

In T
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Mid-Island Times

& Levittown Times 35¢

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USPS 346-760

Friday, July 24, 1992

Rescue Award



Oyster Bay Town Supervisor Lewis J. Yevoll (third from left) and Town Councilman Thomas L. Clark (third from right) recently presented citations to Alfred Ziegler (second from left) and Joseph Ingino (second from right) of the Town's Sanitation Division, who helped rescue two victims from a burning car while on duty this past April. Also on hand for the occasion (L-R) were Department of Public Works Commissioner Karl Leupold and Sanitation Supervisor Michael Cipriano.

Golf Winners



Oyster Bay Town Supervisor Lewis J. Yevoll (second from right), Town Councilman Leonard Kunzig (second from left) and Town Councilwoman Ann R. Ocker recently presented trophies to the winners of the Town of Oyster Bay's Annual Masters Golf Tournament held at the Town's course in Woodbury. The winners included (front row, left to right): Greg Pace of Locust Valley, Bryan Pendrick of Jericho, Mike Dotzel of Plainview, Steve Parisi of Locust Valley (kneeling), and Neal Harris of Old Bethpage.

Senior Citizen Honors



Nassau County Executive Thomas S. Gulotta (right) attended a reception honoring the Presidents and Directors of Senior Citizen Clubs and Centers in Nassau County, which was recently held at the Hillwood Commons in C.W. Post. Joining the County Executive were: Mildred Sallustio, Director, Bethpage Senior Citizens; Nassau County Commissioner of Senior Citizen Affairs Rena Iacono.

Charity Car Wash In Hicksville

On Sunday, August 2 between 9 am and 4 pm, the Nassau County Chapter of the Vietnam Veterans of America will hold its annual Car/Van Wash to raise money for their "Vets Helping Vets" program. The fundraising event will take place at the Getty Friendly Service Station, 395 N. Newbridge Road, Hicksville.

Marie Diugos, Chair of the Vets Helping Vets Committee said, "Our program has helped veterans in need with food, clothing, heating oil, electricity and other necessities this past year. With the help of the community, we will continue to reach out to our needy veterans."

Mrs. Diugos went on to advise that her committee will be happy to accept donations in the amount of \$4 for vans, \$3 for cars and \$2 for motorcycles or any amount you can afford to support their project. All donations are tax deductible. In addition, refreshments will be served while your vehicle is being cleaned.

For additional information call 483-3113.

An Agatha Christie Birthday Celebration

Did you know that September 15 marks the 102nd anniversary of the birth of Agatha Christie? Join a very special birthday celebration, complete with birthday cake, at the Bethpage Public Library on Tuesday, September 15, 7:30 p.m.

First, read any Agatha Christie mystery. Then join Shirley Bogart, former English teacher at Long Beach High School to share your thoughts about the book you read, your favorite characters and the reasons for the author's immense popularity.

Don't miss this special birthday celebration, and an evening of spirited discussion about one of the greatest mystery writers of all time!

Sign up begins on Monday, July 20, at the reference desk. 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.

School Consolidation

A work meeting of the Hicksville Board of Education will be held at 8 p.m. on August 5 concerning elementary school consolidation at the Little Theatre, Senior High School.

Pal Trophies



Oyster Bay Town Councilman Leonard Kunzig (back row, third from right) recently attended the Bethpage Police Athletic League Soccer Club Awards Ceremony and joined in presenting trophies to the winning youngsters. On hand for the occasion (back row, left to right) were Bethpage PAL President Lou Blelo, Greg Schuster, Al Koch, Russ Colicino and Art Gotzmer. The award recipients included (front row, left to right) Mathew Colicino, Brian Kunzig, Chris Colicino, Bryan Koch, Brian Watson, Irene Schuster, Colleen Daly, and Kerry Daly.

Operation Sail



Supervisor Lewis J. Yevoll (cutting cake at right), Town Councilman Douglas J. Hynes (cutting cake at left), Councilwoman Ann R. Ocker (cutting cake center) and Town Historian Dorothy H. McGee (front row fourth from left) welcome crews from the Operation Sail 1992 ships, who were spending the night in Oyster Bay Harbor. Crews were treated to a festive American-style barbecue and a special beach performance by the American Concert Band. Among the ships that visited Oyster Bay were the German ship "Asta," the Dutch ship "Vesta," and the British ship "Ocean Venture."

Gregory Museum Events Schedule

Saturday, July 25
Exploring Minerals
Ages 8-13 -- 1:30-3 pm
Discover the many useful properties of minerals and learn how to identify unknown specimens. We will also experiment with some practical applications for mineral and make a very simple mineral collection.
Reservation Information
The Hicksville Gregory

Museum, Heitz Place, Hicksville, N.Y. 11801, 822-7505.
All Workshops: Members \$6, Non-Members \$8.
Reservations are required for all workshops. Space is limited. bring, or mail your check to the Museum. Reservations are confirmed upon receipt of payment. **NO REFUNDS FOR CANCELLATION THREE DAYS BEFORE WORKSHOP.**

THE EDITOR'S NOTEBOOK

BEWARE OF CHARITY FRAUDS

Nassau County District Attorney Denis Dillon says most charitable organizations that operate in the County are legitimate. Unfortunately, there is a certain percentage who will take advantage of a consumer through misrepresentation, half-truths, or concealed facts.

Dillon advises residents to get the facts before handing over their money. Here are some questions to ask:

- WHO** - is the solicitor? Get his name and address.
- WHAT** - is the full name of the charity? Is it affiliated with an organization you know something about? Can you contact someone at the parent organization about the solicitation? Get a name and number. What written information is available? Is there a financial statement? What is this organization's history?

WHERE - are the offices of the charity, the parent organization? Where are they registered? With which agency?

WHEN - were they organized? How long have they been soliciting in your community?

HOW - will the money be used? How much of your donation will actually go to the charitable purpose?

IF YOU SUSPECT FRAUD Here's What You Can Do:

- **DON'T DONATE!** If the charity is legitimate, you can give later.
- **MAKE NOTES** about what happened. Write down as many details as you can.
- **ASK** the solicitor to call you back or get a number where he can be reached.
- **CALL** the police or the District Attorney's Office.

WARNING SIGNALS:

- Telephone solicitation followed by **IMMEDIATE PICK-UP OF DONATION**. Most legitimate charities will let you mail in your contribution. Suspect charities, using a "telephone boiler room" operation for solicitation, will often send runners to pick up your money as soon as you agree to donate.
- **CASH ONLY**. No legitimate charity will refuse your check made out in the name of charity.
- **HIGH PRESSURE TACTICS**. Legitimate charities don't twist arms.
- **LACK OF INFORMATION**. If the solicitor is reluctant to answer questions, and appears to know little about the charity, **BEWARE**.
- **UNFAMILIAR NAME OF THE CHARITY**. Watch out for charities you've never heard of before, or those whose name is very similar to one you know about.
- **LACK OF IDENTIFICATION**. If the solicitor won't tell you who he is, as well as his address, and that of the charity, check it out!

College Notes

Victoria Anne Tymons of Bethpage has been named to the Dean's List for the Spring Semester at Cumberland School of Law, Samford University.

Tymons is the daughter of

Mr. and Mrs. Thomas Tymons. To qualify for the honor, a law student must have earned a minimum 3.0 grade point average out of a possible 4.0 while attempting at least 10 credit hours of coursework.

Mid Island Times & Levittown Times

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Bethpage Library News

you put together a more confident you!
Admission is free - all are welcome. *****

Travel To Kenya With Martin Gavrín

Are you longing to travel to exotic places, but just can't get away? Join Martin Gavrín on an adventure through Kenya on Wednesday, July 29, 7:30 p.m. at the Bethpage Public Library.

Discover the tamed and untamed beauty of this country, from cascading waterfalls to bottomless lakes and wild plains. Mr. Gavrín's slides are accompanied by music and sounds recorded during his travels, which give his travelogues a unique and authentic flavor!

Don't miss this opportunity to take a vacation without ever packing a bag!

Admission is free - All

Tee-Shirt Workshop

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

Bring a pre-washed white tee-shirt and your imagination, and Ms. Tollen will show you how to work with fabric colors to make a design that is uniquely yours. Both boys and girls will enjoy creating and wearing this tee. There is a small materials fee (\$4), payable upon registration at the Adult Reference Desk, beginning June 15. All welcome. *****

The Three Basic "R's" of Self-Esteem

Part II - Reward

Dr. Duffy Spencer continues her three-part series, The Three Basic "R's" of Self-Esteem at the Bethpage Public Library on Tuesday, August 25, at 7:30 p.m.

The lecture will focus on "Reward," the second of the three basic "R's," all a necessary part of enhancing your self-esteem. Part I taught you that you had to be willing to take risks along the way. In part II, you will discover that there is no purpose in risking unless you reward and acknowledge yourself, no matter what the outcome. Learn how to create your own self-reward system as

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.

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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: Litmore Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

Beney Funeral Home, Inc.

921-2888

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Berry Hill Road

Syosset

'A Long, Difficult Road'

In the four years since her birth, Kayla Gilmore has spent more time in hospitals than most people spend in a lifetime. Operations, wheelchairs, casts, and leg braces are familiar to the beautiful blond child who was born with spina bifida (a birth defect that left an opening in her spine), and hydrocephalus (excess fluid in her brain).

"It's been very hard, but you just keep going - otherwise you fall apart," said her mother, Nancy, a special education teacher. Towards the end of Nancy's pregnancy, doctors learned that her baby would have severe birth defects, and might not survive. In their search for information, the Gilmors were referred to the Child Development Center at North Shore University Hospital-Cornell University Medical College. Social worker Anne Shields helped Nancy and her husband, George, find some of the answers they were seeking. She also referred them to the high risk pregnancy specialists in North Shore-Cornell's Division of Maternal Fetal Medicine who monitored the pregnancy, delivered the baby at the optimal time, and rushed her into surgery within hours after birth.

The weeks after Kayla's birth were particularly difficult for both the sick baby and her family. Her parents drove from



Kayla Gilmore with Anne Shields, M.S.W. (left) and Susan Stillman, M.D.

their home nearly an hour away to North Shore-Cornell's Neonatal Intensive Care Unit twice a day for more than seven weeks.

"The early intervention that Kayla received has made a big difference in her functioning," said David Meryash, M.D., who heads the Child Development Center. "Her needs are extremely complex, and are coordinated by our center's interdisciplinary team," he added.

Described by her physician, Susan Stillman, M.D., as "a very determined child," Kayla is a favorite among her family and friends. She is extremely intelligent and social, and can make her family laugh at even the gloomiest moments. She

recently spent several weeks in the hospital because of severe orthopedic problems, but retained her spirit and good nature throughout the entire ordeal.

"Kayla's main goal at this time is to walk, and we are behind her 100 percent," said Dr. Stillman. "She has had major complications which have made this seem unlikely, but with this young lady, nothing is out of the question."

Kayla has spent the past few weeks planning her fourth birthday party. She is looking forward to celebrating the event twice - once at a restaurant with her family and friends, and again at a special party for her classmates at school.

The best medical care is only given at the best hospitals.

Jottings From Yesterday

By Bill Clark

Just back from visiting Sis in Florida. I heard of the storm here. They tell me it was worse than years ago. I have seen the lightning strike a potato field across from our house, also hitting our artesian well pump, also one hitting a tree and splitting it in half. I guess it is how close it comes to you to compare.

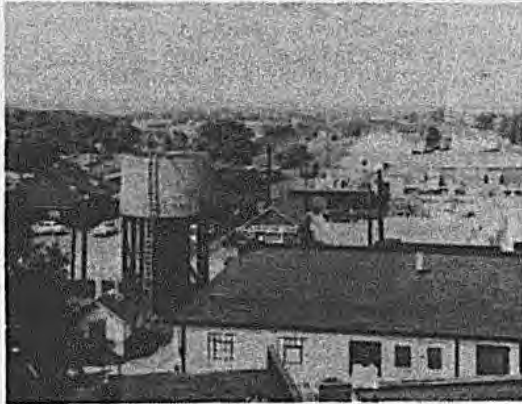
A church sign in Florida reminded me of one that I believe was here in town. It read "Help Stop Truth Decay." Flying over some cities and towns reminded me of Hicksville and area when we had large stately trees that since have been cut down, many

times for no sensible reason. People came here in the early 50's for a new home, trees and grass. Then cut down trees and tore up the grass for paved asphalt, concrete areas. It will take years for the new saplings to grow before some one hits them by a car, etc.

Planes nowadays are so advanced compared to the old open cockpit. Now the seat signs read "Fasten seat belt when seated" naturally, did you ever try doing it standing up? O.K., sorry. Time for a haircut, but having trouble finding a barber charging 25 cents for the haircut like yesteryear and I had more hair to cut those days.



Early 50's looking South towards Jerusalem Avenue, Reform Church among trees.



50's showing R.R. water tower for steam engines - #3 Station just to left of tank at Jerusalem Avenue.

Photos by Harold Kelly

Fire Meeting



County Executive Thomas S. Gulotta (left) attended the Annual Meeting of the Nassau County Fire Commission which was recently held at the Nassau County Fire Marshal's office.

Joining the County Executive was Robert Wright Jr. of Bethpage, Commissioner of Nassau County's 9th Battalion.

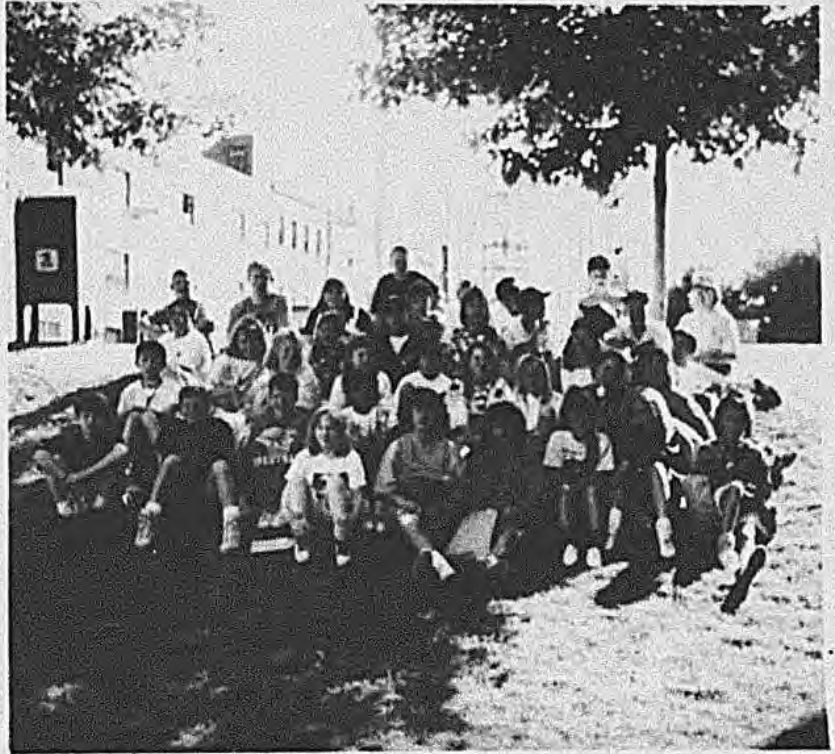
Dutch Goes to Mystic

For their 6th grade trip, students from Dutch Lane enjoyed going to Mystic, Connecticut. They were:

Tricia Cook, Michele Di-Girolamo, Jeena Easow, Nicole Grazioze, Robert Holland, Sara Kherzri, Terence Kraemer, Angela Manzo, Kelly McCarthy,

Bradley Murphy, Jared Orientale, Tara Parsekian, Kenneth Scozari, Jill Swidler, John Zulkowske, Adolfo Adames, Cara Baum, Kemal Denk, Ryan Hildebrandt, Michael Kilfoll, Hugo Lazo, Jason Olson, Thomas Regan, Michelle Scavetta, Jaclyn Veroxie, Scott

Whelehan, Michelle Apeler, Joseph Caruso, Brian Connelly, Jillian Elefante, Edward Fong, Ariel Fox, Kristen King, Leigh Morris, Brian Norton-Taylor, Suzette Rivera, Melanie Rogers, Chiara Scheidet, Stacey Volo, James Stahl, Nicole Watkins.



Dutch Lane Sixth Grade

First Special Olympics State Champs

Hicksville High School students Christopher Cirillo and Catherine Fleming recently competed at Cornell University, representing Area 2 of the Nassau County Special Olympics. Chris placed 5th in the Freestyle Swimming and 6th in the Breast Stroke, and Cathy earned the 4th place ribbons for the 50 yard dash and softball throw. Forty-eight athletes were successful at the county level and traveled to Ithaca for four days to be among 3000 statewide athletes competing in Swimming and Track and Field events. Applause to these wonderful student athletes!

College Notes

David Anthony Danowski of Bow Drive, Hicksville, graduated May 31 from Lehigh University. He received a B.S. degree with a major in Management.

Salvatore Alfani of New South Road, Hicksville, has been named to the Dean's List for academic achievement during the spring 1992 semester at Johnson & Wales University. He is majoring in Hotel-Restaurant Management.

Mary K. Mahoney graduated May 23 from Western Maryland College with a bachelor's degree. She is the daughter of Joan Trieste.

New Law Intern



Nassau County District Attorney Denis Dillon welcomes William J. Snyder of Hicksville as a law intern. William is a law student at Notre Dame Law School and is spending the summer working at the Nassau D.A.'s Office. D.A. Dillon says the law students gain valuable experience during the intern program and help the Assistant D.A.s in the preparation of criminal cases.

New Phone Numbers For School District

The Hicksville Public School District has announced that as of August 7, there will be a change in telephone service. The "933" exchange on school district phone numbers will be changed to "733." For the most part, the four-digit portion of the numbers will remain the same. The new school calendar and guide, to be mailed to residents in mid-August, will contain all the updated phone numbers.

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NOTICE
HAVE YOU A HIDDEN TALENT that has yet to be discovered in print?

We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

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



**BRUSH
HOLLOW
PLAZA**
AT WESTBURY

What Will It Mean for Our Community? You Decide.

United Artists Theatres and BJ's Wholesale Club have proposed building a multi-screen theatre and a modern wholesale club warehouse on the site of the aging Westbury Drive-In. Community residents are asking questions about the project that deserve answers. Here's the truth:

Q Won't this proposal be down-zoning?

A No. The plans conform to every aspect of the zoning law and require no variances. All that is needed from the town Board is a special use permit. The site is now zoned industrial and will stay that way.

Q If this isn't built, could something worse be built there?

A Yes. In fact, the wholesale club and theatre are much higher uses for the site than others currently permitted under the industrial zoning. Each will be only one story high and in total will be only 158,000 square feet. The law allows construction of a five-story building of up to 552,000 square feet. The zoning code now permits the site to be used for manufacturing and industrial uses of any kind including freight terminals, lumber yards, baking plants and stone cutting operations.

Q Won't this make a bad traffic situation much worse?

A No, and the alternative is much worse. These uses were carefully selected because they generate nearly all of their traffic during off-peak hours. The complex will have virtually no impact on rush-hour traffic. The theatres open at 11 P.M. although most afternoon showings are sparsely attended. . . BJ's opens at 11 A.M. every day but Tuesdays and Thursdays when it opens two hours earlier for its small business customers.

The proposed use will have much less of an impact on traffic than if the site were developed fully as permitted under the existing zoning. Developed under existing zoning, the site would generate a 5.5 percent increase in traffic during the evening rush hour compared with a modest 3.2 percent growth for the theatre and wholesale club, according to professional traffic engineers. If the site were developed with an alternate use, there would be adverse impacts during the morning rush hour as well.

Q Will residential streets be flooded with traffic?

A No. The site is conveniently located between the Long Island Expressway and the Northern State Parkway and just off Jericho Turnpike. The *only* entrance will be from Brush Hollow Road, three quarters of a mile away from the entrance to West Birchwood, the closest residential subdivision. Except for local residents, most drivers will use these major roadways. There will be no access from Cantiague Rock Road, except for an emergency "crash gate" to allow the Jericho Fire Department quick access to the site.

Q Won't there be unacceptable noise and air pollution?

A Certainly not when compared with what could be built there. In fact, professional environmental engineering studies clearly demonstrate that with a theatre and wholesale club there will be no significant air or noise quality impacts on homes or a nearby school.

Q Won't the proposed theatre and wholesale club attract crime, drugs and vandalism?

A That's nonsense. The present drive-in, which can accommodate more than 9,000 people a night and attracts patrons from many distant and local communities, hasn't led to an increase in crime and there's no reason to think a new theatre, drawing its patrons from surrounding communities, would attract crime either. The warehouse club will serve middle class families who are no more prone to crime than you or your neighbors. In fact, BJ's has more than 3,500 members in Jericho, Westbury, Syosset and Woodbury.

Q The economy is bad now and governments are struggling to keep taxes down. Will this complex have a big impact?

A Yes, a very positive one. Each year the complex will generate more than \$18 million in sales taxes, most of it to local governments, and more than \$800,000 in local property taxes. That's a lot more than the \$277,000 in property taxes now paid by the owners of the Westbury Drive-In. And the wages of construction workers and permanent employees will also positively benefit the economy.

