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Hicksville

Mid-Island Times & Levittown Times 35¢

Vol. 50 No. 45

USPS 346-760

Friday, November 6, 1992

Eagle Scout



Oyster Bay Town Councilman Thomas L. Clark, second from left, and Nassau County Executive Thomas S. Gulotta recently presented citations to Dennis Mitchell, third from left, and Patrick Russell, third from right, both members of Boy Scout Troop 64 of Hicksville. Mitchell and Russell were honored for achieving the rank of Eagle Scout. Also on hand for the event were Asst. Scoutmaster Joseph Lakis, left, and Scoutmaster John Russell.

Local Issues



Oyster Bay Town Councilman Leonard B. Symons, center, recently discussed local issues with members of Hicksville's Southwest Civic Association. On hand for the occasion, left to right were, Financial Reporter Linda Sheinwold, President Ray Manzo, Recording Secretary Bill Norton Taylor and Corresponding Secretary Jenny Anderson.

Resident Honored



Fred Hagemann, Jr. was honored at the Court Officers Benevolent Association 18th Annual Awards and Dinner Dance held Friday evening, October 2, at the Renaissance Galaxie in Plainview. Shown here is Fred with his award as "Member of the Year" and his partner Tommy Lango (formerly of Hicksville.)

THIS ISSUE

This issue is complete in three sections. The first section contains all of the local news and photos. The second is a special edition on Health and Fitness containing many specially prepared articles on health and how to keep fit. The third section is Discovery Magazine, a complete magazine section for the entire family with columns, photos and the most complete local classified advertising section in this area.

Christmas Oratorio

The Senior Choir of the United Methodist Church of Hicksville, Old Country Road at Nelson Avenue, Hicksville, will present "The Christmas Oratorio" by Camille Saint-Saens, accompanied by a string ensemble, harp and organ on December 13, at 4 p.m. The Oratorio will be "Cantique de Jean Racine," by Gabriel Faure.

Dr. Prentice E. Whitlock is the Minister of Music.

St. Ignatius Awards

Overdue congratulations are in order for St. Ignatius Loyola School students who achieved awards at science fairs last spring at Bishop Kellenberg Memorial High School and at Chaminade High School. Chaminade H.S. Science Fair

- 1st Place:
Jason Amplo
St. Ignatius Class of '92
Michael Totino
St. Ignatius Class of '92
- Project:
Effects of Acid Rain
- 2nd Place:
Nicholas Donohue
St. Ignatius Class of '93
Omar Syed
St. Ignatius Class of '93
- Project:
Electrolytes
- Bishop Kellenberg Mem. H.S. Science Fair
- 1st Place:
Jason Amplo
Michael Totino
- 2nd Place:
Megan Quinn
St. Ignatius Class of '93
Melissa Zoleta
St. Ignatius Class of '93
- Project:
Electrolytes
- Bishop Kellenberg Mem. H.S. Science Fair
- 1st Place:
Jason Amplo
Michael Totino
- 2nd Place:
Megan Quinn
Melissa Zoleta
- 3rd Place:
Nicholas Donohue
Omar Syed

Committee To Explore Uses For Closed Bldg.

By Maureen Traxler

Seeking to move ahead after its vote in mid October to close East Street School, the Hicksville Board of Education last week discussed the formation of a citizens building utilization committee with a charge to review possible future use for the building, either by the district or by an outside organization. But some parents who attended the October 29 meeting expressed dissatisfaction with the Board's new drawn attendance lines and the absence of a so-called ripple effect to the redistricting.

The Board chose to establish the new committee with a makeup closely resembling that of the Willet Leasing Committee following the close of Willet Avenue School. The committee will be composed of one representative from each PTA building unit, with the exception of East Street which will have six representatives, three being designated from the community and having no children in the school; and one representative from the Hicksville Community Council and one from each civic association. Each group will be asked to forward the name of their representative to the Superintendent by Friday, November 13. The Board requested Superintendent for Business Stuart Opdahl to serve as an administrative advisor; there will be no appointed liaison from the Board.

Trustee Richard Pfaender felt the committee's activities should include "brainstorming ideas for use of the East Street School building." He added that the group could bring fresh ideas, possibly things that haven't been thought of before. Mrs. Wolfe added that the committee should prioritize what they would like to see in the building. Superintendent Mugavero reminded the board that administration has a file of requests from various prospective users.

But even as the trustees moved forward on this front, several parents came before them to object to the new placement of their children for next September. Mrs. Norma Herbst presented the Board with a petition signed by residents in the numbered streets whose children will be moved from the Lee Avenue attendance area of Old Country Road. She said that these children will be separated from the other children they go to school with by such major roads as Newbridge Road, Division Avenue and Jerusalem Avenue.

Another resident from the East Street neighborhood asked "where will our children play?" Trustee Dave Staton said that there is a common view that strong consideration be given to providing district use of school fields and grounds during hours when a tenant would not be using the building. He suggested that these concerns be brought to the utilization committee when it begins its deliberations.

Resident Peggy Theis noted that the redistricting lines provided no movement of students in four school buildings. She also pressed the Superintendent as to the staffing of special area teachers in the new plan. The Superintendent replied that he was "not ready to commit to anything at this time," and that his "hope is that we will have special area teachers" for each of the elementary buildings.

Board President Helen Lafferty said that the Board had worked to complete the attendance map for presentation with the motion to close a school and the final map was presented and accepted by the Board at that time. The Board acted in this fashion in order to comply with sentiment in the community. She added that if any parent "believes they have a special situation or problem" with regard to their new attendance area, they should write a letter to the Superintendent of Schools, stating the reasons and requesting a conference.

With regard to several parental requests to allow next year's 5th graders to remain with their original class for elementary graduation, Mrs. Lafferty said that this situation is being studied by Administration and the Board, and the Board will notify the public at a future date.

In other business, the Board accepted the report of the district's independent auditor, Peat Marwick, for the school year ended June 30, 1992. Company representative Ron Stager said that the Hicksville School District is in "very strong financial condition." He added that the district had "kept within budget expenditures," finishing the year \$1.7 million below budget, reflecting budget controls implemented during the year. Another area of review is the

Letters

To the Editor:

The purpose of this letter is to address the remarks being made that the Hicksville Board of Education did not abide by its stated criteria in removing the K to 5 program from the East Street School effective with the 93-94 school year. I cannot and will not speak for anyone else on the Board other than myself. I will be glad to share all supporting maps and materials with anyone who cares to see them.

My first choice for closing was Dutch Lane because I felt it accomplished the most with the least pain. Had Dutch closed, the children would have been divided between Old Country Road School and Fork Lane. The number going into Fork would have required a small section of the Fork zone to be moved to Lee Avenue. The final outcome of this scenario would have been: OCR, Fork, and Woodland fully utilized, Lee underutilized, and East and Burns untouched and underutilized. Yes, there was discussion of moving Woodland children to Burns and/or East. The number of children in question for these scenarios did not, in my opinion, accomplish enough to justify their movement. Another outcome of the above would have been and outcry from the Fork-to-Lee parents similar to that of the Lee-to-OCR parents--that the Board is unfairly moving such a small group to a new school.

I also considered Fork Lane for closing. Those children would have gone to Dutch Lane and Lee Avenue in groups large enough so that no one would have felt isolated or alone. The final outcome: Dutch, Lee, and Woodland fully utilized, East, OCR and Burns untouched and underutilized. Again, I felt the movement of Woodland children was not worth it for what was finally accomplished. One scenario called for the Hillside Terrace area (70+ kids) to be moved to East. This would have brought Woodland's utilization down to OCR's and Burns' level (at or below 80 and East's utilization up to a similar level. This came down to philosophies--do we optimize as many buildings as we can or do we move children in a conscious effort to reduce utilization? I chose the former.

The closing of Old Country Road offered a few redistricting scenarios. The simplest one moved Duffy Park children to Burns, the "triangle" in the center of town to East, and the rest of OCR to Dutch. This plan put Burns and Dutch over

100 utilization and would have bumped Dutch kids into Fork. The final outcome was Burns, Dutch, and Woodland full Fork, Lee, and East under-utilized. Do we see a pattern developing here?

Another OCR plan called for children south of Old Country Road going to Dutch (again bumping Dutch kids to Fork) and Duffy Park going to Lee. This resulted in Dutch, Lee, and Woodland being well utilized, Fork underutilized, and East and Burns untouched and underutilized. This also required Duffy Park children, most of whom are not eligible for busing, to travel across three main roads to their new school.

Next we come to the Great Parity Maker, Lee Avenue. Closing Lee would have moved kids to East, Fork, and probably OCR, thus dividing their student body three ways. If parity (equal population of buildings) was our only goal, closing Lee would have accomplished it. I felt the splitting of Lee kids in three directions was too high a price to pay for this balance of population. I also had trouble accepting the fact that with our two largest buildings in close proximity to one another, we would choose to close the newer, larger, better equipped building and leave open the older, smaller, lesser equipped building.

The closing of East and the resultant rippling leaves us with the same end result as the other scenarios: three buildings (Woodland, Lee, Fork) well utilized and three (Burns, Dutch, OCR) underutilized. Dutch will actually be full but will have an underpopulated K-5 program and OCR will have the highest average class sizes in the district. This leaves Burns as the biggest question mark but it is also the building with the most unique geographic and demographic makeup.

As you can see, none of the scenarios worked out perfectly. Each Board member and each member of the community can examine these plans and offer their own adjustments based on individual goals and/or philosophies. Voley Martin and I campaigned on a platform that contained the promise to close at least one elementary school during our first year. We informed the community of the buildings we would and would not consider. With the exception of the East Street area, we received majority voter support in all the schools, including those we publicly acknowledged considering for closure. We visited (separately) all the schools we considered. We arrived at different first choices based on our own criteria.

