

In Two Sections - Thirty Six Pages
The Only Newspaper Printed and Published in Hicksville

Mid-Island Times & Levittown Times 35¢

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Friday, July 10, 1992

L. League Champs



Oyster Bay Town Councilman Leonard B. Symons, second from left, and Councilwoman Ann R. Ocker recently joined with officers from the Plainview Baseball Association before the Plainview Little League Major Division Championship Game. On hand for the occasion, left to right, were Executive Vice President Art Blutstein, President Steve Neithardt, Treasurer Michael Densky and Secretary Roy Brown.

50 Yrs. Of Service



Oyster Bay Town Councilman Thomas L. Clark, right, is joined by Assemblyman Fred Parola, second from left, and Nassau County Executive Thomas S. Gulotta, third from left, in presenting a citation to Ex-Chief Walter J. Werthessen of the Hicksville Fire Department's Emergency Company #5. The citation recognized Werthessen's fifty years of service to his community and the department. Company #5's Captain Warren Uss, left, and Werthessen's wife Dorothy were also on hand for the occasion.

Hearing Set Aug. 4 On Retail Appeal

A request for a special use permit in Hicksville will be the subject of a Tuesday, August 4, public hearing by the Oyster Bay Town Board, according to Town Councilman Douglas J. Hynes.

"The applicants, Arthur Sanders and Allan S. Putterman, trustees f/b/o Jerry Spiegel, owner, are seeking a

special use permit to allow retail use in an 'H' light industrial district," Councilman Hynes stated. "The property is located on the east side of Bethpage Road, north of Midland Road, also known as 49 Bethpage Road, Hicksville."

The meeting is scheduled for 10 a.m. in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay.

25 Restrictions On Shell Permit

Twenty-five restrictive covenants have been placed on a special use permit and a request for a change of zone granted in Hicksville, according to Oyster Bay Town Councilwoman Ann R. Ocker.

"The applicants, Shell Oil Company and Josam Associates, were requesting a change of zone from 'F' neighborhood business to 'G' general business and a special use permit to demolish the existing gasoline service station and construct a service station and retail food mart." Councilwoman Ocker explained. "Pursuant to a public hearing held on September 17, 1991, the Town Board has approved the application subject to twenty-five restrictive covenants.

The applicant covenanted that the premises shall not be used as a public garage or for the storage of vehicles. Also, gasoline trucks must turn off their engines when refilling. In addition, convenience store food products shall be pre-packaged, and no food preparation shall be conducted on the premises except for brewed or liquid products such as coffee, tea or soft drinks. No alcoholic beverages shall be dispensed on the premises.

The Town Board stipulated that no back lighting will be permitted on the canopy, and any lighting connected with it must be directed downward. All other lighting must also be located so as not to interfere with vehicular traffic or spill over onto adjacent properties. All signs must comply with applicable provisions of the Town's code of ordinances, and any external audio communication system and/or bell hoses must not be audible at a point greater than 25 feet from the location of the audio or bell system.

Trip To Stadium

The Hicksville Youth Council will be taking a trip on July 28, to see the New York Yankee's take on the Baltimore Orioles. The cost is \$5 which includes ticket and transportation to and from the game. We will leave from the Youth Council at 5:30 p.m. All youths ages 12 - 20 are welcome to go.

For further information contact John or Anthony at 822-KIDS!

Lafferty Elected Pres; Elem. Reorg. Talks Planned

By Maureen Traxler

After the oath of office is administered to all trustees by the District Clerk at the start of a new school year, the first order of business is the election of officers. At the July 7 reorganization meeting of the Hicksville School Board, Mrs. Helen Lafferty was elected President for the upcoming year, and James Black was elected Vice President. In addition, Mr. Black will serve as Parliamentarian. The position of Board Secretary was won by Richard Pfaender, and Carole Wolf was elected Deputy District Treasurer.

Two new appointments were made: Mrs. Lafferty announced that Mr. Pfaender will serve as liaison to the PTA Council and Mrs. Wolf will serve on the Federal Relations Network, working on improvements at the national level.

Many other positions were reapointed, including District Clerk Alice Wider, Counsel Guercio and Guercio, Internal Auditor Joseph Magee, District Treasurer Tina Inocco and Independent District Auditor Peat Marwick Main & Company. The Board approved Chemical Bank, Plainview, as the district's major depository. Other depositories include Citibank, Hicksville, Bank of New York, Hicksville, National Westminster Bank, Hicksville and Chase Manhattan, Plainview.

Once again, the Mid Island Times was designated as an official district newspaper.

In the area of payroll certification, the Board approved the designation of the Director of Personnel to approve and certify all payrolls for the coming year. This represents a change from prior years, where the Superintendent for Business handled these duties. In order to maximize a check and balance system, the district's independent auditor suggested this change, since the Superintendent for Business is responsible for the issuance of payroll checks.

The Board approved a schedule of meetings for the coming year, including work sessions and committee meetings. Superintendent Sal Mugavero noted that these dates will be displayed on the new school calendar, which is expected to be ready for distribution by August 15. A discussion developed on the date of the annual meeting. The calendar calls for the district's annual meeting and School Board elections to be held on May 19, 1993. Vice President Black queried as to whether the date is being pushed up too far and whether it would be more wise to hold this meeting on the last Wednesday in May.

"The earlier you vote," suggested Superintendent Mugavero, "the more success in the number of budgets approved." Mr. Mugavero added that in the event the budget is held late and is defeated, summer programs for students could be put in jeopardy. He noted that in the case of a budget defeat, the Board would need time to prepare and advertise for a second vote.

In the Superintendent's "State of the District" Report, Mr. Mugavero outlined for the Board the district's accomplishments during the past year. He highlighted specific milestones, such as the move of the sixth grade to the middle school, the 1,100,000-dollar savings realized by administrative and staff restructuring, the passage of the 1992-93 budget (with pledge to "continue this type of effort over the next few years"), "bridge building" with the senior citizen community involving an intergenerational approach whereby young people take an active part, improvement of science labs at the high school in time for the opening of the 1992-92 school year, and a new look for the district's publication, "The Bulletin Board." Also included in his "State of the District" is an aggressive stance on improvement in reading and writing skills and learning techniques.

Mr. Mugavero stated that his "State of the District" report is on file with the District Clerk and public information officer for viewing by the public.

In Mr. Mugavero's high school graduation report, he proudly noted that Hicksville graduated 305 students on June 24. He added that these young people received close to half a million dollars in scholarships, with some \$38,000

Continued On Page 4

Dutch Lane School Learns Water Safety

On June 10, the Dutch Lane Physical Education Department sponsored water education day. The program presents proper methods of swimming and diving and stresses approved water safety messages.

Two walk-around (manned) fish, named Gus and Goldie, instruct the children about the best way to have fun in and around the water, using safe behavior. The Water Education Vehicle, a specially equipped mobile home, is outfitted with audio and video equipment and

safety literature.

The National Pool and Spa Institute, (sponsors of this program), have special hints and information for parents. The van was located in the school parking lot and parents were invited to visit the van for information from 2:50 to 3:30 p.m.

Aquacade Pools on Levittown Parkway sponsored the van's visit to Dutch Lane.

Dutch Lane's Physical Education Department is headed by Phyllis Rubin and Howard Schack.



Dutch Lane's Gym teacher Mr. Schack explains the water safety film to Miss Staab's fourth grade class. Students include: Christopher Amoroso, Michael Benic, Nicole Eposito, Yvan Garcia, Shaun Glover, Timothy Kraemer, John Larkin, Shaun Lyons, Douglas Mirro, Jeffrey Mullally, Joseph O'Connor, Jessica Pappas, Kristy Parsekian, Tracy Phillips, Sandra Raspanti, Shari Robins, Jacqueline Russo, Stephen Sadowski, Jillian Scinocco, Howard Sham, Leah Strugatz, Jennifer Zollo, Billy Galdamez.

Achiever Award



Colleen Bartley, center, a senior at Hicksville High School, was recently recognized as an "Outstanding Young Achiever" by National Westminster Bank USA. In the photo, the Hicksville resident receives a plaque and \$1,000 United States Savings Bond from Ron Niebuhr, 2nd from right, manager of NatWest's Hicksville Office. Looking on is School Principal Richard Hogan, 2nd from left, and Colleen's parents, Maureen and William. Colleen was nominated for the "Outstanding Young Achiever" award by the administrators and faculty of Hicksville H.S., who were asked to select a senior who has demonstrated excellence in academics, leadership skills, extracurricular activities and community service. She is one of 60 high school seniors in New York City, Long Island and Westchester to be honored by NatWest in 1992.

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Bike Rodeo Winners To Get New Bikes

Three lucky participants in the three Town of Oyster Bay Bicycle Rodeos will go home with a new Ross 20" Piranha bicycle courtesy of Ross Bicycles USA, Ltd. of Farmingdale. It was announced this week by Town Councilman Douglas J. Hynes.

"This is an added incentive for kids to participate in the Bicycle Rodeos," Councilman Hynes said. "They can join in the fun, learn a great deal of valuable information about bicycle safety in the process and possibly win a bike valued at \$150.

"The Town's Department of

Parks is hosting three Rodeos this year, and each will have something for everyone," the Councilman continued. "Children can participate in skills tests to determine their ability to use hand signals properly as well as their ability to maneuver a bicycle. There will also be raffles, prizes and bicycle safety inspections. 'Mike, The Talking Bike' will teach bicycle safety and, now, with the donation by Ross Bicycles, there will be three super prizes for the Rodeo winners."

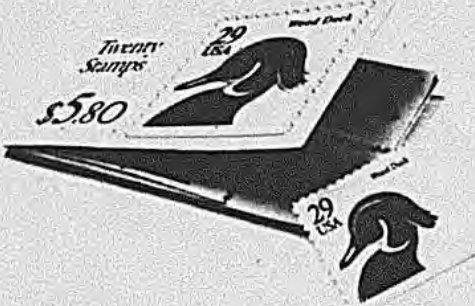
Councilman Hynes added that the Bicycle Rodeos will be held in Bethpage Community Park on Monday, July 20, (rain-

date: Thursday, July 23); Syosset-Woodbury Community Park, on Tuesday, July 21, (raindate: Monday, July 27); and Marjorie R. Post Community Park (Massapequa) on Friday, July 24, (raindate: Tuesday, July 28).

In order to register, contact the Recreation Division of the Town of Oyster Bay Parks Department at 795-1000 ext. 7828.

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 340 Broadway
 Bethpage, NY 11714

Topaz
 39-70 Hempstead Turnpike
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New President Installed



Connie Steers, right, of Hicksville, addresses members and friends at the annual Installation of Officers of the Nassau County Chapter #82 of the Vietnam Veterans of America as newly elected President Pat Sherbo, also of Hicksville, looks on. Steers, who is a founding officer of the Hicksville based veterans organization, was re-elected Treasurer of the Chapter, which is celebrating its 10th anniversary.



Assemblyman Fred Parola, right, after swearing in President Pat Sherbo, wishes the new Board of Directors the best of luck in serving the Nassau County Vietnam Veteran community.

THE EDITOR'S NOTEBOOK

News and photos are accepted for this newspaper and will generally be printed if they follow these guidelines:

1. The material must be local and of interest directly to the area covered by the newspaper. Out-of-district news and all-county items are generally not usable. There is never a charge for printing non-commercial news. Advertising messages may not be included in news items.

2. Photos are accepted on the basis of their local district interest. Out-of-town photos cannot usually be used. (All photos must bear full captions of who is in the photo and what the event is about. Please do not simply mention the class, teacher and nameless student.) Photos without identification will not be used. All photos should bear the name and address on the back to avoid confusion with other photos. There are several hundred photos submitted each week and it is not possible to make positive identifications of unmarked photos.

Please do not submit photos that are irreplaceable. We will make an effort to see that photos can be picked up at the office, but it is impossible to assume liability for photos lost or destroyed.

Almost all local material is used. However, in selecting news and photos for publication, the judgment of the editor has to be final.

Robert L. Morgan

Youth Council Garage Sale

The Hicksville Youth Council is planning its second annual Garage Sale. The Garage Sale will take place at Hicksville on July 11 from 9 a.m. until 5 p.m. All proceeds raised at the garage sale will be used to offset the budget cuts the Youth Council received from the Nassau County Youth Board.

Come out and support your Youth Council.

St. Pius X Bazaar, Casino

A Bazaar and Casino will be held on the feast of St. Pius X, Wednesday, August 5 through Sunday, August 9, from 7 p.m. - 11 p.m. with Casino open till 1 a.m. Friday and Saturday.

The Bazaar will feature rides, games, raffles and prizes, entertainment and ethnic cuisines at St. Pius X Church, 270 Washington Ave., Plainview.

LEGAL NOTICE
SUPREME COURT
OF THE
STATE OF NEW YORK
COUNTY OF NASSAU
Index No. 13544-90
Citibank, N.A.
Plaintiff
NOTICE OF SALE
Against
William Carriero
et al
Defendants

Pursuant to a judgment of foreclosure and sale entered herein on December 3, 1990, I, the undersigned, the Referee in said judgment named, will sell at public auction at the North Front Steps of the County Court House, 262 Old Country Road Mineola, New York, County of NASSAU, State of New York, on August 4, 1992 at 9:00 A.M., on that day, the premises directed by said judgment to be sold and therein described as follows:

Said premises being known as and by street address 175 12th Street, Bethpage, New York, 11714.
Dist. Section: 46 Block: 34 Lot: 47

Citibank's upset price for this property is \$96,000.00. This is a proposed amount only. Citibank reserves the right to accept a higher or lower bid at the foreclosure sale.

Said premises are sold subject to any state of facts an accurate survey may show, zoning restrictions and any amendments thereto: covenants restrictions, agreements, reservations and easements of record; municipal departmental violations, and such other provisions as may be set forth in the complaint and judgment filed in this action.
Dated: Syosset, New York June 16, 1992

John F. Bogut, Esq.
REFEREE

Philip Irwin Aaron, P.C.
Attorney for Plaintiff
115 Eileen Way

MIT3141
6x7/3,10,17,24,31,8/7

Volunteer Luncheon



Oyster Bay Town Councilwoman Ann R. Ocker, second from left, recently met with administration and staff of the Central Island Nursing Home during their annual volunteer luncheon. Also on hand, left to right, are Dorothy Lehmann of Hicksville, Administrator Martha Sweet, Charlotte Stenger of Plainview, Recreation Director Joanie Gorman and Marvin Witte of Plainview.

Bethpage Golden Age



Oyster Bay Town Clerk Carl L. Marcellino (Second from left) recently attended the installation of the Bethpage Golden Age Club. Also on hand for the occasion (L-R) were president Teresa Flynn, Vice President Gladys Schober, Recording, Corresponding Secretary Helen Kazmeroff and Treasurer Larry Spada.

Rambling Rose July 10

Laura Dern gives her finest performance to date as "Rambling Rose," an alluring orphan from the wrong side of the tracks who wreaks havoc on a proper Southern family when she arrives to be their maid. A gentle, humorous and infinitely wise film that speaks directly to the heart.

The film "Rambling Rose," was directed by Martha Coolidge and stars Robert Duvall, Laura Dern, Diane Ladd and Lukas Haas. The film is rated "R" and runs for 112 minutes.

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.

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

LEGAL NOTICE NOTICE OF SALE

SUPREME COURT: NASSAU COUNTY. THE GREEN POINT SAVINGS BANK, Plff. vs. JOSEPH J. MANFRO, et ano. Defts. Index #23503/90. Pursuant to judgment of foreclosure and sale dated June 14, 1991, I will sell at public auction on the north front steps of the Nassau County Court-house, 262 Old Country Rd., Mineola, NY on Aug. 5, 1992 at 9:30 am, prem. k/a 19 Miller Blvd., Syosset, NY. Said property located on the northerly side of Miller Blvd. 535.78 ft. northerly, north-easterly and easterly as measured along the westerly, northwesterly and northerly sides of Miller Blvd. from the extreme northerly end of the arc connecting the westerly side of Miller Blvd. with the northerly side of Ira Road, being a plot 125 ft. x 70 ft. Approx. amt. of judgment is \$127,918.62 plus costs and interest. EDWARD ROBINSON, III, Referee. CULLEN AND DYKMAN, Attys. for Plff., 100 Quentin Roosevelt Blvd., Garden City, NY.

SYO 8100
4X 7/3, 10, 17, 24

Lafferty Elected Pres; Elem. Reorg. Talks Planned

Continued From Page 1

coming from the local community. Sixteen students failed to meet the requirements for graduation. Ten of those students failed to graduate because of RCT results in U.S. History. Mr. Mugavero seemed distressed with this statistic and suggested the district assess this particular failure.

Over the years, the Board has experienced monthly transfer of funds to meet budgetary demands. Superintendent Mugavero halted all transfers, allowing codes to run in the red until the end of the year, in order to assess the areas where funds have been lacking. Now, at the year's end, when books are to be reconciled, the Board approved transfers to close out the books. Two areas appeared lacking, salaries and BOCES. Superintendent Mugavero explained that the BOCES adjustment represented a lack of commitment to occupational educational students last term. On salaries, Assistant Superintendent for Business Stuart Opdahl notes that in most areas this represented an adjustment for new employee salaries after retirements or turnover of staff.

The Board approved the termination of a uniform rental contract with Uniforms for Industry at the end of the first year of a three-year contract. The district assessed that employees received old uniforms and were dissatisfied with the uniformed cleaning service. After agreement with the uniformed staff that they could be responsible for their own cleaning, the district decided to attempt to rebid solely for the purchase of new uniforms, in different colors to denote job description, such as buildings and grounds crew and custodial staff. The Board decided to go ahead with a uniform purchase this year, but agreed to explore the advantages and disadvantages of a uniform allowance in future years.

The Board held a second reading of policy #8410, transportation of students, including the mileage eligibility limits approved by the voters in May.

The Board approved the appointment of an Advisory Board of the Continuing Education Program for 1992-93. Superintendent Mugavero had suggested a citizens committee on continuing education to meet the needs of the Hicksville community.

This school year, the district will publish only one brochure on continuing education, distributed in the fall, and covering both the fall and spring semesters. There will be a mid-year supplement updating classes. The district also aims at eliminating outside vendors and focusing teaching skills with local professionals.

The Board has scheduled its first work session of the new year for Wednesday, July 15. The topic of discussion among the trustees will be elementary reorganization (possible school closings). Community members are welcome, although they will only be observers - with no participation. Next Wednesday's meeting will be held in the high school Little Theater at 8 p.m.