Q Many people are out of work today. How will this complex help?

A It will help in a number of ways. First, it will generate more than 800 construction jobs. Second, when operational, United Artists and BJ's will offer employment to about 300. All of those jobs are badly needed on Long Island. Third, since BJ's offers an alternative to shopping at retail, its low prices will be a real boon to families and small businesses looking to squeeze the most out of every dollar they have.



BJ's Wholesale Club
One Mercer Rd.
Natick, MA 01760



United Artists Theatre Circuit, Inc.
1400 Old Country Road, Suite 300
Westbury, NY 11590

LEGAL NOTICE

PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, August 4, 1992, at 10 o'clock a.m. prevailing time, in the Hearing room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering an application for a Special Use Permit pursuant to the Code of the Town of Oyster Bay, Chapter 246. Zoning, as follows: **PROPOSED SPECIAL USE PERMIT: Petition of ARTHUR SANDERS and ALAN S. PUTTERMAN, Trustees under trust agreement dated July 10, 1990 F/B/O JERRY SPIEGEL, Owner, to permit retail use in an "H" Industrial District (Light Industry), on the following described premises: ALL that certain plot, piece or parcel of land situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau, State of New York, which is bounded and described as an irregular parcel of land on the east side of Bethpage Road having a frontage of 178.53 feet and a depth of approximately 141 feet, distant 60 feet north of the corner formed by the easterly side of Bethpage Road and the northerly side of Midland Avenue, having a street address of 49 Bethpage Road, and described as Section 12, Block 175, Lot 124 on the Land and Tax Map of Nassau County. The above mentioned petition and maps which accompany it are on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay and Massapequa. 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
Oyster Bay, New York.
MIT 2590
1X 7/24

**LEGAL NOTICE
CODE OF THE
TOWN OF
OYSTER BAY**

AMEND VARIOUS CHAPTERS OF SECTION 246-239, 246-250 & 246-261B, PERMITTED USES IN BUS. F, BUS. G & G-1 BUSINESS DISTRICTS, PERMITTED RECREATIONAL USES TO INCLUDE CHILDREN'S PLAYROOM TYPE FACILITIES.

LEGAL NOTICE

BE IT ORDAINED, by the Town Board of the Town of Oyster Bay as follows: Section 1. Article XX, F Business Districts (Neighborhood Business) of the Code of the

Town of Oyster Bay, § 246-239. Permitted uses, paragraph A(15), is hereby amended to read as follows:

(15) Gymporees, children's playrooms, children's party or arts and crafts centers, parent-child bonding activity centers and similar recreational centers which accommodate more than fifty (50) persons, golf ranges, batting ranges, kiddie amusement centers, animal farms, theaters, drive-in theaters and other similar public recreational uses, when permitted by the Town Board, as a special exception, after a public hearing. Gymporees, children's playrooms, children's party or arts and crafts centers, parent-child bonding activity centers and similar recreational centers which accommodate fifty (50) persons or less. No game room and no pinball machines, whether or not incident to a principal use, shall be permitted, maintained or operated in an F Business District (Neighborhood Business), except not more than two (2) pinball machines, only in connection with, and customarily incident to, a bar or tavern, when approved by the Zoning Board of Appeals.

Section 1. Article XXI, G Business Districts (General Business) of the Code of the Town of Oyster Bay, § 246-250(A). Permitted uses, paragraph A(20), is hereby amended to read as follows:

(20) Gymporees, children's playrooms, children's party or arts and crafts centers,

parent-child bonding activity centers and similar recreational centers which accommodate more than fifty (50) persons, golf ranges, batting ranges, kiddie amusement centers, animal farms, drive-in theaters and other similar public recreational uses, when permitted by the Town Board, as a special exception, after a public hearing. Gymporees, children's playrooms, children's party or arts and crafts centers, parent-child bonding activity centers and similar recreational centers which accommodate fifty (50) persons or less. Game rooms, when permitted by the Town Board, as a special exception, after a public hearing, and two (2) pinball machines, or less only if in connection with and customarily incident to a bar, tavern, restaurant, bowling alley or other assembly building permitted under this § 246-250, when

approved by the Zoning Board of Appeals.

LEGAL NOTICE

Section 1. Article XXII, G-1 Business Districts (Central Business) of the Code of the Town of Oyster Bay, § 246-261(B). Permitted uses, paragraph B(5), is hereby amended to add the following:

(e) Gymporees, children's playrooms, children's party or arts and crafts centers; parent-child bonding activity centers and similar recreational centers which accommodate more than fifty (50) persons when permitted by the Town Board as a special exception, after a public hearing.

(f) Gymporees, children's playrooms, children's party or arts and crafts centers, parent-child bonding activity centers and similar recreational centers which accommodate fifty (50) persons or less.

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

Dated: July 7, 1992
Oyster Bay, New York
STATE OF
NEW YORK

I, Carl L. Marcellino, Town Clerk, Deputy Town Clerk of the town of Oyster Bay, and custodian of the Records of said Town, DO HEREBY CERTIFY that I have compared the annexed

LEGAL NOTICE

with the original Notice of Adoption - CODE OF THE TOWN OF OYSTER BAY adopted on July 7, 1992 - AMEND VARIOUS CHAPTERS OF SECTION 246, Permitted uses., filed in the Town Clerk's Office and that the same is a true transcript thereof, and of the whole of such original.

In Testimony Whereof, I have hereunto signed my name and affixed the seal of said Town this 10th day of July 1992.

**Carl L. Marcellino
Beth 3145
1x7/24**

**LEGAL NOTICE
LEGAL NOTICE OF
POSTPONEMENT OF
SALE**

**COUNTY OF NASSAU
TOWN OF
OYSTER BAY**

Supreme Court, County of NASSAU, Index #10591/90, UNITED PENN BANK, Plaintiff, vs. JEANETTE OSHEA, et al., Defendants. Pursuant to Judgment of Foreclosure and Sale dated October 24, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, New York at 9:00 a.m. on July 2, 1992, premises known as 28 Linden Avenue, Bethpage, New York 11714, NASSAU County, located on the N/S of Linden Avenue 100 feet E/O Lincoln Road, being a parcel 187.15' x 100'.

LEGAL NOTICE

JOSHUA A. ELKIN, ESQ., Referee. Stanley Beals, Esq., Attorney for Plaintiff, 275 Broad Hollow Road, Melville, New York (516) 756-2250.

The above sale which was originally scheduled for July 2, 1992, is HEREBY POSTPONED UNTIL July 31, 1992 at 9:30 a.m., SAME PLACE. **JOSHUA A. ELKIN, ESQ., REFEREE.
Beth 3144
1x7/24**

**Defensive
Driving Course**

Registration for the National Traffic Safety Institutes six-hour Defensive Driving Course to be held at the Hicksville Public Library on Tuesday, August 25, and Thursday, August 27, from 6-9 p.m., both nights, will begin on August 3, at 10 a.m. Class size is limited to 35 seats. Participants must attend both sessions in order to successfully complete the course.

By completing the course, drivers may be able to save 10% on their auto insurance for three full years and remove four points from their driving record. The cost of the course is \$39 per person and checks should be made out to the Driver Safety Program. Cash will not be accepted.

Further information may be obtained by calling the Hicksville Public Library Public Relations Office at 931-1417.

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

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(516) 466-9100

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LEGAL NOTICE PUBLIC NOTICE PLEASE TAKE NOTICE, that the Town Board of the Town of Oyster Bay, New York, Shall hold a regular meeting to conduct the public business of the government of the Town of Oyster Bay, on Tuesday, the 4th day of August, 1992, at 10 o'clock A.M., prevailing time at the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York. All interested members of the public are invited to attend. Pursuant to law, a public hearing will be held at the aforesaid time and place, or as soon thereafter as practicable, to consider the following amendment to Chapter 233 "Motor Vehicles and Traffic" of The Code of the Town of Oyster Bay, New York. **NO STOPPING ZONES** shall be ADDED or DELETED from SECTION 17-152 in the hamlets of Bethpage, Farmingdale, Hicksville and Oyster Bay. **NO PARKING ZONES** shall be ADDED to SECTION 17-165 in the hamlets of Farmingdale and Hicksville. **PARKING PROHIBITED ON CERTAIN DAYS OR HOURS**, shall be ADDED or DELETED from SECTION 17-166 in the hamlets of Hicksville and Oyster Bay. **NO STANDING ZONES** shall be ADDED to SECTION 17-175 in the hamlet of Bethpage.

The above mentioned amendment to Chapter 233 "Motor Vehicles and Traffic" is on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 A.M. and 4:45 P.M., prevailing time at the Office of Town Clerk. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

BY ORDER OF THE TOWN BOARD OF THE TOWN OF OYSTER BAY.
Lewis J. Yevoli, Supervisor;
Carl L. Marcellino, Town Clerk

Dated: July 7, 1992
Oyster Bay, New York.
MIT 2592
IX 7/24

LEGAL NOTICE DOMESTIC L.P. NOTICE OF PUBLICATION

Name of Pship: Empress Travel, L.P. Notice of Cert. of L.P. filed New York Sec. of State 6/26/92. Office loc: Nassau Cty. Sec. of State designated as agt. upon whom process against it may be served. Sec. of State may mail a copy of any process against Pship. c/o Empress Travel, L.P. 465 Smith Street, Farmingdale, New York 11735. Name/address of G.P. available from Sec. of State. Latest date upon which L.P. is to dissolve is 12/31/2042. Purpose of L.P.: To acquire, own and operate travel franchise business. BN 3146
6X 7/24, 31, 8/7, 14, 21, 28

LEGAL NOTICE NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with section 103 of Article 5-A of the General Municipal Law, hereby invites the submission of sealed bids on **Gymnasium & State Floor Repair & Refinishing 1992/93:13** for use in the Schools of the District. Bids will be received until 2:00 PM on the 3rd day of August, 1992, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

Specifications and bid form may be obtained at the Purchasing Office, Administration Building, Division Avenue at 6th Street, Hicksville, New York.

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

BOARD OF EDUCATION HICKSVILLE UNION FREE SCHOOL DISTRICT
Town of Oyster Bay, Nassau County, New York
Stuart A. Opdahl
Asst. Supt.
For Business

Dated: July 16, 1992
MIT 2589
IX 7/24

Russian Piano Recital

Pianist Ian Shapinsky will perform and speak about some of the great musical works that have come from Russian composers on Wednesday, August 5, at 7:30 p.m. Admission is free to this exciting educational entertaining mix.

Foreign Language Student Awards

The students in Linda Weinfeld's college level Spanish class won awards in the National Association of Teachers of Spanish and Portuguese National Spanish Examination Competition held this past March at Jericho High School. The first prize winner for Level 4 is Carla Brewer. Sonia Enriquez and Joaquin Ezcurra tied for second place. They received their trophies at an award ceremony at Jericho High School in May.

Sonia won first prize in the Long Island Language Teachers Competition in the category of original poetry for Level IV, as well. She was awarded a medal of honor and a certificate for her fine work.

LEGAL NOTICE

Notice is hereby given that **SEALED PROPOSALS for: REPLACEMENT OF GRANULAR ACTIVATED CARBON AT PLANT NO. 4, PROJECT NO. HKWD 92-05** will be received by the **BOARD OF COMMISSIONERS** of the **HICKSVILLE WATER DISTRICT**, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 P.M., Prevailing Time, on Thursday, August 6, 1992, at which time and place they will be publicly opened and read.

Instructions for Bidders, Proposal, Specifications and Contract Forms may be obtained at the Office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Thursday, July 23, 1992. A deposit of Fifty Dollars (\$50.00) is required for each set of documents furnished, which will be refunded to bidders who return specifications within ten (10) days of bid opening in good condition; other deposits will either be partially or not refunded.

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

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

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

DATED: July 23, 1992
MIT 2594
IX 7/24

Hicksville A's Summer Tournament

On Tuesday, July 14, the Hicksville A's faced off against Connetquot.

Adam Geslak was starting pitcher, pitching the first 4 innings, striking out 4 and only giving up 3 walks and 4 hits. Nick Schmidt had the save, pitching the last 2 innings, striking out 3 and only giving up 1 walk.

Peter Martin made some nice plays in left field.

The batting was strong with James LaPadula going 2-3 with 2 homeruns, Adam Geslak 2-3 with a double and Keith Englehardt 3-3. Final Score Hicksville 8 - Connetquot 7.

Thursday, July 16, the A's came up against a tough Plainedge All Star team under the lights at Theodore Roosevelt Park in Oyster Bay.

Kevin Soper was starting pitcher and did a fine job, striking out 7. Adam Geslak came in to pitch the last 1½ innings and struck out 2, walked 3 and allowed 2 hits.

There were several exciting plays - Brian Boyle pulled off an exciting unassisted double play and Josh Strugatz made an awesome catch in left field.

Batting was strong with Chris Swier going 2-2 and nice hits by Kevin Soper with a double and Adam Geslak with a triple.

Unfortunately the A's lost to Plainedge.

Saturday, July 18, Hicksville squared off against Kings Park in Kings Park.

Tommy Kessler was called in to pitch and he did a great job, striking out 4 and only giving up 1 walk.

Defense was strong with several nice plays by Kevin Soper at short, Josh Strugatz at second, Chris Swier in Center, Nick Schmidt in Right and Adam Geslak in Left both ran down and caught hard hit balls.

Kevin Soper went 2-3 batting, Nick Schmidt blasted a triple bringing in an RBI and Peter Martin with a double in to deep Center Field.

Final Score Kings Park 4 - Hicksville 2.

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Letters For The Hicksville High School Class Of 1992

Because of the festivities surrounding the presence of Billy Joel at your graduation and the ceremonies that ensued, time was not available for me to formally thank you for selecting me to be inducted into the Hicksville Hall of Fame. Consequently, I've asked if some of my remarks that were prepared for you all could be printed here and gratefully passed on to you from me and my family. Here are some excerpts from those remarks:

"I would like all of you to meet my wife, Carol. For the past 25 years, she has been my best friend. Now that you have seen her, you can see what Billy Joel and I have in common and

why we are both in the Hicksville Hall of Fame. We both play the piano, we both have written a few tunes, but more important, we both have wives taht are hot! Actually, I accepted your invitation because I thought I'd be sitting next to Christie Brinkley here on stage, but instead you are making me sit next to Billy! Life's not fair!"

"Over 30 years ago in 1959, I stood in this same place making a similar speech. I was president of my graduating class and had to present the class gift to the school. I thought that that day was the most memorable day in my life. Like today for you, that day moved me and impressed me, and its memory has

stayed with me to this very moment. I still remember the faces of all of my classmates and I cherish them all, and if you will, in their name and in the names of all of my students, I would like to dedicate this honor you are giving me to them."

"Throughout the years, I have met many people who have had a profound impact on my life, have impressed me and inspired me, and I know each o. you must have had and will have similar experiences. On many occasions, their actions and words have led me to tears. In my eyes, each of them was a success because, like these words expressed by an unknown poet in the long ago,

their lives radiated these sentiment:

**He has achieved success
who has lived well laughed
often and loved much
who has gained the respect
of intelligent men and
the love of little children
Who has filled his niche
AND accomplished his task
Who has left the world
better than he found it
Whether by an improved
poppy, a perfect poem
or a rescued soul
Who has never lacked
appreciation of earth's
beauty
or failed to express it
Who has looked for
the best in others and
given the best he had
Whose life was
an inspiration, and whose
memory is a benediction
"Success, of course, means**

different things to different people. I know that Bill - as a father - will agree with me that along life's way, sometimes it really doesn't matter whether or not you have composed the world's most memorable songs, or played a record number of concerts, or have been inducted into numerous Halls of Fame. You will know that you are a success and that you have accomplished something worthwhile when, on that one day as you arrive home after a long, tiring day of work, you open the front door, and look down to see your infant son or daughter run into your outstretched arms and say for the very first time in their life, "Daddy, Daddy, Hi Daddy!"

"Probably the shortest speech throughout the ages that captured the most essential and prophetic purpose for man's existence was delivered in the long ago by a contemporary of Jesus, John the Baptist. Sickly, and in the last days of his life, John was asked to address the multitudes gathered to be inspired forever. Thousands hushed as The Baptist painfully rose from his stretcher, extended his arm, and beautifully whispered: "Little children, little children, love one another, love one another. That's all there is, and that's all you need to know."

"I, too, yearn for the day when the differences between men will no longer make any difference."

"An so, I am grateful to each of you for your kindness shown toward me and my family. It was a great pleasure to be here. I appreciate your thoughtfulness, and will not forget this day and will not forget the Class of 1992. My best to each of you and your families. Thank you, have a wonderful summer, and God Bless you all.

Leo V. Kanawada, Jr.

Music Under Stars Program

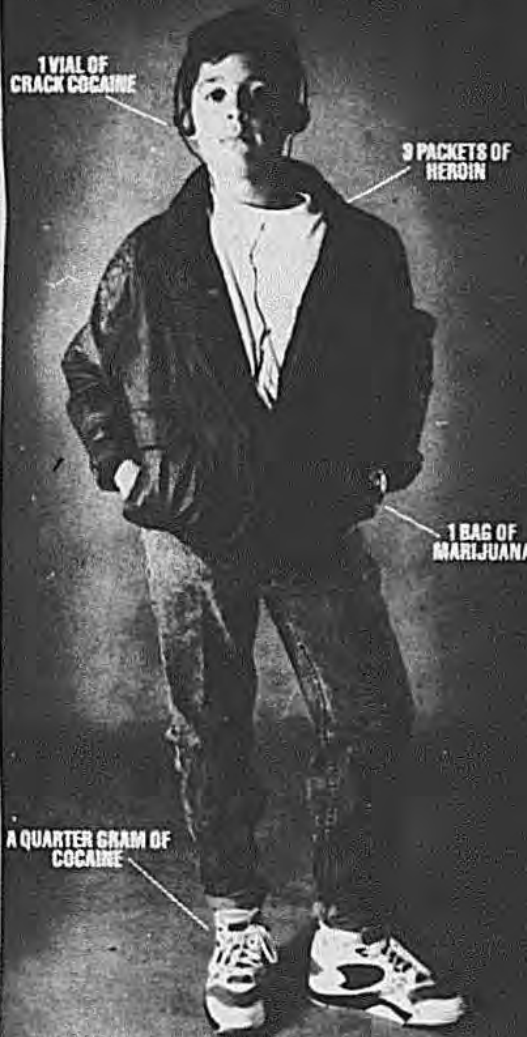
A performance by Joey Dee and The Starlighters will highlight the third week of "Music Under the Stars" programs for Syosset-Woodbury Community Park District residents, according to Oyster Bay Town Supervisor Lewis J. Yevoli.

The program will take place at the community park on Wednesday, July 29, beginning at 8:15 p.m. In the event of rain, the performance will be held in the auditorium of St. Edward's Church, Teibrook Avenue.

"Just the mention of Joey Dee and the Starlighters brings to mind such mega hits of the '60's as a 'Peppermint Twist,' 'What Kind of Love is This?' and 'Shout,'" Supervisor Yevoli stated. "The Joey Dee and the Starlighters show of today still features all of the group's great songs, but it has incorporated some comedy and dance that will please audiences who remember them when, as well as those who are hearing and seeing them for the first time."

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But the drug addict's real blindness is that he'll never see the heartbreak he will cause when he leaves your child lying on the street.

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Summer Fun, Health

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Priorities for summer: Taking care of ourselves and the earth

For winter's rains and ruins are over! And all the seasons of snows and sins! The days dividing lover and lover! The light that loses, the night that wins! And time remembered is grief forgotten! And frosts are slain and flowers begotten...

Algernon Charles Swinburne

Few subjects inspire poets like summer. It is used as a symbol of beauty, happiness, the sweetness of life and its fleetingness. Both hostility and love intensify in the summertime. Any police officer will tell you that crime rates rise with the temperature, and so do heart rates. Everybody knows that a "summer romance" is one that heats up quickly but is unlikely to last, delicious as it may be.

We pay more attention to ourselves in the summer. Sports, the beach and lighter clothes draw our attention to our bodies (whether we like it or not). On vacation we have more time to attend to our dreams and plans for the future. And, mild weather makes life seem just a little easier than it was just six months earlier.

But the summer of 1991 will probably not be remembered as one of the more carefree in history. Precarious

political situations abroad and recession in our own country lead us to worry about the future. Perhaps that is why the two most prominent trends in the United States have to do with health — our body's and our earth's.

Summer means more time spent outdoors, often at a beach or lakeside. Unfortunately, the beauty of many of our bodies of water has been marred by pollution. Most of us can remember the horror of hearing that medical waste was washing up on East Coast beaches two summers ago. Polluted waters and littered beaches are still a problem, but you can be part of the solution. On the most basic level, don't litter, and teach your children not to litter. Remember, a cigarette butt tossed on the beach will be around for up to 25 years!

As far as personal health is concerned, the most important thing to remember is to protect your skin and eyes from the sun. There's no such thing as a "healthy tan." Also, you should take the time to educate yourself about the various heat disorders, so that you'll be able to recognize them and know what to do in an emergency.