I have no vendetta against anyone's children or building. I

stated my reasons for removing the K-5 program from Dutch Lane; most of the other Board members knew how I felt. After seeing my motion fail, I felt no shame in voting for my alternate choice and fulfilling the promise I made during my campaign. That promise was made as a result of seeing my community agonize over the school closing issue for too many years, and the crying need to put it behind us and move on.

I won't patronize the East Street parents or offer empty condolences. I regret that Hicksville is being forced to close schools. It is a lose-lose situation for the Board and the community and the bitterness will linger. Regardless of which school had closed, the final outcome would have been, imperfect, unless the Board considered closing two schools, a radical action which was briefly considered and then abandoned at Administration's recommendation.

Most of the concerns that have been expressed are legitimate but no one, repeat-NO ONE--should assume that their concerns are more important or more valid than anyone else's.

David M. Staton

Board of Education

P.S. As for my stated intention to update the taxpayers on who is siphoning money away from our kids, that promise stands. When asked if I would report on other litigation costs I answered no because none of our other litigation has resulted from someone being unhappy about the Board making a decision we were elected to make.

Lee Students Honor The Flag



Jason Gonzalez



Kathleen Hyde

Students at Lee Avenue School held a special ceremony to pay honor to the flag. Throughout the school, students studied the history and significance of their country's flag. Two students, Kathleen Hyde and Jason Gonzales, shared their original compositions on the "Meaning of the Flag" with their fellow schoolmates. Kathleen summed up her feelings about the flag in this way, "This flag symbolizes your rights to be who you are and do what you want to do." To Jason the flag is representative of "all of this country's hard-working armed forces and of the most important object, which you cannot hold but surely want, freedom."

Jottings From Yesteryear

By Bill Clark

While watching a Charles Bronson movie on TV, I came across a 1963 advertisement for "The Great Escape" with Garner and Bronson. Where are all those shows like "Route 66," "Hitchcock Hour" and "Sunset Strip?" Even then, news items somewhat resembled today's, like U.S. and Private school aid drive for and against. Also an item stopping birth control devices being given out on sidewalk of a local town.

This morning, noting the traffic on Old Country Rd. made me think of my folks in the early 30's. When we lived on O.C. Road.

Mother would drive father to Hicksville RR depot, but at

times realized the train was arriving, they would turn around and drive to the Mineola depot in time to catch the same train. Try that nowadays, and the speed limit was 30-35mph.

Early this A.M. I turned on the radio before sunrise. The station from Cleveland comes in at the same spot on dial as WHLI when they are not on the air. While dressing and having breakfast the political ads other than the names sounded like they rented tapes from around here and just changed names. Well, Halloween has passed with many well behaved costumed visitors. I should have had my camera. Years ago we would have up to 119 visitors for the day.



Fire was 28 years ago this week at 270 Old Country Rd. Asst. Chief Mel Voorhies, Glen Munch and Henry Hawkins were some of the Hicksville Fire Department attending the fire.



Same area - Cooky's at fire location and Animal Hospital at 204 O.C. Road, where white bungalow as before road widening. Both homes built by Chas Iggulden.

Photos by Bill Clark

Babysitter Course For Teens

A Red Cross babysitting course open to boys and girls 12 years and older will be held at the Hicksville Public Library on three consecutive Tuesdays, November 10, 17 and 24, from 3:45 to 5:15 p.m. First aid, fire safety, and handling emergencies as well as such basics as feeding and entertaining little ones will be taught, and a Red Cross certificate will be awarded upon completion of all three sessions.

Registration is now going on at the Hicksville Youth Council, 175 W. Old Country Road. There is a \$5 chage for the course, payable at registration. Further information can be obtained by calling the Hicksville Youth Council at 822-7594.

Senior Citizen Luncheon Sold Out

Tickets for the Hicksville Public School District's 1st Annual Fall Luncheon for Senior Citizens have been sold out. The 175 tickets for the luncheon were purchased in an incredibly short period of time by Senior Citizens throughout the community.

Residents who wish to be placed on a waiting list in the event of cancellations may contact the Hicksville Public Schools at 733-6679. Individuals on the waiting list who are unable to be accommodated for the Fall Luncheon will be given preference for a luncheon to be held by the District in the spring.

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H.H.S. Annual Homecoming Fair

The 1992 Hicksville High School Homecoming proved to be a funfilled day for the entire community. Fellow students and onlookers cheered as the colorful parade of students and floats proceeded across Jerusalem Avenue, down Second Street and over to Division Avenue to the High School. The excitement mounted as each class cheered their float on in the competition for the winning float. In the end, the victors were the Junior class with their giant football horseback rider float.

There was something for everyone at the Homecoming Fair sponsored by the Council of PTAs. Youngsters thrilled over pony rides and the castle bounce; students of all ages had their faces painted; everyone enjoyed games of chance. Some fearless souls, including School Board members Richard Pfaender and David Staton, braved the waters as they were "dunked" in the dunking booth, all in the name of fun. If fun wasn't enough to suit your fancy fantastic foods were available at booths throughout the fair. Student clubs and activities, as well as school PTAs sponsored the many fair booths. This huge undertaking was coordinated by Pat Love, High School PTA President with assistance from Elaine Clancy, Nancy Callari, and Marie McEneaney as well as many other PTA volunteers. Student participation was coordinated through the efforts of Nancy DeSorbe, Business Education Coordinator at the High School. In addition to providing everyone with a wonderful day, the PTAs raised enough money to enable them to award eight four hundred dollar scholarships to graduating seniors.

The excitement continued as the Hicksville High school Comets met high ranking Uniondale on the football field. The Comets gave it their all as they challenged Uniondale. Although a victory may have enhanced the euphoria of the day, Hicksville was proud of their team.

Fans were treated to a colorful and exciting array of talented Hicksville High School performers at half time. Members of the marching band, cheerleaders and kickline entertained fans with their enthusiastic and outstanding performances. The Homecoming King, Queen and Court, a high point of the festivities, were announced at half time as well. Joe Belluomo and Danielle Hagan were named King and Queen. Freshman Nicole Lisa, Sophomore Jill Salamone, and Junior Kim Culver were named Princesses of the court.

Roller Skating Get Together

On September 26, Miss Kellert and the students in class 2.2 at Saint Ignatius Loyola School met for a roller skating get together at United Skates of America Roller Rink. The class had fun skating during the children's session from 10 a.m. to 12 p.m. It was exciting to see the Skate-a-Saurus and help one another stay up on skates. Even parents got on wheels! There were also some fourth graders who came along for the fun.



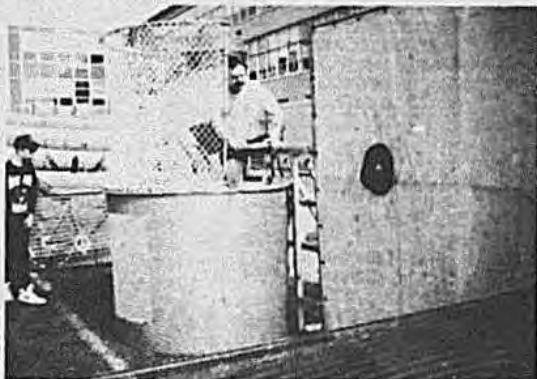
Court - left to right: Kim Culver, Jill Salamone, Nicole Lisa.



King Joe Bellaomo; Queen Danielle Hagan.



Marilyn Pagano



Board Member Dave Staton



Woody's Wheel



Hicksville Cheerleaders



Junior Class members winning float trophy

Fire Safety Trailer At Burns

On October 27 and 28, the children from Burns Avenue School had the opportunity to participate in the Fire Safety House Trailer. This program was organized by Mrs. D. Weintraub, School Nurse, in cooperation with Chief DiMonda from the Vocational Education and Extension Board.

Chief DiMonda, along with firefighters Chief John Wolfe, Don Hayde, Carol Galgano, Ken DiTata and Pat Shields, reviewed fire safety concepts with the students as well as taking them through the trailer

under simulated fire conditions. The students learned to test a closed door to determine if it is safe to open. If it is not safe to open the door, they were taught how to escape by climbing out a first or second floor window and down a ladder to the ground by crawling on the floor under a layer of smoke.

The children received safety brochures as well as fire drill information for their homes and were encouraged to share their knowledge with their parents and family.



Steven Kovacs "escapes" from Fire Safety Trailer during Burns Avenue School's Fire Safety Program.



Burns Avenue 5th grader April DeStefano and classmates escape from smoke filled Fire Safety Trailer during Fire Safety Program drill. Students were assisted by Hicksville Firefighters.

News From VFW Post No. 3211

By P.P.C.
Carmine A. Somma
Veteran's Day Services

On Wednesday, November 11 the Masonic War Veterans, Henry Biel Post 46, the Host Post and the Hicksville Combined Veterans Organizations, and the Ladies Auxiliary will hold a traditional Veterans Day Service at the Hicksville Middle School located at the corner of Jerusalem Avenue and 4th Street. Services will start at 10 a.m. All are welcome.
Las Vegas Night at the V.F.W. Hall.

The next Las Vegas Night at the V.F.W. Hall at 320 So. B'way, Hicksville will be on Nov. 14. Games start at 7:30 p.m. to 12 Midnight.

The games are Black Jack, Roulette, Joker Seven, Big Six, and Beat the Dealers.