President Helen Lafferty stressed that the Board will hold work sessions over the summer and that she expects the Board to "have a vote by September" to end discussion of this issue.

On Thursday, July 16, at 8 p.m., the Board will hold an open meeting to discuss goals and objectives for the coming school year. The Board expects to proceed into executive session to discuss strategy in dealing with the unions which are currently in contract negotiations.

The next regular meeting of the Board will be held on Wednesday, August 19, at 8 p.m.

Knights Of Columbus Awards Night

The Annual Awards Night of Joseph Barry Council 2520 K Of C was held on Tuesday, June 16. Various Service Awards were presented to Council and Community members as well as charitable contributions, amounting to approximately \$3,500, were distributed to 13 organizations.

This year's Community Award was presented to Mr. Christen Peipper for his meritorious service. Mr. Peipper, a member of St. Edwards Parish, Syosset and a graduate of Holy Trinity High School, without regard for his personal safety came to the assistance of two victims of crimes several months ago in Hicksville.

The Knight Of The Year Award was presented to Mr. Thomas Joyce for outstanding achievements performed this year as a member of Joseph Barry Council.

In addition to the many Council members and their guests attending Awards Night were the following Honored Guests: State Warden and PGK of Joseph Barry Council Jim Carroll, District Deputy Walter Skinner who has been now transferred to the 20th District and PGK William Henne who has been newly appointed District Deputy of the 16th District.

Following the Awards presentations, the guests and members were treated to a delicious repass prepared by Brian Dunker and Walter Maier and their Committee. The Awards Night was chaired by Grand Knight Steve Stiehle.

LEGAL NOTICE PUBLIC NOTICE

NOTICE is hereby given, pursuant to Town Law, Section 64, 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 the temporary blocking of Town streets, highways or roads as follows: request of the Bethpage Chamber of Commerce to close Municipal Parking Fields, Field B-4, effective on Thursday, August 6, 1992 at 10 p.m. through and including Saturday, August 8, 1992; and Field B-5, effective on Friday, August 7, 1992 at 10 p.m. through and including Saturday, August 8, 1992 for the purpose of holding a Neighborhood Fair. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated. TOWN BOARD OF TOWN OF OYSTER BAY. LEWIS J. YEVOLI, Supervisor., CARL L. MARCELLINO, Town Clerk. Dated: July 7, 1992 BETH 3143 1X 7/10



Advocate and PGK Arthur Schreiber presenting Community Award to Christen Peipper while GK Steve Stiehle awaits to congratulate Mr. Peipper.



Grand Knight Steve Stiehle presenting Father Peter Liu hfs Chaplain's Award.



Grand Knight Steve Stiehle presenting the "Knight Of The Year" Award to Brother Knight Thomas Joyce.



Grand Knight Steve Stiehle thanking Mike D'Antuono for chairing the C & B Program for the past year.

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Jottings From Yesterday

Bill Clark

Remember when the corner of First St. and Broadway was Pete Breen's restaurant and bar? Then in the 60's they built the row stores now part of Robert Chevrolet; Breen's Bar was now approximately in the area of the car storage area and the south end of the new building was Stop & Shop grocery store, just recently a pool supply, plus a couple of other stores in between. The homes between the St. Stephen's Church and Stop & Shop were either demolished or moved. One moved to Grand Ave. from the area of the now church parking lot.

I always remember going to Jr. and Sr. High from First St., crossing Jerusalem Ave. and cutting through the empty lot between George Sumner's brick house, first Library building

and the Christ home. The lot became the first Library extension and later the Christ home was moved across the street. The area of the house is now the area of the Library Community Room. Now this week the Wetterau home has been torn down for Library use.

Back in grade school, we ended for summer vacation one week later than my cousins in the city schools. We wished we could also, but it felt good in September when they had to go back a week before us. That last week felt good except for those adults who always had to tell you how many days left before school. It was like telling you that you had to take some awful tasting medicine hours before it was due.

Have a nice summer and vacation.



Top picture: Shaarie Zedek Synagogue - 1925-64 on E. Barclay Street before their larger building on Old Country Road.



Lower photo: Same area - enlarged and renovated building - new Elks Lodge. Photo by Bill Clark

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.

.....
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!

Saturdays are Family Fun Days at Belmont Park!



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Clowns, a daredevil trapeze artist, clown make-up, and more!

Events are subject to change. Hours: 11:00 AM - 3:00 PM. Post time: 1:00 PM. Exit 26D off the Cross Island Parkway. Call (516) 488-6000 for details. * \$1.00 donation each to the Don MacBeth Memorial Jockey Fund.

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Town Code Includes Children's Playroom

Pursuant to a public hearing on April 7, the Oyster Bay Town Board has approved amendments to the Town's Code of Ordinances, which expand the definition of Places of Assembly to reflect the recent growth in popularity of so-called children's playrooms.

"The amendments make changes in the permitted uses in the 'F' neighborhood business, 'G' general business and 'G-1' central business districts to include children's playroom type of facilities," Town Councilman Leonard Kunzig explained. "Those which accommodate more than 50 persons will now require a special use

permit, while those which accommodate less than 50 persons will not."

The Councilman noted that the types of facilities include children's playrooms, gyms, bores, children's party or arts and crafts centers, and parent-child bonding centers. He added that prior to the adoption of these amendments, there was no specific authorization for children's playrooms in the code.

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If you want to be published and be part of an issue of Discovery, you may submit your article to: Litmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

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Senior Installation



Oyster Bay Town Clerk Carl L. Marcellino (second from left) recently attended the Installation of the Bethpage Friendship Seniors Club. Also on hand for the occasion (L-R) were President Elizabeth Cardillo, Recording Secretary Theresa Amoroso and Corresponding Secretary Anne Maccarrone.

ARE YOU OVERLOOKING LONG ISLAND'S WILDEST NIGHTLIFE?



Photo by Don Sant

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.

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

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

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June was a very busy month at Dutch Lane School just preparing for graduations, Grandparents/Special Persons Day, Kindergarten Orientation, 5th & 6th grade trips, etc.

All in all, volunteer PTA parents on our Ways & Means Committee held their Annual Father's Day Boutique. It was a huge success and the students especially liked the giant dad and grandpa keep cold mugs.

Dutch Lane's Father's Day Boutique



Sixth grade students display some items for sale, from left - James Stahl, Jared Orientale, Thomas Rivas, Brian Connolly and Bradley Murphy.



Miss Yannone's sixth graders enjoyed shopping for their fathers, from left - Michelle Scavetta, Jaclyn Verozie, Michael Kilfoll and Hugo Lazo.

LEGAL NOTICE SUPREME COURT: NASSAU COUNTY CITIBANK, N.A. Plf. vs ROBERT WHITE, et al Def.'s Index #866/90

Pursuant to Judgement of Foreclosure and Sale dated April 10, 1991 and Order dated Oct. 7, 1991, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, N.Y. on August 12, 1992 at 10:00 A.M. Premises known as 126 Southwood Circle, Syosset, N.Y. being on the south side of Southwood Circle, 540.46 ft. north of Candy Lane being a plot 103.80 ft. x 65.00 ft. x 102.77 ft. x 65.01 ft. Upset amount \$114,400.00 per Plaintiff.

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NOTICE OF FORMATION OF KINGSLEY HEIGHTS ASSOCIATES, L.P. Under Section 121-201 of the Revised L.P. Act KINGSLEY HEIGHTS AS- SOCIATES, 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.
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Music Under Stars July 16

A performance by the vocal trio C'est la Vie and instrumentalist Richard Pearl will highlight the first week of "Music Under the Stars" programs for Bethpage Community Park District residents, according to Oyster Bay Town Councilman Douglas J. Hynes.

The program will be held at the Community Park on Thursday, July 16, beginning at 8:15 p.m. In the event of rain, the performance will take place in the auditorium of Bethpage High School, Cherry and Stewart Avenues.

"C'est la Vie members Peter Christopher and twin sisters Susan and Stacey Lauren are all accomplished soloists whose voices together create perfect harmony," Councilman Hynes

said. "With a repertoire that runs the gamut from Broadway and jazz to rock and the classics, the group has become a popular attraction on the musical circuit."

Sharing the stage will be Richard Pearl, master of banjo, guitar, ukulele and bass. A featured performer with such stars as Regis Philbin, Rich Little and Norm Crosby, he has entertained diverse audiences in concerts, hotels, and on cruise ships.

The Councilman noted that the "Music Under the Stars" series is being sponsored by the Cultural and Performing Arts (CAPA) Division of the Town's Department of Community and Youth Services.

For children, CAPA will sponsor a performance by singer/musician Anna Epstein Kravis at the Community Park on Wednesday, July 15, at 10:30 a.m.

"In this program," Councilman Hynes commented, "Ms. Epstein Kravis explores a wide variety of musical instruments and performs a number of familiar tunes as well as some original compositions."

College Notes

Michael Conway, 21 Woodbine Drive, Hicksville, son of Martin and Anne Conway, received a BA in economics at Bucknell University's Commencement Ceremonies May 31.



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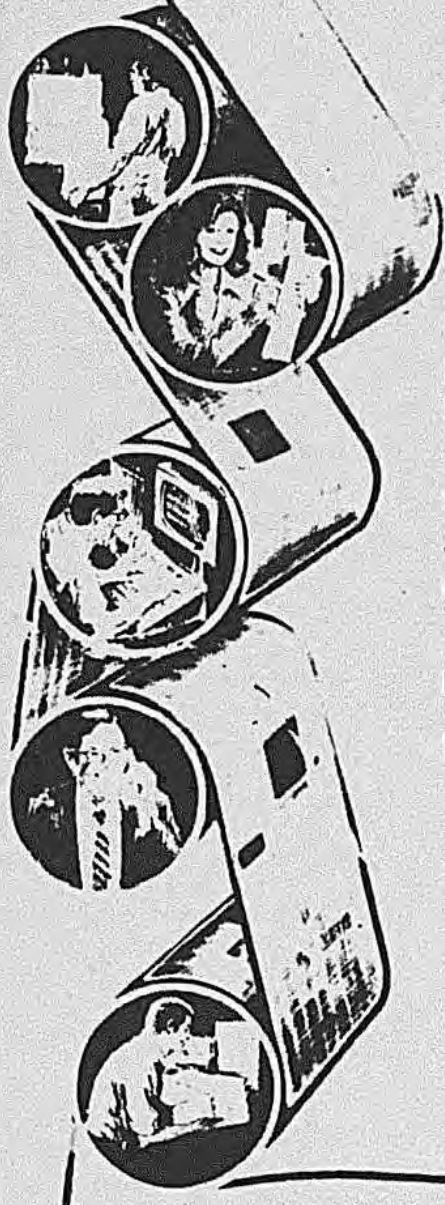
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Hicksville A's Summer Tournament

On Saturday, June 27, the Hicksville A's faced off against a game Connetquot team.

Nick Schmidt was starting pitcher and did a nice job, striking out 3, only walking 1 and allowing 1 run.

James LaPadula had the save with 1 strike out, 1 walk and allowing no runs.

The defense was strong with nice plays by Josh Strugatz at 2nd and Chris Swier in left - Chris made a spectacular play by running down and catching a hard hit ball in deep left.

The bats were hot with Peter Martin going 2-2 with a triple, James LaPadula going 2-3, Adam Geslak going 2-3, Keith Englehardt going 2-4, Tommy Kessler 2-4, Matt McLoughlin 2-4 with a triple, Kevin Soper 2-4 with 2 doubles and Chris Swier with a hard hit double.

Final score Hicksville 12 - Connetquot 5.

On Tuesday, June 30, the A's faced off against an aggressive Lynbrook team.

Kevin Soper did a fantastic job as pitcher striking out 7 and only giving up 4 walks and 1 run. Chris Cannizaro did a nice job as catcher.

Batting was strong with Kevin Soper going 3-4 with a home run, Matt McLoughlin going 2-4 and Tommy Kessler with a home run. Hicksville won 6-1.

Thursday, July 2, Hicksville met Lynbrook again.

Tommy Kessler was starting pitcher and did a great job striking out 5 and only allowing 1 walk and no hits. Nick Schmidt had the save doing a fantastic job, striking out 4 and only allowing 2 walks.

Brian Boyle made some nice plays at first and Peter Martin had several key plays in right.

This day the Lynbrook pitchers were no match for the relentless Hicksville A's, Brian Boyle went 2-4, Keith Englehardt 2-4, Tommy Kessler 2-4, James LaPadula 2-4 with 2 home runs, Matt McLoughlin 3-4 with a home run, Chris Swier 2-4 with a triple, Kevin Soper 3-4 with 2 triples, Adam Geslak 1-4 with a home run and Peter Martin with a towering triple.

Final score Hicksville 21 - Lynbrook 5.

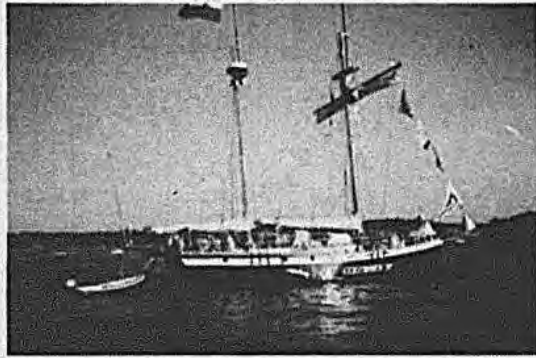
College Notes

Thomas R. Gallica of Bethpage, graduated in May from the State University of New York at Old Westbury with a Bachelor of Arts Degree in Accounting. He is now preparing to take the CPA exams in November. His wife, Chris and daughters Nikki and Deanna are very proud.

Elizabeth N. Tennant of Bethpage recently graduated from Scranton University in Pennsylvania and received her Bachelor's Degree at commencement exercises held May 30 and 31.

Snapshots From A Historian's Camera

Being a part of and preserving contemporary history on film is a stimulating part of an archivist-chronicler's week. Oyster Bay Town's mini-Operation Sail happening this past week was a good case in point. This writer and his camera caught the scene on film for posterity's information and amusement.



The "Vesta" sporting a "Columbus '92" sign was a Netherlands visitor to Oyster Bay Harbor last week.



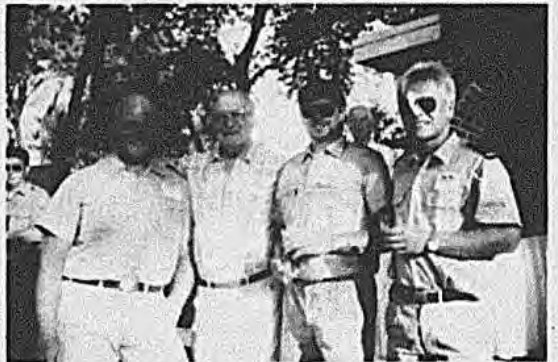
Town Councilman Tom and Mrs. Corinne Clark (left), Hicksville Historian Dick Evers, and Mr. and Mrs. John H. Meyer of the TOBAY Bicentennial and Historical Commission were guests of Bay Constable John Antatomaso for a "close-up view" of Operation Sail ships.



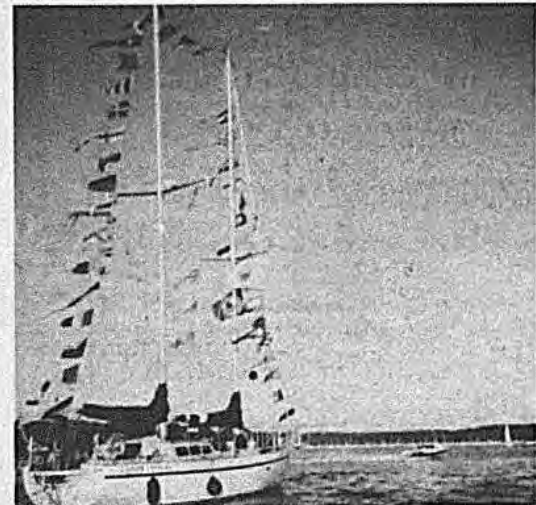
The German naval training ship "Asta" was typical of the smaller sailing vessels whose crews braved the East River's "Hell Gate" to celebrate part of the Columbian Quincentenary in Oyster Bay.



Town Supervisor Lewis Yevoll is shown making Capt. Claus Nicolaus of the German naval training ship "Asta" welcome. At left and right are: Robert Dwyer - Supt., Theodore Roosevelt Park, and Robert McGeever, Assistant to Deputy Commissioner of Parks and Recreation.



Edward Ocker, former TOBAY Councilman and Fire Department leader of Plainview, is surrounded by young officers of the German navy's "Asta" during TOBAY little supper for crews of visiting Operation Sail ships.



A stern view of Britain's "Ocean Venture" which sailed in with a mixed crew of lads and lassies as crewmen. The Operation Sail visitors were all deep keeled vessels and had to be anchored - unfortunately for public viewers - quite far out in the harbor.



View of the "American Supper" at Theodore Roosevelt Park hosted by the Town Board for officers and crews of three Operation Sail Ships. Dorothy H. McGee and members of the TOBAY Bicentennial/Historical Commission at center.

Photos and Text by Dick Evers

Hicksville Vets At Tobay 'Fourth'

Although rain stopped their annual placement of the national flag along Broadway on July 4th, the members of Charles Wagner Post #421 American Legion took an active part later in the day, in the Town of Oyster Bay Independence Day Celebration. The Legionnaires were joined at Tobay by the Color Guard and Officers of the Masonic War Veterans, members of the William Gouse Post, Veterans of Foreign Wars and Hicksville members of the Pearl Harbor Survivors Association.

On this 216th Anniversary of U.S. independence the Town of Oyster Bay Bicentennial and Historical Commission, in cooperation with the Town Park Department and the Oyster Bay Community Band, had a significant program. The commemoration saluted the Quincentenary of Christopher Columbus' epic voyage to the Western hemisphere and also marked the Centennial of the death of Walt Whitman, Long Island's poetical giant.

The Town Fourth of July opened under slightly threatening skies with a short parade on Main Street to the gazebo and at Townsend Park, at Town Hall. Numerous veteran groups were in the line of march. Taking part were Hicksville American Legion Post #421's past-commander Arlene Howard, marching as the new Commander of the Third Division of the Nassau County Legion. Among the county staff marching was Commander William W. Murtha, Past Commander, Richard Hochbreuckner and Past Commander Raymond Gamble carried the colors of Post #421. Richard Evers of the Charles Wagner Post, a member of the Tobay Bicentennial Commission served as one of the parade marshals.

