, Shopping. Available immed. \$650 plus utilities. Call eves., weekends 921-0329. hJy3

NEW HYDE PARK Private huge room & bath, carpet, beautifully decorated, A/C, walk in closet. Use of kitchen, washer, patio, pool. May have TV, phone, cable. Walk to bus, shops, park. \$145 a week, includes all. Negotiable for right working female. 294-1994. gcJy3

Vacation Rental

NASSAU POINT/GRACIOUS waterfront Country home with private beach on 2 plus secluded acres. 5 BRs, 3 1/2 baths, LR, DR, well equipped kit, laundry, etc., old fashioned screened porches. Immaculate with many extras. Available June 26 - July 27. 747-0688. gcJn4

STRATTON MT. RESORT, Vermont. Beautiful Condo, sleeps 4, near all amenities, golf, tennis, pool, lake, horseback riding. Reasonable rates 718-338-9691 eves, 718-258-3434 days. gcJy1

HAMPTON BAYS, NEW Cop overlooking Shinnecock Canal. One block from beach, dockage, boating, swimming, fishing. Dishwasher, microwave, washer/dryer, cable, VCR, jacuzzi, 2 patios. Call 775-5943 or 723-0312. hJn1

NORTH CAROLINA, CAROLINA Beach, luxury ocean front, 2 BRs, 2 baths, condo. Beautiful uncrowded beaches, great golf and fishing. \$500/wk. 516 423-6709. gcJn4

WESTHAMPTON, DUNE ROAD. 4 BR house. Available one week in July and August. \$2,000 a week. Call after 7 p.m. (516) 746-1721. gcJn4

MT. SNOW, VERMONT. Luxurious Condo, sleeps 6-8, deck, lake, golf, tennis, riding, biking, swimming pool, fine dining. Many cultural activities in area. Rent short or long term. 741-1824. gcJn4

GREENPORT. E. MARION BAYFRONT. Beach cottage Condo, dock, swim area, tennis court, cabana, five minutes walk to golf course. Two weeks - \$1,450. 746-2475. wJn4

Vacation Rental

MARCO ISLAND 2 BR, 2 bath condo on gulf beaches, tennis, pool, South Seas East Midrise. (516) 271-6479. gcJn4

POCONO TIME SHARE: Beautiful villa at Shawnee on Delaware. Sleeps 8, AC, kit, DR, porch, swimming & tennis, 18 hole golf course. For week of Aug. 22 to Aug. 29, 7 days - \$600. Also available for purchase. Reasonable. 747-7159. wJn4

SOUTHOLD CHARMING CAPE, near lovely bay beach; mod. kit, baths, 2 BRs (sleeps four). July - \$2,600, Aug. 1-14, \$1,300, July-Aug. 14 - \$3,600, includes utilities. 1-617-662-8162 or 1-516-765-3936. wJn4

FRANCE, GUEST HOUSE for rent. Parisian suburb, close to Euro Disney, includes kitchen. Call for further information. \$400 per week. 741-3142. gcJy1

HAMPTON BAYS 3 BR, 2 baths, kitchen. LR, Florida room, patio, cable TV. Minutes to beach. Monthly or season. 358-7753. gcJy1

HILTON HEAD ISLAND, South Carolina. Fully equipped ocean view villa on beautiful beach with olympic pool, tennis restaurant, convenience store & more. Ideal for small family. Reasonable weekly rates. 731-3742. gcJy1

CATSKILLS ON WHITE Lake. 8 mi. west of Monticello. Great summer getaway. 3 BRs, great rm., great deck, on spring fed lake, fully furnished. \$750 per week. Call for details. 607-569-3402 or 1-800-982-8818. hJn4

POCONO RIVERSIDE - LARGE rentals, sleeps 6-19. Everything supplied. Weekends or longer from \$350. Beautiful views. Sporting, shopping, antiquing, swimming, canoeing activities available in Delaware Water Gap recreation area. (717) 421-2139. gcJy1

MONTAUK SUMMER GET-AWAY. Special 4 days \$375 a couple. 2 rm. suite, heat, full kit. Sleeps 4. Walks, dining, shopping. Hundred feet to beach. Also for sale. \$40,500. Immaculate. Call 724-5572. gcJy2

POCONOS. 3 BR Ranch in lake community. Swimming, tennis & vacation activities. House spotless, washer/dryer, microwave, 2 decks, fpl. Walk to lake, horseback riding, quality restaurants & shops nearby. \$350 a week. 379-8447. gcJn4

WESTHAMPTON - CHARMING OLDER redecorated Country home. 3 BR, 2 Bath, fpl, enclosed front porch. Quiet neighborhood. Available monthly - June, July, August. Owner (212) 988-8088, (516) 288-1499. gcJn4

MT. SNOW/HAYSTACK. Large fully equipped 4 BRs plus loft, 2 1/2 baths with color TV, VCR, microwave. Available by the week or week-end. Beautiful views, lots of privacy. Near golf courses & lakes. Call 466-6120 gcJy2

Vacation Rental

HAMPTON BAYS - EAST QUOGUE, Weekly, monthly rentals. Walk to beach, village. Weekly \$500-\$600. 741-5490, 728-2478. gcJy1

SANIBEL ISLE, FLA. "Paradise". Lg. 2BR/2 bath Condo in small complex. Tennis, pool, beach access to Gulf. Reasonable weekly, summer rates. 747-7482. wJn4

SANIBEL ISLAND FLORIDA. Tropical paradise, lush unspoiled setting, southern Florida Gulf coast. Sundial Beach & Tennis Resort, 2,000 foot beach, 5 pools, jacuzzi, 6 soft, 6 all weather tennis courts, golf, fishing, boat/bike rentals, miles of bikejogging paths, supervised children's activities available, gourmet restaurants at resort & throughout island, superb shopping, world famous shelling, 35 minutes to International jetport. Complete gulf front, posh resort. One, two and 2 BR plus den condos with full kitchens. Rent daily, weekly, etc. Reasonable. (516) 746-2211, (516) 326-7711. gcJy1