Our next scheduled Las Vegas Night will take place on January 9, 1994. For more information or directions call the V.F.W. Hall at 931-7843. In 1993 games are scheduled from January to November always on the second Saturday of each month.

Frank Pendl Traces Fire Protection

At its October meeting The Central Park Historical Society sponsored a program prepared by Frank Pendl, former Chief of the Bethpage Fire Department, a Nassau County Fire Marshal for 22 years and researcher into the history of Firemanics. His presentation created an awareness of the necessity of preserving our local history and memorabilia for posterity.

He used self prepared transparencies to illustrate his program which covered a wide range of topics. He discussed the longevity of the fire departments and the place they occupy in the town government structure. Bethpage Fire Department has one of the most reasonable tax rates among the Town's departments. The Hempstead and Glen Cove Fire Departments are the two oldest.

Most interesting was the derivation of equipment and customs. The Dalmatian which many of us consider a mascot was used to control the crowds which often ran along with the fire trucks. From his collection of antiques he displayed an old Captain's Trumpet which was used for shouting orders to the firemen over the noise of the crowds. The Fireman's Shield during the Middle Ages was called the Cross of Malta. Many famous Americans wore this shield.

George Washington was a fireman and Peter Stuyvesant appointed the first Fire Patrol. An early founder and member of the Volunteer Fire Fighters was Benjamin Franklin.

The Town of Hempstead issued the first fire prevention ordinances. They specified the types of ladders and water receptacles. They also urged building with fireproof materials. Water supplies were developed to assist in fire fighting. Mr. Pendl displayed a handmade water bucket which held 2-3 gallons of water. The traces of this method of supplying water may be found at fire tournaments in which one of the events is the water toting contest. He discussed the origin of fire plugs including how the color of these was a clue as to the amount of water which they are able to deliver.

Foremost in the mind of the fireman is the intention to be of service to the community which he protects. This sense of pride and feeling of unity is reflected in the uniforms they wear. Those of us in Bethpage are proud to have such a handsome group representing the Bethpage Firemen. One of the early Bethpage Fire Department uniforms donated to Mr. Pendl by the late Bob Gillespie a member of the department gave testimony to this feeling.

The dedication of the Bethpage Fire Fighters throughout the years can be felt when one enters the hall itself. It is surprising to see the memorabilia they have of bygone days. It is the nucleus of a museum which springs to life when one of the volunteers describes the collection. It should be on display in an environment which can be seen by all.

Mr. Pendl is devoting his energies and time now that he is retired to developing a site for a repository which could serve

as a museum and receptacle for all this memorabilia. Perhaps, there are other organizations and individuals who are willing

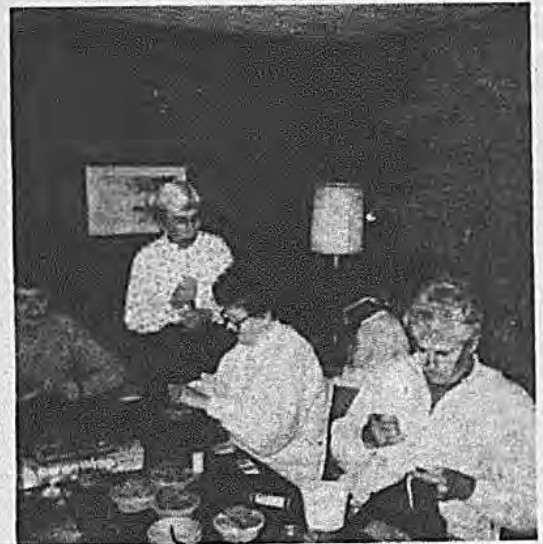
to lend their efforts to make this a reality. The Central Park Historical Society supports any attempt to develop this concept.

Middle School Soccer



Hicksville Middle School's 8th grade soccer team: Dennis Aberle, Charles Bennardo, Anthony Bianco, Keith Cromwell, Ryan Donovan, Keith Dubon, Craig Finn, Chris Giacopino, Derrick Golden, Kirk Golden, Chris Hsley, Peter Mazzurco, Kenny McCullough, Chris McGunnigle, Tom Morillo, John Park, John Stamatinos, and Michael Stino. The next home game will be November 4, at 3:30 p.m.

Community Church Christmas Crafts



The men and women of the Community Church of Syosset, United Church of Christ, are putting the finishing touches on the unusual, handcrafted treasures for the Annual Christmas Crafts Corner, to be held on Saturday, December 5, from 10 a.m. to 4 p.m. These dedicated people have worked every Tuesday night since last February in preparation for this event.

The colorful green banners will soon fly again in the Fellowship Hall, guiding visitors to tables laden with homebaked goods, wooden handcrafted toys, beautiful knitted and crocheted scarves, hats and mittens, personalized Christmas ornaments and fresh poinsettia plants. A new table this year will feature inexpensive items children may purchase for their mom or dad.

Mark your calendar now with a big red circle - save Saturday, Dec. 5, for a fun-filled experience. Please call the church office at 921-2240 if you have any questions. The Community Church is located at 36 Church St., Syosset, north of the railroad station.

In photo left to right: Elle Becker, Joan Relsacher, Martha Rohr, Bill Relsacher, Terry Duncan.

In Service

Navy seaman Recruit Russell L. Gobetz, son of Matt F. and Barbra E. Gobetz of Corona Drive, Bethpage, recently com-

pleted basic training at Recruit Training Command, Great Lakes, IL.

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Cunningham-Ene Wedding



Mr. and Mrs. Dan Ene

Mr. and Mrs. Charles P. Cunningham of Hicksville take pleasure in announcing the marriage of their daughter, Kathy Anne, to Mr. Dan Alexandru Ene, son of Dr. and Mrs. Constantin Ene of N.Y.C.

The ceremony took place on July 17 at St. Ignatius Loyola R.C. Church, Fr. E. Tarrant officiating.

The bride's sister and brother-in-law, Margaret and Coleman Kent, were Matron of Honor and Best Man. Her nieces, Erin and Lauren Cunningham, the

groom's sister, Ilenca Ene, and Mary Chepak, were bridesmaids.

The reception was held at the Metropolitan, in Glen Cove.

Mr. Ene is associated with the Ritz Carlton Hotel in Manhattan, and Mrs. Ene is a fashion designer.

She designed her gown which was made of silk covered with pearls and lace.

The happy couple honeymooned in Rumania, Greece and Switzerland. They will reside in N.Y.C.

Audition For 'The King And I'

The Mid-Island Y Jewish Community Center's Young People's Community Theatre presents Rodgers and Hammerstein's "The King and I." Auditions for children in grades 3-12 are Wednesday and Thursday, December 9 and 10, 6:30-8:30 p.m., at the JCC, 45 Manetto Hill Road in Plainview.

"The King and I" will be per-

formed at the JCC March 27, 28 and April 3, 1993. The director, Jegana Martin, is an accomplished director at the Way Off Broadway Theatre in Queens. Besides her technical talents, Jegana loves working with kids and bringing theatre into their lives.

For more information, call Lynda Center at the JCC at 822-3535.

Three Bethpage Students Honored

Three students from Bethpage High School have been honored by the vocational programs they attend on a half-day basis. Irene Benetos, who is studying Advanced Cosmetology at Levittown, has been named the President of the Opening and Closing Ceremonies at a special VICA Conference in Albany on November 6, 7 and 8. The Conference is designed to train officers to run a successful club. She will attend sessions on parliamentary procedure, public speaking, fundraising and will be tested for a Statesmanship Award.

Erik Kauhaus, another Bethpage senior, was named Student of the Month in the Advanced Carpentry Program at Nassau Tech in Bethpage. He is honored for surpassing his classmates in production, attitude, study and safety.

Robert Isernia, a Bethpage junior, was also honored for similar achievements in Carpentry I at Nassau Tech. The teachers are proud of these students and are confident that this will continue in the future.

Program Canceled

The Preventive Nutrition Program that was going to be held at the Hicksville Public Library on Tuesday, November 17, at 7:30 p.m. has been canceled. The library regrets any inconvenience this may have caused.

LEGAL NOTICE SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU

STAR SPORTS CORPORATION, Plaintiff, against RMS COMPUTER SERVICES, INC. and RICHARD REIN, Defendants. Index No. 12392-91. SERVICE BY PUBLICATION. TO THE ABOVE NAMED DEFENDANTS:

You are hereby required to answer the motion in this action by Pryor & Mandelup to withdraw as attorneys of record for Defendants on or before December 16, 1992.

The foregoing motion is served upon you by publication pursuant to an Order of Hon. Gabriel S. Kohn, a justice of the Supreme Court of the State of New York, signed the 30th day of October, 1992, at the Supreme Courthouse, Nassau County, Mineola, New York.

The action is for breach of contract.

PRYOR & MANDELUP

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MIT 2628
4x11/8, 13, 20, 27

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In Service

Navy Seaman Recruit James B. Buonagura, son of Joseph A. and Barbara V. Buonagura of Bloomingdale Road, Hicksville, recently completed basic training at Recruit Training Command, San Diego.

Studies include seamanship, close-order drill, naval history and first aid.

The 1992 graduate of Bethpage High School, Bethpage, joined the Navy in August 1991.

Hicksville Fire Football

On Sunday, Oct. 25, the Hicksville Fire football team kicked off against the hard hitting Inwood Buccaneers.

Hicksville's offense was impressive with an outstanding job done by Michael Donohue, guard.

Defense was strong. Gary Bretton, corner back, Sherief Elbedewe, safety and Danial Gilmor, defensive guard all did a great job. The entire team played an excellent game!