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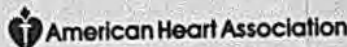
- Tips for Achieving a glowing healthy face.....2
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Friday, July 24, 1992

HELP YOUR HEART RECIPES



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

Herbed Fillet of Beef

Want real beef? Here it is — without too much fat.

- | | |
|--|-------------------------|
| 1 fillet of beef (about 1 1/4 lbs.), all visible fat removed | 1 Tbsp. olive oil |
| 3 cloves garlic, crushed | 1 onion, sliced |
| 1/2 tsp. freshly ground black pepper, or to taste | 2 carrots, finely diced |
| 4 to 5 sprigs fresh thyme or 1 tsp. dried thyme | 1/2 tsp. salt |
| | Garnish: Parsley sprigs |

Preheat oven to 400° F. Tie beef fillet in 3 or 4 places. Rub garlic on all sides of meat and sprinkle pepper over all. Place in heavy nonstick roasting pan. Lay thyme across meat. Pour olive oil over entire roast. Scatter onions and carrots around and over roast.

Cook 14 minutes per pound for medium-rare. Remove from oven, sprinkle with salt and cover with foil. Let sit for 10 to 15 minutes before serving.

Makes 6 servings.

Nutritional Analysis per Serving

229 Calories	70 mg Cholesterol	4 gm Saturated Fat
27 gm Protein	168 mg Sodium	1 gm Polyunsaturated Fat
4 gm Carbohydrates	11 mg Total Fat	5 gm Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, 5th Edition, Copyright 1991 by the American Heart Association, Inc. Published by Times Books (a division of Random House, Inc.), New York.

Protect your eyes with latest sporting glasses

By Eric Jude

When Richard D. Sears won the first U.S. Singles tennis title in 1881 while wearing glasses, he set a precedent for many other eye-glass-wearing professional, amateur and recreational athletes.

Today, prescription glasses are an accepted part of equipment for just about every sport, and unlike the specs Sears wore, they offer better vision and are safer, according to the American Optometric Association.

Most sports eye injuries could be prevented if players wore the right eye-safety equipment and played defensively. Every year, more than 35,000 Americans lose some degree of sight from sports eye injuries, the association says.

Fortunately, there is a variety of eye-protection equipment available for just about every sport.

The first step in obtaining glasses is a thorough eye examination to determine what vision problems exist and the lens prescription needed. This should cover eye health, common vision problems and sports-vision skills.

Most athletes need industrial strength, impact-resistant lenses for safety. Polycarbonate plastic lenses are a good choice. They are tough and light but scratch easily, so an anti-scratch coating is a must. Other impact-resistant plastic and glass lenses are also available.

Sun lenses are a must for daytime sports. The association recommends gray tinted lenses that screen out 75 percent to 90 percent of available light. Polarizing lenses, which are effective in combating reflected glare, are a good choice for water sports. Light-sensitive or photochromic sun lenses may be preferred by those who encounter different light levels in their sport, such as golfers and snow skiers.

To provide a wide field of vision, optometrists recommend frames that hold large lenses and

have thin rims, thin temple pieces and face-formed shapes. One-piece, face-formed plastic sports frames with a headband are a good choice for eye-hazardous sports such as basketball, baseball, softball and all racket sports. Nylon frames are also durable.

Some sports frames offer such options as padded bridges, rubber bridges and deep-grooved eye wires, so the lenses won't fall out if the frame is hit.

For non-contact sports like golf, biking, archery, hunting, hiking, jogging and bowling, a sturdy well-made frame of metal or plastic will work. Temple pieces that wrap around the ear will help keep the frames in place.

Goggles with either prescription or non-prescription lenses are designed for eye protection when swimming, water skiing, snow skiing, scuba diving and skydiving. Some are designed to be worn over prescription glasses.

Special designs of sports eye-safety equipment include goggles

mounted in swim caps and prescription diving masks.

For those bothered by perspiration and lens fogging, frames with adjustable nose pads can help. They allow the glasses to be adjusted far enough away from the face for sufficient air circulation behind the lenses. Anti-fog compounds can also help reduce lens fogging, as can wearing a sweatband and keeping a towel handy to wipe away perspiration.

Regardless of what type of frame is selected, it should be kept in perfect adjustment. An ill-fitting frame can be uncomfortable, bothersome and unsafe. Vision, too, will be less than what it should be if the lenses are not held properly before the eyes.

Athletes should discuss their sport with their optometrist, who can advise them in selecting eye-wear to meet their vision and eye-safety needs.

Contact lenses offer a lot of advantages for anyone who participates in sports, but athletes need to be certain to choose the right lens for their eyes and their sport.

Contacts often provide athletes with more natural vision than glasses and are more convenient. They don't fog up, get wet or dirty in the rain or slide down a perspiring nose.

Some types of contact lenses, however, seem to be better-suited to certain sports than others. The final decision can only be made after a thorough eye examination. Yet, since most people can wear more than one type, it is helpful to know what is available.

The other side of sports eye safety, the association says, is playing defensively. With racquetball, for example, players should strive to be visually aware of the opponent's position, as well as their own, at all times and avoid looking back as the opponent hits the ball.

In tennis, the greatest potential eye-injury risk is from the ball. Therefore, having the vision skills to follow the ball, judge its speed and get into position to hit it not only helps to score a point but also to protect the player's eyes.

Tennis players also should use only one ball during warm-up, rather than having several in play at once, and should control their tempers. Several tennis players have suffered eye injuries from being hit by a ball fired in anger or frustration after the loss of a point.

Golfers face potential eye injury from a ricocheting ball they hit themselves or from being struck by a ball hit by someone else. Having the vision skills to avoid hitting a tree or other obstacle is a good defensive play against the ricocheting ball. Staying alert and wearing protective equipment is a defense against the other golfer's ball.

Anyone who is hit in or near the eye or suffers a blow to the head should go to a hospital emergency room or an eye doctor immediately, even if they think they are not seriously hurt.

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Model tips for achieving a glowing, healthy face

By Karen Caldwell

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

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

AU NATUREL

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

H₂O

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

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

APPLES AND AEROBICS

A balanced diet and plenty of regular, sensible exercise were lauded by most of the models as contributing factors for clean and healthy skin. When asked about specific exercises, they cited aerobics, swimming and light jogging as the top choices.

SUN SHY

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

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

FRESH AIR

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

SCRUBBING UP

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

"I want to know that I'm not depleting my skin of necessary oils whenever I wash," says model Kristen Hocking.

EXFOLIATING

After washing, exfoliating can help get rid of dead skin cells, according to Susan Molofsky, director of marketing for Winthrop Consumer Products.

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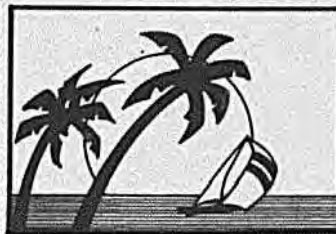
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Tips for reducing physical, mental fatigue

By Karen Caldwell

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

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

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

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

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

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

the tension physically or mentally? Or both?

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

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

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

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

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The summer schedule for Sunday worship at St. Paul Lutheran Church is now in effect. Worship begins each Sunday at 9 a.m., and all are invited to attend.

St. Paul Lutheran Church is located at 449 Stewart Avenue, Bethpage (just south of the railroad station). If you have any questions, please call the church office at 931-8262.

In Service

Maj. Christopher G. Essig has completed the Army Command and General Staff College regular course at Fort Leavenworth, Leavenworth, Kansas.

The regular course at the Army's senior tactical produced graduates who are competent military problem solvers. Emphasis was placed on career development for the officer's future duties as a senior commander or staff officer.

He is the son of George R. and Anna Essig of Ellen St., Bethpage.

NOTICE OF SALE

SUPREME COURT: NASSAU COUNTY. THE GREEN POINT SAVINGS BANK, Pltf. 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 Courthouse, 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 Pltf., 100 Quentin Roosevelt Blvd., Garden City, NY.

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Outstanding Athletic Achievement



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

Volunteer Of Year



Councilman Leonard B. Symons (right) and Town Councilwoman Ann R. Ocker present a citation to Art Blustein, Executive Director of the Plainview Little League, in recognition of his being named "Volunteer of the Year." Blustein was recognized by the Plainview Little League for his many years of outstanding service to local youth and his community. Also on hand for the occasion (L-R) were Treasurer Michael Denaky, Vice President Fred DiBenedetto and President Steve Neithard.



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Britannica Learning Ctr.	C	Nassau Lutheran	D
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CAPA	C	Red Robin	E
Carousel	B	Riverview School	B
Hicksville Co-op Nursery	D	Sport Of Future	A
German American School	C	Touro School	E
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 & The Great Neck News

Fall School Directory

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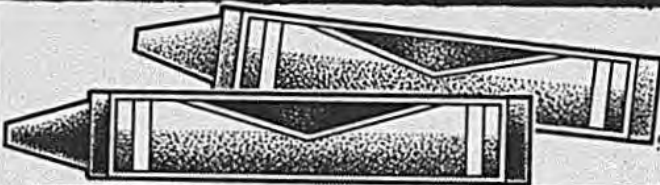
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 Town Supervisor
 Lewis J. Yevoli

922-5800,
 Ext. 2386

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 Councilman Douglas J. Hynes
 Councilman Leonard B. Symons
 Town Clerk
 Carl L. Marcelino

Councilman Thomas L. Clark
 Councilwoman Ann R. Ocker
 Councilman Leonard Kurzig
 Receiver of Taxes
 Gary F. Musiello

TOWN OF OYSTER BAY
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**LEGAL NOTICE
PUBLIC NOTICE**

**OF
CHANGE OF ZONING
RESOLVED.** That the petition of **SHELL OIL COMPANY, Lessee and JOSAM ASSOCIATES, Fee Owner,** for a Change of Zone from an "F" Business District (Neighborhood Business) to a "G" Business District (General Business and a Special Use Permit in a "G" Business District to operate a retail food mart in conjunction with an existing gasoline filling station at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, is hereby **GRANTED,** on the premises described as follows: **SCHEDULE "A" ALL** that certain plot, piece or parcel of land, situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau and State of New York, being more particularly bounded and described as follows: **BEGINNING** at a point on the westerly side of South Oyster Bay Road, said point being the terminus of the arc of a curve connecting the easterly side of Woodbury Road and the westerly side of South Oyster Bay Road, **RUNNING THENCE** southerly from said point of

LEGAL NOTICE

beginning along the westerly side of South Oyster Bay Road, South 6 degrees 13 minutes 07 seconds West, a distance of 120.00 feet to a point; **RUNNING THENCE** westerly North 68 degrees 41 minutes 07 seconds West, a distance of 211.91 feet to the easterly side of Woodbury Road; **RUNNING THENCE** northerly along the easterly side of Woodbury Road North 56 degrees 07 minutes 10 seconds East, a distance of 160.00 feet to a point; **RUNNING THENCE** in an easterly direction along the arc of a curve bearing to the right having a radius of 50.00 feet a distance of 133.53 feet to the point or place of **BEGINNING SAID** premises are known and described as Section 12, Block 329, Lot 20 on the Land and Tax Map of the County of Nassau. The application herein granted is subject to voluntary covenants and restrictions imposed upon the subject premises by **SHELL OIL COMPANY Lessee and JOSAM ASSOCIATES, Fee Owner,** as set forth in a written instrument to be duly recorded in the Office of the Clerk of Nassau County within one year of this

LEGAL NOTICE

resolution; and may only become effective upon such recording.

**BY ORDER OF THE
TOWN BOARD OF THE
TOWN OF OYSTER BAY**

Louis J. Yevoli
Supervisor
Carl L. Marcellino,
Town Clerk

**STATE OF NEW YORK,
COUNTY OF NASSAU, ss.:
TOWN OF OYSTER BAY**

I Carl L. Marcellino, Town Clerk of the Town of Oyster Bay, and Custodian of the Records of said Town, **DO HEREBY CERTIFY** that I have compared the annexed with the original **PUBLIC NOTICE OF CHANGE OF ZONING** adopted by the Town Board on July 7, 1992 - **SHELL OIL COMPANY & JOSAM ASSOCIATES, Change of Zone/Special Use Permit,** Hicksville, N.Y. filed in the Town Clerk's Office and that the same is a true transcript thereof, and of the whole of such original.

In Testimony Whereof,

I have hereunto signed my name and affixed the seal of said Town this 13th day of July 1992
Carl L. Marcellino
Town Clerk

Dated: July 7, 1992

LEGAL NOTICE

Oyster Bay, New York
MIT2591
1x7/24

**Multicultural
Music Extravaganza**

Vocalist/Guitarist Dave Goldman will perform selections from Spanish, Italian, Japanese, Greek, and American music at the Hicksville Public Library on Tuesday, August 18, at 8 p.m.

Mr. Goldman has appeared on radio and cable television, and has major record label interest in his original material. He credits his flair for variety to his background and musical study abroad. Admission is free.

Further information may be obtained by calling the Hicksville Public Library Public Relations Office at 931-1417.

Free Fishing Trip

The Hicksville Youth Council will be going on our annual **FREE Fishing Trip** sponsored by Big Brothers/Sisters on Thursday, August 13. We will leave the Youth Council at 8:30 a.m. and return at 3 p.m. The trip is open to all youths ages 12-20. First come, first aboard, so hurry and sign up. For more information call the Youth Council at 822-KIDS!

**LEGAL NOTICE
SUPREME COURT:
NASSAU COUNTY
CITIBANK, N.A. Plff. vs
ROBERT WHITE, et al
Deft.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.

Sold subject to terms and conditions of filed judgment and terms of sale.

Russell C. Bucheri,
Referee
Rivkin, Radler, Bayh,
Hart & Kremer,
Attorneys for Plaintiff,
EAB Plaza,
Uniondale, N.Y.

SA 8099
4x 7/10, 17, 24, 31

**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

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



Discovery!

Magazine

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



Friday, July 24, 1992

The Masks We Wear



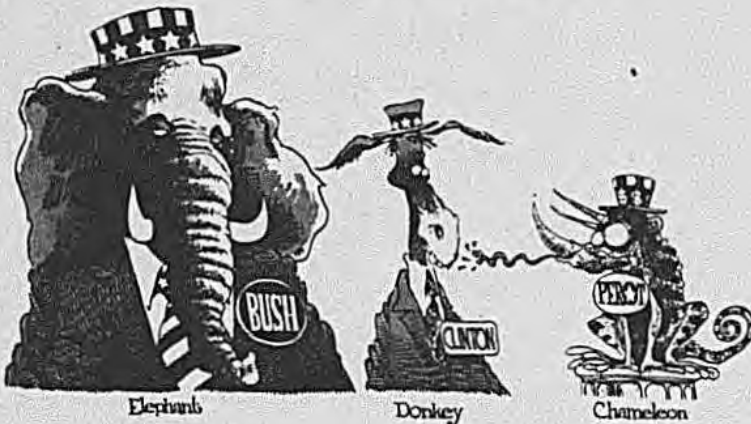
SEE PAGE 3



THE QUESTION OF THE WEEK

Which candidate will benefit from the withdrawal of Perot?

PARTY SYMBOLS:



Elephant

Donkey

Chameleon

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4. Leave your name and telephone, or simply use a pen name (your message can be anonymous)
5. Publishers reserve the right to edit, modify or omit any and all material.

Input Callers Mixed Ideas On Conventions

Callers to Input had strong opinions for and against conventions in answer to this question: "Do you think that political conventions have lost their importance to the American people?" Here are some of the answers:

GOOD CONVENTION

I believe the Democratic party put on an excellent convention last week. It covered all segments of the platform and showed the American people that the Democratic party is back together again and that it will listen to a variety of ideas. I think the convention system is a good one and now that it can be seen on TV it takes on real meaning to the people. N.V.

WAS WORTHWHILE

The Democrats did a good job last week. Maybe the Republicans will also do a good job. I found it worthwhile to watch a great deal of the action on TV. It is true that the public cannot get tickets to the convention but with TV we can at least see first hand what is going on. I think conventions are still important. G.D.

NOT AS GOOD

Simply put I do not think the conventions have had a significant effect on the public as in previous years. First a statistical study has revealed that the number of people voting has diminished dramatically, therefore you can concur that people have become less interested in somewhat less compelling conventions. Also people can be a bit intransigent about changing from Democratic to Republican or vice versa. In short, people are less interested in them because their minds are already made up. Last but not least, when a person was accused of being involved in scandalous activities, like Bill Clinton, less people are inclined to watch them. E.G.L.

MUCH FAKERY

There is so much fakery going on at conventions they appear to me no more important than watching a soap opera. I am surprised to hear that Clinton's poll rating went up after the convention. He was a poor and boring speaker. Only Gov. Cuomo was worth listening to and he is not running for office. B.S.

WONT LAST LONG

I cannot see conventions as being something that will last much longer. The Democratic convention was staged. They cleaned up New York, hid away the homeless and wouldn't allow Gov. Casey of Pennsylvania a chance to speak because he disagreed with the platform on abortion. From that it is hard to know why the Democratic party goes under that name. It is less democratic than the other party. C.V.

NOT DEMOCRATIC

The convention had a lower rating this year than four years ago. People have had their fill of politicians and they do not believe very much they hear. Had it not been for the withdrawal of Ross Perot we might have had a change in government. But now they need more than a convention to win back the American voter. H.S.

TOO MUCH

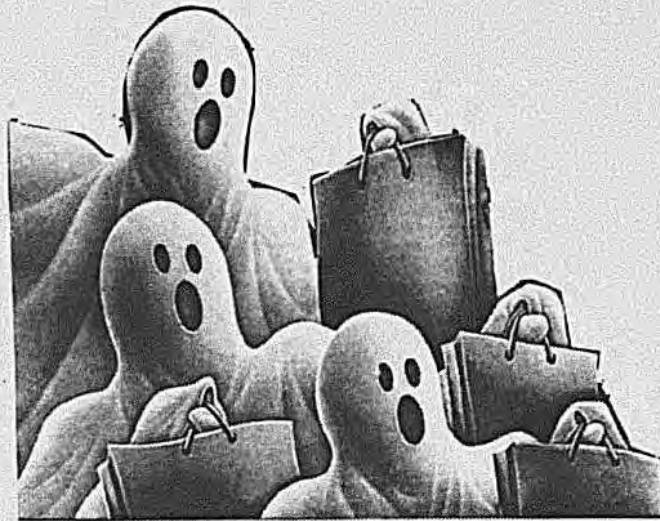
A little of the convention and its speeches was plenty. Politicians think that people are going to sit and listen to the fakery they spew and vote for them. We have all been burned too many times to believe what goes on in conventions. S.N.

LESS INTEREST

I don't know just what it is but I have a feeling that there is no longer a sincere opinion on the part of the average American that he or she is seriously a deciding factor in the country's election process. The press shows photos of citizens on the streets and oftentimes, when a television reporter interrogates a person, there is little substance obtained which could be used to form solid thought-out opinions. Recently I chatted with a new arrival in my part of town and, in discussing local politics, he indicated he was not registered to vote and had no intention of doing so - in a sense indicating it was not worth the effort. I am a member of a local Republican Club and, although I attend its meetings from time to time, I just don't get the feeling of "belonging" which I think might be the essence of this week's "Question." In reading about the recent Democratic Convention I got the same impression, a sense that those millions of party members who do not attend are not necessarily committed to candidate selection either before or after the assembly. This year, we have been further confused by the Perot entry and exit and perhaps as the year goes on we may find that the Electoral College, who have the ultimate responsibility of electing the President and Vice President, will in fact exercise their prerogative. P.G.S.



Discovery!



The Masks We Wear

By Mollie Gussow

With the world constantly changing as it is today, we have learned to wear a mask in order to exist. In this fashion we please so many people, friends and foe, Republicans and Democrats alike. As we go along, we find there is a mask to suit every mood and situation. It becomes a way of life. Because there are masks for every occasion, we wear it, and play the character we want to be, whether it's morning, noon or night.

Because of masks, people get away with so much in life and corruption all around. We find it in the countries we are trying to help up to the dignitaries at the top. During the campaign season, there is a political mask. Whom do we believe?

At one time there was an expression that "One talks from both sides of his mouth." Today, we just change our mask, and speak from many sides of our mouth. We learned to wear it well.

We aren't true to ourselves, or know who we really are, or what we are. We become many personalities in our lifetime. There will come a time, when things will fall in place and we will want to be ourselves, but who are we? How will we respond? What mask will we wear?

Lets throw away those masks. We all have love in our hearts and should listen to our hearts. We can each bend and blend a little, and learn to smile again, without a mask. It's important to know which drummer boy we are following. We come from many backgrounds, and look for different things in life, but we still can respect each other always, to have a tomorrow. Life is a beautiful gift to us all, lets enjoy it, we have only one life to live.

When we get off our merry-go-round, we will find solid ground. We may not have worldly things, but what we all have is fit for Kings. We have a life to live, and fortunate to live in this country. Our democracy started from the bottom, and worked its way up to the top. If we ruin it at the top, we will reach bottom again. The whole world is watch-

ing and we can set an example. It can help if we stop carrying our ills from generation to generation, by changing our masks.