POCONOS 3 BR CHALET in lake community. Pool, tennis, recreational programs. \$375 weekly 423-5893 eves. gcJy3

POCONO COUNTRY HOME. Resort community. 3 lakes, beaches & lifeguards, tennis courts. Many vacation activities & restaurants in area. Kit, LR, 1 1/2 baths. 3 BRs. \$350 a week. 352-3345. gcJy3

STRATTON MT., Vermont - 3 BR, large sleep in loft. Available all dates. Days 227-2976, eves. 873-6210. gcJy3

Real Estate Wanted

PROFESSIONAL COUPLE WANTS to rent clean, quiet, safe apartment in central Garden City, or possibly small house with walk to RR. No fee. Leave message at (212) 831-3667. gcJn4

GOING AWAY FOR the summer? Don't leave your home alone! Local family in transition. Sold one house, buying another. Need immediate sublet. Very responsible. References available. Will negotiate rental dollars. Please call 248-2379. wJy2

YOUNG FAMILY SEEKING 3/4 BR Colonial or Tudor in East Williston or Garden City for \$350K - \$475K. We have sold our home & can move within 30-90 days. Principals only. 747-2437. Leave message. wJy2

NON-SMOKER, QUIET, EMPLOYED, Mature male needs a furnished room with light kitchen use. Call 683-5111. Mon-Fri, 8 am-4pm. Ask for Andrew. gcJy3

GARDEN CITY FAMILY (all adults) seeks 3/4 BR house rental within G.C. for residency August. Minimum 2 yr. lease. Excellent references. Call 775-6575. No brokers. gcJy2

Real Estate Wanted

PROFESSIONAL COUPLE SEEKS small house or 2 BR apt. in nice area for 2 yr. rental. 747-1435. Leave message. wJy1

CULTURED PROFESSIONAL LADY would like to rent house, apartment or part of house in Garden City. 535-5338 days, 931-6058 eves. gcJy2

For Sale

1984 STARCRAFT GALAXY Pop-up camper. Sleeps 8, heater, refrigerator/freezer, hot water heater, shower, wardrobe, privacy curtains, excellent condition. \$3,200. Call (718) 357-6284 hJn1

FURNITURE. EXCELLENT COND. BRs, LR, DR, kit, piano, paintings, mirrors. Make offer. 437-3852 or 488-5636. gcJy1

PIANO CONSOLE, PATIO furniture, queen size sofa bed, steel business desk with chair. Best offer. 742-5533. gcJy1

DINING RM SET & buffet, 2 end tables, 2 white bisque lamps, ladies chair, small chest. Flyer sled, 3 good mirrors, records, 33's & 45's, ladies wool suits size 14, desk, jewelry & books. 437-0543. gcJy1

GARDEN CITY RESIDENT moving out of country. Must sell entire contents of home furniture. 873-9010. wJy1

HOME IMPROVEMENT CONTRACTORS equipment. Many practically new. 5,000 w generator, 10" Delta Table Saw, Daylab 300, Bosch 1 1/2" rotary hammer drill Model 11 202, 36 Ft. aluminum ladder, wheelbarrows, 36" ceiling fan, 1/2 HP 2 speed motor with timer, Dayton 36" ceiling shutter. 352-0208. gcJn4

GE REFRIGERATOR - 4 years, Excellent Cond. \$250. 746-5846 gcJn4

BRIDAL FACTORY OUTLET - Wedding gowns, Bridal veils and accessories. By Appt. only - call Mon. to Fri. 8 a.m. to 4 p.m. 212-694-6634. hJn3

EXERCISE EQUIPMENT. 1,500 DP gym pac \$100, rowing machine, new \$90. Boy's Raleigh dirt bike \$70. Child's scooter \$20. 741-4048. gcJy1

COMMODORE 64 DISC drive, keyboard, games. \$125. 352-6015. gcJy1

WEDDING GOWN, WHITE, size 8. Eve of Milady, trumpet bottom style with detached train. Head piece & veil. Best offer 354-8960. gcJn4

CONTEMPORARY SOFA & MATCHING love seat, with new slipcovers. In great condition. Call evenings. 746-7667. wJn4

DECORATOR DINING SET, painted and natural finish, marble lamp tables, antique brass chandeliers, large and small size clothing, dishes, bric-a-brac, household items, tools. 694-5167. hJn4

For Sale

WALL UNIT - LIGHT OAK approximately 8' x 10', almost new, great storage space, \$400. 775-7210 hJn1

OVAL TEAK DINING table. 68" x 47", 2.20" leaves. 5 yrs old. 741-8247. Leave message. gcJn3

FRENCH PROVINCIAL DINING room, marble lamp tables, lamps, silver, dishes, large size clothing, brass lighting fixtures, tools, old records miscellaneous. All items in excellent condition. 694-5167. gcJn4

LONG WHITE LAURA Ashley, great for graduation, size 8/10. Mountain Bike-Kushara, \$95. Electric Typewriter, \$40. Call 294-0152. gcJn4

MOVING. DESK FOR sale, leather top, 2 steel legal files, banjo clock, limoge china for 8, lamps, garden furniture, new freezer, paperweight collection, BR set. Call after 5 p.m. 352-5946. wJy1

SLEEPER COUCH & matching love seat \$125. 741-4048. gcJy1

ANTIQUE BELGIAN GOTHIC armoir, art deco DR table, large mission bureau, Better 'N Bens fireplace stove insert, misc. stuff. Call 755-5147. gcJy2

DINING ROOM TABLE, 6 ladder back chairs, walnut sideboard. \$325, 248-4881. gcJy2

DARK OAK HUTCH with table. Needs refinishing. 333-2651. gcJy2

CRIB, DRESSING TABLE & wicker rocker. One year old. Excellent cond. \$450. 248-2476. gcJy2

PIANO-JANSSEN BLONDE oak console. Good condition. Priced to sell. \$500. 747-5579. gcJy2

FURNITURE, MOVING. GIRL'S white bedroom twin princess beds, 2 desks, 2 dressers, 1 bookcase, 1 night table. VERY reasonable. 747-5579. gcJy2