Christmas Fair At Holy Spirit

Holy Spirit Christmas Fair will take place in the auditorium Saturday, Nov. 14, 10 a.m. to 6 p.m., and Sunday, Nov. 15, 9 a.m. to 2 p.m. There will be many handmade items, stocking stuffers, etc. Santa will be there!

'Prince Of Peace' On Dec. 6

The United Methodist Church of Hicksville, Old Country Road at Nelson Avenue, Hicksville, will present "The Prince Of Peace" by Anne E. Pierce by all the choirs: Carol, Wesley, Joyful Noise, Confirmation and Youth on Sunday, December 6, at 4 p.m. It will be divided into 3 sections: "Prologue," "The Shepherds," "The Manger at Bethlehem." The congregation will sing 9 carols which supplement the Biblical readings for the Pageant.

Dr. Prentice E. Whitlock is the Minister of Music.

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TO: EDUARD UDO THODE
JOHANN HEINRICH THODE
MARIE NELLY THODE
WOLFGANG FRIEDRICH THODE
FRIEDRICH LUDWIG HUGO VAN HOVE, and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next of kin of said Henry Thode, deceased and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or place of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

GREETINGS:
WHEREAS, Myra Glansante who is domiciled at 126 Lee Avenue, Hicksville, NY, has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the first day of June, 1988 relating to both real and personal property duly proved as the Last Will and Testament of Henry Thode deceased, who was at the time of his death domiciled at 151 Cottage Boulevard, Hicksville, NY in said County of Nassau.

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 16th day of December 1992 at 9:30 A.M. of that day why the said Will and Testament of Henry Thode should not be admitted to probate as a Will of real and personal property.

IN TESTIMONY WHEREOF,
We have caused the seal of the Surrogate's Court of our said County of Nassau to be hereunto affixed.

WITNESS, HON. C. RAYMOND RADIGAN
Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 16th day of Oct. 1992
Albert W. Petraglia
Clerk of the Surrogate's Court

This citation is served upon you as required by law. You are not obliged to appear in person. If you fail to appear, it will be assumed that you consent to the proceedings, unless you file written verified objections thereto. You have a right to have an

LEGAL NOTICE
attorney-at-law appear for you.

A TRUE COPY OF THE WILL MUST BE ATTACHED TO THIS CITATION
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Attorney for Petitioner,
Office & P.O. Address
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Hicksville, N.Y.
11801
(516) 938-1717
MIT2625
4x10/30; 11/6,13,*

LEGAL 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, November 17, 1992, at 8 o'clock p.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 AMOCO OIL COMPANY, Lessee and DAWSON HOLDING COMPANY, Fee Owner, to raze and rebuild an existing gasoline filling station, without the subject premises on a 24 hour basis in a "C" Business District (General Business), on the following described premises: ALL that certain plot, piece or parcel of land situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau, State of New York, which is bounded and described as an irregularly shaped parcel located on the southwest corner of North Broadway and 16th Street, having a frontage of 108 feet on North Broadway and a frontage of 101.05 feet on 16th Street. Said premises has a street address of 300 North Broadway, and described as Section 11, Block 299, Lot 606A and 606B 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:
October 20, 1992
Oyster Bay, New York
MIT 2625
1X 11/6

Two Winners Fire Prevention

Two students from Saint Ignatius Loyola School were among the winners in the annual Fire Prevention Poster Contest sponsored by the Hicksville Fire Department. Lauren Ventimiglia from grade 1.1 was a second place winner. Thomas Pereira from grade 5 was a third place winner.

The Fire Department hosted the award ceremony on Sunday, October 11 at the Hicksville Fire House. Each winner received a trophy and a nylon book bag with the Fire Department emblem on it.

Congratulations to Lauren, Thomas, and all our students who entered the contest!

LEGAL NOTICE

Notice is hereby given that SEALED PROPOSALS for INSTALLATION OF WATER MAINS AND APPURTENANCES DANTE AVENUE TRANSMISSION MAIN 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, November 19, 1992, at which time and place they will be publicly opened and read.

Instructions for Bidders, Proposal, Plans and 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, November 5, 1992. A deposit of Fifty Dollars (\$50.00) is required for each set of documents furnished, which will be refunded to bidders who return plans and 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 bonds, payable to the Hicksville Water District, in a sum equivalent to five percent (5%) of the total amount of the bid, and a commitment by the bidder that, if his bid is accepted, he will enter into a contract to perform the work and will execute such further security as may be required for the faithful performance of the contract.

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

BOARD OF COMMISSIONERS HICKSVILLE WATERDISTRICT
Richard A. Humann,
Chairman
Nicholas J. Brigandi,
Treasurer,
Gilbert E. Cusick,
secretary

Dated:
October 27, 1992
MIT 2627
1X 11/6

Grumman Delivers To Postal Service

Grumman Corporation delivered the 100,000th mail truck to the U.S. Postal Service recently during a ceremony here at Grumman Allied's Long Life Vehicle facility.

"The LLV continues to be a real success story," said Grumman Chairman Rensu Caporali. "We're pleased to have our customer's vote of confidence, and we look forward to continuing our close relationship with the Postal Service."

Grumman will build more than 142,600 Long Life Vehicles for the U.S. Postal Service under existing contracts. The Postal Service also has options to order additional units.

After winning the initial contract in 1986, Grumman expanded, redesigned, and retooled its Montgomery plant, where it has been building trucks for 20 years. It took only nine months to get a state-of-the-art production line started.

The Long Life Vehicle's all-aluminum body, designed to save weight and resist corrosion, is mated to a derivative of the General Motors S-10 chassis. It has the same cargo capacity as the Postal Service's one-half-ton trucks, but it is 800 pounds lighter. The LLV's cargo capacity is double that of the postal jeeps.

The first LLV was delivered in April 1987. Currently, the 580 employees at the Montgomery facility are producing about 100 LLVs per day. The people at the Montgomery facility have made continuous product improvements and shaved minutes off the time it takes to make the LLVs. In 1989, Grumman was named a U.S. Postal Service Quality Supplier of the Year.

Grumman Corporation is

best known as a leading international aircraft and aerospace company. Other businesses range from sophisticated integrated information and electronics systems to U.S. Postal Service delivery trucks. Headquartered in Bethpage, Grumman employs more than 21,000 people. Revenues were \$4 billion in 1991.

In Service



Navy Seaman Recruit Eric Basta, son of John J. and Karen L. Basta of 29 Fork Lane, Hicksville, recently completed basic training at Recruit Training Command, Great Lakes, IL. During the cycle, recruits are taught general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 occupational fields. Studies include seamanship, close-order drill, naval history and first aid. He is a 1992 graduate of Hicksville High School.

School Tax Rates For Dist.

Final 1992-93 school tax rates for the Bethpage Union Free School District are as follows:

The 1992-93 Class I (residential) school tax rate of \$35.810 per \$100 of assessed valuation represents an increase of \$.951 (2.73%) over the 1991-92 school year's Class I tax rate. This increase is \$.989 less than the

\$1.94 increase which was estimated during the budget making process and which appeared in the budget brochure.

Class I - \$35.810, Class II - \$23.107, Class III - \$40.726; Class IV - \$32.726. Prior year's (1991-92) tax rates for Classes I through IV were \$34.859, \$23.473, \$45.650, and \$29.856, respectively.

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Jericho Jewish Center Celebrates Sukkot

What makes the Jericho Jewish Center run so smoothly is the interpersonal relationships among the Hebrew School, the Nursery School, the Sisterhood, the Men's Club, the Youth Group, Parents' Council and the Rabbi and Cantor.

their functions. What helps the functions run so smoothly is the participation of the members in helping arrange before the event, set up during the event, and clean up after the event. Who benefits? ... Everyone, especially the children.

If you can help arrange, set up, or clean up, we need you. If only a few do it all then the smooth operation of the Jericho Jewish Center will turn into utter chaos. Call the Jericho Jewish Center at 938-2540 and volunteer.

On Sukkot, the Parents' Council bought cake and juice for the Hebrew School and the Nursery School to be enjoyed in the Sukkah. The Parents' Council bought gifts for the children who participated in the Build-Your-Own-Sukkah Contest, and Parents' Council was in charge of decorating the Sukkah, and Parents' Council assisted with the Simchat Torah Family Service, along with the Rabbi, Cantor, and Mr. Goldberg.

Mr. Goldberg, Principal of the Hebrew School, handed out Lulavim. (Lulav is the green stalk made from different trees), and Etrogeem, (Etrog is the fruit resembling a lemon), to the children, and taught them how to bench (use them in prayer) and of course, the meaning of them and how it relates to the holiday.

Sisterhood catered a complete extended kiddish for all after the services. In the Sukkah on the first day of Sukkot.

The Men's Club was on hand to help the Parents' Council decorate the Sukkah.

The Youth Group made challenging Sukkah decorations with needle and thread, geared to the various age levels with Mother Nature in mind.

Due to the good communication, even the special rooms are shared among the groups and

Long Island Brass Guild Performs

The Long Island Brass Guild, a seven-piece band replete with local talent, will sound forth with a Renaissance to Rages recital on Friday, November 20, at 8:15 p.m. in the Hicksville Public Library. Music by DuBois, Holtz, Morley, Joplin and Stein will be interspersed with commentary.

"The group has come quite a way from its start with three members in 1974 to its present seven instrumentalists," commented Dabe Schechter, the band's founder and musical director.

Performing on trumpet are Doug Mendocha and John Zalewski (a teacher at Lee Avenue School, Hicksville). On French horn are Susan Larsen (a Hicksville graduate married to Don Larsen, Hicksville Middle School band director) and Bonnie Payson. Tenor and bass trombones are manned by Willard Sprague and Dave Schecher, respectively, while Jeff Furman plays the tuba.