Featured in the program were Mr. Sal Lanzilotta, N.Y. State Chairman, Christopher Columbus Quincentenary; Town Supervisor Lewis Yevoli, and Town Councilman Douglas Hynes. Miss Dorothy Horton McGee, Town Historian and Commissioner of the Tobay Bicentennial and Historical Commission once again led in arranging a rousing, patriotic fete, working with the Oyster Bay Community Band under conductor Michael Lannicello.

A particularly stirring part of the program was Councilman Hynes' reading of Walt Whitman's poem on the last days of Columbus, in which the great navigator recalls in exultation and torment his dreams and aspirations, the desperate hours, the glories and his later fruitless, unconsumed efforts.

College Notes

Two Hicksville residents have been named to the Dean's List of State University College at Oneonta for the spring semester of the 1991-92 school year, according to Dr. Walter vom Saal, provost and vice president for academic affairs at the College.

They are: Joy Dunayer, 114 Haverford Rd., Hicksville; and Christopher Michael Ryan, 424 Division Ave., Hicksville.

Eligibility for the Dean's List requires a semester grade point average of 3.50 or above.



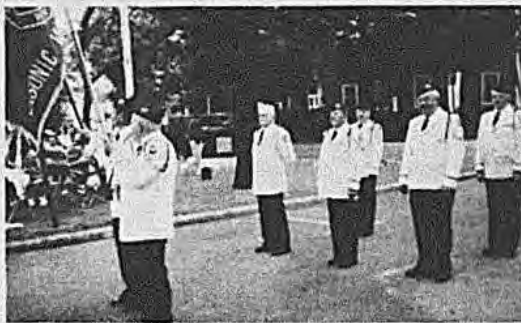
Hicksville veterans posts were well represented in the Annual Independence Day program at Tobay.



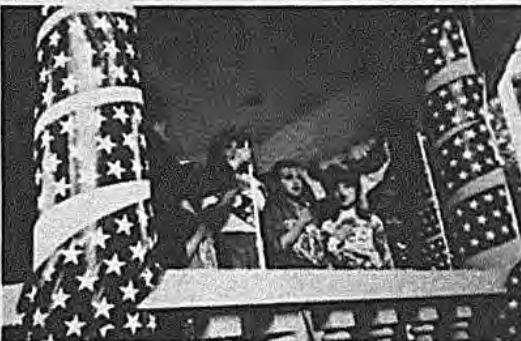
Arlene Howard of American Legion Post #421, Hicksville, Marched as Third Division Commander with the Nassau County Commander William Murtha (on her left) and officers of the County staff.



Hicksville participants in Oyster Bay Town's Annual 4th of July program. Left to right members of the Pearl Harbor Survivors Association - Commander Dennis Ladislav of the VFW Post #3211, and Past Nassau County Commander Richard Hochbreuckner of Post #421 American Legion.



As sharp as ever, colors, members of the Masonic War Veterans, Henry Biel Post #46 standing tall.



Program Chair Dorothy Horton McGee adjusts the mike for lassies of Girl Scout Jr. Troop #130 who led the assembly in the Pledge of Allegiance.



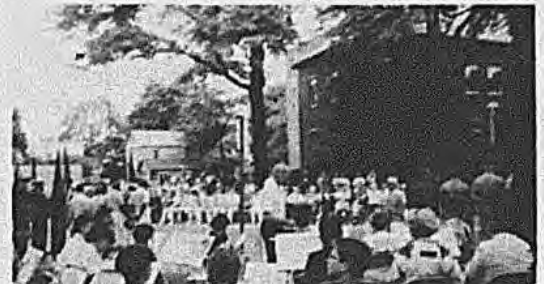
Sal Lanzilotta, State Chairman, Christopher Columbus Quincentenary Celebration, Sons of Italy.



Town Supervisor Lewis Yevoli just after praising the patriotism of the participants and public audience present for the Town's July Fourth program.



Councilman Douglas Hynes reading from Walt Whitman's evocative poem on Christopher Columbus, in a program moment devoted to recalling this centennial of the poet's death.



Michael Lannicello conducting the Town of Oyster Bay Community Band during Tobay's Independence Day Celebration.



The cameraman catches the eyes of two Hicksville ladies - Cynthia Hochbreuckner, Past President, Nassau County American Legion Auxiliary and Anne Evers of the Gregory Museum volunteers.

Photos and story by Dick Evers

Part Two of the Mid Island Times
Syosset Advance, Williston Times,
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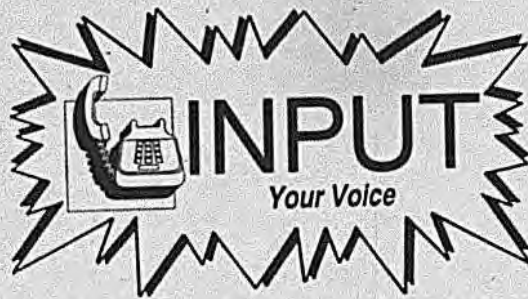


Friday, July 10, 1992

**Living Creatively
With Chronic
Pain**

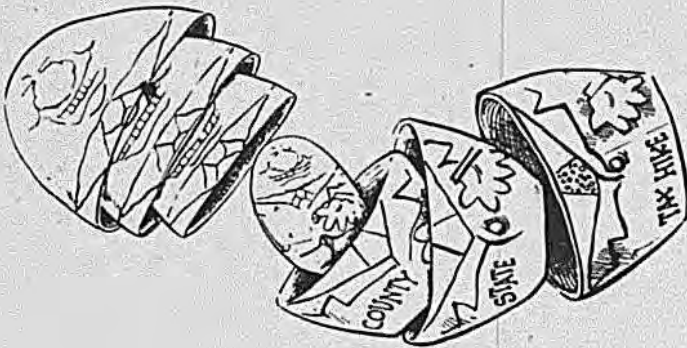


SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think the county should be allowed to balance its budget by floating a bond issue?



Personal Privacy Small Consideration In Elections

Callers to Input were mixed in their opinion of whether we are too hard on political candidates or not in answer to this question: "Do you think that loss of personal privacy keeps some worthy people out of politics?" Here are some of the answers:

SOMETIMES TOO FAR

We often go too far in analyzing the personal lives of candidates, particularly candidates for President. I do not personally believe that many of the things dug up by supermarket tabloids and the TV shows that specialize in gossip are worth reporting but I do not think that political candidates should be surprised or resent this type of snooping. If there is nothing to hide then the public can make its own decision. **K.G.**

SCANDAL MONGERS

I think it is sickening what is happening to candidates. A good candidate might have nothing to hide but the scandal mongers will invent something just to keep the public guessing. It may be that the invented items are withdrawn later but they certainly cause grief to the candidate and family members. I think we most certainly are scaring off some good candidates with this scandal writing and TV. **H.F.**

MADE UP STORIES

Most people will say that if there is nothing to hide then a candidate has nothing to fear. But of late some things have simply been made up or blown out of proportion. I believe that many good prospective candidates do not run because of this and we are stuck with lackluster incompetents. **F.D.**

IRRESPONSIBLE ATTACKS

If you can remember what happened in the Geraldine Ferraro bid for Vice President you would know that we are going too far with unfounded personal questioning of candidates. In that case the press was not satisfied to hold the candidate responsible for what her husband did, but also made inferences about her dead parents. This certainly would scare off many potential candidates. It is time for the public to fight back against the irresponsible attacks. **N.F.**

RIGHT TO KNOW

I think that it is possible for some worthy candidates to fear an invasion of privacy if they run for office. But on the other hand the public should have the right to know what it can about personal lives of people they are going to trust to run the country. If you were going to hire someone to be a personal companion or even to work around your house and you found they had an unsavory record you would not hire them. While some candidates will recoil from the spotlight on their lives there is no other way to bring the things to the attention of the public. Surely the candidate will not discuss weaknesses unless prodded, so there is not any other way. **M.D.**

CAN'T STAND HEAT

When Harry Truman was President he said it all: "If you cannot stand the heat don't come into the kitchen." This saying just about sums up the problem. There are those who want to run for President who should know that the press and public will be all over them to know details of their personal life. The fact is that being able to justify a personal life is part of being the Chief Executive. It may be that the public is too harsh in judging some forms of behavior but I think that a good candidate could explain the issues to the people and that they will like him all the more for coming clean with them and not being portrayed as a saint. **B.G.**

TOO EASY

No I do not believe that we are too hard on candidates. I think many times we are too easy. I think a candidate like Ross Perot is going to slide right in without letting us know what he thinks about anything. The public works more on emotion than on hard facts and someone like Perot knows this very well. **V.G.**

CALCULATED RISK

It never occurred to me to consider the effect of loss of personal privacy as a deterrent to participation in politics. And yet, it is a calculated risk which I am sure many aspirants to jobs of public responsibility have considered and accepted as worth taking. Needless to say, Mr. Perot must have evaluated the risk as he is sure to be the target of many efforts to weaken his candidacy for the Presidency. However, I am certain that in his case as well as many others, the power as well as the opportunity for personal as well as national achievement, is the most overriding consideration. If one is looking for examples, the latest cases have to be the misbehaviors recently on Capitol Hill where character assassination was very much in vogue. Quite honestly, I believe that the personal privacy risk is a minor consideration in the political evaluation process. **P.G.S.**

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24
HOURS

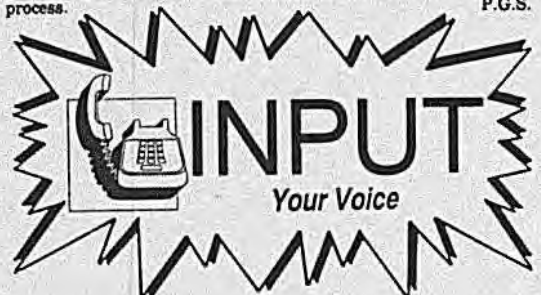
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Discovery!

Living Creatively With Chronic Pain

By Karen Reiter

I have been living with chronic neck and back pain for fourteen years. I could describe all the back operations, the long recuperations, the constant visits to doctors, but I really don't want to focus on the negative aspects of my illness. I want to discuss what I have learned from my chronic pain. I want to help others. I want others who suffer to have hope for the future. Chronic pain makes you examine your life and make much needed changes. Pain is the body's way of telling you to make adjustments in your life.

First of all, no matter what type of chronic pain you suffer from, usually the most difficult part of the day is the morning. It is a chore to get up in the morning and face another day. The first thing I do in the morning is to ask my Higher Power or God to watch over me and help me get through the day. It is very important to realize that we are not alone and we can ask for help and get it through simple prayer.

Try to simplify your chores in the morning. Set your coffee maker on an automatic timer. Get out bed slowly and go have that delicious cup of coffee. Walk around the house for ten minutes until some of the morning stiffness leaves you. Then get dressed and put on some make-up or utilize other good grooming tools. Take pride in your appearance - you are really worth it. Try to look your best, it will make you feel better.

Many people with chronic pain are unable to work. The idea is to help yourself feel better while you are recuperating whether or not you can return to your job.

Fill your days with beautiful things. Buy inexpensive fresh flowers at the supermarket. Fill your home with beautiful music. Music will really help to relax you and soothe all your aches and pains. I love jazz and I have tapes that I use in my car, my Walkman, and my home.

Rent a video. Laughing is great medicine when you aren't feeling well. Our local libraries have great videos and they only cost one dollar to rent them for the day. The library usually has relaxation tapes available too. I find these relaxation tapes to be invaluable. While you are at the library, check out some great books and some audio-cassettes too. It's so relaxing to listen to a great novel on the audio-cassettes. It's like having a bedtime story read to you by your mother. Don't forget that if you keep your mind stimulated, you'll concentrate less on all your aches and pains. Try to distract yourself from concentrating only on yourself. Keep busy.

Please try to exercise for at least a half an hour a day. I started with five minutes a day. I walked around the block and then I returned home. This was all that I was able to do in the beginning but I felt great because I knew I was doing something to help myself. If you are in too much pain to even consider walking around the block, then try walking in a pool. Echo Park in West Hempstead is a marvelous facility. It's the latest fad to walk in the water. Everybody is doing it. You will feel so much better after you exercise. The body releases natural painkillers when you exercise. An endorphin a day, keeps the doctor away!

Also try soaking in a nice warm tub in the evening. I listen to music while I'm enjoying my bubble bath. Water is very soothing.

Try to stay in a positive frame of mind. Say to yourself, "I feel healthy, I feel good." Say this affirmation over and over to yourself. You will start to believe it. Anytime a negative thought comes into your head like I'm never going to feel better, tell that thought to get out and stay out. Refuse to be negative.

Make sure you eat well everyday. Don't forget that breakfast is the most important meal of the day. Carbohydrates help release

the body's natural painkillers. Eat plenty of pasta and you will definitely feel better. Take a multi-vitamin every day in case you fail to include any of the food groups.

If you are taking any prescription medication for pain gradually decrease your dosage while under the supervision of your doctor. In the long run, any pain medication or tranquilizer will make you feel worse not better. Try to stick to Extra-Strength Tylenol and stay away from all that addicting stuff.

Think of alternative medical practices if all else fails. I have had great success with acupuncture and recommend it heartily. When it's done by a medical doctor, it doesn't hurt and the procedure is covered by most insurance companies.

Do something that you love to do every single day. I love to read about antiques; call a friend; write a letter; buy fresh flowers; paint my nails; read travel brochures and have a cup of herbal tea. Be



happy and this will make you feel better.

Investigate everything. Try some courses in New Age philosophy and "three dimensional thinking."

Think about going to a Pain Clinic for help. I have had remarkable results while going to the Nassau Pain and Stress Center in Westbury. I learned biofeedback, meditation, and relaxation exercises. They also specialize in hypnotherapy.

Get a professional massage. This is the ultimate in pampering. It's expensive but if you haven't tried it, I just can't describe how good it feels. I've even tried reflexology which was delightful. Reflexology is just a fancy word for a fabulous foot rub. Have your husband or wife give you a massage and don't forget to return the favor.

Remember that heat always makes chronic muscle and nerve pain feel better. Try ice for headaches. Also one last bit of advice, don't drink. Alcohol is a depressant. At first you might feel better but when the effects of the alcohol wear off, you'll feel worse than when you started.

I have also discovered some interesting things about dealing with emotions when a person suffers from chronic pain. Many chronic pain sufferers have trouble sticking up for themselves. This doesn't mean that everyone with chronic pain has this problem, but many do. We must all learn how to be assertive. We need to clearly and firmly articulate what we want, feel or deserve. This is not an easy task for "people pleasers." When you have chronic pain, you must accept your limitations. Knowing when to stop doing work is extremely important. Be good to yourself and allow free time to do what you want. Also do not let others push you to do too much. You deserve to be treated with respect and dignity from your family, friends and even your doctor. You also should be allowed to ask for help when you need it. I have someone help me once a week with my ironing because it is too difficult for me to do it alone.

You will notice that you might even experience less pain when all your muscles are not tight with tension. If you are assertive with your needs, you will actually feel better. Your pain is real - but who you are and how you deal with day-to-day situations does have a direct effect on your degree of pain. Developing assertive behavior will take a lot of effort. You might even think about taking a course in assertive behavior. I need a lot of work in this area and I am considering taking an assertiveness training course.

Keeping your breathing steady and even will help you keep your stress level under control. By placing your hand on your abdomen, right over your navel, you can tell if you're taking short, shallow breaths. If your hand doesn't move that means you are not breathing deeply into your abdomen. Breathe deeply and you will feel more relaxed and more pain free.

Remember no one can really understand chronic pain unless they have actually had chronic pain themselves. I wish you the best of luck in working toward a solution. I hope with all my heart that this article has helped you. I have always wanted to share what has worked for me with others. Thanks for the opportunity.

ABOUT THE AUTHOR

Karen Reiter lives in Garden City. She is a homemaker, mother and wife. The story is true.

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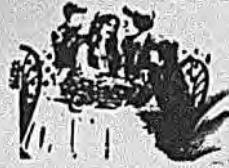
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VISA

READER RATINGS



Q. I'm confused about how many small children can be in my wedding as my attendants. Can you help me? And how should they be dressed?

A. In Europe, children often make up the majority of the bride's attendants, and in this country, that tradition is becoming more popular.

The bride needs one adult attendant — a matron or maid of honor. You also may include a junior bridesmaid in your wedding (a girl from 9 to 14).

You also may have a pair of pages (little boys from 3 to 4 or 5). You may include a ring bearer (a little boy that age, too), but don't forget to sew the rings to the pillow!

As for flower girls — you can have one or two of those, too, ages 3 to 5.

The little boys might be dressed in satin or velvet shorts or knickers, with shirts that are ruffled or with Peter Pan collars, white knee socks and black patent leather Mary Janes or black oxfords.

The little girls can wear long or short dresses — either to match the bridesmaids, or they can just wear their own plain white or velvet party dresses.

There is one problem with using small children in your wedding — they are scene-stealers!

DINING GUIDE

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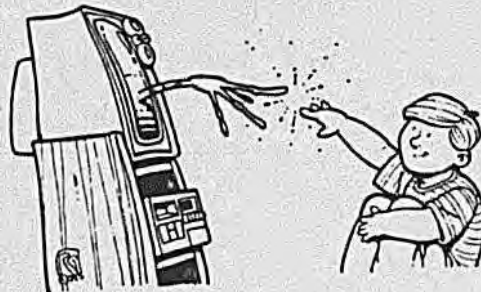
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ENTERTAINMENT CLIP ART



Enough of this virtual reality technology; even I don't want my television to reach out and touch someone.

DINING GUIDE



Vegetarian View

By Margaret Wing-Peterson

When summertime entertaining calls for munchies, treat your guests to more than the typical fat-loaded chips, cheese, nuts and deep-fried nuggets.

Offer them a tasty slice of good health with platters of crunchy fresh vegetables, juicy fresh fruits and savory low-fat crackers.

Rely on cooked dried beans as another versatile source of nutrients, easily dressed up for premeal tidbits and dips. To keep fat low and nutrition high, consider these other ideas.

- Whirl low-fat cottage cheese with a little milk in a food processor or blender for a more healthful alternative to sour cream in your dips. Unflavored yogurt is another, but tangy, option.

- Try recipes that use vegetables as the foundation for dips, spreads and sauces, for example, eggplant ratatouille, mushroom pate, fresh tomato salsa. Experiment to discover the least fat the mixture can use.