WOODEN DAY BED. Good cond. \$50.00, sofa bed, good cond. \$50.00. Call 742-0520. wJy2

KENWOOD STEREO CASSETTE receiver with amplifier, graphic equalizer, remote control unit, CD player, turntable, 2 matching speakers, a black stereo system rack. \$825. 822-1840 between 8 am and 1 pm. hJy2

FEDERAL STYLE SOFA, 19th Century, recently reupholstered, excellent condition, \$1,700. Duncan Phyfe sofa, mahogany wood trim, \$500. Reproduction of c. 1760 Butterfly table, \$600. (718) 357-4739. gcJy2

APPLIANCES, MOVING KENMORE deluxe washer, Butcher portable dishwasher, dryer, 1800 cubic ft. refrigerator, 5 years old. Frost free, Westinghouse 500 BTU air conditioner. Very reasonable. 747-5579. gcJy2



**For Sale**

**ARTIST 9 FOOT** easel on wheels \$150, miscellaneous art supplies. Square wooden mahogany corner end table, folding chair, Singer Sewing machine 741-2272. *gcJy2*

**ANTIQUE BACKGAMMON TABLE** with 1 1/2 inch pieces plus leather cups. Call 741-0806. *gcJy2*

**BABY ITEMS, GERRY,** Fisher-price, Cosco and others. Sellers: convertible, \$78; double with canopy, \$43.50; umbrella with canopy, \$21.75. Car seat, \$38 and car booster, \$19.50. Porta-crib with bedding, \$43.50. Play yard, \$38. Crank swing, \$17.50. Diaper pail, \$11. Table booster, safety gate, 3 toilette trainers, toddler scooter, \$8.75 each. Prices firm. 747-1884. *hMy5*

**MUST SELL COMPLETE** L.R. DR, lampshades, Spanish rug, baby crib. Queen Size bed, play pen, kitchen appliances & much more. Set your price and we'll OK it. 877-2732. *gcJy3*

**MAHOGANY DR** including double bedstead table w/3 leaves & table pads, 6 Duncan Phyfe chairs, china cabinet & buffet, \$2,200 for all. Will consider selling separately. Also queen size platform bed with Futon mattress & side tables. Opens for large hidden storage. \$450. Call 284-5016, leave message. *gcJy3*

**BABY ITEMS, PLAYPEN** \$40, swing \$25, car seat, portable crib \$20, intercom, beach playpen, sassy seat, walker \$10, Infant seat \$15, diaper bag, carry pouch, fold-up bed, mobile and bath \$5. call 437-0243. *hJy3*

**9 PIECE DRUM SET,** Hi-hat, stands, Zildjian cymbals, stool, Tama and pearl hardware, \$500 or best offer. Call 437-7990. *hJy3*

**FURNISH YOUR THREE** room apartment. All furniture six months new. Excellent starter set. L.R. DR, BR, recliner, and tables, lamps, wall units, oriental style area rugs 791-2262. *hJy3*

**LAIN OF HICKORY** Furniture - Custom covered in Laura Ashley fabric, couch & love seat with decorative pillows. Also matching custom curtains. Excellent condition. \$1,500. 746-4933. *gcJy3*

**HOSPITAL BED** in Very good condition, 6 button electric \$700 (718) 746-4957. *gcJy3*

**COSCO KITCHEN WAGON,** 85 year old treadle sewing machine in cabinet, mahogany four-drawer, three shelf secretary, 5x4 foot mirror, oak rocker, garden way squeeze pulp strainer - all metal. \$10. 488-6261. *wJy3*

**MOVING SALE: DINING ROOM TABLE** - rectangular with brass pedestal and etched glass. Four matching chairs/rust velvet seats. Good condition. Best offer. Call Mrs. G. 739-3047 and leave phone number. *wJy3*

**For Sale**

**LEAVING COUNTRY, MUST SELL:** Beautiful new pull-out navy print sofa, various tables, new cream area rug, new microwave, best offers. 877-2733. *hJy3*

**SOFA - GREEN & CREAM STRIPED VELVET & floral slip cover,** like new. \$100. By appointment. 483-9135. *wJy3*

**Boats For Sale**

**BOSTON WHALER, 16 ft.** 1986 Evenrude 90HP, power tilt, low hours, 1988 Highlander trailer. \$4,200. 877-1634. *gcJn4*

**BRAND NEW THOMPSON** boat, 18 foot bow rider (never used) \$11,000. 5 year warranty on hull. 1 year on Mercury cruiser. 538-2806. *gcJy3*

**Car For Sale**

**1988 FORD FESTIVA LX,** 60,000 plus miles; 5 speed, standard, AC, new battery, excellent cond. \$2,500. 358-1902. *hJn4*

**HONDA CIVIC '88,** 24,000 miles, stick, beige, 3 door, hatchback. Original owner. Excellent condition. \$5,000. 481-5445. *gcJn4*

**TRIUMPH 1975 SPITFIRE.** Professional rebuilt motor and transmission. New starter, tires. Looks and runs great. Must sell \$1,950. 741-0282. *gcJn4*

**1990 FORD PROBE LX.** Original owner. Mint condition, low mileage, alarm system, sun roof, automatic & more. Must sell. Asking \$10,500. Call Chris at 248-1707. *gcJy2*

**1991 HONDA CIVIC LX, 19K,** Auto, AM/FM stereo cassette, A/C, p/s, p/b, p/w, p/m, cruise control, alarm, extended warranty till 1997, Excellent condition. Asking price \$10,700. 877-2732 after 7 P.M. All day week-ends. *gcJy2*

**1984 CUTLASS SUPREME.** Excellent station car. P/S, P/B, A/C, AM/FM stereo. Runs great. \$2,000. 741-1513. *gcJy2*

**TOYOTA SR5 RED & Black** coupe, 5 speed, A/C, stereo, cruise, 52,000 miles. One owner. \$5,290. Immaculate. 747-0535. *gcJy2*