The Hicksville Public Library and the Town of Oyster Bay Department of Community & Youth Services, Cultural & Performing Arts Division, are co-sponsoring this concert as part of CAPA's Distinguished Artists Concerts, 1992/1993.



These children from the Jericho Jewish Center Nursery School were helping to decorate the Sukkah with some art projects from their classmates - Melissa Lustrin and Sara Leiman.



These children were helping to decorate the Sukkah with some "fruitful" art projects - Michelle Krauser and Daniel Markowitz.



These children were singing a Sukkot song, as they displayed their class decorations made especially for the Sukkah - Carol Schwertzer, Michael Breidbart, Stacey Levine, Danielle Stern and Danielle Saporta.



Carol Greenberg, Director of the Jericho Jewish Center Nursery School with the sun coming down on her from the open aired Sukkah was teaching the children about the Lulav and Etrog, by singing a cheerful Sukkot song.



Michael Breidbart certainly knows how to properly hold an etrog and shake a lulav, Jewish customs that he learned at the Jericho Jewish Center Nursery School.

Story and photos by Dale A. Simons

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K. Of C. Installs Staff

By PGK Vincent Murphy
 On September 15, the Joseph Barry Council held its installation of officers for the fraternal year 1992-1993. The following officers were installed:
 GK - Joe Leo Jr., DGK - Tony Previte, Chancellor - Neil McGinnis, Recorder - Heinz Baumgartner, Treasurer - James Logan, Advocate - PGK Arthur Schreiber, Warden - John Rizos, Inside Guard - Phil Baumgartner, Outside Guards - Mike Galgano and Bill McGough, Trustee (3 yrs.) - Steve Stiehle and Lector - Joe Burafato.

One of the main events coming up for GK Joe Leo Jr. was the Quincentennial Celebration of the 500th year founding of the New-world by Christopher Columbus. The chairman of the celebration was Jim Carroll (State Warden and PGK of Joseph Barry Council). The celebration started on October 6, with the welcoming of 42 new members who took their 1st degree. The 1st degree was held in honor of the past Grand Knights of the council. The 16 Past Grand Knights that were present were presented with a plaque from the present Grand Knight. The degree, a wood etching of Christopher Columbus (made by brother Joe Leo, father of GK Joe Leo Jr.), was presented to Chairman Jim Carroll. Jim Carroll thanked Joe Leo for a job well done. All then enjoyed a repast prepared

by the Worthy Lector, Joe Burafato.
 The next event of the celebration was the Quincentennial Dance held at the Council Club house on Friday, October 9. The dance was attended by approximately 150 people. There was a hot buffet dinner and dancing to a live band. Everyone had a good time. The food was good and the music was good. Everyone enjoyed the beautiful cake made for the occasion by the students at Boces. The dance was chaired by PGK Frank Gariboldi and PGK Ed Kelly.

The closing of the celebration took place on Monday, October 12, with a Columbus Day parade. Chairing the parade was our Worthy Warden John Rizos. The parade started at 9 a.m. going down Broadway to Old Country to Jerusalem Avenue to the Middle School and a short ceremony was held. The Grand Marshal was PGK and District Deputy of the 15th District, Bill Henne. Grand Marshal of the parade was Monsignor James Lisante. The Grand Knight and the Chairman of the parade would like to thank everyone who took part in the parade.

Grand Knight Joe Leo Jr. and PGK and State Warden Jim Carroll, Chairman of the Quincentennial would like to thank everyone who took part in any of the celebrations.

Pictures by PGK Ed Kelly



State Warden Jim Carroll presenting GK Joe Leo, Jr., with Quincentennial Award.



Pictured GK Joe Leo, Jr., PGK Frank Gariboldi, teacher Klaus Schoenfeld and Caroline Myer with students of BOCES Bakery Class with cake for Dance Celebration.



Grand Knight Joe Leo, Jr. with some of the new members of Joseph Barry Council.



Oldest living PGK of Joseph Barry Council, John Dooley and present Grand Knight Joe Leo, Jr.



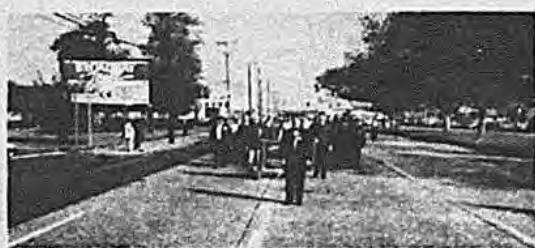
State Warden and PGK Jim Carroll receiving wood etching from Brother Knight Joe Leo, father of GK Joe Leo, Jr.



Members of Dance Decorating Committee - left to right, PGK Dony Previte, Warden John Rizos, Brothers Andy Malone and Tom Gallagher and PGK Don Pesonen.



Grand Marshal, Msgr. James Lisanti, addressing people at parade finale at Hicksville Middle School



GK Joe Leo, Jr., leading Joseph Barry Council members down Broadway.

**LEGAL NOTICE
 NOTICE OF SALE
 SUPREME COURT:
 COUNTY OF
 NASSAU/OYSTER BAY,
 N.Y.
 CITIBANK N.A., Plaintiffs
 against
 MARIA A. STEWART,
 THE LONG ISLAND
 SAVINGS BANK,
 et al., defendants
 PURSUANT TO JUDG-
 MENT
 OF FORECLOSURE AND
 SALE**
 dated February 3, 1992, I will sell at public auction on November 18, 1992 at 10 a.m., at the North Front Steps of the Nassau County Court House, 262 Old Country Road, Mineola, N.Y., premises in NASSAU County, bounded and described as follows:

BEGINNING at a point on the Northeasterly side of Felice Crescent, distance 830.69 feet Northeasterly, Easterly and Southeasterly, as measured along the Northwesterly, Northerly and Northeasterly sides of said Felice Crescent, from the Northeasterly end of the curve connecting the Northwesterly side of Felice Crescent with the Northerly side of Fifth Street;

RUNNING THENCE North 72 degrees 23 minutes East, 107.78 feet;

RUNNING THENCE South 31 degrees 43 minutes 40 seconds East, 122.44 feet to land now or formerly of School District No. 17, Town of Oyster Bay;

RUNNING THENCE North 85 degrees 11 minutes west along said land, 161.18 feet to the Easterly side of Felice Crescent;

RUNNING THENCE Northerly and Northwesterly, along the Easterly and Northeasterly sides of Felice Crescent, along a curve having a radius of 150 feet a distance of 58.73 feet to the point or place of **BEGINNING**.

FOR CONVEYANCING ONLY. TOGETHER with all right, title and interest of, in and to any streets and roads abutting the above described premises.

Premises described in Schedule A are known as: Street Address: 40 Felice Crescent, Hicksville, N.Y. SECTION: 46 BLOCK 171 LOT: 76.

Upset amount is \$134,944.38. Premises will be sold subject to provisions of filed judgment; Index #15537/91.

PARISI, SURICO & DEROSE, Attorneys for the plaintiff, 213-44 38th Avenue Bayside, N.Y. 11361 Under the direction of the referee, David Tubridy, Esq. MIT2620 4x10/23,30;11/6,13

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LEGAL NOTICE

NOTICE is hereby given that the following CERTIFICATE OF LIMITED PARTNERSHIP was filed with the SECRETARY OF STATE OF THE STATE OF NEW YORK on August 10, 1992.

CERTIFICATE OF LIMITED PARTNERSHIP OF SYOSSET ASSOCIATES, L.P. (UNDER SECTION 121-201

OF THE REVISED LIMITED PARTNERSHIP ACT

The undersigned, desiring to form a limited partnership under the Revised Limited Partnership Act of the State of New York does hereby certify:

FIRST: The name of the limited partnership will be Syosset Associates, L.P. (hereinafter referred to as the "Limited Partnership").

SECOND: The county in which the principal office of the Limited Partnership shall be the county of Nassau.

THIRD: The Limited Partnership designates the Secretary of State as the agent upon which service of process against the Limited Partnership may be served upon. The address to which the Secretary of State shall forward a copy of such service shall be c/o Russo Asset Management, Inc., 66 Eagle Chase, Woodbury, New York 11797.

FOURTH: The name and address of the General Partner is as follows:

Name/Address

Wharton Capital Holding Corporation, P.O. Box 531, Syosset, New York 11791

Russo Asset Management, Inc., 66 Eagle Chase, Woodbury, New York 11797

FIFTH: The latest date on which the Limited Partnership is to dissolve is December 31, 2002.

IN WITNESS WHEREOF, the certificate has been signed this 31 day of July, 1992, by the undersigned who affirms that the statements made here in are true under the penalties of perjury.

WHARTON CAPITAL HOLDING CORPORATION

By: /s/ Peter C. Lewis
PETER C. LEWIS,
President

RUSSO ASSET MANAGEMENT, INC.

By: /s/ Stuart Russo
STUART RUSSO,
President

The foregoing named Limited Partnership is formed for the purpose of acquiring fee title to certain premises, and to improve mortgage, encumber, develop, construct and sell certain premises located in Syosset, Town of Oyster Bay, County of Nassau, State of New York.
SYO 8624
6x10/30; 11/6, 13, 20, 27; 12/4

Band Competition At Hicksville

By Linda Carpenter

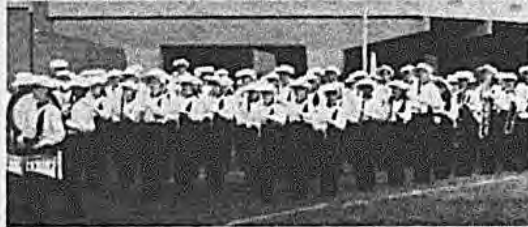
The Hicksville High School Marching Band outdid itself in the C.M.B.C. held at Hicksville High School on October 18. Their routine was spectacular as they are well on their way to mastering their most challenging drill ever.