- Look for new reduced-fat choices in the grocer's cracker section. Better bites will contain no more than 3 grams of fat per 100 calories of cracker. Melba toast, Scandinavian rye crackers, rice cakes or popcorn cakes, Armenian cracker bread and matzohs are classic low-fat selections.

- Flavor canned vegetarian refried beans (made with soybean oil, not lard) with cumin, tomato salsa, chilies or onions for a quick bean dip that's low-fat (less than 20 percent fat calories).

CUCUMBERS IN 'SOUR CREAM'

- 1 cup low-fat (1 or 2 percent fat) cottage cheese
- 1 small red onion, chopped
- 1/4 cup unflavored non-fat yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon reduced-calorie mayonnaise
- 1 teaspoon sugar
- 3 medium cucumbers, peeled and thinly sliced

Yields 6 servings.
Per serving: 60 calories, 2 grams fat, 30 percent calories from fat, 5 milligrams cholesterol, 179 milligrams sodium.

In jar of blender or food processor, whirl cottage cheese, onion, yogurt, lemon juice, mayonnaise and sugar until smooth and creamy. Pour over cucumbers; mix well. Chill before serving.

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

...
Sweet and crunchy jicama, a Mexican root vegetable, resembles a cross between an apple and potato. You'll find it in most grocery produce sections.

JICAMA WITH FRUIT

- 1 small jicama, peeled and rinsed
- 2 cups fresh watermelon
- 2 cups honeydew melon chunks

Continued On PAGE 8A

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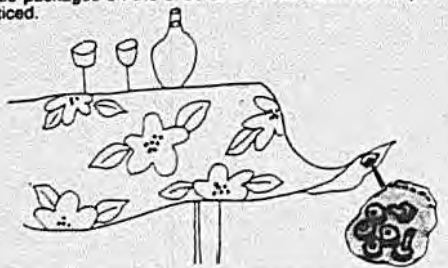
KITCHEN HINTS

You like cloths on the picnic table

But they keep blowing away.

Here's the weighty solution:

1. Sew weights into the corners, or around the hem.
2. Little cotton bags filled with metal pie weights, marbles, nuts or bolts can all be used.
3. Sew the little packages on the underside of the cloth and they will not be noticed.



DINING GUIDE

PAGE 5A Friday, July 10, 1992 READER RATINGS

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READER RATINGS



Q. Many times I find that baked potatoes at restaurants are soggy, even the better restaurants. How come they can't bake a potato right?
C.B.
A. They can bake potatoes right but the problem is that when you bake a potato it takes a long time and they usually bake a number of them at once. If you happen to hit at the right time you will get the best but later it will get more soggy. The best tip in ordering the potato is to ask the server whether they are freshly baked or not. If not better take something else.

Q. When figuring the tip for service, how is it figured, on the total bill with tax or on the bill before tax?
E.E.
A. Generally it is figured before the tax is added although the amount of a tip is a purely personal thing and it ranges from 15 to 20 percent. Usually where the service is great you compute it as high as 20 percent.

Q. At a table with others we don't know at a banquet, what do you do about tips-if anything?
A. At public dinners there is sometimes a small card on each table which reads "Gratuities have been taken care of by the Dinner Committee"-a very good idea. If there is no such card at the table, the waiters, immediately after the service of dessert and coffee and before the speaking begins, come to the host or hostess of each table and place a silver salver before him or her, often with a murmured explanation that something is expected for the table's waiters. Unless all at the table are personally invited guests, the host or hostess makes no attempt to tip for the whole table but after placing a dollar (per service for which he or she feels responsible) on the tray, directs the waiter to the gentlemen at the table, each of whom should leave (at \$10 per plate dinner) a dollar and a half for himself and the same for the lady he escorts. Women should never be approached for tips if there are gentlemen at the table.

DINING GUIDE

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After Work Gourmet



Deli dress-ups make delightful dinners

By Sharon Achatz

I love my local deli. I really do. Behind its counter lurks ready-to-eat salvation for the stressed-out cook - from whole roasted chickens to cabbage rolls and from baby back ribs to casseroles.

But its salads leave something to be desired, and that's a trait it shares with even the most upscale delis throughout the land.

Even those that carry as many as seven types of potato salad, for example - from tarragon to new potato - seem to fall just short of perfection every time. The mustard salad could use some slices of pickle, the new potato some onion and olives.

Deli salads just aren't as tasty as they could be, but that's no reason to boycott. In fact, the fact that they seem to call out for a bit of doctoring makes them downright appealing - most folks like to feel like they've prepared their own meals, and deli salads give them the opportunity to do so with ease.

Since deli salads are ready-to-eat and almost perfect, all the hurry-up chef need do is toss in a few special touches to create dishes that are fantastic rather than fundamental - and that feel homemade.

The most elemental deli dress-ups simply make better the basics of the deli - such as enhancing a potato salad with sliced radishes and chopped fresh herbs, a coleslaw with chopped apples and sunflower kernels, a macaroni salad with cubed ham, diced celery and sliced olives.

It's also ever-so-easy to make salad an entree. Add sliced salami to a deli's pasta primavera, for example, or place chicken salad atop a nest of crunchy chow mein noodles.

Salami Pasta Salad calls for using pasta primavera, a salad that normally includes a goodly amount of broccoli and carrots. If your deli's pasta salad falls short on the vegetable scale, pick up a bag of frozen veggies to thaw and toss into the blend as well.

The orange and cashew complements of Chinese Chicken Salad work well with just about any type of chicken salad, from creamy to chunky.

Deli salads make for delightful sandwiches, as well. I'm not talking tuna, chicken and egg salads - which are obvious sandwich material - but the likes of coleslaw and Waldorf.

Sandwich coleslaw and thinly sliced corned beef between rye bread, for example, or try the apple-and-celery crunch of Waldorf Turkey Sandwiches.

One deli salad that doesn't need dressing up is that of sliced seasonal fresh fruit. Its blend of strawberries, kiwifruit, orange and melon, for example, definitely can stand alone - but it also does well drizzled with liqueur and sitting atop a bakery's pound cake, scoop of ice cream or shortcake cup.

Once you get the hang of deli dress-ups, sometimes you just can't leave a good thing alone.

SALAMI PASTA SALAD

- 2 (2-ounce) packages string cheese
- 1 (6-ounce) package sliced dry salami
- 1 (1-pound) container deli pasta primavera salad

Yields 4 servings.

Preparation time: 5 minutes.

Cut string cheese into chunks. Toss cheese chunks and salami slices into pasta primavera to mix well and coat with dressing.

CHINESE CHICKEN SALAD

- 1 (12-ounce) bag chow mein noodles
- 1 (1-pound) container deli chicken salad
- 1 (11-ounce) can mandarin oranges
- 1 (2-ounce) bag cashew nuts

Yields 4 servings.

Preparation time: 5 minutes.

Divide noodles evenly among 4 dinner plates. Spoon and mound ¼ of chicken salad into center of each noodle nest. Decorate with mandarin orange slices and cashews.

WALDORF TURKEY SANDWICHES

- 8 slices bread
- 4 tablespoons mayonnaise
- 4 lettuce leaves
- 1 cup deli Waldorf salad
- 1 pound thin-slice turkey breast

Yields 4 sandwiches.

Preparation time: 5 minutes.

To prepare each sandwich, spread each bread slice with a bit of mayonnaise. Place a lettuce leaf on each of 4 bread slices. Spoon ¼ cup salad over each lettuce leaf; top with equally divided amount of turkey slices and another bread slice.

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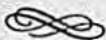
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Q. I am a busy professional woman who finds it difficult to entertain at home. My working hours as an attorney are long and tiring. I really don't feel like coping with guests on the weekend. Would it be all right to repay my social obligations by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

Q. Recently I attended an elegant wedding and I noticed that the champagne was served in a tulip shaped glass rather than the traditional broad brimmed type. Is this something new? A. It is a fairly new idea. The theory now is that a tulip shaped glass preserves the effervescence (bubbles) of champagne longer than a wide brimmed glass.



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DINING GUIDE



Vegetarian View

Continued From PAGE 5A

- 1 large mango or papaya, cut into slices or chunks
- 2 oranges, peeled and sectioned
- 2 kiwifruit, peeled and sliced
- ¼ cup lime juice
- ¼ teaspoon salt (optional)
- 1 teaspoon chili powder (or to taste)

Yields 10 servings.

Per serving (no salt added): 63 calories, trace fat, 4 percent calories from fat, no cholesterol, 13 milligrams sodium.

Cut jicama in half, then into thin slices. Sprinkle jicama, melons, mango or papaya, oranges and kiwi with lime juice.

Drain briefly, arrange on serving dish. Mix together salt and chili powder; sprinkle over jicama and fruit just before serving.

PITA CHIPS

- 6 whole wheat pita breads (6-inch diameter)

Yields 6 servings.

Per serving (12 chips): 110 calories, trace fat, 5 percent calories from fat, no cholesterol, 190 milligrams sodium.

Split breads in half to produce 12 whole rounds. Stack and cut rounds into 6 wedges each. Place wedges in single layer on ungreased baking sheet; bake 12 to 15 minutes at 350 F until brown and crisp.

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Desiree Vivea

When you notice a flag fluttering in the breeze this Flag Day, take a moment to ponder what this piece of colorful material is all about, as we commemorate a June 14 back in 1777.

This was when Congress adopted a resolution that "the flag of the United States shall be of 13 stripes of alternate red and white, with a union of 13 stars of white in a field of blue, representing the new constellation."

Betsy Ross, our nation's most famous seamstress, stitched the first American flag, insisting that it sport not six-pointed stars as originally planned, but five-pointed stars. The flag committee agreed, and although Congress formally approved the new flag in 1777, it was another two or three years before the flag was generally adopted.

After Vermont and Kentucky entered the union, Congress declared that these two states should also be represented — so the flag now bore 15 stars and stripes.

But as other states continued to join the union, there simply wasn't enough room to add a star and a stripe for each new territory. Thus, in 1818, Congress ordered that the flag would from then on bear a total of 13 stripes plus 1 star to represent each new state.

Finally, Hawaii and Alaska added the 49th and 50th stars to our present day version of "Old Glory."

Flag Day is now celebrated annually, thanks to Woodrow Wilson, who decreed that we should honor the American flag every June 14. Pennsylvania is the only state to observe Flag Day as an official holiday, but all other states observe it unofficially by hoisting the flag at sunrise on all public buildings. Many private homes, too, fly a flag to honor this day.

Whether or not you are the flag-waving type, you can make Flag Day a time to celebrate American-style cuisine from your favorite state or region. The easy-to-prepare recipes that follow will carry you through the day in delicious style.

Denver Omelets are quick to fix and make a tasty morning meal alone or accompanied by sausage links and buttered toast. Sloppy Joes boast real Southwest flavor — when you microwave, they make an easy and hearty luncheon meal in no time!

Barbecued Chicken is a favorite no matter what state you're in. Try this recipe for dinner, with a tossed green salad or a heaping mound of potato salad.

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

MICRO-TIP OF THE WEEK

Eggs microwave rapidly and can toughen when overcooked. Remember that yolks, containing a higher fat content, will cook faster than whites. Yolks should be cooked at MEDIUM (50 percent power) setting.

DELICIOUS DENVER OMELET

- 1/4 cup cooked ham, diced
- 1 small tomato, diced
- 1 green onion, sliced
- 2 tablespoons chopped pimientos
- 4 eggs
- 4 tablespoons milk
- Salt and pepper to taste
- 3 tablespoons butter or margarine
- 2 tablespoons shredded Cheddar cheese

Yields 3 servings.

Preparation time: 5 minutes.

Cooking time: 4 to 4 1/2 minutes, plus 2 to 3 minutes standing time.

Oven setting: HIGH (100 percent power).

Mix together ham, tomato, green onion and pimientos in small bowl and set aside. Beat eggs with milk, salt and pepper until frothy.

Place 1 tablespoon butter or margarine in 3 separate shallow microwave-safe bowls; place bowls in oven and microwave 1 to 1 1/2 minutes, to melt.

For each omelet, pour 1/4 of egg mixture into each bowl and sprinkle with 1/4 of ham, tomato, green onion and pimento mixture. Cover each bowl loosely with waxed paper.

Microwave omelets, 1 at a time, for 30 seconds. Sprinkle cheese evenly over omelets, replace waxed paper, and microwave, separately, 30 seconds longer per omelet, or until edges are firm and center is still moist. Let omelets stand 2 to 3 minutes before serving, to set. Loosen with spatula, fold, and serve.

EASY BARBECUED CHICKEN

- 3 pounds broiler-fryer, cut into serving pieces
- 1/4 cup bottled barbecue sauce
- 1/4 cup tomato sauce
- 1/4 cup minced onion
- 1 tablespoon brown sugar
- 1 tablespoon wine vinegar
- 1/2 teaspoon liquid smoke (optional)

Yields 4 to 6 servings.

Preparation time: 10 minutes.

Cooking time: 12 to 15 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

Arrange chicken pieces in 2-quart microwave-safe casserole, with larger pieces toward outside and smaller pieces toward center.

Mix all remaining ingredients together and pour over chicken.

Cover casserole and microwave 12 to 15 minutes, turning casserole 1/4 turn halfway through cooking time and rearranging chicken. When done, chicken should be fork tender and meat near bone should no longer be pink. Let stand, covered, 5 minutes before serving.

By Willard Abraham, Ph.D.

Dr. Abraham: Is it normal for a guy not to give a darn about athletics, either watching or participating? That's my situation, and my dad is very impatient with me about it. He's a sports fiend, lives and breathes it, so my non-interest is obviously especially hard for him to accept.

It isn't that I don't have a lot of interests. I do, but they don't relate at all to his. I like to read, go to movies, talk politics and feel a great concern about the environment, and I have close friends on my wavelength.

They are luckier than I am, though. Their fathers don't nag them and don't tell them how disappointed they are that their kids avoid all athletic events. In fact, some of their fathers also aren't sports participants or spectators.

I wish I were lucky enough to have a father more like some of theirs. — David, Peoria, Ill.

David: If it is possible to identify some sport activity that you might be able to tolerate, try a time or two to view it with your dad. If you give it a chance, you might find that it's not all bad.

And if you can get him to go to an occasional movie with you and discuss politics, environmental issues and a book he has read, you and he might find a bond between the two of you that doesn't involve sports.

Once in a while a film comes along that may cut into interests you both have. A good example is "Field of Dreams" with Kevin Costner. I can't imagine either of you not enjoying it.

To be different from another person doesn't necessarily mean that one is abnormal. Not at all. In fact, you probably have a lot of company in the enjoyed as well as rejected interests you have.

Dr. Abraham: I am 15 years old and have a problem that maybe not every teen-ager has.

I am a vegetarian. My mom has cut my meat portions in half, which is fine with me.

But I get upset when she says, "I don't understand why you don't eat this. You used to love it" or "You can't eat all of everything else."

I understand most of this, but she picks at me at every meal. I don't know what to do. — Katie

Katie: As long as you agree with the meat reduction and get enough of the vegetables you want, a good approach is to at least

partially ignore her nagging. I hope (along with you) that she will get tired of it.

It might also be helpful if you told her how good your vegetarian diet is for you. I imagine you have (or can easily get) some basic printed materials on this subject into her hands. The facts could help her understand why you want to eat what you eat.

Dr. Abraham: I ran around with this group of guys ever since we started school. We're all 13 or 14 years old now and in our first year of high school.

We haven't ever been in any real trouble, none of us, and get along all right in school, with grades and things like that.

Recently I missed out on what was planned as a fun time of looking at the girls in a mall and maybe going to a movie. I had a bad runny nose kind of cold, so I stayed at home, but I sure hated to miss the fun. We always laugh a lot together.

It turned out to be a terrible evening for them, though. For some reason they changed plans and didn't go to a movie. Instead they did something they never did before. They bought a couple of aerosol spray cans, and all of them inhaled the fumes from them.

All five of them got awful sick and ended up in the hospital. One of them, a really neat guy and good friend, died the next day.

So you teens, listen to me. Don't be smart alecky and try something like that, even once. If you do try it, and live, you'll be sorry. If you die, that's the worst, of course. So please listen to me. — Lucky Guy

Lucky Guy: Your warning should be enough to stop guys, and girls, too, from considering deadly dangers like this. It is difficult to thank you enough for sharing this horrible experience. Your letter can save lives. Thank you.

Dear Teens: Here are three bits of recently published health information that might interest you: Vegetarian diets that are low in junk food may lead to fewer tooth cavities; heavy alcohol drinkers have a greater chance of developing mouth cancer than light drinkers; vitamin A may reduce the risk of oral cancer.

A sound vegetarian diet was described by William Kuttler, D.D.S., as generally consisting of cereals, rice, whole wheat, lentils, peas, beans, milk products, fruits and leafy vegetables

Cooking Corner



Soups are refreshing summer meals

By Robin Kleven

Soups make a super addition to summer menus.

Cool and refreshing or warm and filling, soups fill the bill for casual patio luncheons and elegant alfresco dinners alike.

Although many people think of soups as first courses, it's easy to build a meal around a flavorful soup by adding rolls, muffins, grilled polenta squares or a salad.

Cookbook author and entertaining expert Lee Bailey is a big fan of soups, especially warm-weather soups made with the fresh produce of the season. In his book, "Soup Meals" (Clarkson N. Potter Inc.), he suggests dozens of soups that can be paired with appetizers, sandwiches, breads and desserts.

"I don't serve soup as a first course," Bailey said. "Soup is very filling, and unless you serve a very small amount, you blunt the impact of the rest of the meal."

Bailey's favorite soups are those made with fresh vegetables and herbs, quickly cooked and served at room temperature or slightly chilled. During the summer, his specialty is a colorful pimiento soup made with home-grown tomatoes and sweet red peppers.

"The colors are gorgeous, people like it, and it can be made in advance," Bailey said, adding that make-ahead convenience is one of the boons of soup meals. "A lot of people trying to put meals together are concerned about getting everything on the table at the same time. The problem is eliminated when you serve soup."

Bailey likes to serve cool soups not only because they're refreshing on hot summer days but also because they needn't be reheated.

"Every time you reheat soup, it destroys the fresh flavors," he warned. "It makes flavors meld together more, and you don't get the individual flavors that people like in vegetable soups."

Most of Bailey's soups depend on pureed vegetables for their velvety texture, rather than the addition of cream or milk.