**1984 OLDS CUTLASS Ciera,** V6 grey, 4 dr., only 28,000 miles. Orig. owner. Delicately driven. All power, A/C. Runs well. \$3,900. 294-3511. *gcJy3*

**1979 TOYOTA CELICA GTL,** A/C, P/S, P/B, automatic, 82,000. Excellent running cond. Also AM/FM cassette. New parts, muffler, tires, struts, ball joints & idler arm. Asking \$1,275 neg. Evenings, call 718-217-7766. *wJy2*

**1983 COUGAR EXCELLENT** IN and out. Original owner. French Vanilla. AM/FM cassette. Many replacements. Call 741-2716 evenings. *gcJy3*

**1987 CAMARO LTV8** 28,000 miles. Mint cond., orig. owner. All extras, Must sell. \$6,100. 248-5999. *hJn2*

**Car For Sale**

**1980 INTERNATIONAL SCOUT.** Four wheel drive. Diesel engine. Runs like new. Low, around 50,000 miles. Good tires, trailer hitch, roof rack. \$1,950. 747-7379. *wJy2*

**PORSCHE 944-1985 1/2.** Automatic trans. Garage kept. Low mileage. Sunday car. Asking \$10,500. 352-3595. *wJy2*

**89 DODGE RAIDER.** 5 speed, 4 wheel drive. Excellent cond. New tires, running boards. \$8,500. 248-1158. *wJy1*

**1979 BUICK LA SABRE 4 dr,** A/C, pb, ps; 65,000 miles. Good cond. \$950. 352-6015. *gcJy1*

**1981 CADILLAC SEDAN** DeVille. Great station car, leather, A/C, sunroof. Good cond. Orig. owner. \$1,500. 741-5693. *gcJy1*

**1978 CADILLAC EL-DORADO** 74K orig. miles. Needs paint job. Great station car. \$900. 565-2450. *gcJy1*

**NISAN '90 STANZA XE,** 4 dr., gold, 5 speed, AM/FM cassette, 11K. Like new \$7,800. 877-2019. *gcJy1*

**1985 VOLKSWAGEN BUG.** New floor, new clutch, new distributor, rebuilt engine. Looks good & runs well. \$1,300. 747-3457. *gcJy1*

**1979 CHEVY NOVA,** 4 Door, 37,500 orig. miles, new tires, A/C, AM/FM radio, 8 cyl. Good cond. \$995. 248-1665. *gcJy1*

**1991 MERCEDES 300E.** Fully equipped, full warranty, champagne color, 20,000 miles. Assume lease. Only \$535 per month. Call 245-0787. *gcJy3*

**1993 - JEEP/ WAGONER** Limited. Excellent condition. Priced to sell. Call 248-1254. *wJy3*

**'89 MITSUBISHI MONTERO.** Silver, 4 door, 4 wheel drive, auto lock hubs, 4 speed, OD transmission, tinted windows, A/C, fully loaded. Many extras. Excellent condition. 55,000 miles. Priced to sell at \$10,000. 741-1318. *gcJy3*

**1984 NISSAN 200 SX-XE** - fully loaded. Excellent condition. 56,000 miles. \$3,500. 742-0670. *gcJy3*

**Car Wanted**

**FORD HI-TOP, CUSTOM** van 1988 or better. Low mileage, excellent condition, under \$10,000. No dealers please. (516) 485-4351. *gcJn4*

**Services**

**WICKER FURNITURE RESTORATION** All types of old furniture lovingly repaired/restored by local cabinet maker. Broken parts replaced, regluing, refinishing, recaning, etc. Also small carpentry jobs & custom cabinetry. Reasonable. Barbara Olsen Pascal. 877-2927. *gcJy1*

**BAD DRIVING RECORD?** Young, single, lowest possible auto insurance rates. Immediate ID cards. Low broker's fee. Call Jim 873-1729. *wJn4*

**Services**

**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. 589-0996. *gcJy3*

**HANDYMAN: QUALITY HOME** repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe, 746-7517. *wJn4*

**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. *gcS2*

**CUSTOM ROOFING, SIDING, & WINDOWS**  
**DEAL DIRECT WITH OWNER**

References On Request  
**CALL TONY D'S**  
**(516) 484-3912**

**PAINTING BY MARIO.** Work done by owner. Also sheetrocking, taping & spackling. Free estimates. 538-2273. Lic. #Ho4160100P. *gcJn4*

**T. J. PAINTING** Interior/Exterior. Over 30 years experience. Sheet rock, tape, stucco. Gutters, leaders replaced. Wall paper removal. work guaranteed. Reasonable prices. Free estimate. Call anytime. 731-2241 or 822-6678. *gcS2*

**FRED WILL FIX It.** Painting. Interior/exterior, general repairs, fix sash cords, clean out gutters, small jobs. Fred Lee 794-7405. *gcJy4*

**TELEPHONE INSTAL-** lation & repair: TV cables & modular jacks installed. Electrical wiring and fixtures. Prompt, reliable and reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al 481-4665. *gcJy2*

**"RECESSION HANDYMAN"**  
Electrical/Carpentry & Painting  
Decks, Refinishing  
Wallpaper  
And Much More  
NO JOB TOO SMALL  
FREE ESTIMATES  
**(516) 353-5834**  
Beeper **(516) 565-7491**

**LEAKS & SQUEAKS** - Handyman Service. No job too small, old house specialist. General home repairs. 15 year experience. Day and evening hours available. Call Jim 866 4984. *gcJy1*

**Services**

**BRIAN CLINTON MOVERS** Licensed & insured. One piece to a house load. Free estimates, 333-5894. Owner supervised. Carle Place. License #F11154. *gcJy5*

**D. T. CONCRETE**  
PATIOS & DRIVEWAYS  
BRICK/BLOCK/STUCCO  
SIDEWALKS  
**COMMERCIAL & RESIDENTIAL**  
Contractors Welcome  
**CALL**  
**(516) 484-3912**

**BUILD WITH BRICK** Stoops • Fireplaces • Patios • Driveways • And all types of Brick & Stone Work  
Quality Workmanship at Reasonable Prices  
Satisfaction Guaranteed  
No Job Too Small  
• Waterproofing  
• Slate Roofs Repaired  
Estimates 538-3813  
LIC #H1735940000 *gcJy4*