And now at the campaign season, you will witness anger, calmness, smiles, possessiveness, kind and loud voices, and all kinds of promises. Many masks are being worn. With love in our hearts, we will know who is and who isn't wearing a mask. It's our lives they will be representing and we must respect the different lives people live. Listen to the speakers with your heart and soul.

Our immigrants did it and so can we. There comes a time in our lives when things have to fall in place, now is that time, we must learn by our mistakes. We need a President who will be there in case of an emergency, in good times and bad times, and lay out a life for our children, one who is acquainted with what is in store for us. We need a President that feels for us from his heart and not from different masks. Those that promise everything you want and need in these difficult times will be wearing many masks to win your vote. We cannot get everything we want.

There is a future ahead of us and we can find it together. Lets reach out to each other.

Happy voting and may the best man win. Until we see a change in the recession, we can wear our rose-colored glasses for a brighter outlook, but throw your masks away.

ABOUT THE AUTHOR

Mollie Gussow is a long time resident of Great Neck. This is her third contribution to *Discovery*.

DINING GUIDE

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Q. Where restrooms have a person handing you towels, what is the proper amount to tip?

A. In many cases the attendant operates on a concession basis, taking the tips in return for keeping the restrooms clean and maintained. If you are feeling generous a dollar is enough and will cover any subsequent visits to the restroom. However, you are not obligated to tip the person.

Q. At a restaurant where there is valet parking and you do not have a reservation, what do you tip the person when you cannot get a table and decide to leave?

A. Depending on whether you frequent the restaurant regularly, the tip is optional and the attendant will understand if you pass him up this time.

DINING GUIDE

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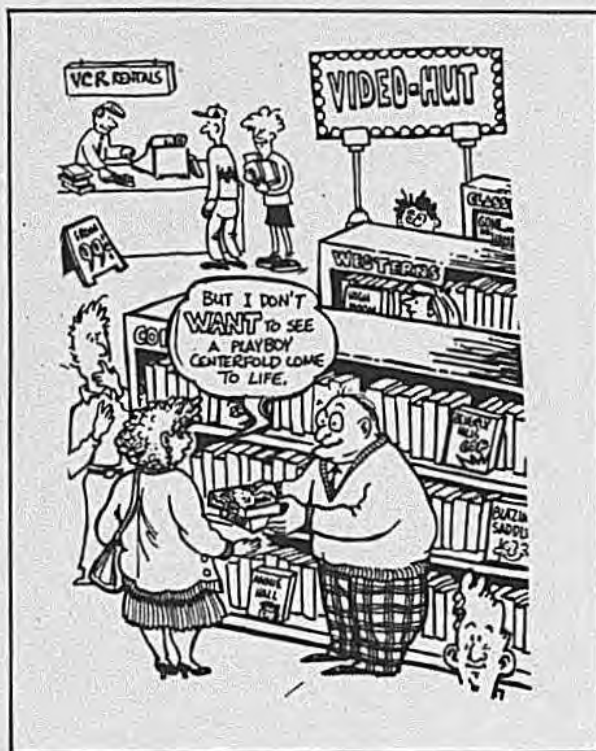
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.....



ENTERTAINMENT CLIP ART



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DINING GUIDE



Vegetarian View

By Margaret Wing-Peterson

Early summer belongs to fresh strawberries. Nearly three-quarters of the U.S. crop comes from California fields, where harvesting peaks in April and May and continues through late autumn.

On the average, each of us gobbles up 4 pounds of strawberries a year. Luckily, one cup of fresh unsweetened berries contains only 55 calories, just trace of fat, a hefty portion of potassium and more vitamin C than an adult needs in a day.

Unfortunately, many choose to dunk the juicy morsels in sour cream, drown them in creamy cheese fillings or smother them in whipped cream. Alas, you'll find more calories and fat in an average slice of pound cake than in a whole pint of plain fresh berries.

So that you don't have to rely on a lot of sugar or cream to make the strawberries palatable, choose fruit that is evenly bright red in color. Strawberries do not ripen after picking. The green leaf cap should be fresh-looking, not shriveled.

Handle the berries with care after purchase — refrigerate them immediately and serve them soon. Quickly rinse, then hull, just before serving. Once hulled, they'll lose their vitamin content quickly. Waiting to remove the leaf cap after washing prevents water from diluting the flavor and softening the texture.

All recipes come from "Microwave Gourmet Healthstyle Cookbook" by Barbara Kafka (William Morrow and Co.)

"This is unusual but delicious" says Kafka. Serve it for an easy dessert.

PEPPERED STRAWBERRIES

- 1 pint fresh ripe strawberries, washed, hulled and quartered
- 2 tablespoons balsamic vinegar or red wine
- Pinch freshly ground black pepper or to taste

Yields 2 servings.

Per serving: 50 calories, 12 grams carbohydrate, 1 gram protein, trace fat, no cholesterol, 2 milligrams sodium.

Combine berries, vinegar and pepper in small serving bowl. Let stand 5 minutes. Serve at room temperature.

STRAWBERRIES BAVARIAN

- ¼ cup water
- ¾ teaspoons (1½ envelopes) unflavored gelatin
- 1 pound fresh strawberries, washed, hulled and halved
- 2 to 3 tablespoons sugar (to taste)
- ¼ cup fresh lemon juice
- 1 cup part-skim ricotta cheese

Yields 6 servings.

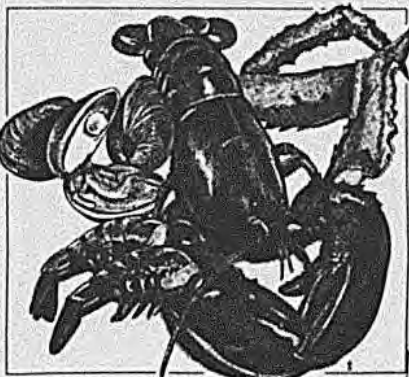
Per serving: 111 calories, 14 grams carbohydrate, 8 grams protein, 3 grams fat, 24 percent calories from fat, 13 milligrams cholesterol, 53 milligrams sodium.

Refrigerate 4-cup metal mold or bowl while preparing recipe. Place water in small glass bowl.

Continued On PAGE 8A

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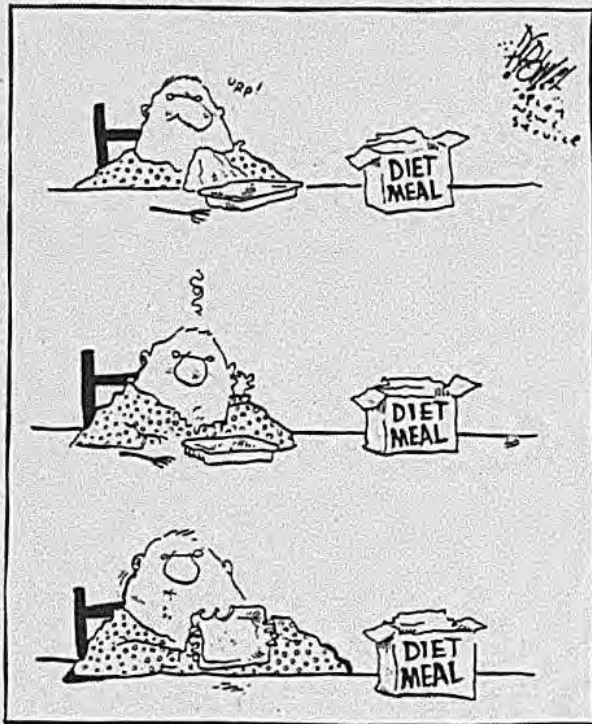
Q. Why in some restaurants do I have to wait so long before the waitress gives me the check?

A. Well the answer to your question is hard to define. It might be simply because the restaurant is so busy that the waitress hasn't time to add up the check. But at some of the better restaurants you will never get a check unless you ask for it. In these establishments they feel that the guests should decide how long they wish to talk or occupy the space after eating and only on rare occasions will they bring a check that has not been solicited and then with apologies.

Q. Some restaurants make a big thing over a lobster tank, but I think it is disgusting to have to kill these animals in order to get a meal. Why do they have these tanks?

A. The reason is simply that lobster has to be freshly killed to be eaten. The lobster tank lets the diner see that what he is getting is really fresh lobster. Possibly some squeamish people believe that the lobster tank should be somewhere else but most diners want to see the lives ones and if you do not, you should be suspicious. They are killed instantly in boiling water.

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After Work Gourmet



Fruity desserts enliven mundane meals

By Sharon Achatz

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Many an after-work chef is satisfied simply to get something filling that makes even a modicum of nutritional sense onto the dinner table. That often means falling back on old standbys — preparing the same meals again and again, as it's easier to make recipes with which the cook already is familiar.

Unfortunately, those time-honored timesavers often make for humdrum dining.

Even dinnertime ruts, however, can become delights with the addition of delicious desserts.

Since dessert is the last morsel that passes a person's lips at mealtimes, it can leave lingering satisfaction even after an otherwise mundane meal.

It's never easier — or quicker — to make mouthwatering mouthfuls than in the summertime, with its staggering array of fresh and flavorful fruits.

Peach Melba is a summertime classic, with its combination of rosy peaches and bright red raspberry puree.

Peaches also pair well with blueberries in an easy Peach and Blueberry Topping — fruits lightly broiled with brown sugar and liqueur — that transforms store-bought vanilla ice cream into elegant eating.

The trickiest part of each of these recipes is removing the peel from ripe-and-juicy peaches. To simplify the process, just immerse the fruit into boiling water for about 10 seconds, then remove with a slotted spoon to a bowl filled with ice water prior to peeling.

For folks who prefer summer's cantaloupe and honeydew, there's oh-so-simple Citrusy Broiled Melon.

Summer Berry Bowl, however, is the simplest celebration of summer. It requires no cooking, and since it uses whole berries — which require no peeling — it's a real boon for hurry-up chefs.

PEACH MELBA

- 1 cup raspberries
- 1 teaspoon lemon juice
- 1 teaspoon water
- 3 peaches, peeled, pitted and halved
- 6 tablespoons low-fat vanilla yogurt

Yields 6 servings.
Preparation time: 10 minutes.
In blender, puree raspberries with lemon juice and water.

Place peach half in each of six individual dessert dishes. Put 1 tablespoon raspberry puree on each peach. Top each with 1 tablespoon yogurt.

PEACH AND BLUEBERRY TOPPING

- 1½ cups fresh blueberries
- 1½ cups peaches, peeled and sliced
- 2 tablespoons orange-flavor liqueur
- ½ cup brown sugar, packed

Yields 8 servings.
Preparation time: 15 minutes.
Preheat broiler.

Place blueberries evenly in 1-quart oven-proof dish. Arrange peaches in even layer over berries. Sprinkle liqueur and brown sugar evenly over fruit.

Broil 3 to 4 inches away from heat source about 4 minutes, or until sugar is melted evenly. Remove from broiler and serve while still warm as topping over scoops of vanilla ice cream.

CITRUSY BROILED MELONS

- 1 cup orange-flavor liqueur or orange juice
- 1 tablespoon honey
- 2 teaspoons grated lemon peel
- ½ cantaloupe, cut into 2-inch chunks
- ½ honeydew, cut into 2-inch chunks
- 4 lemon slices, for garnish

Yields 4 servings.
Preparation time: 15 minutes.
Preheat broiler. In large bowl, combine orange-flavor liqueur, honey and lemon peel. Add melon and toss to coat. Broil 5 minutes until just tender and lightly browned, turning once during cooking.

To serve, spoon into individual dessert dishes and garnish with lemon slices.

SUMMER BERRY BOWL

- 2 tablespoons honey
- ¾ cup white grape juice
- ¼ cup apricot nectar
- 2 cups blueberries
- 2 cups raspberries
- 2 cups strawberries
- 1 cup blackberries

Yields 6 servings.
Preparation time: 5 minutes.
Whisk together honey, juice and nectar in small mixing bowl. Place all berries in large serving bowl. Pour honey-nectar mixture over all and toss carefully. Spoon fruits into individual dessert dishes and serve.



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Q. What is the limit for visits to an all you can eat salad bar?

A. If you are only paying to eat at the salad bar, then hunger and a certain amount of self-consciousness should dictate the number. It is at a restaurant that includes it in with the entree then twice would seem sufficient considering you will have a meal to eat afterwards.

Q. What is the proper amount to tip a waitress at a buffet brunch where all she serves you is coffee?

A. Since the waitress is still providing you with a service and she is not being paid any more for the brunch shift 10 percent would be appropriate unless the service and food has been very good. The waitress still has to share her tips with the rest of the staff.

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DINING GUIDE



Vegetarian View

Continued From PAGE 5A

sprinkle gelatin over. Allow to stand 1 minute. Heat 1 minute in a microwave oven, uncovered, at HIGH (100 percent power). Remove from oven; set aside.

Place strawberries, sugar and lemon juice in jar of blender or food processor; puree until smooth. Transfer to metal bowl; set aside. Place ricotta in jar; puree until smooth, scraping sides down with rubber scraper. With motor running, add dissolved gelatin and process to combine. Stir ricotta mixture into reserved strawberry puree.

Place bowl of strawberry mixture in a larger bowl filled with ice. Allow to stand about 20 minutes or until almost set, stirring occasionally. When the mixture is almost set, remove bowl from ice, whisk strawberry mixture until light and foamy.

Scrape Bavarian into pre-refrigerated mold. Refrigerate until set, about 20 minutes. When ready to serve, remove from refrigerator and unmold onto a serving platter.

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Desiree Vivea

With a microwave at your fingertips, a hot open-faced sandwich is never more than minutes away. And with today's ever-tightening finances, what a delicious way to transform leftover meats into an inexpensive second meal.

Everyone knows that leftover sliced beef, chicken and turkey make great cold sandwiches, but they're also the perfect base for a number of hot open-faced sandwiches.

Easiest of all is a simple sandwich of sliced meat and gravy over bread. If you haven't any leftover gravy, canned gravy makes a quick substitute.

Place sliced meat in a microwave-safe casserole. Depending on the amount of meat, add one or two (10½ ounce) cans of gravy (beef, turkey, chicken or mushroom). Cover and microwave until heated through, then serve over bread or toast.

To make a great hot chicken sandwich, split a croissant and spread each side with mustard and mayonnaise to taste. Sprinkle lightly with dried tarragon. Top with cooked shredded chicken, a sprinkling of chopped green onion, and a slice or two of cheese. Place on paper towel and microwave at MEDIUM-HIGH (70 percent power) setting 30 seconds to one minute, to heat fillings and melt cheese. Makes one sandwich.

For quick barbecued beef sandwiches, combine 1 pound sliced cooked roast beef with ½ cup bottled barbecue sauce in a 1-quart microwave-safe casserole. Cover and microwave at HIGH (100 percent power) setting three to four minutes, or until heated through, stirring halfway through cooking time. Spoon over four split kaiser rolls and serve with dill pickles. Yields 4 sandwiches.

Leftover spaghetti sauce? Heat and spoon over toasted English muffins. Top with shredded mozzarella and grated Parmesan cheese. Microwave just until cheese melts and you've got tasty minipizzas.

Leftover sauce with meatballs? Try meatball sandwiches. Just heat sauce and meatballs in your microwave, spoon over split soft French rolls and top with shredded mozzarella and Parmesan cheese. Add sliced black olives and Italian peppers for extra flavor.

Today's recipes reveal the art of the open-faced sandwich. Cheesy Turkey on Toast is a delicious way to serve leftover turkey breast. Topped with sliced tomato and sweet red onion, and crowned with a creamy cheese sauce, this sandwich is sure to become a favorite.

Open-Faced Reube are a classic, made with sliced corned beef or pastrami, sauerkraut and Swiss cheese. And savory South of the Border Sloppy Joes, popular with kids and adults, are spiced with chili powder, cumin, oregano, green chilies and garlic.

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

MICRO-TIP OF THE WEEK

Make a quick Welsh rarebit by combining 8 ounces diced American cheese and 1 tablespoon butter or margarine in a 1-quart microwave-safe casserole. Melt cheese three to five minutes at MEDIUM-HIGH (70 percent power) setting. Stir in ¼ teaspoon Worcestershire sauce, ¼ teaspoon dry mustard, ¼ cup half-and-half. Microwave at MEDIUM (50 percent power) setting three to five minutes longer, stirring every minute. Serve over toast points.

CHEESY TURKEY ON TOAST

- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- Dash salt
- Dash pepper
- Paprika
- 1 cup milk
- 1 cup shredded mild Cheddar cheese
- 4 slices toast
- 8 slices turkey breast
- 1 medium tomato, sliced
- 2 thin slices sweet red onion, separated into rings

Yields 2 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 5½ to 7½ minutes.

Oven setting: HIGH (100 percent power); MEDIUM-HIGH (70 percent power).

Place butter or margarine, flour, salt, pepper and dash of paprika in 1-quart microwave-safe bowl. Microwave at HIGH

setting 1 minute, or until butter melts. Stir well to moisten flour.

Blend in milk, a little at a time, stirring until smooth. Microwave at HIGH setting 2½ to 3½ minutes, stirring every minute, until mixture bubbles and thickens. Stir in cheese. Microwave at HIGH setting 1 to 1½ minutes longer, to melt cheese. Stir well and set aside.

Cut toast into points and arrange on 2 microwave-safe serving plates. Top with equal portions of sliced turkey breast, tomato and red onion rings. Divide cheese sauce evenly over sandwiches.

Arrange plates in microwave oven. Microwave at MEDIUM-HIGH setting 1 to 1½ minutes longer, to heat through. Sprinkle lightly with paprika and serve immediately.



By Willard Abraham, Ph.D.

Dr. Abraham: I wish my mother would stop telling me that these are the happiest days of my life. I certainly hope that I have happier ones sometime. It's not that I'm exactly miserable or anything like that. In fact, when my girlfriends and I talk about all this we agree that we do have happy times, but also some that are not good at all. We are all 13 years old if that matters.

The bad times are mainly related to boys because the ones we know best are really a bunch of creeps. They are so silly in the way they talk and act toward each other when we are around, punching, hitting and laughing over nothing. It's so dumb.

So when my mom talks about happiness she sure isn't looking through my eyes. Do you think she is? — Looking Ahead

Looking Ahead: She probably isn't, because no one can really look through someone else's eyes (or "walk in their moccasins," as an old American Indian proverb says). But because she has already lived through your age, she may have happy memories of those times.

Most of us look ahead toward happiness without realizing that it is seldom total or pure. However, there are probably many elements of pleasant times ahead to which you can look forward. It may be hard for you to believe that right now, but they will perhaps include the boys you mentioned, or others like them, most of whom will mature quite a bit during the next few years.

So hang in there, but try to enjoy these days, too. It sounds like maybe you already do.

Dr. Abraham: This 16-year-old boyfriend of mine is so smart that it almost scares me sometimes. He already knows what college he wants to go to, and what he wants to do when he grows up. But the main goal he has is to make money.

There is nothing wrong with that, I guess, but I wish he'd want to do more. When I tell him that, he always says something like, "What's more important than making money?" When I tell him that I think having a happy life is more important, he says his life will be happy if he makes a lot of money.

I really like him so much, but I'm kind of frustrated because I think he is sort of narrow-minded. Don't you think that he is? — Money Second

Money Second: I agree.

with you that money isn't everything, but if he can combine it with living a life that is fulfilling in other ways, too, perhaps he can achieve an even broader goal of happiness.

If you enjoy his company as I imagine you do, you probably should try to hang in there for the time being. If he continues to be goal-oriented with money as his sole objective, that factor may begin to bother you more than you can handle. That might be the time to consider whether the relationship is worth holding on to.

However, if he indicates that he can temper his striving for money with other goals, there may be hope for him — and for you in his life. Time will tell.

Dr. Abraham: What I've read about diet and some other stuff these days is really strange. I've seen reports on coffee, fat, oats, alcohol and aspirin. They sometimes make you feel that they are all wonderful or simply terrible for your health. Here are some that I've come across.

- Coffee can cause a heart problem or there is no relationship between it and heart problems.

- Fat reduction helps prevent heart disease but on the other hand might only help a person live a few measly months longer.

- Oats can reduce cholesterol levels or don't affect them at all.

- Alcohol is awful for you as far as cancer is concerned or moderate drinkers can actually benefit from their habit.

- Aspirin can reduce heart attacks or maybe it increases the possibility of them.

Don't you think that's all pretty confusing? — Really Puzzled

Really Puzzled: I'm about as mixed up as you are, and wonder whether we should all try to get back on the "moderation" theme related to some of these items, by neither overdoing nor cutting back so much that life is a bore. The dangers or values of some other foods might have been added to your list.

How about a reasonable/commonsense middle ground until "final" research comes through? But don't hold your breath. The questionable word may be "final," and we might have to hang loose until that happens — if it ever does.