"I really don't like cream soups much, so that influences the way I approach the whole thing," he said. "You can really make soup out of anything. I'm always telling people to follow their instincts when they create recipes and menus."

Some of Bailey's adventurous creations include a vichyssoise made with yams, a savory soup based on a corn cob stock and a lovely green soup flavored with spinach, lettuce and arugula.

Here are some recipes for soups that will add flair and flavor to

parties or weekday menus.

CREAM OF BROCCOLI SOUP

- 1 pound broccoli, stems cut ¼-inch thick, florets sectioned (about 6 cups)
- 2 teaspoons olive oil
- 1 onion, chopped
- 1 clove garlic, crushed
- ¼ cup all-purpose flour
- 3 cups chicken broth, reduced to 1½ cups
- 2¼ cups extra light (1 percent) milk, divided use
- ¼ teaspoon dried tarragon
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 2 teaspoons lemon juice
- Salt and white pepper to taste

Yields 5 to 6 servings.

Bring 1 quart lightly salted water to boil. Choose 6 perfect florets and drop into boiling water. Blanch for 2 minutes, remove and place in cold water. Don't overcook or they will lose their lovely emerald green color. Reserve for garnish.

Drop remaining broccoli into water; cook until tender, 7 to 10 minutes. Drain and set aside.

In large, non-stick skillet, heat oil. Add onion. Cook until soft, 3 to 5 minutes. Stir in garlic and flour. Pour in reduced broth and 1 cup of milk.

Stir in tarragon, oregano and thyme. Continue stirring over heat until mixture thickens slightly, about 2 minutes.

Pour into blender or food processor and puree with cooked broccoli.

Return puree to skillet. Add remaining milk, lemon juice, salt and white pepper to taste. Ladle into soup bowls.

Garnish with reserved florets and serve. May be served warm or at room temperature.

GREEN SOUP

- ¼ cup sliced green onions
- 5 tablespoons unsalted butter
- 2 cups diced raw potatoes
- 1 teaspoon salt
- 2 cups rich chicken stock, divided use
- 2 ounces arugula, stems removed
- 2 ounces spinach leaves, stems removed
- 4 ounces lettuce leaves
- Salt and white pepper to taste
- Sour cream or creme fraiche
- Chopped chives

Yields 6 servings.

Saute green onions in butter for 5 minutes, until wilted. Add potatoes and salt and 1 cup of chicken stock. Simmer, covered, for 10 minutes.

Tear greens into small pieces and add. Simmer for another 10 minutes and test potatoes for doneness.

Puree vegetables in food processor. Season with salt and pepper to taste. Add rest of stock, and simmer for a minute or two.

Serve either hot or at room temperature with dab of sour cream or creme fraiche and sprinkling of chopped chives on top.

From "Lee Bailey's Good Parties," (Clarkson N. Potter Inc.)

PIMIENTO SOUP

- 3½ pounds ripe tomatoes
- 2 large red bell peppers
- 1½ tablespoons unsalted butter
- ¾ pound onions, coarsely chopped
- 1 small garlic clove, minced
- 1 small rib celery, coarsely chopped
- 1 medium carrot, coarsely grated
- 6 cups chicken stock, divided use
- Salt and pepper to taste
- Sour cream or creme fraiche for garnish

Yields 6 to 8 servings.

Put tomatoes in foil-lined shallow baking pan and set under broiler. Roast them as you would peppers, turning with tongs until skin blackens, about 10 minutes. Remove tomatoes to plate, and set aside. They will give up quite a bit of liquid by the time you are ready to use them.

Roast red peppers as you did tomatoes. When skins are blackened, put peppers in paper bag and fold top shut. Set aside.

Put butter, onions, garlic, celery and carrot in a saucepan with ¼ cup of the chicken stock. Simmer, covered, over low heat for 10 minutes. Shake or stir to prevent sticking; do not allow to brown. When vegetables are soft, set aside.

Peel tomatoes and cut out stem ends. Add pulp to wilted onion mixture and simmer, covered, for 15 minutes. Stir occasionally to prevent sticking.

Pour mixture into a strainer and mash solids through to get rid of seeds. (Giving strained pulp a few whirrs in a food processor makes this much easier.)

Return strained vegetables to saucepan and add balance of chicken stock. Simmer for 30 minutes, uncovered. Skim as necessary.

Remove peppers from bag, rub off the blackened skins and remove seeds. Puree in food processor. Add to tomato mixture and let simmer for just a few minutes.

Let soup cool, and then correct seasoning with salt and pepper to taste. Serve slightly chilled, with a large spoonful of sour cream or creme fraiche.

From "Lee Bailey's Soup Meals"

ICED CUCUMBER DILL SOUP

- 1 English hothouse cucumber or 1 large regular

cucumber (regular cucumber must be peeled and seeded)

- 1½ cups plain non-fat yogurt
- 1 cup non-fat milk
- 2 tablespoons minced green onion
- 1 clove garlic, pressed (optional)
- 1 tablespoon minced fresh dill, or 1 teaspoon dried dill
- ½ cup finely chopped walnuts
- Salt and white pepper to taste
- Dill sprigs for garnish (optional)

Yields 4 servings.

Cut cucumber into chunks and place in blender or food processor with yogurt and milk. May be necessary to make in 2 batches. Blend until cucumber is finely chopped.

Place cucumber in large bowl and stir in remaining ingredients, except dill sprigs. Refrigerate 20 minutes or overnight to let flavors blend.

Pour into serving bowls. Garnish with dill sprigs. Can be made up to 3 days ahead.

ICED SPANISH AVOCADO SOUP

- 1½ tablespoons butter
- 1 small onion, chopped
- 1 to 2 cloves garlic, chopped
- 4 cups chicken broth
- 1 large avocado, halved and pitted
- 1 cup tomato sauce or tomato juice
- ¼ teaspoon ground cumin
- Salt and freshly ground pepper to taste
- ¼ cup extra light (1 percent) milk
- 1 cucumber, peeled and cubed

Yields 5 to 6 servings.

Melt butter in large saucepan. Add onion and garlic. Saute gently until tender. Add broth and simmer 10 minutes.

Scoop avocado into blender. Add onion broth mixture. Then add tomato sauce and cumin. Blend until smooth. May be necessary to make in 2 batches. Taste and season with salt and pepper. Cover and chill.

Stir in milk. Garnish with cucumber.

Serve with warm corn or flour tortillas and a tossed green salad garnished with oranges. Can be made up to 5 days ahead.

Robin Kleven is a food writer for *The San Diego Union-Tribune*.



By C.Z. Guest

Your common green lawn not only requires a great deal of upkeep, it also uses a lot of water. Of course, water can be scarce during drought conditions.

Opting to plant ornamental grasses is one way to save water and add unique beauty to your landscape. Though in the same family as ordinary turf, ornamental grasses are the best plants I know of for your outdoor design.

The artistry of landscaping with ornamental grasses goes beyond the drama these herbaceous clusters can add to the scene. It encompasses a philosophy of achieving an aesthetically satisfying look while conserving natural resources.

Many ornamental grasses sport shades of white, pink, cream, blue and even blood red.

The beauty of ornamental grasses goes beyond their long, elegant leaves and graceful blossoms. These perennials also are a drought-tolerant addition to the garden requiring little, if any, water.

This is especially true when the soil is conditioned properly with Canadian Sphagnum Peat Moss, which holds up to 20 times its weight in water and releases it slowly to thirsty plant roots. The strong, deep root system of ornamental grasses also reduces the effects of erosion by preventing soil from being blown or washed away.

Low maintenance is another quality of ornamental grasses that is appreciated by the busy homeowner. Unlike lawn grasses that

traditionally are mowed, ornamentals are left to grow naturally.

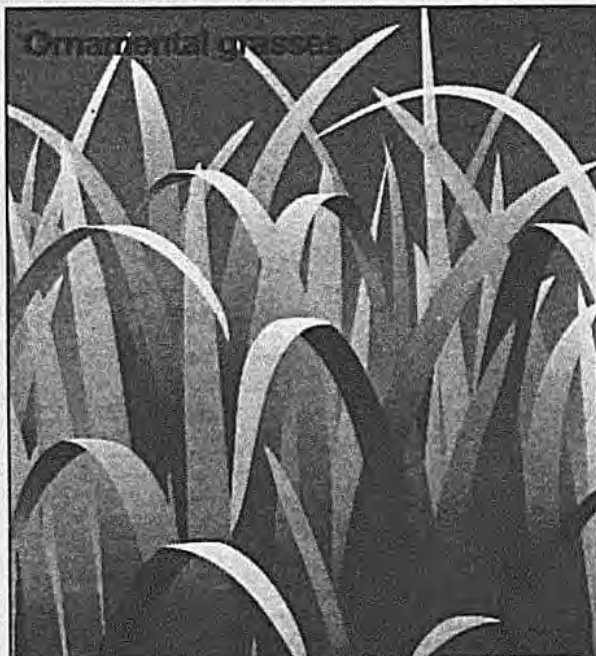
The only care required is cutting the stems down to ground level before the plants begin to grow in spring. Occasionally, dead leaves can be removed from the center of the grass clumps in order to maintain a neat appearance.

Ornamental grasses also add enchantment to the landscape as they change with the seasons. Their striking flower spikes rise above the clusters of leaves in spring and summer, turning into stately seed heads in fall. The fronds themselves begin growing in spring, mature during the summer and show a range of colors in fall.

All varieties of ornamental grasses prefer to be planted in sunny locations and in rich loamy soil. Because they are perennial and will, therefore, be gracing the same site for years to come, preparing the soil is a good investment in your garden.

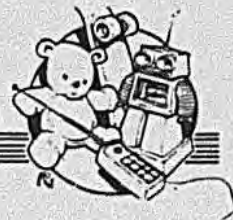
To prepare the planting bed, turn the soil over to a depth of 8 to 10 inches, spread a 6-inch layer of Canadian peat, add the recommended amount of fertilizer, work the ingredients into the soil and rake smooth. Plants can now be set in place according to your landscape design.

The diverse textures, colors and heights of these ornamental grasses provide creative options for accenting a landscape design. Here are examples of ways these water-saving grasses can become a major part of the garden.



- Perennial, drought-tolerant ornamental grasses require little water.
- Before planting, condition soil with peat moss and fertilizer to help conserve water.
- Leave ornamental grass to grow naturally, only cutting stems down to ground level in the spring.
- Use a mix of ornamental grasses in shades of white, pink, cream, blue and blood red as borders, accents and ground cover.

By Willard Abraham, Ph.D.



Curing a child of telling lies

Q. Our son (9 years old) tells the most outrageous lies about school, friends and lots of other topics. They are obviously far from the truth, and he apparently thinks that we believe him.

For example, he told us that in his class he is the top student in science (and then a dismal report card came); his teacher's husband died (but he is very much alive); and three boys in his class are his "bestest" friends (but he is never with them at their houses, our house or even at school).

Sometimes they are such crazy falsehoods that we almost have to laugh.

So what to do? Please tell us.

A. First of all, continue trying to keep laughter out of the picture because with that kind of audience he might tend to lie even more. Secondly, many children have no idea, or even care, that the truth will come out.

Sharing the truth with him (if you have it), admitting that it isn't always easy to see things as they really are, pointing out that it may be difficult for friends to remain close if they can't depend on his honesty, being careful yourselves to provide a model of truthfulness as parents — these are among the approaches that may be helpful.

Punishment and embarrassing a child aren't helpful in situations like this. Patience, explanations, quiet conversations, praise for accurate statements (without making a big deal over them) and especially being the kind of adults

we want our youngsters to be are factors that can often help a 9-year-old (and other children) lose the immature habit of trying to get attention by stretching or avoiding the truth.

Q. A few weeks ago, you answered a letter telling the writer about the remarkable work Dr. Robert Strom has done here and in other countries for and with grandparents, helping them live more happily and productively with their grandchildren. I just wrote to Strom at the address you provided and am eagerly waiting for his response and more information.

In the meantime, can you provide some more details? As a grandparent, I need whatever you and he can tell me.

Thank you for this useful information, contact with this man and the chance to offer even more happiness for this grandparent and her sweet, lovable grandchildren.

A. Thanks for recognizing the useful contributions and achievements of Strom. His work with grandparents, parents and their families is receiving the visibility it deserves.

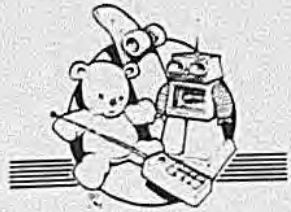
Here are recent articles and presentations Strom has developed. One or more of them may be of value to you and others and, perhaps, are available in one of your public or college libraries.

• "Raising Expectations for Grandparents: A Three Generational Study," by Robert and Shirley Strom, *International Journal of Aging and Human Development*, Vol. 31 (3), pages 161-167, 1990.

• "Designing Curriculum for Parents of Gifted Children," by Robert Strom, Alleen Johnson, Shirley Strom and Paris Strom, *Journal for the Education of the Gifted*, Winter 1992, Volume 15, Number 2.

• "Grandparent Education for Black Families," by Robert Strom, Pat Collinsworth, Shirley Strom and Dianne Griswold, a presentation to the American Society on Aging, March 16, 1992, San Diego, Calif.

Strom's full address is Division of Psychology in Education, Arizona State University, Tempe, AZ 85287-0611.



THE HEALTHY GOURMET

By Kit Saedaker



Classic dishes move into the '90s

With a twist here and a culinary tuck there, any dish in the world can fit into the low-fat diet of the '90s. Such classics as Chicken with 40 Cloves of Garlic, Spoon Bread, even Apple Strudel are no longer off limits. The secret is to take out as much fat as possible, reduce salt and use the best, the freshest ingredients.

The following recipes, all examples of pared-down classics, could make one hearty menu or show up as the bright spots in a week's meals.

CHICKEN WITH 40 CLOVES OF GARLIC

- 1 tablespoon olive oil
- 4 pounds chicken parts, such as thighs and breasts
- 40 cloves (about 4 heads) of garlic, not peeled
- 2 cups white wine
- ¼ teaspoon dried thyme (or several sprigs of fresh)
- Pinch dried rosemary or several sprigs fresh
- 6 to 8 slices French bread

Yields 6 to 8 servings.

Each serving has about 430 calories, 7 grams fat, 100 milligrams cholesterol and 450 milligrams sodium.

Preheat oven to 350 F. Heat oil in heavy casserole that can go in oven. Add chicken and brown for about 5 minutes on each side. Remove chicken and add garlic. Sauté for about 5 minutes just until it begins to brown.

Spread out garlic in bottom of casserole and layer chicken on top. Add wine, thyme and rosemary. Cover and bake in preheated oven for 45 minutes or until tender and fragrant.

Toast bread. To serve, place toasted bread on each plate, add a serving of chicken and drizzle some of sauce from bottom of casserole over each serving.

SPOON BREAD

- 1½ cups water
- Salt to taste
- 1 cup yellow cornmeal
- 1½ cups skim milk
- 1 tablespoon olive oil
- Freshly ground pepper to taste
- 2 egg yolks
- 4 egg whites
- Pinch cream of tartar

Yields 4 to 6 servings.

Each serving has about 230 calories, 4 grams fat, 100 milligrams cholesterol and 500 milligrams sodium.

Heat oven to 350 F. Oil 2-quart soufflé dish. Put water in saucepan and bring to boil. Add salt to taste, if used. Stir cornmeal in slowly to avoid lumps. Stir milk in the same way. Cook for 10 minutes and taste for seasoning. This is so bland it may need some salt. Re-

move pan from heat and stir in olive oil, pepper and egg yolks.

Beat egg whites in clean bowl until frothy. Add pinch of cream of tartar and continue to beat until whites are stiff. Mix a little of whites into cornmeal mixture to lighten it and then fold in rest of whites. Turn this mix into its baking dish and bake for about 30 minutes. It should be puffed and slightly brown on top. Serve at once.

APPLE STRUDEL

- 3½ pound apples, cored, pared and diced. Use Gala, Fuji, Granny Smith or Rome
- 2 tablespoons raisins (optional)
- 2 tablespoons sugar
- ¼ teaspoon apple pie spice
- ¼ teaspoon cornstarch
- ¼ teaspoon grated lemon peel
- 6 sheets frozen phyllo dough, thawed
- 2 tablespoons low-sodium margarine, melted
- ¼ teaspoon confectioner's sugar

Yields 4 to 6 servings.

Each serving has about 230 calories, 6 grams fat, no cholesterol and 190 milligrams sodium.

Heat oven to 350 F. Put apples, raisins, sugar, apple pie spice, cornstarch and lemon peel in bowl and toss.

On work surface unroll one sheet of phyllo. Cover rest of pack with waxed paper and a damp dish towel on top. Brush rolled-out sheet with some of margarine. Repeat with other 5 sheets, one at a time, and stack them on top of each other in a pile.

Spoon apple mixture over stack phyllo sheets, leaving 3- to 4-inch borders all around sheet. Fold each side over mix. Starting with one of wide sides, roll up stack of sheets as you would jelly roll. Cut a few slits in top of roll to let steam out.

Carefully move roll to cookie sheet, placing it seam side down, and bake for about 20 minutes or until brown. Cool on wire rack. When cool, dust with powdered sugar, slice and serve.

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

HEALTHY GOURMET



THE HEALTHY GOURMET

THE HEALTHY GOURMET

Spoon Bread

- Calories per serving: 230
- Fat per serving: 4 grams
- Cholesterol per serving: 100 milligrams
- Sodium per serving: 500 milligrams

Apple Strudel

- Calories per serving: 230
- Fat per serving: 6 grams
- Cholesterol per serving: None
- Sodium per serving: 190 milligrams

HEALTH WATCH

Avoid complications — take medications properly

Thousands of people are hospitalized because they took their prescriptions improperly.