**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*

**VACATION HOME PAINTING** & decorating. Eastern Long Island 298-8853. *gcJn4*

**GUTTERS - CLEANED, REPAIRED & installed.** Call Joe 735-6349. *gcJy3*

**CLASSIC INTERIOR & EXTERIOR PAINTING**  
**SUMMER EXTERIOR PAINT SPECIALS**  
Complete Interior Alterations Available  
Owner-Operated  
**(516) 484-3723**

**ATTICS, BASEMENTS,** kitchens, bathrooms, dens, decks, All phases of home improvements. Work guaranteed. References available. Call Mike for free estimate. 352-5783. *gcS3*

**HELPING HANDS** WAITRESSES, waiters, & bartenders available for your party needs. Please call 775-7440. *gcJy1*

**VINCENT NASO PAINTER** & Paperhanger. Serying Garden City for 25 years. Neat, clean and finest work. Free estimates. Call any time. All work guaranteed 100%. 328-0028. *gcJy1*

**PARTY EXPRESS - CHILDREN'S** birthday parties. Fun, fitness, activities, games, music & much more. Free gifts for birthday child. Reasonable. 541-8398. *gcJn4*





Services

HOUSE WASHING POWER WASHING Spring Special Decks Cleaned From \$50 We Clean, Seal and Restore All Exterior Surfaces Aluminum, Vinyl, Wood Cedar, Decks, Patios, Fences Expert Brick and Masonry Cleaning We Remove White Paint-Run-off Stains From Brick! Long Island Restoration Services Insured (516) 741-WASH (516) 741-9274 wjy1

DECO CUSTOM PAINTING INTERIOR & EXTERIOR PAINTING WALLPAPER REMOVAL SHEETROCK • TAPING • SPACKLING FREE ESTIMATES • LOW PRICES 24 HOUR SERVICE (516) 484-3967 (718) 423-6899

PIANO TUNING & REPAIRS. Reasonable rates. Reliable service. Stephen Borsak. (718) 266-0094. wJn4

Wanted

BABY JOGGER-JOGGING stroller. Will pay up to \$100. 358-1902. hjn4

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. gcjy3

DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. gcjy3

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. gcg1

WHITE WROUGHT IRON child's day bed in good condition. Reasonable price. 579-4186. gcjy3

Instructions

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. gcjy2

TUTOR-ELEMENTARY REMEDIAL reading & math by licensed reading specialist in your home. Call after 3 p.m. 488-3079. gc1

PERCUSSION LESSONS: DRUM set Marimba taught privately in your own home. Proper technique & habits developed with all skill levels. Call Peter or Cindy. 681-4013. wjy2

Instructions

LATIN TUTOR. ALL levels. Experienced, N.Y. State Certified. Call James Mo Feely, 433-4219 after 4 p.m. gcmy5

TENNIS LESSONS AVAILABLE from former college varsity player & tennis instructor. Rate \$20 hr. Call chris at 248-1707. gcJy2

PIANO LESSONS, BEGINNERS, intermediate & advanced. All ages, 5 to adult. Learn how to read notes, theory & technique. Call Cindy or Peter, 437-1762. wjy2

BODY BASICS. SHAPE-UP, feel good, save \$\$, Body Basics fitness classes, 25% discount, 6/19-7/10. 773-4776. hjy2

WATERFRONT SWIMMING LESSONS. Experienced swim instructor will teach private or group lessons at your home. Pool parties are also available. 541-8398. gcJn4

SHAPE-UP - FEEL GOOD. Save \$\$, BODY BASICS fitness classes for the adult woman 25% discount, now through July 10. For details call 773-4776. hJy2

Pets For Adoption

BLOND COCKER SPANIEL, 6 months old needs family with children. Has all shots & is spayed. 775-0394 gcJn4

Miscellaneous

VENDORS WANTED FOR Craft's Fair to be held at St. Joseph's School, Garden City on Saturday, Oct. 24, 10 a.m.-4 p.m. For information and application call 741-7407 or 741-7764. gcO2

Garage/Tag Sale

MOVING GARAGE SALE. Sat., June 27, 9:30 am - 2:30 pm, 25 Russell Rd. Kitchen items, glassware, many other values. Rain date, June 28, same time. hJn4

SATURDAY, JUNE 27, 9 am-3 pm. Cleaning out grandma's house. Antiques, hospital bed, sofas, DR set, glassware, misc furniture, books, designer clothing, bric-a-brac. \*76 OLDS Cutlass. 61 Meadow St. Garden City (betw. Washington & Prospect. gcJn4

GARDEN CITY SUPER Sale, Sat. June 20, 9-4. Antique chairs and coffee table, old tools, old kitchen items, glassware, records, skis, microwave and speakers. Hundreds of more items. 55 Roxbury Rd., south of Nassau Blvd. Station off Stewart Ave. No previews. hJn3

MOVING. YARD SALE. Sat., June 27, Sun., June 28, 9-2 p.m. 7 pc. Honey Pine dining rm. set, oak chairs, end table, Morris chair, brass beds, rattan furniture, microwave oven, formica table, victorian organ. Lots of clothes, linens, & bric-a-brac. 22 Lafayette St., Williston Park, off Willis Ave. wJn4

FRIDAY & SATURDAY, June 26 & 27, 9 am-4:30 pm at 121 Manor Rd., Garden City. Large selection. gcJn4

Garage/Tag Sale

YARD SALE. GARDEN City, Sat., June 20, 10 Kilburn Rd., 10 a.m. - 4 p.m. (Raindate June 27). Furniture, linens, antique toys, Matrix guitar Large trunk, hospital needs & more. No previews. gcjy4

MOVING SALE. CONTENTS of Locust Valley home. Everything must go! 759-4584, 759-8600. gcjy2

MOVING. MANY CHOICE items. Furniture, tools, file cabinets. Some of everything. June 26 & 27, 9-4, at 103 Tanners Pond Rd., Garden City. gcjy4