Cooking Corner



Chefs demonstrate new Sicilian cuisine

By Charles Britton

For the better part of a decade, I've been predicting that Southern Italian food will take off as an American food trend. It hasn't happened yet, so I suppose the prediction remains good. The day of Southern Italian food will come, mark my words. Just wait and see. And wait. And wait.

The problem is, as restaurateur Celestino Drago noted recently, Southern Italian food — including the dishes of his native Sicily — are either too well-known here or scarcely known at all. Most of the Italian immigrants to this country who arrived 70 and more years ago came from the impoverished lands in Sicily and in the southern provinces of the peninsula. They were too poor to know much about the grander accomplishments of the cooking they left behind.

Instead, they took what they remembered and prepared it with the ingredients they found in their new homeland. Thus, they created what came to be Italian-American cooking, most typically red sauces made with more meat than they possibly could have afforded in the old country, served over bounteous portions of pasta. And none of that stuff about fresh fettuccine either — this pasta came out of a cardboard box.

The authentic dishes of the region, on the other hand, almost never made the passage to America, at least judging by restaurant menus.

Drago left Sicily as a teenager, but, as he remarked, his native land has remained in his heart. Encouraged by the response to a few Sicilian dishes on the menu of his Santa Monica, Calif., restaurant, he arranged for a visit of a cooking delegation from the ancient city of Messina, right across the strait from the toe of the Italian boot.

They represented the Sicilian branch of the Italian chefs' and restaurateurs' association, and included Pippo Ruggeri, head of the Messina chef's association; restaurateur Nino Libro; pastry maker Antonio Arena; and quite a few others. They arrived in town, made the obligatory pilgrimage to Disneyland and then cooked a meal at Drago before heading off to Las Vegas and San Francisco.

They also brought some food along with them.

"Here, try this," said one of the Drago waiters, motioning me into the walk-in refrigerator off the kitchen.

There was a plate of Sicilian tangerines, fruit with an exceptionally perfumed flavor and a

particularly juicy skin, full of the fragrant citrus oil. The fruit was for a special drink, invented for the occasion, Profumo di Sicilia.

As a matter of fact, I didn't particularly care for it, and, in any case, it requires a rose-flavored Italian liqueur called "Rosolio" that is practically unobtainable here. But for the record, it consists of equal parts of Rosolio, dry white vermouth and the bitter Campari liqueur, shaken with ice and poured into a glass with a twist of tangerine peel.

The food may or may not have been a revelation to the assorted restaurateurs, foodies and trend watchers who were invited to the dinner. I liked it a lot, but then I tend to prefer ethnic dishes of almost any kind to the chic platemillinary of today's chefs. Anyway, my mother's family is Sicilian, so I'm entitled.

Perversely, the meal made me think that Sicilian food might not be all that well-suited to the contemporary restaurant fashion, which decrees a rigidly narrow range of dishes a la minute: grills and deglazing sauces, in contrast to the "made" dishes at this dinner.

All dishes have to be made, of course, but some require more making than others, and that applies to the more baroque creations of the Sicilian chef.

We heard the usual talk about Sicilian food being essentially simple and dependent on the beautiful produce of the island. That's true only to a certain extent. *La cucina siciliana* also bears witness to centuries of Arab and Bourbon rule, the former in an often surprising combination of ingredients, the latter in a piling on of edible or mulu.

As things stand now, to try Sicilian dishes, you can hope that Drago carries out his announced intention of adding to his menu.

Or you can make them yourself, following these recipes adapted from those of Antonio Sparacino of Ristorante Antonio, who was a member of visiting *delegazione*.

We start out simply with a dish not included on the special menu: Maccu, a much beloved soup, here given in the Messina style. Dried fava beans are carried at all Italian markets.

MACCU

(Fava Bean Soup)

- 1 pound dried fava beans
- 1 small onion
- 1 stalk celery
- 1 or 2 tomatoes
- Salt

½ pound pasta (see note)
Best quality olive oil

Yields about 8 servings.

Pick over, rinse and drain beans. In large saucepan or soup kettle, cover with water to a depth of about 2 inches. Bring to boil; simmer 3 minutes; cover and allow to stand, off heat, for 1 hour.

Add more water to cover beans by at least 1 inch. Bring to boil. Peel and chop onion; chop celery; peel and chop tomatoes. Add to pot.

Simmer about 1 hour, or until beans are very tender, adding more water if necessary. When beans are nearly done, add salt to taste.

Note: You can use any kind of pasta.

"Grandma would advise broken-up spaghetti," says Sparacino's recipe. Cook pasta either in soup or separately.

Serve soup and pasta in bowls, garnished with olive oil to taste.

...

This is an example of the elaborate baked pasta dishes popular in southern Italy and Sicily. The version served at Drago contained small chicken meatballs as well as ham, cheese and hard-boiled eggs.

A good way of making a dish like this is to use a tomato sauce from another dish, such as the Farsumagru, made on an earlier day. The sauce will keep a few days in the fridge, or it can be frozen. Proportions for this dish don't matter much; the idea is to give the impression of a rich profusion.

PASTA 'NCACIATA

(Baked Pasta)

Chicken Meatballs (recipe follows)

4 large eggplants

Salt

Olive oil

1 large onion, chopped

¼ pound ground beef (or, preferably, chopped in food processor)

10 or 12 large tomatoes, peeled, seeded and chopped

Several sprigs of fresh basil or 2 large pinches dried

Salt and pepper to taste

1 tablespoon sugar

1 pound penne or other tube-shaped pasta

About 1 cup boiled ham, chopped or sliced

Several thin slices of provolone or Caciocavallo cheese

3 or 4 hard-boiled eggs, sliced

Yields about 10 servings.

Make chicken meatballs according to following recipe. Set aside. Cut eggplant lengthwise into thin slices. Salt on both sides and set aside for about 20 minutes. Rinse slices, drain and pat dry.

Saute slices in large frying pan with as little olive oil as you can manage until tender. Eggplant soaks up enormous quantities of oil. Set aside on paper towels to drain.

Make sauce by sauteing onion in olive oil until tender. Add beef and stir until beef is no longer pink.

Turn up heat and rapidly boil away any moisture. Drain any excess fat. Add tomatoes, basil, salt, pepper and sugar. Simmer 20 to 30 minutes until sauce thickens.

Boil pasta in salted water until *al dente*. Drain. Mix with some of sauce until pasta is lightly coated but not awash in sauce.

Oil a large, fairly deep baking dish. Spread a layer of cooked eggplant and add a layer of meatballs, a layer of pasta, some of the ham, a few slices of cheese and some hard-boiled egg slices. Continue in this manner, ending with layer of eggplant, until dish is filled.

You can set aside the dish for an hour or so, if not ready to bake immediately. In time for serving, preheat oven to 350 F. Bake the dish about 30 minutes, or until heated through and brown on top. Serve additional sauce on the side. Grated Parmesan cheese may be served with this, if desired.

Variations: At Drago, the eggplant was used to line the baking dishes and the Pasta 'Ncaciata was served unmolded. The dishes may be varied greatly. Instead of or along with the meatballs, you could add cut-up chicken livers, sauteed, chunks of sauteed sausage, chunks of cooked chicken or what have you.

CHICKEN MEATBALLS

½ pound ground chicken (available at many stores)

¼ cup bread crumbs

Salt and pepper to taste

Yields 10 servings.

Combine ground chicken bread crumbs, salt and pepper. Form into small balls, about 1 inch in diameter, and brown in frying pan in hot olive oil.

...

Using raisins with fish is a Sicilian idea that may seem odd but works quite well. Sparacino's directions call for *pesce spada dello Stretto*, swordfish from the Strait of Messina, but you don't have to take that too literally.

Another Sicilian touch is the use of bread crumbs. This version of the dish is adapted from "The Best of Southern Italian Cooking" by J.C. Grasso (Barron's), modified to resemble the dish served at Drago.



Garden Talk

By C.Z. Guest

The first rule in making your garden a hospitable place is to go easy on the insecticides. Not only chemical toxins, but many "natural" pest controls kill helpful insects, too.

For example, bees are especially sensitive to chemicals. It's important to plant flowers that are rich in pollen and nectar for the adult insects to dine on. Evening primroses, goldenrod and Queen Anne's lace are three good ones to choose.

We all know that the honeybee is one of nature's tireless workers, helping to pollinate many of our garden plants. But there are many lesser known native bees that do their jobs equally well since they are closely interdependent with our native plants to the point that the extinction of one will mean curtains for the other. Even ants and spiders have important roles to play in horticulture.

For all my plants I use an insecticide soap spray.

If you decide to use a chemical spray, please wear a surgical mask on your face — remember, it's poison!

HARVEST TIPS

Corn is usually ready to harvest when the tassels turn brown. You also may want to open an ear to check the upper kernels for ripeness.

Harvest cucumbers before they are mature. Overripe ones fade and turn yellow.

Cantaloupes are ready for the

table when the stem pulls away easily from the melon.

Some herbs, such as basil, mint, dill, parsley and oregano, can be brought indoors and placed in a sunny spot so you can enjoy their fresh flavors during the winter months.

It takes three to four years before trees and shrubs establish a well-developed root system. Insure the health and vigor of your plants by supplying water as needed and fertilizing on a regular basis.

Q. Why do all my seedlings (broccoli, kale, etc.) grow so tall and spindly in the greenhouse that they topple over before developing their first true leaves?

A. Seedlings with long, weak stems may be suffering from any of the following three conditions: crowding of plants, insufficient light or too-high temperatures.

Although a spindly seedling can't be reshaped into a stocky, thriving plant, you can take steps to encourage proper growth from that plant.

Your best bet is to lower the temperature and thin the plants. If possible, transplant the seedlings (it may slow growth somewhat), setting them deeper in the new container; keep seedlings on the dark side.

To supply more light to your plants, make sure no obstructions, such as wood piles or trees, shade the greenhouse.

Our Children

By Willard Abraham, Ph.D.



New book on caring for children

Dear Parents: Because the needs of children and their whole future depend so much on the support their parents provide, being advocates for our kids should be, but unfortunately isn't always, a top priority.

So here is one way you can get into the act, in addition to the many other ways in which a lot of you parents already are involved.

This one is with a book called "Caring for Our Children" (American Public Health Association Publishers), which stresses practical aspects relating to out-of-home child-care programs. It would be difficult to find organizations more dedicated and qualified than the two that prepared it: American Public Health Association and American Academy of Pediatrics.

Before I suggest what you might consider doing (and it's very simple, requiring little time), let me tell you what this publication includes. It will be easy for you to see how it does something that is very important — puts kids first.

This up-to-date publication includes nine chapters, 39 appendices and a helpful glossary and index. Try not to let that overwhelm you, because the content is clearly written, detailed and aimed directly at improving the welfare of our children.

Here are some of the factors thoroughly spelled out relating to child-care programs:

- Staffing: ratios of staff to children, group size, staff qualifications and preparation and performance evaluation.

- Program: activities for healthful development, including field trips, discipline, parent relationships and health education.

- Programs pertaining to health protection, promotion and facilities.

- Nutrition and food services for infants to school-age children and those with special needs.

- Supplies, equipment and transportation, indoor and outdoor, factors of space, safety and water.

- Infectious diseases, including topics like vaccines and HIV.

- Administration, accountability, personnel policies and drop-in care.

- Licensing and community action.

Maybe you're wondering: Where do I as a parent come in?

There is an easy way that you can help kids, relating to this book. Your contribution may be based on contacts with people who are in positions to take action on many of these issues and can directly benefit children, yours and others.

A telephone call, a brief note or a visit to people who care for children — maybe only one, or two or as many as you have time for — such as any pediatricians you know, the directors of preschools you're acquainted with, the head of your state and county department of education, or both, and school principals and superintendents.

Here are some questions you can ask them:

- Do you have a copy of this new book that can help children so much? If not, here are the addresses you could provide: American Public Health Association, 1015 Fifteenth Ave. N.W., Washington, DC 20005 and American Academy of Pediatrics, 141 N.W. Point Blvd., P.O. Box 927, Elk Grove Village, IL 60009.

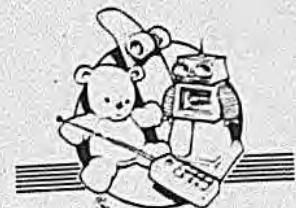
- If you do have a copy (or when you get one), will you please share it with your personnel?

- If at all possible, will you try to schedule some working sessions to develop plans for participating in some of the efforts stressed in this book? (Just one or two key ones may be enough for starters.)

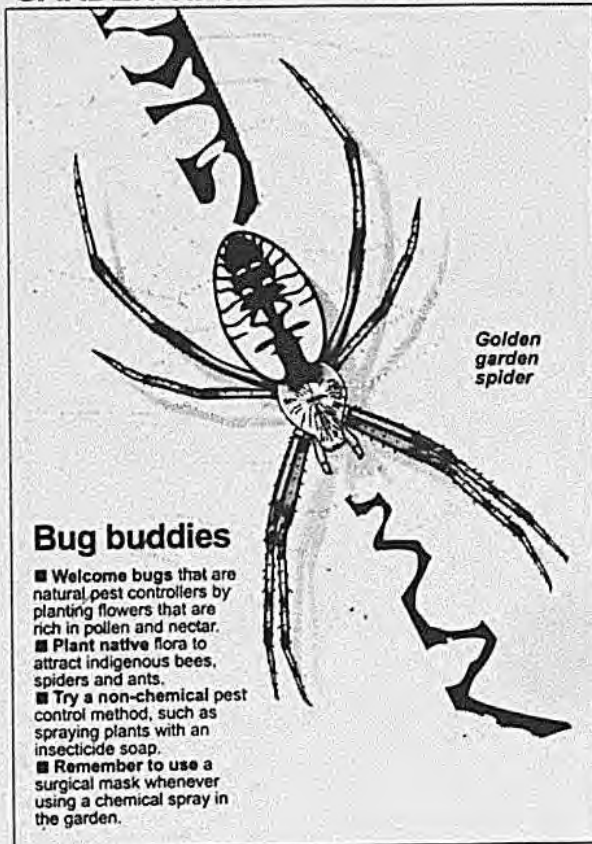
- Are there some ways I can help out?

Our children are our nation's greatest resource, and contributing to their future welfare is an effort in which all parents might play a part.

Support for this project was provided by the Maternal and Child Health Bureau in the national Department of Health and Human Services.



GARDEN TIPS



Golden garden spider

Bug buddies

- Welcome bugs that are natural pest controllers by planting flowers that are rich in pollen and nectar.

- Plant native flora to attract indigenous bees, spiders and ants.

- Try a non-chemical pest control method, such as spraying plants with an insecticide soap.

- Remember to use a surgical mask whenever using a chemical spray in the garden.



By Kit Snedaker

Healthy cakes for special events

More than 60 million Americans have high blood pressure, which means their sodium intake is limited. For them, indeed for all of us, Lucy M. Williams, a registered dietitian with degrees in science and education, has put together "Recipes for the Heart." (Sandridge Publishing).

In this, its third edition, the book offers up-to-date information about eating to control this problem. Short easy recipes are scattered among chapters on Hypertension, Sodium, Potassium, Calcium, Fats, Eating Out, Microwave Cooking, Weight Control, Exercise.

The author has a talent for replacing boxed mixes with easy, healthier recipes to be done at home. This is especially apparent with the three cakes given below.

No getting around it. Cake is a show-stopper. Cake says celebration, birthday, wedding, retirement. A serving of fruit won't do. It's cake that's called for on those ritual moments of blowing out candles, cutting the first slice, singing and marking an event.

Angel food has the name for safest, least-fat cake, and it is, but produce one as the party splash and everyone secretly thinks the four-letter word — diet. Better to indulge on a big day than feel deprived. The three cakes given below allow for that without guilt or several makeup days to cover extra calories.

BANANA CAKE

- 3¾ cups flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 cup low-sodium margarine, at room temperature
- 1 cup sugar
- 2 eggs
- ¼ cup plain low-fat yogurt
- 2 cups ripe bananas

Yields about 24 pieces.

Each serving has about 200 calories, 8 grams fat, 23 milligrams cholesterol and 170 milligrams sodium.

Combine flour, baking powder and soda in one bowl. Combine margarine, sugar and eggs in another. Beat until light and fluffy. Stir yogurt into mashed bananas. Alternate adding flour mixture and banana mixture to margarine, beating until smooth.

Pour batter into a 12½x9x2-inch baking pan coated with non-stick spray. Bake in oven preheated to 350 F for 50 minutes or until cake springs back. Cool on rack.

WHITE CAKE

- 2 cups flour
- 1 tablespoon baking powder
- 1 cup sugar
- 3 egg whites
- ½ cup vegetable oil
- ¾ cup skim milk
- 1 teaspoon vanilla

Yields about 24 pieces.

Each serving has about 110 calories, 5 grams fat, trace of cholesterol, and 53 milligrams sodium.

Combine flour, baking powder and ¾ cup sugar. Beat egg whites, gradually adding the remaining ¼ cup sugar until stiff peaks form.

Combine oil, ¼ cup milk and vanilla. Make a well in dry ingredients and add liquids. Beat 1 minute at medium speed. Add remaining milk and beat another minute. Fold egg whites into batter.

Divide batter between 2 8-inch layer cake pans that have been coated with non-stick spray. Bake in oven preheated to 375 F for about 30 minutes until cake springs back. Cool 10 minutes before removing from the pans. Serve with fresh fruit.

POUND CAKE

- 1 cup low-sodium margarine, softened
- 1 cup sugar
- 2 eggs
- 2¼ cups flour
- ½ teaspoon baking soda
- 1 teaspoon vanilla
- 1 teaspoon grated lemon rind
- 8 ounces low-fat peach yogurt

Yields about 24 slices.

Each slice has about 160 calories, 8 grams fat, 23 milligrams cholesterol and 117 milligrams sodium.

Put margarine in bowl and gradually beat in sugar until mixture is light and fluffy. Add eggs one at a time, beating after adding each. Combine flour and soda and add to creamed mixture. Stir vanilla, lemon rind and yogurt into batter.

Pour batter into 10-inch Bundt pan coated with non-stick spray. Bake at 350 F for 45 minutes or until toothpick inserted in middle comes out clean and dry. Remove from pan and cool on rack. Serve with fresh fruit.

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

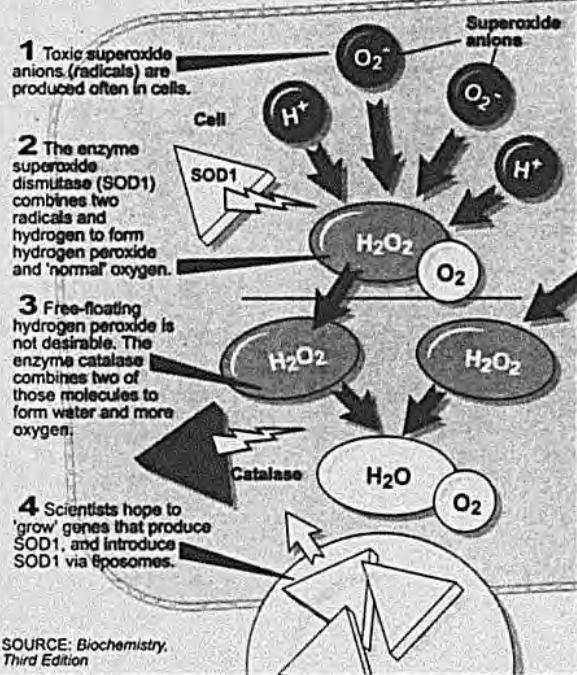
HEALTHY GOURMET



DISCOVERY

Rounding up radicals

Free radicals of oxygen, byproducts of metabolism, are toxic. Scientists are pushing to genetically produce detoxifying enzymes to aid in the healing of strokes and head injuries.

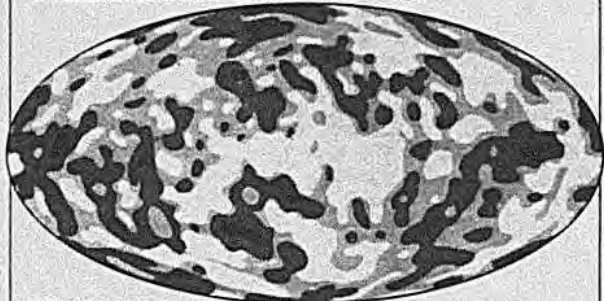


Big bang 'footprint'

The big bang theory received a vote of support when the COBE satellite produced its 'lumpy' picture of space's background radiation. Such early lumping is thought essential to the formation of galaxies.

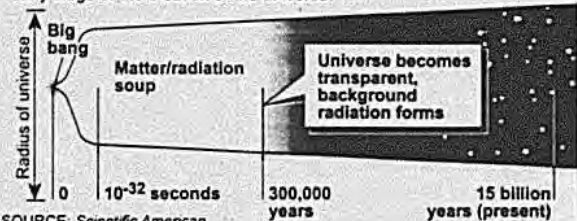
The footprint

The COBE (Cosmic Background Explorer) satellite's composite picture of space's radiation levels was released in April. The lumps indicate temperature differences of less than 50 millionths of a degree on radiation that is about -454°F.