Here are four ways that patients take medications improperly:

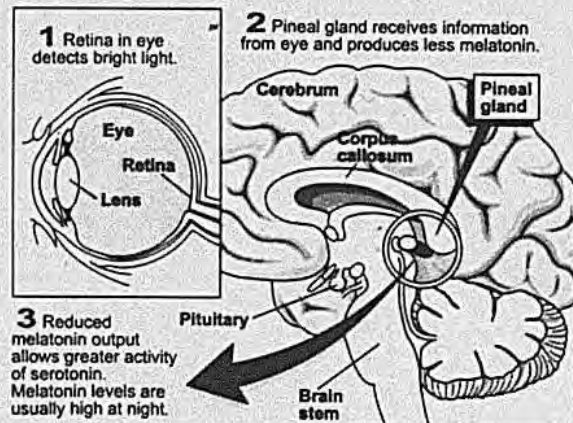
 <p>Take the wrong dose.</p> <p>Always take exactly the medication dosage prescribed.</p>	 <p>Medicating at the wrong time.</p> <p>Always take medications at the prescribed time.</p>	 <p>Forgetting a dose.</p> <p>Doubling a dose after missing one can result in an overdose.</p>	 <p>Stopping too soon.</p> <p>Stopping medications too early may prevent complete cure of the condition.</p>
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SOURCES: The National Council for Patient Information; *Family Circle* magazine

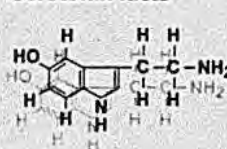
DISCOVERY

Serotonin: hunger and mood

Researchers are finding that the chemical serotonin, which affects moods and digestion, is altered by levels of the hormone melatonin, which responds to varying light levels.



Serotonin facts



■ Serotonin in the intestines stimulates muscle contraction and digestion.



■ Serotonin is a common neurotransmitter in the brain and affects mood.

SOURCE: AMA Encyclopedia of Medicine



Fitness Forum

A different high

By Jack Williams

Before she could pursue her dream of becoming the first woman to climb the highest mountain on each of the seven continents, Margo Chisholm had to overcome a potentially terminal case of altitude sickness.

And extricate her head from the clouds.

No longer could she take 8 ounces of cocaine, an ounce of marijuana and a bottle of Grand Marnier, and bunker down in airtight insulation behind locked doors. For the next 10 to 14 hours.

No longer could she consume as many as 90 laxatives a day, the better to purge the non-stop meals that threatened to turn her 5-foot-2-inch body into a halfway house for stray calories.

"I wasn't dealing with life on life's terms; I was hiding from the world," she says today, five years after undergoing a clinical program to rid herself of the most persistent of her addictions: compulsive overeating.

Chisholm, 43, is curled up on a sofa in her expansive duplex, a soothing mint green tile fireplace in the background, looking, for all the world, like an affluent Southern Californian whose only problem is the pall of haze outside obstructing her view of La Jolla's San Clemente Canyon.

She recites her addiction-ravaged past, a spiral that began shortly after graduating from the University of Denver and moving to Aspen, Colo. ("once known as the coke capital of the world"), nearly 20 years ago, as if speaking of a different person — a previous incarnation who, five years ago, couldn't walk up a flight of stairs.

These days, Chisholm runs up Mount Soledad. She works out on climbing machines with knapsacks strapped to her back. She rides mountain bikes and glides over undulating terrain on Rollerblades, following a program outlined by her personal trainer, Don Fells, and equipped with a heart monitor to record her pulse.

And, every chance she gets, she climbs the highest mountain peaks in the world in quest of a goal to conquer the seven summits.

So far — following her December ascent of Mount Vinson on the continent of Antarctica — it's three down and four to go.

The Chisholm Trail is, indeed, a long and dizzying route from foggy addiction to clear commitment.

For now, everything else — including a counseling career made possible by the master's degree obtained in December at San Diego State University — is on hold.

Chisholm, who says she has abstained from drugs, alcohol and compulsive overeating for the last five years and continues to adhere to a 12-step self-help program, is on an itinerary that includes attempts in June on Denali (Mount McKinley) in Alaska; in July on Mount Elbrus in Russia; and in March of '92 on Mount Everest in Nepal.

The seventh is Kosciuszko in Australia, a 7,300-foot hike (although some purists argue that the 18,000-foot Carstensz Pyramid in western Papua New Guinea on the unofficial continent of Austro-Asia is the real seventh summit).

The odds against conquering all seven are staggering, she admits, due to logistics, time constraints, expenses (well over \$100,000), the inhospitable weather conditions at Denali and life-threatening Khumbu ice falls at Everest that await her.

Although there are no official records, it is believed that 12 and 15 men have conquered the seven summits since 1984, when Dick Bass of Houston became the first. No woman has succeeded, and it is not known if any besides Chisholm is attempting it.

"The victory for me is in the process of the journey," Chisholm says.

The journey began in June of '88 on Mount Kenya and Mount Kilimanjaro. Since then, she has made 15 climbs, three of them above 20,000 feet, where oxygen is all but a rumor and altitude sickness is common (although Chisholm, despite extreme discomfort, has been spared).

Not until last December, on her way up the 16,067-foot Mount Vinson, however, did Chisholm experience the transcendence that brought her mission into focus.

"I knew I belonged," she says. "It was like, yes, I am a mountaineer. This is absolutely right — to go all the way to Everest. It was a whole shift of consciousness, just belonging. I felt proud and grateful about the transition in my life, which can give hope to people about living dreams."

Earlier, on her 42nd birthday as she climbed Aconcagua in South America (22,835 feet), the anguish that makes the romance of it all so remote was ingrained in every fiber.

"It took nine hours to go from 16,800 to 19,600 feet," she recalls. "I was carrying 40 to 45 pounds on my back, and I've never been that tired. I burst into tears and began to pray."

Her guide, Skip Horner, encouraged her. "There are people be-

hind who are in a lot more trouble than you are," he said.

"The mountain lets you climb it," she says. "If the universe decides, you pull it off. But you never go expecting it, especially someone like me who's been at it only 2½ years."

"The knees complain. But I've beaten up my body so badly over the years that what I'm doing now is a wondrous tribute to the human body's ability to recover."

In Chisholm's case, the plummet before the summit began shortly after her graduation from the University of Denver with a psychology degree 20 years ago. Compulsive overeating, interrupted by bouts of bulimia involving massive amounts of laxatives, sent her weight fluctuating between 101 and 190 pounds. (Today it has stabilized between 122 and 127.)

Numbed by cocaine and alcohol, she worked sporadically as a tax specialist and financial consultant, both in Aspen and New York — where she moved in the '80s in a futile attempt to leave her addictions behind.

A trust fund she inherited at 21 (her father had been the CEO of a Fortune 500 company) made her financially — if not — emotionally secure.

Even as she wrestled with her addictions and descending self-esteem, Chisholm was seduced by the mystique of mountain peaks.

"But my only contact was reading and research."

She abandoned the cocaine habit nine years ago, she says, when she was jolted into giving up cigarettes by a nutritionist who told her she was a "walking lung cancer factory."

But the compulsive eating, which had ebbed and flowed in accordance with her dependence on drugs, lingered like the man who came to dinner.

And not until going to San Diego for treatment of her eating disorder at the Rader Institute five years ago, did her life get on track.

Therapeutic walks evolved into hikes, then runs as long as a half-marathon. Dreams became remotely accessible.

Horner, a professional mountain guide who has accompanied Chisholm on her climbs, gives impetus to those dreams.

"About half of getting there is mental," he says. "You don't have to be a world-class athlete. It takes weeks or months of maintaining your health, strength and attitude to get to the top."

If Chisholm has one outstanding attribute, says Horner, it's attitude.

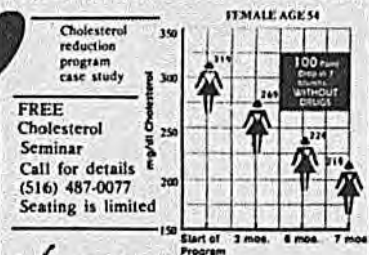
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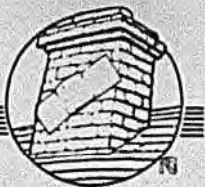
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Here's How

By Gene Gary,



Q. Several years ago we used mirror tiles on a wall behind the bed in the master bedroom. I have since purchased a nice bedroom set that has a magnificent headboard. The tiles no longer complement the room furnishings. I would like a painted wall instead, but I am unsure on the best method for removal of the tiles. What would you advise?

A. Heat is one way to soften the adhesive on the mirror tile backing. You can use either a regular iron over a dry, soft cloth or a hair dryer to apply heat. Once the adhesive has been softened, pry the mirrors away from the walls.

A good method of releasing the

tiles from the wall is to use regular fishing line approximately 50- to 80-pound test. Work with another person and seesaw the line between the mirror backing and the wall surface. The line will cut through the glue and sever the bond. For some tiles, you can work the tiles off the wall with the line and forget the heat process altogether.

If you do have to actually pry the tiles from the wall, use an instrument with a broad blade. If the tiles are particularly stuck (if they were applied to a dry wall without primer the bond can be particularly difficult to break), break the glass and remove the

broken pieces rather than the whole tile piece.

If you do break up the tile, be sure to wear eye goggles for protection from shattering glass. A hammer wrapped in a light-weight towel is a good instrument to use in breaking up the mirrors.

After removal of the mirrors, you will need to remove any glue residue and smooth the wall surface.

On dry wall you may have finish with a spackling compound prior to painting. Be sure to use a primer and quality paint for the final refinishing.

Q. A relative gave me several decorative, fairly ornate pieces that are bronze. They were stored for a long period of time and have become discolored. I have tried a commercial metal cleanser without success.

Do you have any suggestions on how to remove the discoloration and restore the attractive metal coloring?

A. For regular cleaning, bronze

should be washed in sudsy water, rinsed and thoroughly dried. However, when it is discolored and polishing is necessary, try rubbing with a cloth dipped first in white vinegar then in powdered rottenstone (a mild abrasive available in hardware stores).

A stronger solution that can be used on bronze when discoloration is particularly bad is a mixture of acetic acid (6 percent solution in water) to which as much common salt as the solution will dissolve is added. More salt than is dissolved will serve no purpose. If the acetic acid is not available, dissolve the salt in white vinegar and rub on with a cloth or brush.

If these suggestions fail, try nitric acid, 1 percent to 3 percent in water, pouring the acid into the water. Never pour water into acid. You should use rubber gloves and exercise great care when applying any acid solution. Rinse thoroughly following the acid treatment.

Decor Score

By Rose Bennett Gilbert



Add visual interest to small baths

Q. We're "expanding" into the attic to meet the needs of a growing family (my son, daughter-in-law and grandbaby are moving in while my son finishes veterinary school). The only place to put a bathroom, since it's over the downstairs bath and saves a bundle on plumbing, is where the ceiling slants almost to the floor.

My question is this: Do we have to use the same color paint or wallpaper on that slanted ceiling? — A.R.

A. No, as you can see in the photo we found to help illustrate the answer. In fact, changing the pattern of wall covering adds visual interest to what might have been a problem space.

In this case, the floral stripe (which coordinates with the all-over floral) actually makes the ceiling look taller. Stripes have that effect.

Another trick worth noting: Two borders have been used (1) to define the wall space over the window area, and (2) to frame the room just above the floor moldings (all the wall coverings and borders are by Sunworthy).

More ideas for small baths:

- Pedestal sinks take up less space than vanities.

- The lighter the floor, the larger it looks.

- Mirrors always stretch visual space. Consider covering an entire wall with a plate mirror, or hang/stand the largest framed mirror you can fit up the stairs to the attic.

Q. We have a small morning room off the master bedroom that I want to make over just for me (my husband has a den downstairs). I'm thinking of buying a chaise I've seen — it would make me feel just like "Mme. Recamier" — but I also need seats for friends when they visit.

Can I use regular armchairs with a chaise? — A.T.

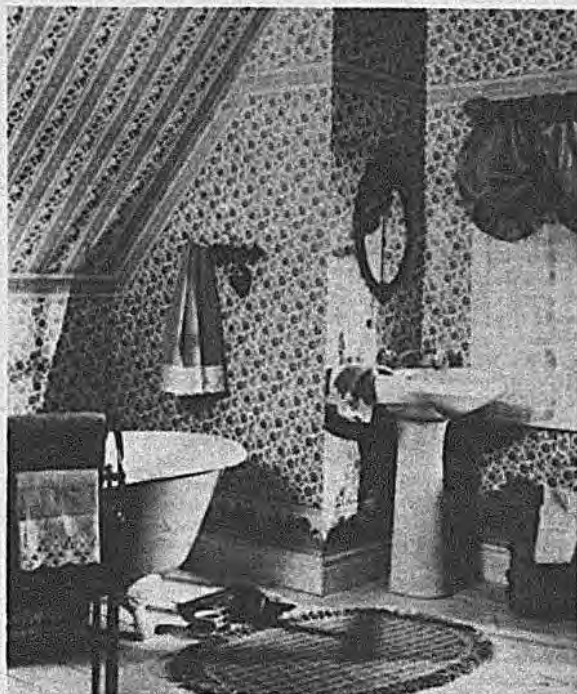
A. You could, but consider also an idea designer Rona Levine used when she created a personal room for a Long Island show house this spring.

Levine used not one but two matching chaises, side by side in front of the fireplace. Sofas or love seats you'd expect in any house, but two chaises gave her room the kind of *je-ne-sais-quoi* Mme. Recamier would have approved.

Chaises, by the way, have been enjoying a revival of late. Never mind that they date back to the ancient Greeks and Romans who, you must know, reclined on them during and after meals.

It's said that Henry VIII introduced the chaise to popularity in 16th century England (where they were shaped like bathtubs without sides).

When French painter Jacques Louis David immortalized the aforementioned Mme. Recamier on her curvy chaise, it caught the popular imagination and has been with us ever since.



BATH MAGIC — Pleasant "piecework" with wall coverings and borders turns an awkward attic bath into a charmer.



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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. goly3

LOVING, RESPONSIBLE nanny needed for 3 year old twins, Eastern Nassau County. Live in (own room/bath) or live out. Some housekeeping, driver's license & references required. Own car a plus. Call evenings only. (718) 639-7161. goly4

PRIVATE SCHOOL IN Garden City seeks bookkeeper F/T. Write Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530 Box #W. goly2

HOUSEKEEPER/BABYSITTER. F/T position to begin in Aug. Professional couple requires housekeeping & care of one child. Driver's license necessary & recent checkable references. Please call 334-8165 & leave message. wjy5

TRANSCRIPTIONIST. P/T - 9 to 2, Mon. thru Fri., using Lanier Central dictating system with Wordperfect, 5.1. 2 yrs. experience. Insurance agency, Mitchell Field area. 745-0800 x 307. wjy2

Help Wanted

TUTORS WANTED. ALL subjects. Certified teachers. Albertson location. Call 741-3550. wjy2

MOTHER'S HELPER - BABYSITTER. Middle school girl who loves to play with my children, responsible, warm. At my home in the Franklin Court area and sometimes at G.C. pool. Flexible hours. 294-8775. gcy4

PT/FT. GENERAL OFFICE WORK. Computer knowledge helpful, bookkeeping, secretarial, telephones, organizational skills. Small office, flexible hours. Call 9 to 4 621-6866. wjy1

NANNY WANTED, LIVE out, Mon. to Fri. to care for infant. Must be mature, professional & English speaking. Excellent references required. Must drive. Non-smoker. 883-0173. wjy4

PART TIME WORK at home. Assemble crafts, typing & more. Up to \$600 plus a week possible. For information write Anthony Graham, 33 John St., Renaissance, N Y 12144-5236. hyl

BABYSITTER F/T MON. - Fri. Live out. Driver for lovable, energetic 2 1/2 yr. old. Call evenings 482-6340. hly4

Situation Wanted

HOUSECLEANER AVAIL-ABLE Garden City area preferred. Own transportation and references. call Monday-Friday at 538-1713. goly3

TLC GIVEN TO YOUR child 3 years and older in your home. English speaking, experience and references. Call Martha, evenings 872-3102. gcy3

Situation Wanted

EXPERIENCED IRISH HOME CARE AIDE looking for position to take care of elderly at night. 741-8619. wjy4

COMPANION EXPERIENCED, Honest, reliable, seeks live-in five days taking care of elderly. Non-smoker. References. 485-6276. wjy3

QUALITY CHILD CARE available in my New Hyde Park home, reasonable. Mon. to Fri. Full time preferred, part time acceptable. References. 741-9163. wjn4

NURSES AIDE LOOKING for position taking care of elderly. 20 years experience, licensed, days or nights. I have a lot of compassion. 378-6764. goly3

SUMMER HELPER - GARDEN CITY Middle School student seeks summer jobs - dog walking, pet watching, flower/lawn watering, gardening, car washing - experienced, reliable 248-7147. goly3

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

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

HONEST, RELIABLE PERSON needs job as child care, companion to elderly or domestic. Can call 292-8735. gcy5

LADIES WILL TAKE care of elderly or sick. Also child care. Non-smoker, excellent references, driver's license. Call evenings. 485-9576. Live in or out. gcy5

HOUSECLEANER AVAIL-ABLE FOR 5 days a week. References. 489-5631. gcy5

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

BABYSITTER AVAILABLE in my New Hyde Park home. From newborn to three yrs. old. Experienced & reliable with excellent references. P/T or F/T. Ask for Josephine. 775-5973. wjy5

Situation Wanted

CINDERELLA'S HOME CLEANING Service. I will sparkle clean your home like it was my own. Experience & references. Call 354-8981. hyl4

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. gcy3

HOUSECLEANING. GOOD REFERENCES. Floral Park, New Hyde Park, Garden City preferred. Call anytime. 354-5934. wjy4

COLLEGE STUDENT SEEKING position as Mother's helper or babysitter. I'm a kind, responsible male who loves kids & is easy to get along with. Have driver's license. Available immediately. I'll do my best to take care of the little ones you love most. Call Tom 741-8112. gcy5

HOUSECLEANING AVAIL-ABLE. LIVE in or live out. References. 483-1530. gcy5

CERTIFIED NURSE'S AIDE with experience & references seeks to work with elderly, disabled & AIDS patients in their home or hospital. Live out from 5 p.m. until --- Call 718-978-3356 after 5 p.m. daily. gcy5

NURSE'S AIDE OR companion seeks position to take care of elderly 4-6 hours per day. Experienced, references & own transportation. 486-6836. gcy5

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. gcy5

HOUSECLEANING AVAIL-ABLE. Experienced woman any day, any time. 781-3560. goly2

EUROPEAN GIRL AVAIL-ABLE for cleaning. Reliable, references. Also thorough, own transportation. Call 783-4143. goly2

CERTIFIED WOMAN SEEKS position as HHA, companion, nurse's aide. Part time or full time. (718) 927-0029. goly2

HOUSECLEANER AVAIL-ABLE. EXPERIENCED, reliable, responsible. Call Ana Maria after 7 p.m. 877-5045. gcy2

Situations Wanted

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, BABYSITTING. Experienced. References. Young lady, English-speaking or work sleep in Monday to Friday, or Tuesday to Saturday. Call mornings or after 6 p.m. 355-0610. gcy4