EVERYTHING MUST GO! Tables, couches, beds, lots of antiques, window A/Cs, humidifiers, mirrors, dishes, dressers, lots of Waterford crystal (Colleen pattern), Cavan bowls (in boxes). Sat., June 27 at 22 Hamilton Pl., Garden City, 9 a.m. - 4 p.m. gcjy4

SAT., JUNE 27 9-3, 117 Sackville Rd., Garden City. Something for everyone, moving sale. Baby items, toys, books, bicycles, household items, clothing & much more. gcjy4

NEW HYDE PARK block garage sale. South 11th St. off Stewart Ave. Something for everyone. Sat., June 27 - 9 a.m. to 4 p.m. Raindate: Sun., June 28. No dealers. No previews. wJn4

ESTATE TAG SALE. Saturday, June 27, rain date June 28, 76 Brookville Rd., Muttontown (South of 25A corner of Dorchester) 10-4. gcJn4

NEW HYDE PARK Four houses, 26 Sperry Court off of New Hyde Park Road, between Hillside & Jericho Tpk. 9 to 5 pm, Saturday June 27. Something for everyone. wJn4

GARAGE SALE: Friday, June 26, Saturday June 27, 9 to 4 pm. 64 Capitol Ave., Williston Park. Moving, bargains galore. wJn4

JERICHO SUPER SALE. June 27 & 28. Furniture, ladies sweaters, household items, novelties, collectibles, bicycles & much more. 12 Birchwood Park Court, E. Birchwood. 10 a.m. to 5 p.m. wJn4

SATURDAY, SUNDAY, June 27 & June 28 at 234 Ivy St. W. Hempstead (1 Block in Hempstead Tpk.) Furniture, dishes, household items, something for everyone. gcJn4

SATURDAY, June 27, 9 am sharp-2 pm. 137 Kilburn Road, Garden City. Furniture, brass bed, dolls, glassware. No previews. gcJn4

Services

WANTED: ALL CARS FOREIGN/DOMESTIC EXOTIC WE VISIT YOU WITH HIGHEST CASH PRICES CALL LUKE AT 826-5611

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. Thank you, S.G. hJn4

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. GMDV gcJn4

Services

EAST BAY ELECTRIC 781-3052 FOR ALL YOUR ELECTRICAL NEEDS Licensed/Insured Member of Nassau Electrical League SENIOR CITIZEN DISCOUNT

WILKINSON'S TOWN CAR LIVERY SERVICE Direct Private Luxury Transportation to Area's Airports & Hotels Call for our competitive rates Stretch Limousine Service Available Call (516) 783-4389

IMMEDIATE OPENINGS SEASONAL MAINTENANCE/ GROUNDKEEPERS (College Age) Must be HICKSVILLE RESIDENT \$6.00 per hour Report to Personnel Office, Administration Building Division Avenue, Hicksville to complete application.

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 you, 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. E.Z. gcJn4

HOLY SPIRIT 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, T.D.C. hJn4

PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. T & J.R. gcJn4



# CONSUMER CONFIDENCE

Advertisers Listed Below Have Agreed To The Following Statement:  
 "All work performed and materials sold will be of the same, or better, quality than agreed upon in advance with the customer, or advertiser will make any and all adjustments without additional charge to the buyer."  
 For information about advertising on this page, Call 931-0012

**WANTED ACCORDIONS-PIANOS**



516 437-2777

**E.W. BLACKTOP & CONCRETE**

Driveways Brickwork Concrete  
 294-5314  
 Dependable, Licensed, Reasonable

LICENSED **EMERGENCY SERVICE** BONDED

**TONY M. BIFANO**  
**PLUMBING & HEATING**

GAS HEATING CONVERSIONS  
 Gas Boiler & Hot Water Heater Specialists

- NEW INSTALLATIONS 437-4830
- REPAIRS FRANKLIN SQUARE
- KITCHENS & BATHROOMS MODERNIZED
- SEWERS ELECTRICALLY CLEANED
- TUBS • TOILETS • DRAINS
- SHOWERS • BASINS

• GAS & OIL HEAT ALTERATIONS  
 ZONE HEATING FOR ATTICS & BASEMENTS  
 775-8204  
**EMERGENCY ONLY**  
ESTABLISHED WITHOUT GUARANTEE

**Mobil SERVICAR INC.**

746-2432

**COMPLETE AUTOMOTIVE SERVICE**  
 • 10% SENIOR CITIZEN DISCOUNT ON REPAIRS  
 State & Photo Inspection

137 Hillside Avenue  
 Williston Park, New York 11596 Dennis Dorman

**PLUMBING - HEATING GENERAL CONTRACTOR**

Kitchens, Baths repaired, Remodeling, Water Heaters, Coils, Baseboards, Boilers, 2nd Zones. *Free Estimates*

Licensed & Insured  
**SPINELLI 221-2414**

**ALLNEAT CLEANING CO.**  
 Residential & Commercial Cleaning

• House/Apt. • Offices • Windows  
 • Chandeliers • Spring Cleaning  
 Much More....

**"YOUR SATISFACTION IS OUR TOP PRIORITY."**  
 Call 877-2428 For a FREE Estimate & Ask About Our Special Discounts

**PIANO TUNING AND REPAIR**

- PROFESSIONAL TUNER
- CRAFTSMANSHIP REPAIRS
- ATTENTION TO DETAIL

GENE BENEDETTO  
 741-0002

Know Someone Having A Baby?  
**RENT-A-STORK**

Surprise Mom and Baby When They Come Home From The Hospital. Our Colorful 6' Tall Stork With Personalized Hand Painted Plaques Are A Sensation All Over Long Island.