The only thing that surpassed this event was their performance at Verona, New Jersey, last weekend. There, they came in first in their Number IV Division, walking off with awards in their honor.

The band is forging ahead and the kids are on a great high as the end of the season quickly approaches.



Band members Tom Carolan, Ed Russo, and Kevin Flynn begin to assemble before their performance.



Hicksville High School Marching Band.



Alto saxes - Chris Boukas, Keith Carpenter, Todd Master, Kathleen Tower and John Flynn.



The pit - Lori Pagano, Jean Marie Keevins, Beau Baer, and Sumeet Sondhi.



Clarinetists - Denise Giacchino, Ann Marie Huysman, Jessica Swier, Mary Beth Kessler and Priti Tervari.



The Band in action with Elizabeth Kremler and Simon Chang in the foreground.

No Change Allowed On Office Plea

The Oyster Bay Town Board has denied an application for modification of restrictive covenants in an "R-O" (residential-office district) area in Hicksville, according to Councilman Thomas L. Clark.

"The applicants, Robert Gross, M.D., and Enid Gross, were seeking the modification for the purpose of constructing a 792 square feet addition to an existing 1284.74 square feet doctor's office," Councilman Clark said. "The property in question is located on the north west corner of South Oyster Bay Road and Garden Street in

Hicksville."

In denying the application, Councilman Clark said the applicants failed to provide adequate justification to substantiate modifying the existing restrictive covenants. In addition, the Town Board concluded that granting the application would impede future efforts to harmonize and stabilize the general use and character of the area and would not be in conformance with the aesthetics of the surrounding community.

Councilman Clark noted that a hearing on the applicator was conducted on July 7.

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Holy Trinity Holiday Fair

Holy Trinity Episcopal Church, Hicksville, is having its Annual Holiday Fair and Jamboree on Friday, November 20, 5-9 p.m., and on Saturday, November 21, 11 a.m. - 9 p.m. Some special features at the Fair this year are: hand-crafted articles; Christmas decorations; wood crafts; baked goods; holiday candies; fine gifts in glass; new and used jewelry; religious articles; toys; cards

and much more!

Members of the neighboring communities are invited to come and browse, shop and dine. Dinner will be served both evenings at 6:30 p.m. at \$7 per person. Call 931-1920 (9 a.m. to 3 p.m.) Monday through Friday to place reservations for dinner.

Holy Trinity Episcopal Church is located at the corner of Old Country Road and Jerusalem Avenue in Hicksville.

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

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Town Clerk
 Carl L. Marcellino
 Receiver of Taxes
 Gary F. Musiello

Committee To Explore Uses For Closed Bldg.

Continued From Page 1

administration of federal funding, and Mr. Stager said the district has expanded funds "within regulations." "Financial control," he concluded, "are in quite excellent conditions."

In their continuing review of Board policies, the trustees approved Regulation 1200.1 - Use of School Fields By Permit Holders. Trustee Dave Staton noted that the Policy Committee is continuing to discuss use of school fields, particularly by non-permit holders. He suggested that this might be a topic for discussion at a board workshop, and the Superintendent said he will schedule it into the November work session agenda.

Trustee Carol Wolf noted in her Finance Committee report that the tax rate has come down to \$1.37 per \$100 assessed valuation for homeowners. She said this was "under our best estimate." Business Superintendent Stuart Opdahl added that the rate did not go down across the board, but the reduction did come in the category of most concern, that is where it affects the resident homeowner.

In the Superintendent's report to the Board, Mr. Mugavero announced that once again the district will invite residents to become involved in the budget process. He thanked the community for its willingness to serve. "A budget is only a blueprint for our children's education," he added, but it is "important to the children and what they get in their education."

Mrs. Wolf stated that those residents who wish to be considered for the district-wide budget committee should write to the Superintendent.

The district will again be sponsoring a Flu Immunization Program for Senior Citizens. Those pre-registered seniors will receive immunizations on Tuesday, November 10th between 9 a.m. and 12 noon at the VFW Hall on Broadway. The district can accommodate 400 eligible seniors. Those who have missed registration may contact the district public information office. Mr. Mugavero said that in most districts which have this program a fee must be charged because doctors are unwilling to donate their time. But Hicksville will be able to provide free immunizations this year thanks to the pledge by Superintendent Opdahl's brother-in-law to donate his services.

Superintendent Mugavero announced that the Hicksville Public Schools will hold its First Annual Fall Luncheon for senior citizens on Wednesday, November 18, from 2:30 to 4:30 p.m. The luncheon and entertainment will be a combined effort of the students from the art and music departments and the service squads at the high school and the staff of the cafeteria service.

The Board will hold its committee meetings on Wednesday, November 18, beginning at 7:30 p.m., followed by a work session. The next regular meeting of the Board will take place on Tuesday, November 24, at 8 p.m.

Which Witch



Which Witch is the Winner? Third grade art classes at East Street School participated in a witch art contest. Youngsters exciting, spooky creations were judged in a variety of categories by school staff. The witches with winning artists are: Caroline Stine and Maureen O'Donnell - Most Creative hat; Corinne Lafrano - Funniest; Adam Van Houten - Meanest; Ryan Christ - Ugliest.



Which Witch is the Winner? Winners of the Dutch Lane School Ugly Witch Contest are third graders Keith Hoffer, Michael Triolo, Shauna Farrell, and Matt Doyle.

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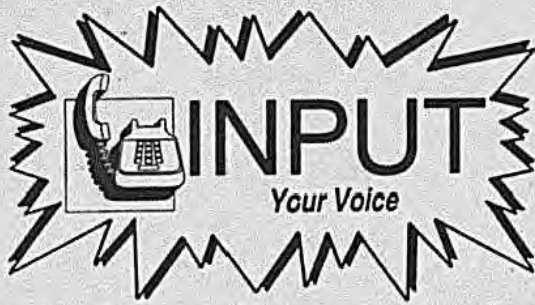


Friday, November 6, 1992

Then and Now:
**The Importance of an
Effective Political
Campaign**



SEE PAGE 3



THE QUESTION OF THE WEEK

Should women be allowed in combat military duty?



Most Input Callers Dissatisfied With Debates

Most callers to Input were dissatisfied with the debates and the entire Presidential campaign in answer to this question: Were the debates a crucial part of the campaign? Here are some of the answers:

NOT CRITICAL

The debates should have been a crucial part of the campaign but they were not. Each candidate was in a controlled situation. The questions were those of the established press and the answers were pre-cut answers that each candidate had prepared. There was no real rebuttal, just a quick hearing before time was up. The reason there are so many people who went to the polls and were not fully decided is because the campaign and the debates were not worth anything to the public. **G.B.**

TWO WERE BEST

I thought that the last two debates were the best but I must say that I really got no worthwhile information from them. No one gave a health plan. No one said how they would deal with the deficit except that Clinton was going to tax the rich which won't be enough and won't happen to any extent. Something better should be devised. **F.B.**

DIDN'T DO EVERYTHING

Let's put it this way. The debates didn't do everything but we still got to see a closer look at the candidates. Ross Perot seemed to be the only free swinger but then he really didn't think he had much to lose so he could be off guard. **D.B.**

FAIRLY GOOD

The debates were fairly good. They could have been better if the candidates were allowed to have a free for all with only referees stopping them if they got too wild. If we had that then we would have known much more about the choices we made. As it is, many of us are still undecided even after voting. **G.B.**

TOO MUCH TIMING

The debates were too well orchestrated and too much constrained to time and TV network schedules. If we could have more open time and less timing of answers we might have found out more. **L.R.**

SUPERFICIAL STANDARDS

The debates were deceptive. They are geared to candidates with a certain type of personality who can project but may not have the intellectual capacity to project anything good enough to lead the most influential country in the world. They were more a test of oratory than of ability to be the President. In the next four years we may regret that we have such superficial standards to pick a President. **J.S.**

NOT LIKE A DEBATE

I stayed with each of the debates although at times they didn't seem like a debate at all. Each candidate simply recited part of his campaign poster in reply to questions. Often the replies didn't even correspond to the question but they got by. The worst debate was from Richmond where so many atypical people asked questions that meant little to those of the mainstream, the people who will have to pay the taxes. **G.C.**

GOT HELP

The debates did allow me to make a choice. It allowed me to eliminate George Bush because he did not seem to be a strong leader at a time I thought we needed one in the Presidency. **V.C.**

WERE IMPORTANT

The debates were very important to the campaign because each candidate expressed a viewpoint and all the people in the country will now be able to make a decision as to who to vote for. **K.F.**

MADE US THINK

I honestly feel that the debates were a crucial part of the campaign. I don't believe that this conclusion stems from the factual data presented but more so from the standpoint of the ability of the viewer to size up the candidates from several different points of view i.e. personality, character, ability to adapt, truthfulness, experience, and an intimate knowledge of domestic and world affairs. Despite the fact that I am a died-in-the-wool Republican I did see substantial plus factors in both Perot and Clinton - enough for me to very seriously consider breaking away from the Republican candidate for the first time in many, many years. At that crucial point another vital quality kept coming across my screen - TRUST! More and more I kept seeing a manufactured point-of-view with only one objective - GET THE JOB! While Bush admittedly should have been more constructive in an attempt to improve the national deficit situation, I saw nothing of substance coming from the two aspirants to the White House except increased taxes and that form a society which is being hard pressed to keep its head above water. And when it comes to experience in international affairs neither one of the aspirants could match the incumbent even recognizing that Bush was not always right despite his experience. In the final analysis, I think that the debates served only to make the voters think and, if it did that, what more could you ask! **P.G.S.**

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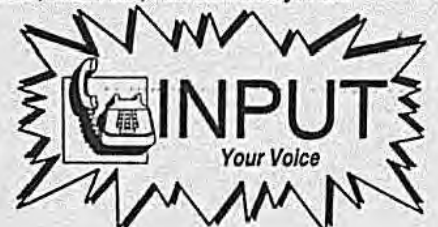
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Discovery!