HOUSECLEANING AVAIL-ABLE. MON-FRI. Good references. Own transportation. 742-9175. gcy2

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

HOUSECLEANING. IN-CLUDING 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. goly3

IRISH CERTIFIED NURSE'S AIDE available to care for the sick or elderly. References available. Live-out. Please call 326-9726. gcy4

RECEPTIONIST/TYPIST Asst. Manager full time. Reliable, responsible, pleasant. 741-3089, eves. gcy4

INTRODUCING AN IN-NOVATIVE home care service from Pat and Kim. Formerly at the Windsor Agency. Lower fees, same personalized service you received in the past. (718) 225-9194. hsep4

LPN, LOVING AND EXPERIENCED, looking for home care position. Transportation available for day or night shift. Have Medicaid Provider Number. 868-9454. gcy4

HOUSECLEANING AVAIL-ABLE Mon.-Fri. Sleep in or out. Excellent references. 378-2130. gcy4

HOUSECLEANING AVAIL-ABLE Mon.-Fri. Sleep in or out. Excellent references. 378-2130. gcy4

HOME HEALTH AIDE (male) with experience. Caring and patient to care for your loved ones. Excellent references. 225-1230. goly4

Situation Wanted

EXPERIENCED CERTIFIED NURSE'S ASSISTANT seeking position to care for elderly or sick patient. Call 2 2 3 - 6 8 4 7 . O w n transportation. gcy4

CLEANING GIRL AVAILABLE 1 day a week. Eastern section of Garden City preferred. Contact Mrs. Kelly between 6-9 p.m. 747-6428. gcy4

DOMESTIC TOUCH INC. Personalized home care service: Nannies, housekeepers, childcare, LI/LO. Lowest agency fee in tri-state area. Licensed & bonded. 718-225-9194 has4

NEED A MOTHER'S HELPER? Responsible, experienced 12 yr. old available for summer position. G C pool pass, references. 742-0870. gcy5

CLEANING LADY AVAILABLE 565-3972. gcy4

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. wjy4

MONTAUK 2 RM. Co-op. One hundred feet from beach. Electric heat/air conditioning. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$40,500. Great rental history. 724-5572. gcy4

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. wjy4

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. gcy5

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

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. gcy4

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

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

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. 294-0559. wjy2

GARDEN CITY BEAUTIFUL spacious home, 80x100, 5 BRs, 3 baths, scr. porch, fin. rec. rm., walk RR. Asking \$315K By apt. Principals only. 775-5974. gcy2

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 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

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. gcy4

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

GARDEN CITY WESTERN Country Colonial. 3 large BRs, 2 1/2 new baths, LR/fpl, DR, kit, Florida rm., fin. bsmt. 2 car attached garage. New roof. 80x100 lot. Lots of closet space. Walk to RR. Reduced. Principals only. \$364,000. 326-2218. gcy5

POCONOS RESORT COMMUNITY. 4 BRs Chalet, furnished with fam. rm. in prestigious lake community. Excellent area & value. \$83,500. Must sell. Eves. 423-5893. gcy5

Real Estate for Sale

GARDEN CITY ESTATES 3 BR Split, 2 1/2 baths, LR/cathedral ceiling, DR, updated EIK, den, 2 car garage, bsmt., gas heat, new windows & roof, alarm, 60x100, low taxes. Reduced \$350,000. Owner neg. 747-0774. All reasonable offers considered. hly5

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. wjy2

GARDEN CITY ESTATES. 3 BR Split, 2 1/2 baths, LR/cathedral ceiling, DR, updated EIK, den, 2 car garage, bsmt., gas heat, new windows & roof, alarm, 60x100. Low taxes. Reduced to \$350,000. Owner neg. 747-0774. All reasonable offers considered. gcy5

SOUTHOLD BAYFRONT YEAR round/summer home with guest cottage. Private community. Asking \$495,000. Call 765-2963. gcy5

SOUTHOLD. BAY FRONT. Up-to-the-minute 1930's Cape. 4 BR, 3 baths. Screen porch & deck overlooking beautiful bay. Sandy beach, private marina. Hot new listing! \$425,000. Southold. Lovingly maintained century old colonial on 1 + acre with delightful inground pool & deeded bay beach rights. \$250,000. Southold. Inviting Cape styled for the times with light & spacious rooms. Features 4 BRs, 3 baths, LR/fpl, FDR, sun rm & so much more. Steps to private bay beach. Your dream home for \$238,000. East Marion. Secluded lakefront expandable 2 BR home on 1.2 acres with wonderful views. Deeded rights to sandy bay beach. Only asking \$179,000. Greenport. Water-view light, bright, airy. 2 BR country home. Private community with bay beach rights. Wonderful year round getaway. Best value at \$148,000. Marlon King Real Estate. 734-5657. gcy2

FOR SALE BY owner. 4 BRs, 2 baths, Western Cape, fin. bsmt., low taxes. Immediate occupancy. \$349,000. Call 747-6247. gcy5

GARDEN CITY ESTATES. Compact Tudor. Split layout. LR/fpl, DR/built-ins, EIK for 2, 3-4 BRs, 1 1/2 baths, fin bsmt., 1 car garage, screened porch, nice yard, excellent closets/storage, easy maintenance. 40x100 plot. Top location. Near schools & trains. Perfect for couple or fam. of 4. Owner relocating. Anxious for sale. Asking \$330's. Call this "home" - make offer. Principals only - no brokers. Call 747-4572. gcy5

NORTH FORK WATERFRONT homes starting at \$179,000. Interest rates just dropped. Call now ERA Albo 298-5060. gcy2

Real Estate for Sale

SOUTHOLD. "LAUGHING WATERS." First offering of this attractive 6 rm. waterfront ranch in this desirable location. Just steps to beach/boating. Bsmt., OHW heat. HW floors. Garage. Asking \$165,000. Act fast! Book Miller Real Estate 722-4423. gcy2

GARDEN CITY: CONTEMPORARY, 3 BR, 2 1/2 baths, mod. EIK, skylights, lg. fam. rm., 2 car, 1/3 acre \$300's. Western Ranch: 3 BR, 2 baths, EIK \$300's. Brand New Colonial: 4 BR, 2 1/2 baths, fam. rm \$400's. Estates Colonial: 4 BR, 4 1/2 baths, lg. EIK, fam. rm., 2 car \$599's. Vera Atamian 354-1994. gcy3

CUTCHOGUE: EASY CARE. 2 BR ranch on quiet, pretty creek. Your own dock too! \$325,000. Nassau Point: A little something that has a lot of charm. 4 BR, 2 1/2 bath, LR, Kit, DR, Ideal waterfront. \$530,000. Mattituck: Ahoy Matey! Deep water dock for your yacht. Sandy beach for your Babe. 4 BRs, 3 baths for your crew. \$550,000. Southold: Sail your boat to this 48' dock & go ashore to a quality 3 BR home w/LR, DR, EIK, all facing lovely creek. Extras & amenities galore. \$795,000. Lang Realty. Geri 734-6472. gcy3

SOUTHOLD BEAUTIFULLY LANDSCAPED Ranch. Prime area, wooded surroundings. 3 BRs, 2 1/2 baths, mod. kit, fam. rm., living/dining area, fpl, CAC, fin. bsmt., 2 car garage, inground granite pool. Many other amenities. Walk to resident beach \$269,000 neg. by owner 765-9247. gcy5

GARDEN CITY EXQUISITE Estates Ranch. 3 BRs, 2 baths, LR/fpl, den, eat in Euro kit w/skylight, 100 x 160, CAC. Owner \$349,000. 742-4082 after 5 p.m. gcy5

MATTITUCK CONTEMP RANCH home on shy acre features great rm., master BR & bath plus 2 BRs & bath, 2 car garage, in-ground pool. Owner motivated \$159,900. North Fork Bayfront. Country Cape features large LR/fpl, fam. rm., 4 BRs, 3 baths, out buildings, sugar sandy beach. Spectacular view. Reduced to \$490,000. Mattituck Waterfront with bay view. LR/fpl, fam. rm., master BR & bath plus 2 BRs & bath, den, landscaped for privacy. Deep water. A rare find. \$650,000. Cutchogue. Immaculate Ranch on 1 plus acre. Great rm/fpl, FDR, 2 BRs, 2 baths, professionally landscaped. Must sell \$155,000. Orient. Custom Contemp Ranch featuring LR, extra large Country kit, master BR suite plus 2 BRs & bath, covered porch, beach rights. \$184,900. Lewis Realty Group 734-5533, 298-4600, 765-5810. gcy2

GARDEN CITY. 3 BRs, 2 1/2 baths Split. LR, DR, 65x150, EIK, large fam. rm/fpl & Cathedral ceiling with skylights, deck, 2 car garage. By owner. Mid \$300's 746-5652. gcy5

Real Estate for Sale

STUDWELL EXCLUSIVE: CUSTOM built Contemporary on 150 x 250 property. All rooms oversized. LR/fpl, 15' x 19' formal DR. Library with fpl., new EIK. Lovely deck overlooks inground solo heated pool with jacuzzi. Many extras include 3 zone heat, sprinkler system, all Anderson windows, 7 ceiling fans & more. Reduced by owner \$548,000. Studwell Ventures. 746-7077. wjy3

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. gcy4

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. gcy2

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. gcy2

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. gcy2

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. gcy2

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. gcy2

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. Charmingly landscaped \$300's. Principals. By appt only. 248-6099. gcy2

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. gcy2

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. \$575,000. Call 747-6536. gcy4

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 \$768.09 per month. No fee. Owner 538-0757. gcyj1

GARDEN CITY FURNISHED room for rent, non-smoker, private entrance, share bath, convenient to shopping. LIRR & Adelphi. \$475. 742-7706. gcA2

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

LEVITOWN 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. gcyj3

GARDEN CITY FURNISHED small apartment in private home. Separate entrance, walking distance to RR & stores, utilities included, single person, non-smoker, non-drinker, no pets. \$400 per month. References and security. Call 352-6641. gcyj4

SYOSSET SENIOR CITIZEN. Four room apartment available July 1. Private house with yard. Walk to RR, shopping, washing machine, basement. Call evenings. \$650/month. 921-0327. hjy2

GREAT NECK 2 BR house, yard, wall to wall carpeting, alarm system, parking, close to tennis courts. Available Aug. 1. \$825 plus utilities. One month security. Call after 6 p.m. 487-8347. hjy4

EAST ELMONT/FRANKLIN Square Border, 3 BR Colonial house, 2 Baths w/w, A/C's, oversized LR, DR, BR, Finished Bsm't., Yard, Patio. On street parking. Prefer working adults only! No Pets! \$1,250 negotiable. 437-1595. Leave message. gcyj4

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. gcyj2

ROSLYN - TWO (2) BR, 1 1/2 baths, ground floor, young two family. EIK, dishwasher, parking, storage. Couple, no pets. \$950. 746-8023. wjy3

GARDEN CITY 7th Street - 2 BR apartment, large rooms, bright, nice view, new w/w, A/C. Walk RR & shops. Unfurnished \$1,300 or furnished \$1,400. Aug. 1. Owner 294-3244. gcyj4

CONDOMINIUM HEART OF VILLAGE - renovated building, first floor, 2 BR, marble bath, new kitchen. Sept. 1. Principals \$1,495. Eves. & weekends 742-8337. gcyj2

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. gcyj3

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. Bsm't., yard, washing machine. Walk to RR, Shopping. Available immed. \$650 plus utilities. Call eves., weekends 921-0327. hjy4

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. gcyj3

WEST HEMPSTEAD / GARDEN CITY Border - Lovely furnished room in private home. Quiet, mature professional male, non-smoker, share bath, long term. Close to Adelphi & stores. \$400 monthly, 1 month security and reference required. 489-5941. gcyj4

WEST HEMPSTEAD / GARDEN CITY Border - Close to Adelphi. Lovely furnished room in private home. Quiet, clean, mature professional, non-smoking female, share bath, light cooking. \$400 monthly, 1 month security and references required. 489-5941. gcyj4

GARDEN CITY ROOM for rent. Private bath, carpeted & furnished, kit privileges \$550 month. Available July 2. Call evenings for appointment. 741-8533. gcyj2

GARDEN CITY 2 BR Apartment to share. A/C, use of laundry. Walk to RR & stores. Ideal for mature business person. \$600/mo incl. utilities. 6 mo-1 yr. lease. 1 mo. security. Owner 294-3244. gcyj5

GARDEN CITY FURNISHED room, separate entrance, private bath, non-smoker. Mature business person - male preferred. References & security 741-0535. gcyj5

RENTAL 3 BR, 2 bath, Estates Split. LR/fpl, DR, EIK, walk to schools, trains. \$2000 month. Lynn Pisani The Prudential LL Realty 354-5000 or 332-8835. gcyj2

APTS. FOR RENT: Mineola, Westbury, Roslyn Heights: Studio - \$525 a month; 1 spacious BR - \$635; luxury 1 BR Co-Op - \$825; Large & renovated 2 BR Co-Op, \$1,050; 1 BR Garden Apt - \$810. All prime location. Royal Int'l 742-3355. wjy2

Real Estate For Rent

GREAT NECK, NEW immaculate studio, furnished, quiet area. Separate entrance. Driveway. Walk LIRR. One business person, non-smoker. Call 829-5256 after 5. wjy5

BELEROSE NORTH 5 rm. apartment. LR, FDR, EIK, 2 BRs, bath, private entrance. Walk to school. Child OK \$950 per month plus utilities. Call 486-1868 or 248-0753. gcyj5

CENTRAL SECTION GARDEN CITY. 4 BR CH Colonial. 3 baths, LR, DR, den, EIK, \$2,800 per month. 747-1121. gcyj5

GARDEN CITY SPACIOUS 3 BR house in convenient area to share with professional female. Leave message. 538-9427. gcyj5

SOUTH JAMESPORT 3 BR, 3 bath, year round bayfront, private beach. Aug. rental. Also for sale. Call for details. 722-8726. gcyj5

GARDEN CITY BRIGHT, sunny room with full private bath, furnished or unfurnished. Private entrance, parking, 2 blocks from RR, bus & stores. Female, non-smoker. Call after 4:30 on weekends. 354-8360. gcyj5

GARDEN CITY LARGE Tudor on acre. Experience Old World Charm. 4 1/2 BRS, 5 1/2 baths, sunken LR, Florida rm., 2 fpls, fin. bsm't. Security system. \$3,000 month. Immediate occupancy. Owner. 722-3510 or 742-5149. gcyj5

2 BR APARTMENT in two family house. New kit, carpeted, full attic. Park section of Mineola. Walk to RR, hospital. \$875 per month. No fee. 746-3141. wjy5

Vacation Rental

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. gcyj4

ACAPULCO TIME SHARE for sale. One week or 2. Floating gold time. Fantastic buy. Call Joe 354-7471. gcyj5

MONTAUK SUMMER GET-A-WAY. 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. gcyj2

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. gcyj2

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. gcyj3

Vacation Rental

POCONO MOUNTAIN RESORT community. Indoor/outdoor tennis, swimming, ball fields, horseback riding, lake, nearby golf and Delaware River. Sleeps 8. Days 683-5407; Eves. and weekends, 674-3958. gcyj4

JAMESPORT CHARMING 4 BR, 3 Bath Colonial on North Fork's Peconic Bay. Den, Laundry, decks and Float, etc. Season, monthly/weekly. 482-7790. gcyj4

SANIBEL ISLE, FLA. "Paradise". Lg. 2BR/2 bath Condo in small complex. Tennis, pool, beach access to Gulf. Reasonable weekly, summer rates. 747-7482. wjy4

STRATTON MT., Vermont - 3 BR, large sleep in loft. Available all dates. Days 227-2976, eves. 873-6210. gcyj3

SOUTHOLD. SPOTLESS COUNTRY home. 2 BRs, LR/fpl, mod. kit/breakfast nook, 1 1/2 baths, flowers/lawn, walk to bay. July, Aug. 2 weeks \$1,200; month \$2,000; 6 weeks \$2,600, incl. utilities. (617) 662-8162. gcyj4

POCONOS 3 BR CHALET in lake community. Pool, tennis, recreational programs. \$375 weekly 423-5893 eves. gcyj3

Real Estate Wanted

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

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

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. gcyj3

CULTURED PROFESSIONAL LADY would like to rent house, apartment or part of house in Garden City. 535-5338 days, 931-6058 eves. gcyj2

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. gcyj2

HOUSE OR LARGE 2 or 3 bedroom apt. in Garden City. Excellent references. No brokers wanted. (718) 634-3944. hjy4

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. gcyj4

Real Estate Wanted

PROFESSIONAL COUPLE SEEKS small house or 2 BR apt. in nice area for 2 yr. rental. 747-1435. Leave message. wjy1

MATURE PROFESSIONAL LADY with 13 yr. old daughter seeking to rent a 2 BR apt. or 1/2 house in Garden City only. Top notch references in my place of business & home. Sept. 1 occupancy. Call Vicky 248-5783 or 293-2295. gcyj4

APT. WANTED BY professional couple. No smoking, pets or children. Seeking 1 BR apt, Great Neck, doorman/no doorman. Oct.-Nov. occupancy. No brokers. 718-951-1809. hjy5

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. gcyj2

ANTIQUE BACKGAMMON TABLE with 1 1/2 inch pieces plus leather cups. Call 741-0806. gcyj2

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

MUST SELL COMPLETE LR, 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. gcyj3

APPLIANCES, MOVING KENMORE deluxe washer, Butcher portable dishwasher, dryer, 1800 cubic ft. refrigerator, 5 years old. Frost free, Westinghouse 600 BTU air conditioner. Very reasonable. 747-5579. gcyj2

ANTIQUE BELGIAN GOTHIC armor, art deco DR table, large mission bureau, Better 'N Bens fireplace stove insert, misc. stuff. Call 755-5147. gcyj2

PIANO-JANSSEN BLONDE oak console. Good condition. Priced to sell. \$500. 747-5579. gcyj2

SOLID OAK CABINET "Dry Sink," perfect for country kitchen, dining room or hallway. Plenty of storage space. Absolutely mint condition. \$295. 746-4109 please leave message if no one is home. gcyj4

SOFA - GREEN & CREAM STRIPED VELVET & floral slip cover, like new. \$100. By appointment. 483-9135. wjy3