What it means

According to the big bang theory, the radiation is left over from an early stage of the creation of the universe.





Fitness Forum

Parent group works to stamp out strep

By Barbara Fitzsimmons

The crib is in place, the layette is complete, and the birth announcements are ready to go.

But the sleepless nights Bill and Patricia Lockwood have been spending lately have not been with a new baby. Rather, the couple have been tossing and turning with anger over the bacterial infection that killed their daughter shortly after her birth in May.

The Lockwoods had never heard of Group B streptococcus before, but now they have joined a nationwide campaign to publicize information about the deadly bacteria.

The Group B Strep Association, a parent-run group based in North Carolina, claims that a \$40 prenatal lab test could save the 2,000 American infants who die and the thousands of others who are disabled by the disease each year.

"We don't want anyone else to go through what we've been through," said Patricia Lockwood, who has become a spokeswoman for the group. "It doesn't have to happen, and it makes me angry."

The Group B Strep Association advocates routine screening for all pregnant women and is actively lobbying the medical community to put that testing in place.

QUESTIONS REMAIN

However, some doctors say the tests for the bacteria are far from foolproof and that the main course of treatment, the use of antibiotics during labor and delivery, is not always successful.

"The data on how to prevent this is very confusing; there are still a lot of questions," said Dr.

Cecile Quaintance, director of the Regional Perinatal Program at Stanford University. "We do know it's possible to treat some (cases), but it's still a shot in the dark for others."

Group B strep is a simple organism that lives harmlessly in many people, including about 40 percent of pregnant women. Generally, it flourishes in the gastrointestinal tract, in the vagina or in the rectum.

It is a cousin of Group A streptococcus, the bacteria that killed Muppeteer Jim Henson.

Babies are most likely to encounter Group B strep in the birth canal, during labor and delivery, but a few meet up with it in the uterus. Some babies have little difficulty with the bacteria. Others are born very ill and die within hours or days. Still others develop pneumonia or meningitis and can be left with lifelong physical or mental handicaps.

Quaintance said the infection resulting from Group B strep is

the most common serious infection affecting newborn babies today. But, it is a random disease.

SIGNS NOT VISIBLE

The problem, Quaintance said, is that a woman who tests positive for Group B strep in early or middle pregnancy may show absolutely no signs of the bacteria at labor and delivery. Vice versa, a woman who tests negative during early or middle pregnancy may have enough Group B strep germs in her birth canal during labor to cause serious problems.

The culture test used to detect Group B strep takes 24 to 48 hours to show definitive results; thus it is generally not helpful to use at the start of labor, Quaintance said. Rapid-screen tests do exist, but their accuracy rate is not high.

Even when doctors can determine for certain Group B strep is in a woman's birth canal during labor, antibiotic treatment generally is not successful unless it is maintained for six to 12 hours, Quaintance said. Many labors do not last that long.

Dr. Stuart Cohen, a pediatrician and spokesman for the American Academy of Pediatrics, said, "Once the baby has it, it's hard to treat."

Even given those limitations, parents who have lost babies to Group B strep say they wish they had been made aware of the disease and given options ahead of time.

"No one told us there was such a thing as Group B strep until it was too late," Lockwood said. "I want other women to know."

Lockwood's pregnancy seemed normal in most respects, until the end, when doctors determined that the amount of fluid in her amniotic sac was low. She was near her due date, so the doctors decided to induce labor.

NO CHANCE FROM BIRTH

Baby Samantha was born looking pink and healthy, but both parents were concerned when she didn't cry. A few hours later, doctors told the Lockwoods that Samantha had an infection and was gravely ill. She died of pneumonia when she was 11 days old.

"This has changed our whole lives," said Bill Lockwood, who works as an assistant manager at a Carl's Jr. restaurant. "Samantha was our future."

Gina Burns of Chapel Hill, N.C., experienced the same pain when her newborn son died of Group B strep infection two years ago. She founded the Group B Strep Associ-

ation a short time later.

Burns said she has had no problem finding distressed parents. She and other members have faced the greatest difficulty convincing obstetricians to do regular testing.

One of the main arguments obstetricians make is that the number of babies who die from the disease is small, relative to the number of babies who are born.

"It may seem like an insignificant number, but if it's your baby, it's very significant," said Karen Hanson, who has lost two babies to Group B strep and has another child who was born two months prematurely because of the disease.

Hanson has lobbied physicians in Orange County, Calif., to use the test for strep regularly.

"If they argue that it's not cost effective, I ask, 'How can you put a price on a baby's head?'" Hanson said.

THE PRECAUTIONS

A misampling of obstetricians found that all will prescribe the test if parents request it, though not all would encourage every patient to take it.

Quaintance said multiple scientific trials are in the works to determine a better way to deal with Group B strep, and one researcher, Dr. Carol Baker of

Houston, is striving to find a vaccine.

Meanwhile, the Group B Strep Association and Quaintance recommend the following course of action for expectant mothers concerned about the illness:

- Get adequate prenatal care. Talk to your obstetrician about Group B strep and be sure he or she has a reasonable knowledge of the bacteria. Ask him or her what the course of action would be, should you test positive for the organism.

- Ask that you be tested for Group B strep between 28 and 40 weeks of pregnancy. If you have reason to believe you might carry the germ (for instance, if an earlier baby has had problems with it), ask that you be tested even sooner.

- If you test positive at any time, ask for antibiotic treatment during labor.

- Be aware of possible signs of Group B strep. Leaking amniotic fluid or early labor pains may indicate a problem.

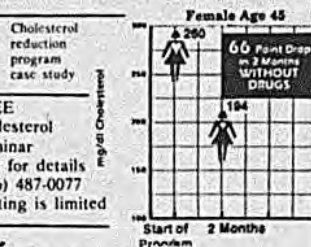
- Contact the Group B Strep Association for further information. Send a stamped, self-addressed envelope to the association at P.O. Box 16515, Chapel Hill, NC 27516.

"It doesn't have to be that bad if you know about it," Patricia Lockwood said. "I want everyone to know."

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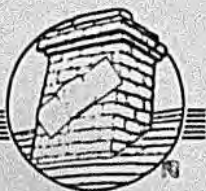
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Here's How

By Gene Gary



Q. We converted our basement into a bedroom apartment for my mother-in-law. The area is warm and comfortable with the exception of noise transmitted from the room above, where we have three teen-age kids still living at home.

Is there any method of sound-proofing now to reduce this noise? Now, you can hear normal foot traffic even when the children try to keep the noise level down.

A. A fair amount of noise reduction can be obtained by building a false ceiling, out of contact with the present one. This is assuming you have the height to accommodate the extra space the structure will require. The framing (furring

strips) should be attached from wall to wall. Place a blanket of insulation between the framing members; then finish the ceiling with gypsum wallboard (plasterboard) or acoustical ceiling tiles.

Another method is to put down thick carpet padding with carpeting on the floors of the rooms above. Do both to cut down as much transmittal of sound as possible.

Q. We are moving into a home (new to us) that has avocado green tile in the entryway. Although the tile is in good condition, I detest the color. Can new tile be installed over this old tile, or will the exist-

ing surface have to be removed before we can redecorate?

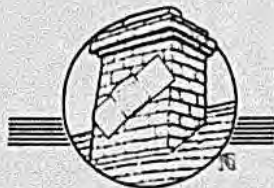
A. If the tile is in good shape, you should be able to apply new tile over the old. First, roughen the existing tile surface with an electric grinder or masonry rubbing stone. If the existing tiles have rounded edges, the grout joints may be one-sixteenth-inch lower than the tile surface. Larger tiles will span the gaps, but if the new tiles are the same size or smaller than the originals, fill the joints with grout to level the surface.

Apply an adhesive that's recommended for installation over existing tile. If the existing flooring has cracked tiles or cracked and crumbling grout, this can be a signal of structural problems. Be sure to inspect and analyze the surface.

Grout problems often are the result of poor mixing and installation, or even age, having nothing to do with the substrate. But if cracked tiles and grout problems are caused by movement in the

substrate, you will need to install an isolation membrane, such as NobelSeal T/S, over the old tiles prior to proceeding. The membrane accommodates the substrate movement without affecting the new tile.

Attach the membrane to the existing tile with latex tile adhesive. Go over the material with a hand roller to eliminate air pockets and ensure a tight bond. Let the adhesive cure for 24 hours. Once it has cured, apply adhesive to the membrane and set the new tile.



Decor Score

By Rose Bennett Gilbert



Cabinetry offers handy storage in bedroom

Q. When we remodel the master suite, there will be an archway — but no door — looking from the bedroom into the bath. Actually, you'll be looking at the whirlpool tub, which will be raised up three steps in a window niche (the WC and lavatories will be out of sight on the inside wall).

I'm concerned that the bathroom cabinets, which are all darkish wood, won't go with our light-oak bedroom furniture. What should I do? — M.M.C.

A. First of all, don't worry about what "goes" with what: Today, the better idea is to blend both colors and wood tones, rather than trying for an exact match. Blends are much more intriguing to the eye; the subtle differences offer more to see.

In the specific instance of your master bath, there are a number of ways to make the rooms work well together. One option may come as an unexpected surprise:

- Use the same cabinets you have in the bath to create furniture for your bedroom. That's what happened in the bedroom we show here: Aristokraft's cherry-finished cabinetry has been carried out of the bath to make a compatible dressing table in the bedroom.

- Carry the master bedroom

carpeting on into the bath. Today's fibers and protective finishes make it a practical idea. Just be sure to tell your carpet dealer what you have in mind so he can guide your selection of both carpeting and underlayment.

- Repeat fabrics and/or wall coverings from one room to the next. Even more visually interesting: Work with companion patterns made to blend, not match exactly. Or choose what are known in the designer trade as "positive/negative" patterns, where the darks and lights reverse in the same pattern to make interesting complements.

Whatever your choice, consider wrapping up your pattern interplay with a wall-covering border used in both areas.

Q. We renovated a wonderful old barn (it was a prefab from Sears, Roebuck, about 1901). The new windows are very high in each end of the barn and at first we didn't want to cover them up. After living here for nearly a year, however, we need some relief from the glare.

Also, the furniture is starting to fade. Since we can't reach the windows to open and close shades, what else can you suggest? — A.K.

A. While you were busy reviving

your old barn, new window technology has been evolving. To wit, motorized fixtures that will open draperies and roll window shades at the touch of a button.

You can have the system wired into a wall switch, or use a wireless remote control that's very much like your VCR remote. This way you can "reach" even the tallest of windows for glare and light

control when you need it.

Ask your local window treatment store for details on how such systems work with vertical and horizontal blinds, draperies and shades. Almost any decorative window treatment can be "fast-forwarded" with today's technology.



DRESSING TABLE — Bathroom cabinetry has been coaxed into the bedroom and turned into a dressing table that's both handy and handsome.



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ONE AD APPEARS IN 8 LOCAL NEWSPAPERS FOR ONLY \$12.85

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

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

Help Wanted

EXPERIENCED CHILD CARE - Giver wanted full time, Monday-Friday for infant. Prefer you come to our Garden City home but will consider bringing our child to a nearby home in Garden City or Mineola. Call 741-3549. gcAg1

EXPERIENCED CHILD CARE GIVER needed. 2 days a week, Wednesday & Friday, 7:30 am to 5:30 pm for 1 1/2 & 3 1/2 year old boys in my Mineola home. References required. 742-7839. wA1

P/T DRIVER TO Pick up & deliver for Garden City South business, 5 days per week. Must have clean license. Retirees welcome. Call 8 am-5 pm. 486-3602 gcJy4

TUTOR LANG. ARTS/ Study skills 7th grade. Schoolyear, 3 afternoons, 4-5 p.m. NYS Certification/References required. Leave name and phone. 747-6406. gcag2

PT - MAKE YOUR OWN hours. For publishing company, sales and/or research for a book about Garden City. You will be working with out of your home or in Garden City Village. 212-697-1180. gcJy4

ACCOUNTANT & TAX PREPARER PT, Exper. only. Individual small business, payroll taxes, New Hyde Park. Call Mr. Dolan 488-7500. gcag2

CHILD CARE, LIVE-IN position available. L.I. family seeks experienced person to care for four children with other live-in person. Must drive, English speaking. References required. Time off available during the day for college or other. Room, board and salary. Perfect for college student. Marcy 674-0319. gcag2

FULL TIME TELLER FOR Garden City office of North Fork Bank. Exper. preferred. Call 222-9293 for applications. EOEMFVH gcJy4

CLEANING LADY WANTED Exper. Monday or Tuesday, early morning hours every other week - 3 hours only. Must have good references, do a thorough job. Speak and understand English. W. Hempstead area. Call Monday and Tuesday between 8 a.m. and 6 p.m., Wednesday through Sunday call after 6 p.m. 489-5941. gcag2

LOVING, RESPONSIBLE BABYSITTER needed for 7 & 9 year old in my Roslyn home. Three weekday afternoons. Must have car. call 621-4232, after 7 PM. wAg2

Help Wanted

DENTAL RECEPTIONIST, P/T. Computer knowledge. 248-2221 or 486-4909. wJy4

ASST STORE MANAGER. Video store. Days only, 11 to 6 PM. Retail experience. Call Bill at 484-2978. wJy4

CLERICAL - PERMANENT Position, Immediate Opening, afternoons, 20 Hr/Wk. Typing, Filing, Phones, some computer helpful. Smith & DeGroat Real Estate, Mineola 248-6905

Situation Wanted

CINDERELLA'S HOME CLEANING Service. I will sparkle clean your home like it was my own. Experience & references. Call 354-8961. hJ14

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. gcJy5

HOUSECLEANING AVAILABLE. LIVE in or live out. References. 483-1530. gcJy5

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. gcJy5

NURSE'S AIDE OR companion seeks position to take care of elderly 4-6 hours per day. Experienced, references & own transportation. 486-6836. gcJy5

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. gcJy4

HOUSECLEANING. GOOD REFERENCES. Floral Park, New Hyde Park, Garden City preferred. -Call anytime. 354-5934. wJy4

HONEST, RELIABLE PERSON needs job as child care, companion to elderly or domestic. Can call 292-8735. gcJy5

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

Situation Wanted

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. gcJy5

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

IRISH CERTIFIED NURSE'S AIDE available to care for the sick or elderly. References available. Live-out. Please call 326-9726. gcJy4

RECEPTIONIST/TYPIST Asst. Manager full time. Reliable, responsible, pleasant. 741-3089, eves. gcJy4

INTRODUCING AN INNOVATIVE 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. gcJy4

HOUSECLEANING AVAILABLE Mon.-Fri. Sleep in or out. Excellent references. 378-2130. gcJy4

HOUSECLEANING AVAILABLE Mon., Tues., Thurs. Experienced, recommendations & transportation. Call after 4 p.m. 223-3214. gcJy4

HOME HEALTH AIDE (male) with experience. Caring and patient to care for your loved ones. Excellent references. 225-1230. gcJy4

CERTIFIED HOME HEALTH AIDE, male, seeks position to work with sick or elderly. Day or night. Excellent references, non-smoker. (718) 949-1588 gcag2

DOMESTIC TOUCH INC. Personalized home care service: Nannies, housekeepers, childcare. LI/LO. Lowest agency fee in tri-state area. Licensed & bonded. 718-225-9194. hS4

NEED A MOTHER'S helper? Responsible, experienced 12 yr. old available for summer position. G.C. pool pass, references. 742-0870. gcJy5

CLEANING LADY AVAILABLE 565-3972. gcJy4

Help Wanted

RESPONSIBLE, LOVING WOMAN needed to help mother care for 3 young children 4-5 days a week. Some light housekeeping, live out. English speaking, non-smoker. 746-0483. gcAg1

LOVING, RESPONSIBLE nanny needed for 3 year old twins, 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. gcJy4

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 334-8155 & leave message. wJy5

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. gcJy4

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

BABYSITTER F/T MON. - Fri. Live out. Driver for lovable, energetic 2 1/2 yr. old. Call evenings 482-6340. hJy4

P/T RECEPTIONIST, BOOK-KEEPER. Clean Garden City South repair shop seeks well organized person with repair shop knowledge, good phone personality & some typing experience for general office duties. Call between 8 am-5 pm. 486-3602. gcJy4

Help Wanted

PERMANENT P/T SECRETARY - for one man insurance office, Tuesdays & Thursdays, 10-4. Must touch type; steno and computer knowledge helpful. 921-4008. Hag1

EXPERIENCED BABYSITTER Loving & warm to care for my 19 month old son in my Garden City home. Non-smoker, references, English speaking, own transportation. Teacher hours 746-5573. gcAg1

RELIABLE & RESPONSIBLE CHILD CARE for children 10 & 7 years old. Three days a week, 3 pm to 6 pm in my East Williston home, starting September thru school year. Flexibility desirable for non-school sessions. Own transportation. Call & leave message. 742-0556. wA1

MATURE - PART TIME BABYSITTER wanted for 9 month old in my Williston Park home to begin in September. One-two days a week, 7:30 am to 3 pm. Hours to accommodate teacher's and N.Y.C. firefighter's schedule. Non-smoker. Own transportation. References required. Please call 746-1524, leave message. wA1

BABYSITTER/HOUSEKEEPER - Live in/live out, Garden City for 3 bright, energetic, school age children. Must have driver's license, excellent references. Own room & bath. Top pay & vacation. Days (212) 649-3216. Evenings & weekends (516) 746-5639. gcA1

BABY SITTER NEEDED for our 2 school aged daughters. Wed. Thurs. Fri. 12:30-5:30. Non-smoker. Drivers license. call evenings 326-2737. hAg1

MEDICAL BOOK STORE - P/T Clerk. Permanent, Garden City. 742-4794. Ask for Gary. wJy4

Situation Wanted

GARDEN CITY HOUSE & OFFICE CLEANING CORP



Bonded and Insured

Serving All Nassau County

We will sparkle-clean your house or office with a team of experienced, honest and reliable persons who will be in and out in no time until your heart is content. Cleaning process is supervised by owners, who are Garden City residents. We use our own cleaning tools & detergents. **Call for a free estimate 248-8690**
Leave message and we will promptly call you

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. gcJy4

CLEANING GIRL AVAILABLE 1 day a week. Eastern section of Garden City preferred. Contact Mrs. Kelly between 6-9 p.m. 747-6428. gcJy4

MATURE BABYSITTER AVAILABLE, non-smoker. Own transportation. Excellent references. Garden City resident. 747-3457. gcAg1

TWO DAYS AVAILABLE for housecleaning. Tuesdays & Fridays. Speak English, have own transportation & good references. 565-2119. gcAg1

MATURE WOMAN SEEKS position as companion, elderly care. Live in/out with experience, excellent references. call Pamela (718) 647-8707. gcAg1

BABYSITTER, RELIABLE, 4 years experience, can work 5 days per week. 9 am-5 pm. Call Marva 333-1613. gcAg1

NURSE'S AIDE fully experienced in hospital, home or nursing home, private duty. 11 pm to 7 am or 9 am to 5 pm. \$10.00 an hour. Please call 475-7966. wAg1

HOUSEKEEPING TEAM: Young Mineola Mom & Dad just out of service, to clean your home for white glove inspection, also willing to do yard work & painting. 747-2673. wAg1

POLISH WOMAN IS LOOKING for housecleaning job. Good references and experience. call 538-6738. gcAg1

HOUSECLEANER AVAILABLE FOR 5 days a week. References. 489-5631. gcJy5

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. gcJy5

Situation Wanted

CERTIFIED NURSE'S AIDE Will work for sick or elderly, full or part time. Will work evenings or weekends. Own transportation. References. 484-4321. wAg1

EUROPEAN WOMAN IS looking for house cleaning job. Speaks Russian. Call 485-9538. gcAg1

EXPERIENCED IRISH HOME CARE AIDE looking for position to take care of elderly at night. 741-8619. wJy4

EXPERIENCED MATURE WOMAN seeks housecleaning or weekend job. Call Janet at 292-8735 or 292-6130. gcag2

EXP. HOUSEKEEPER Available Monday, Tuesday, Wednesday, or Thursday, 5-6 hours per day. References. Own car. Call Maria 565-9591. gcag2

POLISH HOUSECLEANER Available. Ask for Donna. 741-5145. gcag

EXPERIENCED PERSON TO CARE for elderly or handicapped. Call Sally, Monday-Friday anytime. 692-2793. gcag2

EXP. & REPUTABLE Nurse's Aide seeks employment with the elderly. Hours negotiable. Annie 868-9217. gcag2

VACATONERS - WHY WORRY about your house while you're on vacation this summer? Two reliable college seniors from Garden City will take care of your house, pets, mail and plants while you relax. Just call Becky 747-3457 or Shannon 746-4307. gcag2

COMPANION/AIDE PCA. Experienced care for the elderly in their homes. P/P Time. Hours negotiable. 797-8930 leave message. hAg2

THOROUGH HOUSECLEANING. Experienced. Lots of references and own transportation. We also work to 9 pm. Call anytime from 8 AM to 10 PM. 481-0093. wAg2