Then and Now: The Importance of an Effective Political Campaign

By Harry V. Schreiner

"In the manner of it not being perfect, it is at least excellent," was the way Alexander Hamilton described the machinery of the Constitution for electing the President of the United States. He said nothing about campaigning for that office, however his statement is as inaccurate as many of the slings and arrows shot by presidential candidates at each other down through the ages.

Our method of electing a leader in the U.S. is anything but excellent. In fact, it is a morass of complexity, often open to myriad interpretations. Ask anyone to describe the electoral college and its part in elections and you will learn that few understand, much less are able to explain it. In fact, almost no one even knows why it is called a college!

"There are more holes in electoral college rulings than there are in swiss cheese," a candidate once opined. History tells us that a constitutional loophole made it possible for the winner of the popular majority in 1876, Samuel Tilden, to lose to Rutherford B. Hayes in the electoral college. The crises concerned certification of the electoral vote, and the decision as to who won the presidency dragged on for months before Hayes was finally declared president. Explaining the complexities involved would take up all the rest of the pages of this publication, so we'll just leave it to the history books and go on to the subject at hand - electioneering.

The dictionary defines it as a series of activities directed to a single purpose, which in this case is election to the presidency.

In 1853, Davy Crockett (although not a candidate for the highest office) was defeated for his fourth term as the congressman from Tennessee. Always a great campaigner, he claimed to have a set of rules that almost always worked. With only a few additions and subtractions, it's obvious that things have not changed much today. Here are Davy's rules in his own words: "Visit your constituents far and wide. Treat liberally and drink freely...although you may be called a drunken dog by some of the clean shirt and silk stocking gentry, the real roughnecks will style you a jolly fellow. Their votes are certain." (What Davy was saying was you have to be one of the people to get votes. You can't be an Ivory Tower resident.)

Davy also included these rules of the road: "Promise all that is asked and more, if you can think of anything." (This is still viable as evidenced by such statements as, "No new taxes. Read my lips.")

Crockett went on to say a candidate should make long-winded speeches, "composed of nothing else but wind...Talk of your devotion your country...Rail against taxes of all kinds, office holders, and wind up with a flourish about the heroes who fought and bled for our liberties."

It's obvious that routines have changed little since the days of the wearer of coonskin cap, except the methods used to get the message to the people. Today, it's television. Famous humorist, Robert Orben, voices this opinion, "I'll say one thing about the politicians I've seen on TV. They don't lie any more than the average sponsor."

Harry S. Truman believed in taking the message to the voters via trains. He rode thousands of miles across the nation to preach, cajole, promise, and reason with people in small whistlestops. He made his speeches in what used to be called, Observation Cars, actually the last train, the only one with a platform. It was a practice began by his predecessor, Franklin D. Roosevelt, who had his wheelchair raised to the rear platform, making his speeches there, never leaving the special train caravan as it wended its way across America's miles of silver track.

Franklin Roosevelt always couched his campaign rhetoric in velvet-covered catchy phrases but Harry Truman came right to the point with the solid steel approach now used by Patrick Buchanan. In Truman's bid for reelection against Thomas Dewey, he really went for the proverbial gut and newspapers nicknamed him, "Give 'em Hell, Harry." Stumping or campaigning, was given a new transportation twist by Bill Clinton and his running mate, Al Gore, who visited major cities by bus. In Davy Crockett's day, the best way of travel was considered horseback or stagecoach. With such rugged transportation, it goes without saying that most candidates kept travel to a bare minimum.

Franklin D. Roosevelt found another solution in his efforts to be heard by voters. Because of his handicap and pressing presidential duties, he almost completely gave up travel, using instead the new



media of radio. He was the first presidential candidate to utilize that method to speak to the people. His "Fireside Chats" were eagerly looked forward to by friend and foe alike.

However, what worked for some, became dismal failure for others. When Alfred E. Smith tried to use radio in his campaigning for the highest office, he often mispronounced words, lapsing into "Dese" instead of "These" and he always called radio, "Rhady-o." This all worked against his rhetoric.

Campaign debates only came into their own on TV. A few times however, the appearance of the candidates and their mannerisms was so negative on video that it worked against them. Madison Avenue hucksters rightly say that packaging is important in selling, and television proved that, especially in the comparison of John Kennedy and Richard Nixon, who was the victim of poor lighting and a dark five o'clock beard shadow that almost made the presidential candidate look like a wanted man.

It happened to Michael Dukakis who was dwarfed by practically everyone when he appeared on TV. His dark brows gave him a sinister look especially when he was angered.

America loves hero types like President (General) Eisenhower, President Ronald Reagan. We base goodness and honesty on appearance and hope for a candidate of the appeal of Clint Eastwood ("Rawhide"), Reed Hadley ("Public Defender"), and Dan Dailey ("The Governor and J.J.").

The debates themselves actually began to be important right from the first when Abraham Lincoln and Stephen Douglas squared off in 1856 when they were running for the United States Senate. Many, even then, were suspicious of Lincoln and said he looked "gangly and awkward," and some maintained he didn't appear trustworthy - all that, and no TV!

In any campaign, wives are fair game and always have been. Hillary Clinton's views have hit front pages, just as her husband's alleged infidelities have. However, there have been whispers about many candidates and office-holders who lived in the white house. The most famous stories have been circulated about President John Kennedy and movie actress Marilyn Monroe. "Coffin Riding" authors have had many books published (after presidents have died) about their so-called "affairs," among them the one President Eisenhower is supposed to have had with his jeep driver, Kay Summersby. These "Tell All" tomes have snatched on President Johnson and President Roosevelt, among others. Authors gave up on President Carter when he said the extent of his cheating was mental, and it concerned lusting after a woman he saw pictured in a magazine.

History always repeats itself in Politicalville. Way back during the presidential campaign of 1828, muckrakers accused Andrew Jackson's wife, Rachel, of adultery. The real story was that she had wed Jackson in 1791 before her divorce became final, ergo the charge. The gossip so affected her, that Rachel (who had a history of heart difficulties) died suddenly on December 22, 1828, just before her husband was inaugurated.

Mary Lincoln came in for her share of criticism because of her family. She had a brother, and three half-brothers who fought as confederate soldiers during the Civil War and many people questioned her loyalty to the north. In fact, she was even accused by some of being a southern spy!

All of this stress contributed to emotional problems for Mary Lincoln, compounded later by the death of her husband and son.

Edith Bolling Galt, President Woodrow Wilson's wife, was called a prevaricator by many because she denied she secretly was "acting president" of the U.S. while her husband was seriously ill. "Insiders" said she actually ran the nation while his sickness was kept secret from the people.

Eleanor Roosevelt was the target for many jokes from comedians like Bob Hope because of her globe-trotting and

Continued On PAGE 7A

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READER RATINGS



Wine Talk

By Richard Nalley

Call me an optimist. I not only think the nineties can be salvaged — I think this can be the greatest decade of the 20th century. But in the meantime, we can appreciate the small consolations and compensations life offers us, recession and other uncertainties aside. Among these is the fact that America's most popular varietal wine, Chardonnay, is getting both better and more affordable.

There are more affordable Chardonnays on the market these days partly because the wine's popularity has caused a sharp upturn in plantings of the Chardonnay grape, and partly because the wine market's downturn has convinced many wineries to stop raising prices.

The second part of the good news — that affordable Chardonnay is getting better — seems undeniable to me after my tastings in recent months. Part of the equation, of course, is an excellent 1990 vintage in California and France, and a fine 1991 in California. But there is more to it than this.

The happy news is that both viticulture (the "gardening" aspect of grape growing) and viniculture (the winemaking) for Chardonnay have dramatically improved over the past decade, particularly in California.

Techniques like barrel fermentation and secondary, malolactic fermentations that 10 years ago were reserved for high-end, avant-garde American Chardonnays are now commonplace among many Chardonnays under \$10.

Chardonnay competitors are upping the ante on each other in this mid-priced segment of the market, and the result is wines that have a pleasure and sophistication level of Chardonnays half again as expensive five years ago. Some recommendations from the current marketplace:

Best Chardonnays under \$10 previously reviewed:

(California) Meridian 1990; Villa Mt. Eden 1990; Estancia 1990; Chateau Souverain 1990; Sebastiani 1990; Haywood "Vintners Select," 1990; Christophe 1990; Belvedere 1990; Sutter Home 1990; Fetzer 1991 "Sundial."

(France) J. Moreau & Fils 1990 Macon-Villages; Barton & Gessler (B&G) 1989 "Saint-Louis."

(Australia) Rosemount Estate 1990; Lindemans 1990 "Bin 65"; Penfold's 1990.

(Chile) Errazuriz 1991; Caliterra 1990.



DINING GUIDE

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DINING GUIDE



Vegetarian View

By Margaret Wing-Peterson

It's usually a holiday feast's side dishes that get you in trouble, nutrition-wise.