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

For Sale

BABY FURNITURE. NATURAL wood. Excellent cond. Simmons crib & mattress \$175. Childcraft changing table \$175 & matching dresser \$250. Rocking chair \$50. 739-1802. gcjy5

EARLY AMERICAN DINING room set, table, 4 ladder back chairs & 2 side arms. Round kitchen table w/4 chairs. Console piano, Singer sewing machine with table & bench. Reasonable 488-4868. gcjy5

OAK DINING ROOM set, table with pads, 6 chairs, china closet & serving cart. \$1,000 neg. 294-6292. gcjy5

ATLANTIC LOFT BED Unit including desk, dresser, almond, 41 inches D, 79 inches L originally \$1,700. Asking \$800. 294-9591 weekdays. gcjy5

MAHOGANY DR INCL. ING double pedestal 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. Weight bench. Best offer. call 248-5016 leave message. gcjy4

TWO DINING ROOM TABLES, one oblong, one oval (with leaves), 4 chairs each. Hide-a-bed, end tables. Call after 6 p.m. or Sunday, 355-0610. gcjy4

BABY ITEMS - APRICA stroller w/train cover, \$70. Gerry umbrella stroller with canopy \$10. Forty inch Gerry play yard \$30. Grace Crank swing \$15. Flexible Flyer swing seat \$10. Little Tykes infant swing seat. Fisher Price diaper pail \$8. Two Cosco Toilette trainers \$5 each. Assorted baby bottles and toys. 747-1884. hjy4

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

DARK OAK HUTCH with table. Needs refinishing. 333-2651. gcjy2

CRIB, DRESSING TABLE & wicker rocker. One year old. Excellent cond. \$450. 248-2476. gcjy2

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

LEAVING COUNTRY, MUST SELL: Beautiful new pull-out navy print sofa, various tables, new cream area rug, new microwave. best offers. 877-2733. hjy3

For Sale

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. LR, DR, BR, recliner, and tables, lamps, wall units, oriental style area rugs. 791-2262. hjy3

LAINE 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

DINING ROOM TABLE, 6 ladder back chairs, walnut sideboard. \$325, 248-4881. gcjy2

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

Boats For Sale

BOSTON WHALER, 16 ft. 1986 Evenrude 90HP, power tilt, low hours, 1988 Highlander trailer. \$3,650. 877-1634. gcjy5

BRAND NEW THOMPSON boat, 18 foot bow rider (never used) \$11,000. 5 year warranty on hull, 1 year on Mercury cruiser. 225-0415. gcjy3

18 FOOT GRUMMAN all aluminum canoe. Ideal for hunting or camping. \$375. Call 741-1098. gcjy4

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STEVE
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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

MUST SELL '84 Wagoneer Jeep. Black exterior, maroon interior, auto, ps, pb, Clarion Benzi with infinity Blaup speakers, new front radial tires, radiator, belt, starter, tinted windows, Exc. condition \$6,000 neg. Call eves 742-7520. gcjy4

1984 CUTLASS SUPREME. Excellent station car. P/S, P/B, A/C, AM/FM stereo. Runs great. \$2,000. 741-1513. gcjy2

HONDA '89 ACCORD LX automatic, A/C, clean, excellent condition. \$9,200 354-2823. gcjy4

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

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

87 VOLKSWAGEN GOLF-GL Red, 5 speed, A/C, alarm, AM/FM cassette, 36,000 miles. Orig. owner. All maintenance records. Asking \$4,500. Home 746-4168; work 746-7870. wjy4

1983 COUGAR EXCELLENT IN and out. Original owner. French Vanilla. AM/FM cassette. Many replacements. Call 741-2716 evenings. gcjy3

1984 NISSAN 200 SX-XE - fully loaded. Excellent condition. 56,000 miles. \$3,500. 742-0670. gcjy3

'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

1983 - JEEP, WAGONEER Limited. Excellent condition. Priced to sell. Call 248-1254. wjy3

Car For Sale

1991 MERCEDES 300E. Fully equipped, full warranty, champagne color, 20,000 miles. Assume lease. Only \$535 per month. Call 248-0787. gcjy3

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ATTICS, BASEMENTS, kitchens, bathrooms, dens, decks, All phases of home improvements. Work guaranteed. References available. Call Mike for free estimate 352-5783.gc53

INTERIOR PAINTING, WALLPAPERING. Free estimates. George, 488-3829.gcyj1

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Gutters cleaned free with House Washing 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

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PROFESSIONAL PAINTING CO. Special for the season. 20 cents per square foot interior, 25 cents per square foot exterior including plaster & preparation. Free estimate 718-353-9066. gcyj5

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. w01

TELEPHONE INSTALLATION & repair: TV cables & modular jacks installed. Electrical wiring and fixtures. Prompt, reliable and reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al 481-4665. gcyj2

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

Wanted

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. gcyj3

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. gcaj1

DOLLS WANTED

I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. gcyj3

WHITE WROUGHT IRON child's day bed in good condition Reasonable price. 579-4186. gcyj3

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. gcyj2

TUTOR-ELEMENTARY REMEDIAL reading & math by licensed reading specialist in your home. Call after 3 p.m. 488-3079. gca1

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

TENNIS LESSONS AVAILABLE from former college varsity player & tennis instructor. Rate \$20 hr. Call chris at 248-1707. gcyj2

BODY BASICS. SHAPE-UP, feel good, save \$\$. Body Basics fitness classes, 25% discount, 619-710. 773-4776. hly2

PIANO LESSONS, BEGINNERS, intermediate & advanced. All ages, 5 to adult. Learn how to read notes, theory & technique. Call Cindy or Peter, 437-1762. wjy2

SHAPE-UP - FEEL GOOD. Save \$\$. BODY BASICS fitness classes for the adult woman 25% discount, now through July 10. For details call 773-4776. hly2

LATIN TUTOR. ALL levels. Experienced, N.Y. State Certified. Call James Mo Feely, 433-4219 after 4 p.m. gcmj5

TUTORING - SAT/PSAT/ACHIEVEMENTS - Don't wait for Sept. - expert help with SAT/PSAT/Verbal and Achievements - also basic skills and enrichment. Boost your scores with personal instruction and preparation in your own home. Certified career H.S. English teacher with years of SAT experience. 423-1967. hly5

Entertainment

BOBO THE CLOWNETTE, Mother Goose. Magic, Boborobics (age appropriate songs & games). Face painting, balloon animals. Full participation. Weekdays no problem. Not an agency. Personalized attention. 867-2227. gcyj2

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

Lost & Found

LOST. SOMEWHERE IN Garden City. Gold bracelet with opals & diamonds. Generous reward. Call 248-6655. gcyj5

Fair

MODEL TRAIN TOY and Doll Show. Miniatures and craft extravaganza, baseball memorabilia. Sunday, August 2. Free parking. St. Vincent De Paul auditorium. 2 floors fun and bargains. 1510 De Paul St., Elmont, 10 a.m. - 4 p.m. Buy, sell, trade. Breakfast, lunch. Admission \$5. Senior Citizens \$2. Early admission, 9 a.m. - \$6 per person. Children under 12 free with parent. Raffle, door prize. 200 dealers. Operating layout. For information, call 352-2127. gcyj5

Garage/Tag Sale

MOVING SALE. CONTENTS of Locust Valley home. Everything must go! 759-4584, 759-8600. gcyj2

GARDEN CITY GARAGE sale. Sat., July 11, 9-3. Collectibles, furniture, including tables, dinette/bedroom sets, estate jewelry, glassware. Corner Osborne & Leferts Rds. (north of Stewart, east of Washington). gcyj2

FRI., JULY 10, 9:30 - 6, 229 Brompton Rd., Garden City. Antiques & collectibles, aviation & model aircraft items, toys, books, magazines, clothing, etc. Many old items. gcyj2

MOVING. SAT., JULY 11, 9:30 - 3:30, 139 Pine St., Garden City. 2 sofas, kit set/4 chairs, microwave cart, barbeque, many other household items. gcyj5

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NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. C.M. wjy2

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. M.F. wjy2

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Kids Home Newspaper



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

By J.R. Rose -

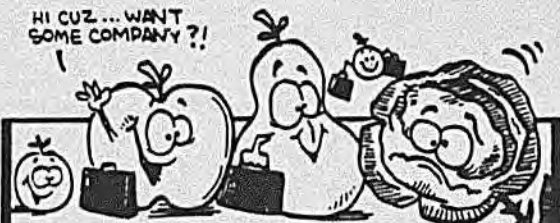
DRAW IT!

DRAW A RED CHERRY ON TOP OF PUP'S SUNDAE!

HURRY - I'M HUNGRY!



HI CUZ... WANT SOME COMPANY?!



ALTHOUGH THEY ARE FRUITS, APPLES, PEARS, PLUMS, AND CHERRIES ARE ALL RELATED TO THE ROSE!

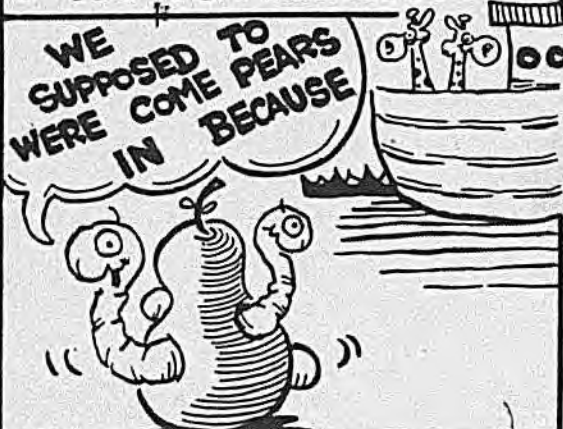
FRUIT IS GOOD FOR US TO EAT. IT CAN BE A TASTY TREAT! THERE'S SOME FRUIT FOR PUP AND ME IN THIS CRAZY FRUIT-FILLED TREE!



FIND 2 FRUITS THAT ARE THE SAME!

PUT THESE WORDS IN THE CORRECT ORDER AND SEE WHY WORMS DIDN'T COME TO NOAH'S ARK IN APPLES...

WE SUPPOSED TO BE IN BECAUSE WERE COME PEAR IN



PUP THANKS CHRISTIE CALHOUN OF BOISTOWN, N.B.

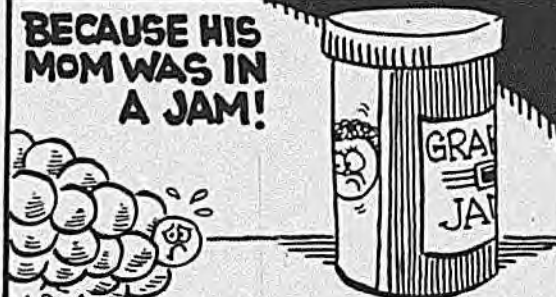
WRITE US!

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

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

WHY WAS THE BABY GRAPE SAD?

BECAUSE HIS MOM WAS IN A JAM!



PUP THANKS JERILYNN ROBIN OF ZACHART, LA.

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ANTIQU OR JUNQUE



By James G. McCollam

Hobbyhorse has jumped in value

Q. I would like some information about the value and date of this hobbyhorse. It is marked "Mobo Bronco."

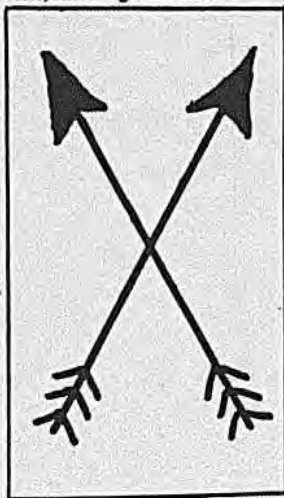
It measures 30 1/2 inches tall and 27 inches long. When jumping, the legs move and it rolls on wooden wheels. The horse is all metal.



A. This was made in England in the mid-20th century. It would probably sell for \$225 to \$335 in good condition.

Q. The attached mark is on the bottom of an art deco-type figure of a man with a woman embracing. The man is dressed in purple; the woman is wearing yellow. The height is about 8 inches.

I would like to know who made this, its vintage and value.



Q. This mark was used by the Kalk manufacturing company in Eisenberg, Germany, from the turn of the century to about 1970. Your figurine was probably made about 1930 and might sell for \$265 to \$285.

MISSION FURNITURE

The Mission Oak furniture that is so closely related to the work of Gustav Stickley actually found its origin in the Arts and Crafts movement started in England by William Morris.

Chronologically, Mission furniture occupied the period between art nouveau and art deco. Stickley was so impressed by the Arts and Craft movement in England that in 1888 he started a factory in Eastwood, N.Y.

His furniture was simple, sturdy and rectilinear in design and usually constructed of solid oak. It was a perfect match for the Prairie School of architecture based on the designs of Frank Lloyd Wright.

He called his work "Craftsman Furniture" and signed each piece with his registered mark.

Stickley expanded his operations to include wicker furniture, lamps, rugs, curtains and metal household accessories. He established Craftsman Farms, *Craftsman Magazine* and even the Craftsman Building in New York City. He overextended his resources to the point of bankruptcy in 1915.

Stickley's brothers Leopold and George bought the remains of his company and continued operations in Fayetteville, N.Y. The company is still in business and recently revived the production of Mission Oak furniture.

Stickley's other brothers, George and Albert, manufactured furniture in Grand Rapids, Mich., from the late 1800s to 1907. Their designs resembled those of Stickley, but their furniture was mass produced, poorly designed and not well made.

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Points on Pets

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

Q. At what age are most female cats able to reproduce? We have a cat that is almost 1 year old. Once old enough, do most cats breed throughout the year? I worry that the cat is going to have kittens. We really do not have the money to have the cat fixed.

A. Although cats can exhibit their first heat period (period of receptivity to the tom cat) as early as 5 months of age, most cats do not reach puberty (the age at which successful breeding can occur) until 7 to 12 months of age.

Cats usually exhibit reproductive cycles from January through September. This period of regular cycling is related to the length of daylight. Cats cycle while the day length is increasing and the temperatures are relatively warm. The exact time during each year that reproductive activity occurs varies with the different geographical locations and varying weather from year to year.

The reproductive cycle of the cat is approximately 13 to 15 days in length. If the tom cat is present, the queen will usually accept his advances during a period of three to six days. Mating usually occurs several times a day during this period. If no male cats are present,

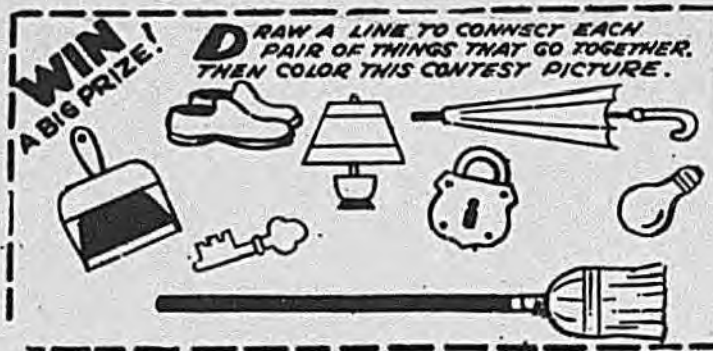
the queen will stay in season for about 10 days.

Most fertile queens have two litters of two to six kittens each year. Most queens will not exhibit signs of reproductive cycling while nursing kittens. After weaning their kittens, most will show signs of heat in approximately two weeks. These cats can become pregnant at this time.

During heat, many queens exhibit personality changes and make long, mournful cries. Many unsuspecting cat owners have mistaken these cries and behavior as signs of agony or pain. Your veterinarian can treat your cat early during the heat period to shorten this unpleasantness if you do not plan to breed her.



JUNIOR EDITION



Aunt Tilly's Corner

Do you remember back at the end of April when I told you I had planted stringbean seeds? Well, I gave them lots of water and now they are healthy little bushes with lots of flowers and stringbeans forming! I watch them everyday, and this weekend I was finally able to pick a good handful of stringbeans - about two and a half inches long. All I had to do was wash them off in cold water and put them into a bowl. Everyone enjoyed a very healthy snack.

Another nice thing is that there are more beans growing right behind and will be ready for picking soon. It is best to harvest them when they are young and tender. Vegetables of any kind are very healthy for you, but especially when they are picked right from your garden.

I hope you like healthy foods too.

Your friend,
Aunt Tilly

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1. Contest is open to children 4 to 12 years of age.
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Mail your entry (just clip our cartoon) to this newspaper at:
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YOUR SOCIAL SECURITY

Student should have Social Security card

By William M. Acosta

Q. I am a student and will be applying for a summer job. Will I need my Social Security card? — J.A.

A. Yes. You should know that your prospective employer will ask to see your Social Security card before you are hired.

If your card has been misplaced or lost, you can get a replacement card by contacting Social Security through the toll-free number (800) 772-1213. A replacement card will be mailed within a couple of weeks.

If you have never been issued a Social Security number, you will need to visit a Social Security office and make an application in person.

Q. My Social Security checks are going directly into my bank account. Why do I have to report a change of address to Social Security when my checks are going to the right place? — F.A.

A. It is important that Social Security have a correct address in case they need to contact you for information about current entitlement to benefits. Social Security sends letters to beneficiaries to notify them of any changes. If you do not give us the correct address, this information is returned.

If all of our efforts to contact you fail, a "due process" letter will be sent to your last known address and benefits will be sus-

pending until you contact Social Security.

Q. My doctor suggested that I get a mammogram done. Will Medicare help pay for a mammogram? — C.R.

A. If you are age 65 or older and have Medicare coverage, payment is available for a mammogram every other year. For women age 35-39 who are disabled and have Medicare coverage, Medicare will help pay the cost of a baseline mammogram. For women age 40-49 who are covered under Medicare, payment is for one screening every other year.

Women age 40-49 with Medicare coverage, who have been diagnosed as high risk for breast cancer, and enrollees age 50-64 who are disabled qualify for payment for mammography screening every year.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



Our dear Eric James was 7 months old on April 6. His sparkling eyes and winning smile show that he is not only a happy child but also a most beautiful baby. His proud parents are Barbara and Michael Miesemer of East Yaphank. The proud grandparents are Marge and Al Miesemer of Cutchogue and Catherine and Arthur Staniecki of Garden City.



I'd like to submit this picture of my parents with their three great grandsons. Julia and Gerald Maystrik have lived in New Hyde Park for over 50 years. They are holding, from left to right: Alexander Koeberle - 3 months, Matthew Stolz - 1 year, Kyle Trageser - 6 months. Julia and Jerry are truly great grandparents. The babies' grandparents are Marlene and Emil Vyskocil.