COMPANION AVAILABLE FOR Homebound or AIDS people. Also available for errands or house sitting. Excellent references available. reasonable fees. Call 746-2029, Robert. wAg2

CERTIFIED NURSE'S AIDE. Available to work minimum four hours daily. Flexible schedule. References. Call Ann 223-3968. gcAg2

IRISH LADY. Home Health Aide. Any time, any day. Lots of local references. Baby sitting available also. 746-2732. hAg2

Real Estate for Sale

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. 722-4156. gcag1

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. hJy5

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 flp, 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. wAg1

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. gcJy5

SOUTHOLD BAYFRONT YEAR round/summer home with guest cottage. Private community. Asking \$495,000. Call 765-2963. gcJy5

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 gcag1

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. gcJy5

POCONOS RESORT COMMUNITY. 4 BRs Chalet, furnished with fam. rm. in prestigious lake community. Excellent area & value. \$83,500. Must sell. Eves. 423-5893. gcJy5

FOR SALE BY owner. 4 BRs, 2 baths, Western Cape, fin. bsmt., low taxes. Immediate occupancy. \$349,000. Call 747-6247. gcJy5

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. gcJy5

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 gcag1

ESTATE HOUSE - GARDEN CITY, north east, 3 BR, 2 bath Split, EIK, LR, DR, 2 car garage, CAC, gas heat \$280,000 354-1720. gcAg1

Real Estate for Sale

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. gcJy4

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. gcJy5

GARDEN CITY EXQUISITE Estates Ranch. 3 BRs, 2 baths, LR/fpl, den, eat in Euro kit w/skylight, 100 x 150, CAC. Owner \$349,000. 742-4082 after 5 p.m. gcJy5

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. gcJy5

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. gcJy4

GARDEN CITY - IMMACULATE 3 BR, 2 bth Split/2 car garage. Maintenance free exterior, CAC, large LR & DR, remodeled EIK, super FR/FPL, lg. patio/FPL. Charming landscaped \$300's. Principals. By appt. only. 248-6099 gcag1

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. gcJy4

GARDEN CITY SPACIOUS Split, 3/4 BRs, 2 baths, cathedral LR, DR, new EIK, den, fin. bsmt., 2 car, fam. home/location. Low taxes/maintenance. \$369,000. 747-6386. gcAg1

GARDEN CITY SOUTH Immaculate Cape, LR, DR, Modern EIK, 3 BRs, 2 Baths, Florida Room, Fin. Basement, 1 car garage. Principals only, \$239,000. Phone 294-1960. gcAg1

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 over looking European style gardens. Perfect for entertainment. Low taxes. \$550,000. By owner. 294-0539. wAg2

GARDEN CITY ESTATES - 4 BR., 3 Bath, Colonial in 60x100 plot. Formal DR., LR/Fpl., Library, lg EIK w/deck. Finished 3rd floor. Walk to RR. Principals only. No brokers please. Low \$400's. 746-6893. gcAg2

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

GARDEN CITY & VICINITY -Estates 4BR, Brick slate center hall Colonial, 2 1/2 baths, new EIK, Fin. Bsmt., 2 car. \$575,000. **Central Area,** 100x200 for the large family, 6 BRs, Split, 4 baths, fpl., covered patio, underground sprinklers, closets galore. Could have pool. \$499,000. **5 BR** slate roof, brick center hall Colonial, 2 1/2 new baths, new Kit., Patiko. \$495,000. **Estates:** Expanded Ranch, 5 BR, 3 Baths, central air, 2 car, 96x132. \$469,000. **1/2 Acre,** 4 BRs, center hall brick/cedar Colonial, 2 1/2 baths, 18x25' living room, fireplace, 2 car. Just reduced. \$439,000. **Hempstead Cathedral Gardens:** Appraised at \$1,000,000, 15 rm. mini mansion on 1/2 acre, marble baths, jacuzzi. Paladium leaded stain glass windows. Assumable \$500,000 mortgage. Price slashed to \$695,000. **On 1/2 Acre - 5 BR.** Brick Tudor, 3 plus 2 half baths, cherrywood cabinet kit. Perfect for pool or tennis court. School District 27, all for \$550,000. **On 1/2 Acre.** Built by Sperry in 1916. **6 BR.,** slate roof Georgian Colonial, 3 1/2 baths, fpl., den, deck, 2 car, 20x40 heated pool. Transferred owner. Offered at \$469,000. **Country Club Estates,** overlooking Golf course, 5 BR., Tudor, 3 baths, cherrywood kit., Florida Rm., first floor laundry room. Owner relocating. Taxes drastically reduced. \$235,000. **Great Starter Home:** 3 BR., Quaint Colonial, 60x100, breakfast nook, fpl., 2 car, low taxes. \$129,000. Elaine J. Nolan 485-7054 292-9749. wJy4

GARDEN CITY ESTATES 3 BR Split, 2 1/2 baths, LR/cathedral ceiling, DR, updated EIK, Den, 2 car gar., basement, gas heat, new windows & roof, alarm, 60 x 100, low taxes. Reduced. \$350,000. Owner, neg. 747-0774. All reasonable offers considered. hag2

SOUTHERN MAINE, SANFORD - Lake front Cape, 3 years old, 3 BR., 2 Baths, Laundry room, screened porch, skylites, Andersen windows. Winterized and furnished. 120' frontage on sandy spring-fed lake. Close to shopping. Located only 20 minutes from coastal area of Ogunquit & Kennebunkport. \$139,000. Please call 207-324-4952 or 207-324-3261. gcAg2

ORIENT - IN VILLAGE. Retreat or retire. Waterview, gas heat, 2 BR, 2 Baths, great room, Fpl, Washer/dryer, dishwasher. Low taxes. Priced for quick sale. 742-4436, 323-3963. gcag2

GARDEN CITY ESTATES Stately English Tudor, 4 BR, 3 Baths, LR, Fpl, full DR, EIK, all amenities, attached 2 car garage. Prime location. Mint condition. Owner at \$599K. Principals only. 294-5230. gcag2

Real Estate for Sale

GARDEN CITY ESTATES - Mint CH Colonial. 5 large BRs, 3 1/2 baths, hardwood floors throughout, newly renovated den, knotty pine fin. bsmt., back staircase, brick patio, large private backyard, alarm, sprinkler. Convenient to schools & trains. Principals only. \$560,000. Call 248-7662 or 294-5868. gcjy4

GARDEN CITY WESTERN expanded Ranch, 3 BRs, 2 baths, LR/Fpl, DR, den, deck, finished basement, new Andersen. Walk RR, 1/2 acre. \$299,000. Owner 488-3250. gcag2

EAST HAMPTON - 6 BR, 5 Baths, pool, fully furnished, \$1,800,000. Aspen, Colorado, 5 BR, 4 1/2 baths. \$2,300,000. Principals only. Call (212) 751-2655. gcag2

GARDEN CITY SOUTH Mint brick split, Adelphi area, 90 x 100. Modern EIK, 3 BRs, FDR, 2 1/2 Baths, fam. rm., fin. bsmt., plus 2 rm. professional suite with private entrance, possible M/D, skylights, new windows, sprinklers, Best offer over \$268,000. Owner. 485-7880 gctfn

FRANKLIN SQUARE NORTH Custom 6/6, 2 apt., 2 car garage, full bsmt, separate entrance SD #17 \$200's. Owner. 437-3852, 488-5636. gcag2

GARDEN CITY MOTT Colonial Center Hall, leaded glass entry, dentil moldings, bay windows, oak floors, gas heat, wide lot, circular driveway. Owner. Mid \$300's. Leave message. 248-4844. gcag2

GARDEN CITY - S/E Section. Mint, young, 3 BR Colonial, 1 1/2 Bath, LR/Fpl, DR, new EIK, Den, Fla. room, finished basement, 2 car, walk to RR, 60 x 125. Mid-\$250's. 747-7645. gcag2

VALLEY STREAM - 4 BR Brick Colonial. True charm and elegance. Formal DR, pantry, breakfast room, fireplace, wine cellar, hardwood inlaid floors, 2 car garage. Oversized property. High \$300's. Mr. Grasso 775-6035. gcag2

GARDEN CITY BORDER Luxury Apt. Bldg. Plenty of room in these well laid out rooms. 1 BR apt, AC, newly decorated, tree-lined street. Private parking. \$625. No fee. 489-3010 days, 482-7449 eves. and weekends. gcag1

MONTAUK PRESTIGIOUS Hither Hills - Year round cedar shingle home on secluded 1/2 acre, ocean view, 200 feet to private beach. 2 BRs, 2 1/2 Baths, LR/Fpl, wrap decking, detached large garage, large finished lower level. Many additional features. Principals only. Anxious owner relocating. 668-5292. gcag2

EAST HAMPTON. 6 BR, 5 Baths, pool, fully furnished \$1,800,000. ASPEN, COLORADO. 5 BR, 4 1/2 baths, \$2,300,000. Principals only. Call (212) 751-2655. gcag2

Real Estate for Sale

GREENPORT - 6 ROOMS, 2 BRs, plus deck on 1/4 acre. Walk to beach, marina and town. Priced to sell. Call 742-8660 evenings. gcjy4

GARDEN CITY BRICK COLONIAL, 4 BRs, 3 1/2 Baths, LR with fireplace, library. Large EIK next to FDR, fully finished basement, screened porch and patio. Alarm, sprinkler, 2 car detached garage on 75 x 150 plot. Recently reduced to \$479,000. Owner. 747-7415. gcjy4

MATTITUCK CREEK FRONT 3 BR, 2 baths, brick Ranch with great room, Fpl, OHW heat on bay inlet. \$230,000. Stype Bros. Real Estate (516) 298-8760. gcjy4

STEWART MANOR NORTH side Colonial. Ideal for large family. Spacious 3 BRs, LR, FDR, EIK, den, 3 baths, finished basement, many closets plus extras. Near all \$255,000 neg. Principals only. 437-9406. gcjy4

GARDEN CITY MINT MOTT Tudor, 3 BRs, 1 1/2 baths, FDR, large EIK, LR/fpl, stained glass doors, jalousie porch. Move-in condition. \$360's by owner. 294-8499. gcjy4

GARDEN CITY 3 BR Colonial, 1 bath, garage, 75x100. Landscaped, patio. Willow Street. Low taxes. \$239K. Principals only. (516) 747-8889 or (508) 896-9217. gcjy4

SOUTHOLD WATERFRONT MAGNIFICENT 1.3 landscaped acres. 250 feet waterfront w/dock, in-ground pool w/lidde, 60 foot entertainment deck off DR & LR/Fpl. Large kitchen with brick wall barbeque & bay window dining area, laundry room, den, 4 BRs, 3 1/2 baths, finished lower level, Fpl, 4 zone heat, CAC & central vac, 2 car garage, sprinklers, much more. Asking \$525,000 by owner. 765-9296 gcjy4

LOT FOR SALE. 100x145. Magnificent street, or will build to suit. Asking \$365,000. Principals only. 741-7273. gcjy4

NASSAU POINT NEW Contemp. Cathedral ceiling, LR/fpl, 4 over sized BRs, sunroom, 2 baths, large rear deck. Principals only. \$339,000. 775-5040 or weekends 734-5276. gcjy4

GARDEN CITY SOUTH. Beautiful CH Colonial. 3 BRs, 1 1/2 baths, EIK, FDR, LR/fpl, sunporch, fin. bsmt., 60x100. \$270,000. Principals only. 565-5134. gcjy4

NASSAU POINT - WIDOW must sell this absolutely beautiful king-sized home atop wooded 2.5 acre hilltop plot w/fabulous views. Steps to beach/boating. 7 expansive rooms, 3 BR, 3 1/2 baths, basement, observation deck, expansion attic for 3 more rooms, screened porch, heated guest cottage. Just reduced by \$100,000 to \$495,000. We have many more waterfront and water view vacation and permanent homes. Call now for free list. Bookmiller Real Estate. 722-4423 - Otto. gcjy4

Real Estate for Sale

GARDEN CITY SOUTH. Mint brick Split, Adelphi area, 90x100. Modern EIK, 3 BRs, FDR, 2 1/2 baths, fam. rm., fin bsmt., plus 2 rm. professional suite with private entrance, possible M/D, skylights, new windows, sprinklers, Best offer over \$268,000. Owner 485-7880. gcjy5

EAST WILLISTON: 3 BR renovated Colonial. 1 1/2 baths, LR/fpl, large DR, EIK, fin. bsmt., 2 car garage. Low taxes. Walk to RR. \$325,000. 741-3936. wjy4

GARDEN CITY ESTATES Ranch. 4 BRs, 3 new bathrooms, new country kit, alarm, sprinklers, 2 1/2 car garage. No brokers. \$450,000. Days 746-3010, eves & weekends 741-5477. gcjy4

MONTAUK 2 RM. Co-op. One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$40,500. Great rental history. 724-5572. gcag1

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

NASSAU POINT - WATERFRONT exclusive. Deep water dock and glorious views. Solid ranch, fpl, 2 BR, 2 Baths, Unique Opportunity. \$350,000.

Southold Creek front w/ easy bay access. Cozy retreat on private road. Great room, 2 BR, 2 Bath, extensive decking, dock & peaceful views. Our exclusive. \$299,500.

Southold - Short walk to beautiful bay beach. Quaint English cottage w/3 BR, LR, Fpl, screened porch. Reduced to \$159,000.

Greenport - Bayfront, sandy beach and lovely views. Very nice 2 BR, 2 Bath vacation home on shy 1/2 acre. LR w/fpl and family room w/sliders to patio. Reduced to sell. \$275,000. East Marion Bayfront - glorious views, 3 BR, 1 1/2 baths, deck, and low, low taxes!! Ready for summer fun. Motivated seller. Marion King Realty. 734-5657. gcjy4

SOUTHOLD DELIGHTFUL CAPE Cod w/spacious rooms. 3 BR, 2 Bath, LR w/fpl, DR, EIK, full basement, 2 car garage. Private yard. Steps to deeded bay beach. \$185,000. Mattituck - Deep water for your boat w sandy beach and romantic bay views. LR w/fpl, sun porch, 4 BR, 2 Bath, landscaped. Private setting. \$550,000.

Mattituck - Bayfront Exclusive. Broad sandy beach and expansive views come w/this spacious 3 BR, 2 1/2 Bath year round home. Gracious LR & DR w/fpl. Family room w/fpl, EIK, Garage. Sprinkler system. \$675,000. Marilyn Lang Realty. 734-6472. gcjy4

Real Estate for Sale

LAUREL - MINT CEDAR SHAKE ranch in great location. LR w/fpl, formal DR, EIK, den, sun room, 3 BR, 2 Baths, 2 car garage. Reduced to \$175,000.

South Jamesport - Waterfront, bay view, contemporary. Features great room, 3 BR, 2 Bath. Steps to sandy bay beach. Sailboat water at your door. \$310,000.

Mattituck - Water view contemporary features LR w/fpl, lg. EIK, Cathedral Ceilings, 3 BR, 2 Baths, 80' deck, forever views. Must sell. \$225,000.

Nassau Point - Bay front, Mini estate featuring 4 BR, 2 1/2 Baths Colonial home. LR w/fpl, formal DR, new Kit. Separate building lot included. Sandy bay beach. Spectacular views \$985,000.

Lewis Real Estate, 765-5810, 298-4600, 734-5533. gcjy4

GARDEN CITY ESTATES - Charming home, immaculate, need to move fast. Absolute move in condition, 5 BRs, 2 baths, LR, DR, Ultra modern EIK, family rm., large workroom, efficient house, Andersen windows, A/C. Walk to RR, park & schools. Many extras. Drive bys beware - house is much larger than it looks. All offers in mid \$300's considered. Principals only. 747-7418. gcAg1

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. gcjy4

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. gcjy5

Co-Op For Sale

FLORAL PARK RENOVATED 1 BR CO-OP. Great location, walk to RR, bus & stores. \$88,000 neg. Low maintenance. Must see. Owner 775-7820. gcag1

HEMPSTEAD /GARDEN CITY VICINITY: "The Mulford" Large 1 BR, Co-op, EIK, new appliances, well maintained six year building. Asking \$59,000. Please call 292-0483. wAg2

GARDEN CITY 3 BR CO-OP on 7th St. Oversized LR & DR. Fpl, Country EIK, 2 full baths, foyer, A/C, new windows. Walk to RR, shops, schools. Mint condition. Must sell. \$189,000. Call (908) 449-3048. GCAG6

GARDEN CITY CHERRY VALLEY Co-Op - Spacious 1 BR, new EIK. Prime location. Must see. Walk to all. \$107,000. Principals only. 742-6843. gcA1

Co-Op For Sale

GARDEN CITY GEM. 1BR Co-op. Priced right for quick sale. Days (718) 641-4945. Eves. (516) 741-8894. gcjy4

GARDEN CITY. CHERRY Valley. 1 BR, first floor, CAC, washer/dryer, renovated new kit, carpets throughout. Maintenance 80% deductible. \$87,000. Call 742-6708. Principals only. gcjy5

CORNER GARDEN APT. in Garden City. 2 BRs, first floor. 3 exposures, CAC, updated kit. Ideal for commuters, retirees or young starters. Substantial tax deduction. \$89,000. Available immediately. 223-7760. gcjy4

GARDEN CITY CHERRY Valley. 2 BR Co-op, 1st floor, new Bath, washer/dryer plus extras. \$125,000. Owner. 746-5168. gcjy4

NINEOLA HORTON HOUSE CO-OP: Front apartment, 1 BR, new kitchen, updated bath, loads of closet space, air conditioning. Parking available on and off premises. maintenance \$49. Principals only. \$99,000. 741-5210. gcag1

MONTAUK ON THE ocean. Indoor pool. Jacuzzi, beautiful deck, beautifully furnished. Excellent cond. \$1000/wk. rental income in season (Jun., Jul., Aug) \$65,000. 599-3174. Owner. hJy5

GARDEN CITY CHERRY Valley. 2 BR Co-op, 1st floor, new bath, washer/dryer plus extras. \$125,000. Owner, 746-5168. gcjy4

GARDEN CITY CHERRY Valley. Mint, second floor. 2 BRs, new kit, bath/carpets. Private corner, large garden. Maintenance 81% deductible. \$115,000. 742-8659. gcag1

GARDEN CITY - CHERRY Valley Co-op, 2 BR, Second floor, end unit. Owner relocated (301) 231-5262, leave message \$109,900. g:52

GARDEN CITY - 2 BR. Co-op, 2nd floor, end unit facing 15th at Washer/Dryer, attic, garage. \$122,500 - Call 294-0269. WA-1

CATHEDRAL GARDENS CO-OP Large 1 BR Southwest exposure, nicely decorated. Excellent condition. Maintenance 79% deductible. \$75,000 negotiable. 564-8707. gcA1

OPEN HOUSE

OPEN HOUSE - GARDEN CITY Co-Op, Open House July 25 & 26, 1-5 p.m., 223 7th Street, Apt. 1-1, 2 BR, 2nd floor, one block LIRR/all shopping, Center village. \$118,000. 873-9469. gcjy4

Real Estate For Rent

EAST ELMONT/FRANKLIN Square Border, 3 BR Colonial house, 2 Baths w/w, A/C's, over-size LR, DR, BR, Finished Bsmt, Yard, Patio. On street parking. Prefer working adults only! No Pets! \$1,250 negotiable. 437-1595. Leave message. gcjy4

Real Estate For Rent

GARDEN CITY FURNISHED rm. for rent. Convenient to stores & transportation. Use of kitchen available, share bath. Ideal for mature, business person. Call 747-6589. **gcag1**

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. **hly4**

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

SYOSSET SENIOR CITIZEN 4 room ground fl. apt in private house. Bsmnt. yard, washing machine. Walk to RR, Shopping. Available immed \$650 plus utilities. Call evenings 921-0327. **hly4**

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. **gcjy4**

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. **gcjy4**

GARDEN CITY FURNISHED room, separate entrance, private bath, non-smoker. Mature business person - male preferred. References & security 741-0535. **gcjy5**

GARDEN CITY SPACIOUS 3 BR house in convenient area to share with professional female. Leave message. 538-9427. **gcjy5**

GARDEN CITY / HEMPSTEAD. Cathedral Gardens. large renovated 2 BR, bright, airy, best in complex. Dishwasher, wall to wall. By owner. \$950, 565-3159. No fee. **gcag2**

FRANKLIN SQUARE / STEWART Manor vicinity. 3 1/2 lg. rooms, 1st floor, private house + garage. Use of basement, rear porch and yard. Walk to RR/stores. No pets/children please. \$1000 incl. utilities. 485-7923. **gcag2**

GARDEN CITY & VICINITY Rentals all types. Houses, apts., Co-Ops, etc. \$800/mo. to \$3,500/mo. +. Call Anne Hagen. Jaenichen Realty. The Rental Specialist. 741-1754. **gcjy5**

GARDEN CITY SOUTH Call us for apartment and house rentals. Schimkus Realty, 485-1822. **gcjy5**