All For Only \$45 per wk. Call: 516-739-2836  
 In West or Queens New York Call: 516-741-0002

**SIGN DESIGNS**

**ARTISANS IMPORTS**

*Wicker & Rattan*

**WE DISCOUNT & FEATURE:**

- Ayer's Furniture • Lloyd/Flanders
- Henry Link • O'sian Designs
- Lane Venture

**739-9005**  
 52 Hillside Ave., Williston Park  
 2 1/2 Blocks E. of Williston

**Garden City House & Office Cleaning Corporation**



Garden City House & Office Cleaning Corp. Bonded and insured - Serving All Nassau County. We will sparkle-clean your house or office with a professional team of experienced, honest and reliable individuals who are trained in getting in and out in no time. The entire cleaning process is supervised by owners, who are Garden City residents. We stock and use all our cleaning equipment and materials. Call for a free estimate 248-8690 - leave message and we will promptly call you - references available.

RESIDENTIAL COMMERCIAL  
 Call for a Free Estimate  
**(516) 248-8690**  
 Owned and Supervised by Garden City Residents  
**BONDED & INSURED**

**"TOP SOIL"**

**Oyster Bay Sand & Gravel**

**WE DELIVER ON SATURDAYS**

Call 822-6161 for

Fill, Concrete Sand, Pool Sand, Fine Sand, Bankrun, Gravel, Pea Gravel, Bluestone, Red Stone, Blend, Portland Cement, Decorative Stone

Before You Buy Wood Chips Come See Our "Wood Rock"

**B & B**

**AUTOMOTIVE REPAIR**

Complete Automotive Service  
 • Foreign & Domestic

Garden City Park  
**739-3250**  
 Senior's Discount

Mechanics Formerly from Tony's Exxon

**REPAIRS STATE BRAKE SERVICE**  
**INSPECTION** **EXPERTS**

**SUNRISE GOLF**



- Proline Golf Clubs
- Custom Golf Clubs
- Repairs
- Golf Lessons
- Slacks, Jackets, Shoes
- Complete Line Golf Accessories

for Men & Women  
 • Golf Tapes & Books

Major Credit Cards 516-488-7888  
 Hours: Mon.-Fri. 9-7:30 p.m.; Sat. 9-6 p.m.  
 2090 Jericho Tpke, New Hyde Park

**bp VOLVO**

SALES • SERVICE • LEASING

**WE'RE THE NEW GUYS IN TOWN**

The Small Dealer With Big-Time Savings

Exclusive Volvo Dealer in Nassau, Right on the Queens Border

268-04 Hillside Ave., Floral Park, N.Y. 11001  
 516-437-7676 • 718-347-3320

**THE SHADE FACTORY**

BUY DIRECT & SAVE

- VERTICALS • LAMINATING
- SHADES • BALLOON • BLINDS

**LARGE DISCOUNTS**  
 Serving L.I. Over 20 Yrs.

FREE SHOP AT HOME SERVICE

(516) 348-2933  
 218 E. JERICHO TPKE, MINEOLA, NY HOURS: TUES. - SAT. 10 AM - 4 PM

**EJ'S CLASSIC**  
**Painting & Wallpaper Co.**



- Paper Removal
- Taping & Plastering
- Sheetrock Repairs
- Sand Painting \*Staining

FREE ESTIMATES  
 248-3045



**To Advertise In**  
**Consumer Confidence Call**

**Litmor Publications Inc.**  
 at 931-0012

For First Class Low Cost Advertising



# ANTIQU OR JUNQUE



By James G. McCollam

## Napkin ring makes choice collectible

**Q.** Enclosed is a picture of a silver-plated napkin ring set made by James Tufts Co. in Boston.

It consists of a dog pulling a cart with the napkin ring; on top is an angel. On the back of the cart is a pepper shaker and a tiny salt spoon.



**A.** You have an extremely choice collectible. In really good condition, it would be worth at least \$300.

**Q.** I have a very old bowl that is decorated with blue floral designs. The bowl is 10 inches in diameter and has the enclosed mark on the bottom. I am sure it must be quite valuable.



**A.** Your bowl was made by Cheathcote & Co. in Fenton, England, about 1800. It is fairly valuable and might sell for more than \$200.

**Q.** Please evaluate my antique doorstep. It consists of a little girl standing in front of a wall and is marked "Albany Foundry." It is 4 1/2 inches high and 3 1/2 inches wide.

**A.** Your cast-iron doorstep was made in Albany, N.Y., in the late 1800s. It would probably sell for \$150 to \$175, providing the painted finish is in reasonably good condition.

**Q.** Since world's fair items are collectible, I am sure that my cuff links from the 1876 Philadelphia Centennial must be quite valuable. They are made of silver and tortoise shell and have a picture of the Art Gallery Exhibit.

**A.** You are right. Your cuff links would probably be worth about \$125 to \$135 for the pair in good condition.

**Q.** I have a large oval platter decorated with dancing couples and marked "Schaller." The center is maroon color.

I also have a 10-inch-square plate marked "M — Hand Painted — Nippon." It is decorated with floral garlands and a gold rim.

Can you give me some information about these items?

**A.** The platter was made by Oscar Schaller & Co. in Schwarzenbach, Germany, about 1900 and might sell for \$35 to \$45.

The Nippon (Japanese) plate was made in the early 1900s and would probably sell for \$40 to \$50.

**Q.** Please evaluate my political campaign glass paperweight. It promoted the campaign of Grover Cleveland and Adlai E. Stevenson.

**A.** This political item would probably sell for at least \$200. Paperweights are one of the most popular of election mementos.