Real Estate For Rent

GARDEN CITY WYNDHAM WEST. 2BR Penthouse Condo, 2 1/2 baths, jacuzzi, roof garden, pool, club, 2 car, 24 hr. service. \$3,500. Luxury Elevator building, Spacious 1 BR., \$1,185. 7th St. 2 BR. \$1,395. House For Rent: English Tudor, 3 BR., EIK, walk RR. Rent \$1,500. Garden City Line/Hempstead: 3 BR., 2 baths, \$1,500. 2 BR., \$1,100. 1 BR., Walk all \$815. Elaine J. Nolan 485-7054 or 292-9749. **wjy4**

MINEOLA - Beautiful 3 BR. Apt. near everything. 248-1931. **wAg2**

APTS FOR RENT MINEOLA/WESTBURY: Full 1 BR. \$635. 2 BR. \$850. Lg. 1 BR. Garden Apt. \$815. Luxury 1 BR. Co-op. \$825. Luxury 2 BR. Co-op. \$1,050. Royal International. 742-3355. **wjy4**

GLEN OAKS - 3 Room upper Garden Apt., quiet corner location. Two A/C, W/W, EIK, free gas. Available September 1st. \$750. 742-3578. **wAg2**

MINEOLA - SMALL STUDIO on Willis Ave., Second floor. \$450 per month. Electric extra. A/C, very quiet place. Walk to all, RR, Shopping. 747-7379. **wAg1**

FRANKLIN SQUARE 3 room Apt., 2 BR, 2nd fl., single preferred. Immed. occupancy. \$700 + electric. 437-5331 after 5 or leave message. **gcAg2**

SMALL PROFESSIONAL OFFICE - New Hyde Park off Jericho Tpke., Asking \$250, includes utilities. Call 354-5252. **gcAg2**

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. **gcAg2**

GARDEN CITY - FURNISHED Rm. A/C, share bath, kitchen privileges, use of laundry. Walk to RR & stores. Ideal for mature business person. \$550/mo. incl. utilities. One Mo. security. Owner 294-3244. **hJy5**

GARDEN CITY 7th Street - 2 BR apartment large rooms, bright, nice view, new w/w, A/C. Walk RR & shops. Unfurnished \$1200 or furnished \$1300. Aug. 1. Owner 294-3244. **hJy4**

SYOSSET SENIOR CITIZEN - 4 Rm ground floor apt. in private house. Yard, washer/dryer, walk to RR/shopping. avail immed. \$650/Mo + utilities. 921-0327 evenings & weekends. **hJy4**

APT. FOR RENT N. Shore Towers Sept 1-May 30. 1BR, 1 Bath, furnished. Call FI 5-500, Mr. Jacobs. Leave number for return call. **hAg1**

ROOMMATE WANTED - \$300/Mo. includes rent, cable, gas/elec. Immed occupancy NHP area. Call Laurie 775-1693. **hAg1**

Real Estate For Rent

BELLEROSE 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. **gcjy5**

CENTRAL SECTION GARDEN CITY. 4 BR CH Colonial. 3 baths, LR, DR, den, EIK, \$2,800 per month. 747-1121. **gcjy5**

SOUTH JAMESPORT 3 BR, 3 bath, year round bayfront, private beach. Aug. rental. Also for sale. Call for details. 722-8726. **gcjy5**

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 or weekends. 354-8360. **gcjy5**

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. bsmt. Security system. \$3,000 month. Immediate occupancy. Owner. 722-3510 or 742-5149. **gcjy5**

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**

GARDEN CITY - SEEKING quiet, professional woman to share 2 BR apt. Large rooms, A/C, convenient walking distance to all. Call 248-5328. **gcAg1**

FRANKLIN SQUARE - 2 BRS, 1 1/2 baths, EIK with modern appliances including dishwasher and washer/dryer. Large LR plus lots of basement storage. Use of backyard. \$1,000 month. 627-0835. Leave message. **gcAg1**

FRANKLIN SQUARE - 3 BRS, extra large LR/DR area, kitchen w/all appliances including dishwasher, washer/dryer. Two full baths, attic with lots of storage. \$1,100 month. 627-0835. Leave message. **gcAg1**

PORT WASHINGTON - New 2 BR, full bath, LR, dining area plus modern kitchen with all new appliances including dishwasher, washer/dryer. Small deck and use of backyard. 1 A/C, ample storage, parking. All utilities included \$1,375 month. 627-0835. Leave message. **gcAg1**

FLORAL PARK BRAND New deluxe apartment. EIK, LR, BR, full tiled bath, patio, storage space, convenient to shopping, transportation. LIRR. \$800 per month. Call owner 488-2314. **gcAg1**

GARDEN CITY 3 BR Co-op on 7th St. Oversized LR & DR, flr, Country EIK 2 full baths, foyer, A/C, new windows. Walk to RR, shops, schools, Mint cond. \$1,500 per month with option to buy. (908)449-3048. **gcAg1**

GREAT NECK, NEW IMMACULATE studio, furnished, quiet area. Separate entrance. Driveway. Walk LIRR. One business person, non-smoker. \$650 including utilities. call 829-5256. **wAg1**

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. **gcjy4**

ACAPULCO TIME SHARE for sale. One week or 2. Floating gold time. Fantastic buy. Call Joe 354-7471. **gcjy5**

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. **gcag1**

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. **gcO2**

SANIBEL ISLAND, FLORIDA Tropical paradise. Sundial Beach and Tennis Resort. Soft courts, golf, 5 pools, all sports, 2000' beach, restaurants. Complete Gulf-front resort. 1, 2, & 3 BR, full kitchen. Rent daily or more. Reasonable. 746-2211. **gcO2**

EAST MARION BAYFRONT 120' private beach, lg. 4 BR Victorian w/40' screened porch. Available August 16-23. 747-8414, 477-0315. **gcag2**

SOUTHOLD. SPOTLESS COUNTRY home. 2 BRS, LR/flr, 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. **gcjy4**

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**

JAMESPORT CHARMING 4 BR, 3 Bath Colonial on North Fork's Peconic Bay. Den, Laundry, decks and float, etc. Season, monthly/weekly. 482-7790. **gcjy4**

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. **gcjy4**

Real Estate Wanted

PROFESSIONAL COUPLE WANTS to rent clean, quiet, safe apartment in central Garden City, or possibly small house with walk to RR. No fee. Leave message at (212) 831-3667. **gcjy4**

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**

Wanted

LOOKING TO RENT 2 or 3 BR house or apartment in Garden-City school district. 873-0919. **gcag2**

YOUNG COUPLE w/TWO children looking for 3 to 4 BR, 1 1/2 to 2 bath home in Garden-City. Under \$290,000. Principals only. 718-497-7051. **gcag2**

6 to 7 BR. Colonial or Tudor, preferably brick. Large plot, preferably in the vicinity of Community Church, but not necessary. Must be walking distance RR. Price not a problem. For University Professor & family. Please call Elaine J. Nolan - 485-7054 - 292-9749. **wJy4**

SENIOR CITIZEN - 1 BR. Apt., ground floor or elevator. House in Williston Park or Mineola Area. (212) 942-7644. **wAg2**

HOUSE OR LARGE 2 or 3 bedroom apt. in Garden City. Excellent references. No brokers wanted. (718) 634-3944. **hJy4**

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. **gcjy4**

FAMILY WANTS TO RENT house or large 2 or 3 bedroom apt. in Garden City. Will give excellent references. No brokers. (718) 634-3944. **hJy4**

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 INCLUDING 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**

SOFA - GREEN & CREAM STRIPED VELVET & floral slip cover, like new. \$100. By appointment. 483-9135. **wJy3**

For Sale

TWO HARDEN 60" LOVE seats, colonial pink and blue pattern. One light mauve wing chair. One gold corduroy recliner. Reasonable. Call eves. 746-2875. gcag2

HEPPLEWHITE MAHOGANY D/R furniture, set of 8 Chippendale chairs circa 1910, carved walnut pieces, oriental rugs, other items including ping-pong table and bicycles. Please call 741-3513. gcag2

DALMATIAN PUPPIES - FIVE Born June 11, AKC Registered, Vet supervised, excellent spots. \$350 each. 328-3750. gcag2

SOFA - BRAND NEW Once in a lifetime opportunity to buy never used sofa at a great price. 248-7147. gcag2

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. gcly4

ANTIQUE FIREPLACE FENDER Early 19th Century solid brass. Beautifully restored. 36 1/2". Reasonably priced. 747-8340. gcag2

SLATE POOL TABLE 55" W, 99" L, 30" H. In good condition. Best offer. 486-4703. gcag2

BEDROOM SET - CHERRY Mahogany. 1950. Good condition. Headboard, dbl dresser, chest on chest, mirror, 2 night tables. Principals only. \$2800. 623-0275. gcag2

BABY ITEMS - APRICA stroller w/rain 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. hly4

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. gcly4

COUCH & LOVE SEAT, 6 months old, \$475; coffee table \$75; refrigerator 15 cubic feet \$175; bench saw \$75; and 2 love seats \$100. 481-1496. gcag2

PINE DRY SINK WITH removable ceramic tiles, vintage victrola with records, celadon 9x12 area rug in new condition, red, white & blue 6x9 braided area rug in new condition. 481-7183 weekends (212) 541-2027 week days. gcAg1

BEAUTIFUL THOMASVILLE CHERRY Entertainment Center, 6 months old, in perfect condition. Holds large TV & VCR behind double doors. 4 shelves for stereo equipment behind glass door. Tape, CD storage as well. Absolutely lovely. Asking \$1475. Call 326-6852. Leave message. gcAg2

For Sale

DINING TABLE - KIT-TINGER two pedestal with yew wood banded top. H 29 1/2", L 60" closed. Open 96". Includes two 18" leaves. Mahogany. Like new. Reasonably priced. 747-8340. gcag2

Boats For Sale

BOSTON WHALER, 16 ft. 1986 Evenrude 90HP, power tilt, low hours, 1988 Highlander trailer. \$3,650. 877-1634. gcly5

Camper For Sale

1983 STARCHIEF POP-UP Original owner. Excellent condition, heater, 3-way refrigerator, add-a-room, battery pack, twin LP tanks, electric brakes, new tires, many accessories. Asking \$3300. 516-747-4058. hAg1

Car For Sale

HONDA '89 ACCORD LX automatic, A/C, clean, excellent condition. \$9,200 354-2823. gcly4

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

MUST SELL '84 Wagoneer Jeep. Black exterior, maroon interior, auto, ps, pb, Clarion Benz with infinity Blaup. speakers, new front radial tires, radiator, belt, starter, tinted windows, Exc. condition \$6,000 neg. Call eves 742-7520. gcly4

1987 CADILLAC - LESS than 50,000 miles. Full power/alarms/AC. AM/FM Cassette. 8 Cy Fleetwood Brougham. \$9000. Call bet. 7-9 p.m. 352-4025. gcag2

MAZDA - 81-626. Runs well. Good station car. Make offer. 746-1524, Leave message. wAg2

88 EAGLE PREMIER - 4-Door Sedan, 6 Cy, AC, AM/FM Cassette, Power windows, locks, seats. 38,000 miles. Mint condition. \$4300. 294-4771, leave message. gcag2

Car Wanted

WANTED: ALL CARS FOREIGN/DOMESTIC EXOTIC WE VISIT YOU WITH HIGHEST CASH PRICES CALL LUKE AT 826-5611

Services

PAINTING BY MARIO. Work done by owner. Also sheetrocking, taping & spackling. Free estimates. 538-2273. Lic. #Ho4160100P. gcA4

Services

CLASSIC INTERIOR & EXTERIOR PAINTING SUMMER EXTERIOR PAINT SPECIALS

Complete Interior Alterations Available Owner-Operated (516) 484-3723

BRIAN CLINTON MOVERS Licensed & insured. One piece to a house load. Free estimates, 333-5894. Owner supervised. Carle Place. License #F11154. gcly5

T. J. PAINTING Interior/Exterior. Over 30 years experience. Sheet rock, tape, stucco. Gutters, leaders replaced. Wall paper removal. work guaranteed. Reasonable prices. Free estimate. Call anytime. 731-2241 or 822-6678. gcS2

D. T. CONCRETE PATIOS & DRIVEWAYS BRICK/BLOCK/STUCCO SIDEWALKS

COMMERCIAL & RESIDENTIAL Contractors Welcome

CALL (516) 484-3912

ATTICS, BASEMENTS, kitchens, bathrooms, dens, decks, All phases of home improvements. Work guaranteed. References available. Call Mike for free estimate. 352-5783. gcS3

LADIES, RELAX & ENJOY your next party! Catering & experienced professional services for assisting with preparation, serving & cleaning up before, during and after your party. Bartenders available. Call Kate at 248-1545 or 746-8264. wfn

HANDYMAN FOR HIRE I FIX ALMOST ANYTHING (just ask my wife!)

- also telephone jacks painting/spackling sheetrock closet organizers custom window treatments sold & installed

Call Richard (516) 225-1262

THE CUISINE SCENE

Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings my specialty, including beautiful cakes. Professionally trained staff. Call Susan 742-1956. gcS2

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Services

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Garage/Tag Sale

KINGS POINT - Gracefield at East Shore Rd., Saturday, July 25, 10-3:30. Complete contents. Antiques, sterling, Copenhagen figurines, furniture, chandeliers, rugs, paintings, mirrors, books, tools, sporting items, bergeres, cast iron garden setee, terrace furn., clothing, Orientalia, unusual acquisitions, power beds, china, glassware, porcelain, records, marble topped tables and chests. Sculptures, lithographs, linens, much more. hjy4

MOVING SALE - CONTENTS of house. Sat. Aug. 1, 10 a.m. to 4 p.m. 3 Bluebell Court, 3 blocks south of Old Country Road off Washington Ave./Roslyn Road. gcAg2

TAG SALE - SATURDAY, July 25, 9 a.m.-2 p.m., Rain or shine. Household items: furniture, oriental rugs, china, silver, lamps, books, tools, bikes, wrought-iron patio furniture, baby items. 193 Kildare Road - off Somerset, Garden City. gcjy4

GARAGE SALE - SUNDAY July 26 - 250 Circle Road, 1/2 mile off Rte 106, Muttontown - 10 a.m. - 8 p.m. hJy4

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PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God - Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. G.O. gcjy5

MAY THE SACRED HEART OF Jesus be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer 9 times daily; by the 8th day your prayers will be answered. My prayer has been answered. Say it 9 days. It has never failed. Publication must be promised. F.A. gcjy4



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Kids Home Newspaper



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

By J.R. Rose -

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DRAW AN OAR SO PUP CAN PADDLE HIS CANOE!



HOW MANY 'CANOE'S CAN YOU FIND?



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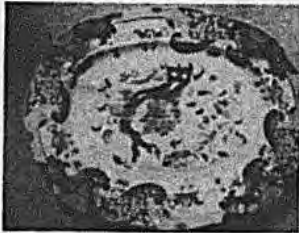
ANTIQU OR JUNQUE



By James G. McCollam

Platter could be rare and valuable

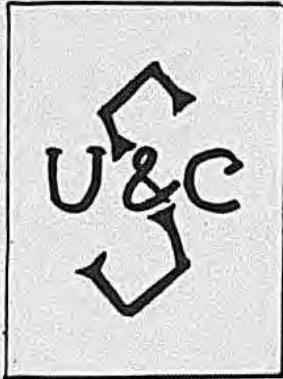
Q. Enclosed is a picture of my Mason's Ironstone platter; it is in excellent condition. I would appreciate your estimate of its value.



A. We may have a rare find here. The mark you provided was used in the early 1800s. If authentic, it's probably worth \$265 to \$285.

There are reproductions on the market, so you should take this to a museum for authentication.

Q. This mark is on the bottom of a plate that looks like majolica. It is 9 inches in diameter and decorated with fruit and leaves; the rim is scalloped.



A. This plate would be classified as Sarreguemines (the city in Lorraine, France, where it was made by Utzschneider & Co.). It was made in the late 1800s and would probably sell for about \$50.

Q. I have a Victor Monarch Special table model phonograph with a ribbed wooden horn. Its condition is fairly good.

Can you tell me when it was made and its value?

A. Your phonograph dates back to the turn of the century and is considered quite rare. It might sell for as much as \$1,200 to \$1,500.

Q. What can you tell me about my Royal Doulton pitcher? It is marked "All Baba with the Treasure."

A. Doulton produced the Arabian Nights series between 1909 and 1923. Your All Baba pitcher would probably sell for \$300 to \$325.

Q. With an unusual three-way election coming up, there is sure to be an increased interest in autographs. What is the value of the autographs of some previous modern politicians?

A. Most modern presidents since John F. Kennedy have used the auto pen to sign correspondence. The following prices are for actual signatures: Kennedy, \$750; Lyndon Johnson, \$140; Richard Nixon, \$150; Gerald Ford, \$125; Jimmy Carter, \$150; Ronald Reagan, \$175; George Bush, \$130.

Q. The mark on the bottom of my antique teapot is "La Belle China" and is decorated with spray of violets. I would appreciate anything you can tell me about its vintage and value.

A. This teapot was made in Wheeling, W.V., in the early 1900s; it is neither rare nor very valuable, selling in the \$35 to \$45 range.

McCollam is a member of the Antique Appraisers Association of America.



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Points on Pets

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

Q. Our veterinarian has tentatively diagnosed pancreatitis in our 12-year-old collie. However, she has not conducted any laboratory tests to confirm the diagnosis. The dog has frequent bouts of vomiting and diarrhea. Her stool is usually gray and has a very rancid smell. How serious is pancreatitis, and can it be cured?

A. The most common disease of the pancreas, the abdominal organ that produces the hormones insulin and glucagon and some digestive enzymes, is called "pancreatitis."

Although the healthy pancreas produces needed enzymes, the diseased pancreas often produces detrimental enzymes that lead to the destruction of the pancreas itself. As the disease progresses, the tissues of the pancreas die and the enzymes leak into the abdomen. This leads to generalized infection within the abdomen.

Pancreatitis is a very serious disease of dogs. However, it can usually be controlled when diagnosed early and treated. Usually it is necessary to keep the dog on medication and it is necessary to control the dog's diet very carefully.

You should have your veterinarian do a complete physical, including diagnostic tests, to determine exactly what is wrong with your dog and institute any necessary treatment as soon as possible.



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Before long everyone is ready to enjoy a tasty lunch. By the time our thermos is empty and the beach is crowded and hot we are ready to return home. We all feel tired, but healthy from the salt water and fresh air.

Your friend,
Aunt Tilly

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Here is your chance to win One Dollar. (\$1.00) - to spend or to save.

- Here's all you have to do:
1. Contest is open to children 4 to 12 years of age.
 2. Entries must be received by Friday, July 31, 1992
 3. Paint, watercolors and crayons must be used on the above.
 4. Decision of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
105 Hillside Avenue
Williston Park, N.Y. 11596

YOUR SOCIAL SECURITY

Medicare will pay for surgery

By William M. Acosta

Q. I will need to go into the hospital for surgery. What if the hospital wants more than Medicare will pay?

A. Medicare law requires hospitals to accept Medicare payment as payment in full and prohibits hospitals from charging Medicare patients for anything other than the usual deductible and coinsurance amounts. Of course, hospitals can also charge Medicare patients for any "non-covered" items or services, such as a television, private-duty nurses or a hospital stay for a non-covered service such as cosmetic surgery.

Q. I receive Social Security retirement benefits. I recently received a duplicate check for the same amount as I normally receive. What should I do?

A. If you receive a check you know is not due, you should take it to any Social Security office. Or return it to the U.S. Treasury Department, Division of Disbursement, at the address on the check envelope. Enclose a note telling why you are sending the check back. If you have direct deposit, you should refund any payments you receive that you know are not due.

Q. I have been in prison for three years. I will be released in two months. I was told by a coun-

selor that I should contact Social Security to be automatically eligible for benefits at the time of my release. Is this correct?

A. To receive a Social Security retirement benefit, a person must be at least age 62 and must have worked long enough (earned 40 credits - generally 10 years) in a job where Social Security taxes were paid.

To be eligible for a Social Security disability benefit, in addition to the work history requirements, the individual must have a physical or mental impairment that is expected to keep him or her from doing "substantial" work for a least one year or result in death. (Monthly earnings of \$500 or more usually are considered substantial.) However, an impairment that results from committing a felony cannot be used to qualify for disability payments.

Individuals who are age 65 or older, or blind, or have a disability and who have limited income and resources may be eligible for monthly Supplemental Security Income benefits.

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The World's Most Beautiful Grandchildren



This is a picture of our beautiful grandsons, Joshua Adam Zarkin (age 3½ yrs.) and Jonathan Michael Zarkin (9 mos.). The parents are Donna and Seth Zarkin. The grandparents are Trudy and Harry J. Kuerner of Garden City.



When our grandson Jonathon was born three years ago, we thought that was the most love we could ever give to a child and then God sent another... our little Maryssa, who is celebrating her first birthday; and we find we all love her just as much. Maryssa's godparents, Aunt Susan, Uncle Steven, and Aunt Sally Simas, plus all grandparents are doing well. Wonderful parents (Connie & Rob Simas) also doing well. Ah-MEN.