**WANTED:**  
High Prices for  
• Cut & Art Glass • Costume Jewelry • Precious Jewelry  
• Dolls • Furniture • Post Cards • Porcelains • Silver  
• Bronzes • Hummels • One Item or complete contents  
**WE MAKE HOUSE CALLS**  
**ANTIQU QUEST**  
East of Grand Avenue • 87 Merrick Road Muriel Ferray  
Baldwin 623-8351 (alt. call 599-8567) Lorraine Chip

Come to Sell Stay to Buy  
**Garden City Exchange**  
Benefit of G.C. Public Library  
Antiques & Collectibles  
**55 Hilton Ave., Garden City**  
10-4 Weekdays 746-9694  
10-1 Saturdays

**Yankee Peddler Antiques**  
Sales for the month of May Welcome to  
Long Island's Largest  
ANTIQUE EMPORIUM  
Open 7 Days - 11:00 - 5:00  
24 Dealers (516) 271-5817 (516) 351-9578  
1038 NEW YORK AVE. HUNTINGTON, N.Y. 11746

**ORIENTALS**  
TOP PRICES PAID  
FOR USED ORIENTALS.  
WE BUY ANY SIZE,  
IN ANY CONDITION,  
ANYWHERE  
or use as trade for new one  
Cleaning and repairing by experts  
**M. KAZEMI**  
IMPORTERS OF EXQUISITE ORIENTAL GOODS  
**CALL 294-6520**  
900 FRANKLIN AVENUE / GARDEN CITY

**SYOSSET FIX-IT SHOP**  
Crystal Grinding & Repair  
Fine China, Statues, Hummels  
Invisible or Museum  
Quality Restoration  
**921-7088**  
51 Berry Hill Rd. Syosset, N.Y.  
Call for Appointment

**I BUY**  
• Antiques • Paintings • Diamond Rings  
• Antique Jewelry • Cut Glass • Tiffany  
• Jewelry • Bronze Figures • Sconces  
• Silver, Silverplate • Perfume Bottles • Costume Jewelry  
• Lamps • Russian Objects • Judaica  
• Pianos • Meison, Dresden • Porcelain  
• Gold • Candelabra • Hand Bags  
**IMMEDIATE CASH PAID**  
(516)  
**338-9480**  
• Bonded  
• References Upon Request  
• 25 Years Experience  
**CALL GARY ZIMMERMAN**

**Ronald L. Manson (516) 328-1556**  
**Tag Sales & Appraisals**  
"TURN THE CONTENTS OF YOUR HOME INTO CASH"  
175 Willow Street • Floral Park, N.Y. 11001  
Member New England Appraisers Assoc.

**"PLEASE DON, TAKE MY JUNK AWAY!"**  
**HIGHEST PRICES PAID**  
**Wanted:**  
Old Furniture  
Books • Watches  
Records • Toys  
Radios • Paintings  
Jewelry  
**CALL "DON" TODAY**  
P.O. Box 8111, Garden City, NY 11530  
**516-481-7255**



## Points on Pets

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

**Q.** We are going to take our dog with us on our summer vacation. We will be traveling several hundred miles through several states during a two-month period. Is it necessary to have a health paper from our veterinarian to take with us. Are there any specific immunizations required for interstate travel?

**A.** Although most states require that dogs entering their states have a current rabies immunization, the allowable times between immunization and travel vary greatly. Therefore, you should have your local veterinarian check the regulations of the states in which you plan to travel.

Generally, your dog should have a rabies booster more than 30 but less than 90 days prior to your departure. Other routine vaccinations should be brought up to date.

Most states and foreign countries require that each pet be accompanied by a health certificate completed by a licensed veterinarian in the state of origin. The health certificate indicates that the pet did not originate from an area under rabies quarantine, is free from infectious and contagious diseases and has no known recent exposure to such diseases.

A health certificate might prevent a required 10-day quarantine if the dog should bite someone on the trip. Your veterinarian can give you additional advice regarding traveling with your pet.



### WIN A BIG PRIZE!

**ADD ALL THE SINGLE NUMBERS ON THE RHINOCEROS AND COLOR THIS CONTEST ENTRY.**

**WRITE THE TOTAL HERE**

## Aunt Tilly's Corner

This week a lot of boys and girls have finished with school for the summer vacation. They are very excited because tests are over, studying is done and now they can do whatever they like for two months. Down in South America it's quite the other way. Boys and girls are excited there, too, but for another reason. School is just starting there! Their weather is turning cooler because the seasons are opposite from ours and I'm sure they are trying to decide what they will wear for the first day of school just as you will in September.

Your friend,

Aunt Tilly

### RULES

#### BOYS AND GIRLS

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, July 3, 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 doctors

By William M. Acosta

**Q.** I currently have Medicare. What does it mean when a physician accepts assignment? — C.H.

**A.** Physicians and suppliers who accept assignment of Medicare claims agree to not charge you more than the Medicare-approved amount for services and supplies covered by Part B. They are paid directly by Medicare, except for the deductible and coinsurance amounts for which you are responsible.

Some physicians and suppliers have signed agreements to participate in Medicare. In doing so, they have agreed to accept assignment to Medicare claims all of the time. Other physicians and suppliers will accept assignment on a case-by-case basis or not at all.

**Q.** I need my red, white and blue Medicare card. I currently receive disability benefits from Social Security and Supplemental Security Income. How do I get my Medicare card? — H.R.N.

**A.** In order for you to get Medi-

care, you have to get Social Security disability benefits for 24 months. You should automatically receive this card in the mail.

If you do not receive the Medicare card by the 24th month, you should call the toll-free telephone number, (800) 772-1213, and a service representative will request a Medicare card for you.

**Q.** How long do you have to work to receive monthly Social

Security Retirement benefits? — M.A.R.

**A.** When you work and pay Social Security taxes (referred to as FICA on some pay stubs), you earn Social Security credits. Most people earn four credits per year. The number of credits you need to get retirement benefits depends on your date of birth.

If you were born in 1929 or later, you need 40 credits (10 years of work). People born before 1929 need fewer than 40 credits.

No retirement benefits can be paid until you have the required number of credits.

**Q.** I plan to retire in October. At that time, I will be 58 and my wife will be 60 years and 4 months. I plan to start drawing Social Security benefits at age 62 and take the 20 percent reduction.

My wife has not worked outside of the home. My question is, when can my wife start to draw Social Security benefits? — R.L.M.

**A.** Your wife has to be age 62 or older to receive benefits on your account. Since she is older than you, she will have to wait until you file at age 62.

## YOUR SOCIAL SECURITY

### The World's Most Beautiful Grandchildren



This is our beautiful grandson, Bryan Joseph Vesely, son of Denise and Bill Vesely of Mineola. Bryan is a happy and curious 18 month old who brightens our lives. His grandparents are Diane and Bill Vesely and Gloria Menegay.

Diane Vesely  
Williston Park