Did you realize the double scoop of an average stuffing loads on 600 calories and eight teaspoons of grease? We should get no more than 30 percent of daily calories from fat (a limit of 10 teaspoons total every day for the average 1,500-calorie diet). Yet we can easily get a few days' worth of fat in a single holiday meal.

Fight back with these simple steps:

- Prioritize how you'll eat your fat so you can enjoy some treats without feeling fully deprived. Consider what you would miss if you didn't have it and what wouldn't matter if you skipped it. Will it be a touch of sour cream or

Continued On PAGE 8A

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Through a special 24 hour phone system, readers will be asked to call in their assessment of each restaurant they visit. Consensus ratings (good or bad) will be published as a continuing part of the guide.

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(Guide to Good Dining)

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(Guide to Good Dining)

READER RATINGS



Q. The other night I dropped my butter knife while dining at a neighborhood restaurant. Should I have picked it up myself or asked the waiter to do so?

A. If it was convenient you could have retrieved the knife yourself and asked for a replacement. It would also not have been wrong for you to ask the waiter to pick it up. Either way is correct.

Q. Some time ago I attended a formal dinner at which each table was decorated with an elaborate candelabra. However, the candles were of several colors and they had been used previously. I did not think this was correct.

A. You are right. Traditionally, only white brand-new candles should be used at the most formal dinners.

Q. My friend and I have a bet. He claims white wine should be served with duck, just as it is with other fowl such as chicken and turkey. I believe, however, that red wine is preferable.

A. Your friend loses the bet. Red wine is the usual accompaniment with duck. However, it must be added that today many people order the wine they prefer, whether or not it "goes with" the entree.

Q. Every time I take my mother in law out to dinner she insists on taking half her meal home in a "doggy bag". Frankly I feel embarrassed!

A. There is no need to be embarrassed. Your mother in law, like many older persons, probably has a small appetite. If she enjoys her "doggy bag" meal the next day in a delicious sandwich, who can blame her?

Food is too expensive to waste. I give your mother in law credit for her common sense.

Q. The other day I was sitting in a restaurant with a friend when a man at the next table snapped his fingers to call the waiter. What is your opinion?

A. While it is considered proper in some parts of the world to summon a waiter by snappy fingers, clapping or whistling, in our own country this kind of behavior would be thought rude.

The best way to call a waiter is to catch his eye and then signal with your hand. If this doesn't work, you may call out "waiter" or "waitress" (not too loudly). If all else fails, you may ask a busboy or another waiter to get your own waiter for you.

Q. The other night I dropped my butter knife while dining at a neighborhood restaurant. Should I have picked it up myself or asked the waiter to do so?

A. If it was convenient you could have retrieved the knife yourself and asked for a replacement. It would also not have been wrong for you to ask the waiter to pick it up. Either way is correct.

DINING GUIDE

Home entertaining



By Carol Cutler

Not too many decades ago our knowledge of Far Eastern cooking was limited to chop suey and chow mein. Now sesame noodles, stuffed bean curd and fish steamed with lemon grass has become part of our culinary lexicon.

In a large part, this explosion of exotic cuisines arrived with the mixture of immigrants from the world's many troubled spots. They opened restaurants in large and small cities. Now, many corners of this vast country are imbued with these new enticing flavors and aromas.

Fortunately we also have a strong coterie of cooking authorities to teach us how to enjoy these delightful dishes at home. One of the stars among these teachers is Indian-born Madhur Jaffrey, who has lived in the United States since 1957.

A former actress and journalist, Jaffrey is the award-winning author of six acclaimed cookbooks ranging on topics from her native India to the many corners of the Far East. Now, at last, she has had the opportunity to combine her two professions — acting and cooking.

Public television is the stage this time. In an eight-part series Madhur Jaffrey takes us on a cook's tour spiced with discovery to Thailand, Korea, Vietnam, Malaysia, the Philippines, Japan, Indonesia and Hong Kong.

Our guide is not just standing in a studio kitchen and stir-frying foods. For the major part of each 30-minute show she takes you right to the markets, the kitchens, the homes, the restaurants, the farmers and chefs. It's television, but this bewitching woman can almost make you smell the flavors.

The series, "Madhur Jaffrey's Far Eastern Cookery," is being shown across the country. Check your local listings and, if you are in one of the lucky 22 cities, use it as an excuse to have an exotic party.

If not, check with friends in other cities and have them tape one, or all, of the series for you. Being there is better than just imagining it, and these cooking tours take you right there.

As always, there is a companion cookbook to accompany the series. The title is the same — "Madhur Jaffrey's Far Eastern Cookery" (HarperPerennial).

Get a copy beforehand and pick the country you would like to use as the centerpiece of your party. Check with the local public television channel to find out when it will be shown. And that becomes the date for the party.

Invite adventurous friends who are interested in unusual cuisines. Ask them to come about a half-hour before the showing and, depending on the time of day, sip coffee, tea or wine while nibbling some small dish you prepared ahead from the book.

Not all the recipes in the book are demonstrated on camera, but a large portion of them are. So read through the recipes and select a main dish that you feel ev-

eryone would like to learn to make. Buy the ingredients and have any special utensils ready.

After the performance invite everyone, or just those willing, to come into the kitchen and prepare the dish. The rest of the crowd can remain spectators and no doubt will make comments about the difference between the cook on camera and the ones in the kitchen. Ignore them and have a great time chopping, steaming and pre-tending you have just returned from the teeming market in Bangkok.

If Madhur Jaffrey is taking you to Thailand on this particular trip, you will watch her gracefully prepare Ground Chicken Stir-Fried with Basil. Enjoy this one, then on to the next country.

GROUND CHICKEN

STIR-FRIED WITH BASIL

1/2 pound (2 lightly packed quarts) fresh holy basil (bai kaprow) or ordinary basil (net weight without stems)

Vegetable oil for shallow frying
 5 garlic cloves, finely chopped
 7 medium shallots (or 1 medium onion), finely sliced

2 fresh hot green chilies, or to taste, cut into fine rounds
 2 fresh hot red chilies, or to taste, cut into fine rounds

1-inch cube fresh ginger, grated
 1 pound ground chicken (from bones and skinned breast or legs or both)

5 teaspoons fish sauce or salt to taste
 1 1/2 teaspoons dark brown sugar

Yields 4 servings.

Divide basil into two parts: chop one very coarsely. Pour oil to depth of 1/2 inch into medium frying pan and set over medium-high heat. Prepare plate lined with paper toweling. Have ready splatter screen or upturned sieve to cover pan to prevent splashing of hot oil.

When oil is hot, place smallish handful of whole leaves into frying pan. Cover immediately. As soon as intense sizzling dies down (this takes only seconds), remove cover and stir leaves. Remove crisp leaves with slotted spoon and spread them on paper toweling. Continue to fry remaining basil leaves and replace paper toweling to prevent leaves from becoming soggy.

When oil has cooled a little, strain it. Just before serving, put 4 tablespoons of basil oil in large frying pan or wok and set it over medium-high heat. When hot, add garlic and shallots. Stir and fry for about 2 minutes or until shallots are medium brown. Add chilies and ginger and give a few vigorous stirs.

Turn heat to high and add chopped basil. Stir once and add chicken. Stir and fry for about 3 minutes, breaking up chicken lumps as you do so. Chicken should turn white all the way through. Add fish sauce and sugar. Mix, then transfer to serving dish. Top with crisp basil leaves and serve.

RESTAURANT GUIDE

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

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READER RATINGS

Campaign

Continued From PAGE 3A

Q. I often eat with friends at a local restaurant known for its beautiful decor and excellent food. However, for some reason the waiters and waitresses seem to wear grim expressions on their faces. They are not actually rude, but their manner is somewhat curt. Would it be a good idea to say something to the owner?

A. I don't know how the owner will take your comments, but you would actually be doing him or her a favor. It would cost nothing to have the employees a little more gracious and it would most likely increase the restaurant's business. Food and decor are important, but so is pleasant service.

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

representing the President at many functions. She was also criticized for being involved in working for Civil Rights and the United Nations.

Rosalynn Carter was rumored to be President Jimmy Carter's alter ego during his term in office. Many people believed he consulted her on much of the nation's policies and a few said she wielded more power than any President's wife ever. Carter never admitted this, but he did say he was discussing a matter of national importance with his daughter, Amy, and he told a TV audience what she had to say. (Amy was about 12 years old at the time!). The President was often embarrassed too by the antics of his brother Billy.

Nancy Reagan was criticized in the press for her expensive renovations to the White House, wearing expensive designer gowns borrowed from top fashion houses, and for her reliance upon astrology to help with her day-to-day decisions.

President Ford's wife, Betty, hit headlines when it was revealed she was suffering from a drug and alcohol dependency.

Campaigns all are for the same reason, but probably the strangest campaign ever was the one waged by William McKinley. The candidate enlisted the aid of a controversial business magnate named Mark Hanna, who was also a close friend. Hanna was able to take McKinley into the worlds of the rich and famous and meet many influential people he ordinarily would have no contact with. It was often charged that Hanna was riding on the candidate's coattails hoping if McKinley was nominated and elected, he would be one of the most powerful business Czars in the nation.

When campaign time for nominations came around, McKinley suddenly fell silent only relying on posters, buttons, and statements of general interest during a period of a great depression in the nation. Hanna spoke a little for him, but mostly there was silence from the McKinley camp while his opponent William Jennings Bryan stumped all throughout the land, answering questions, making promises and acting the role of a candidate.

During the nomination, McKinley stayed in his flag-draped house, seated near his "telephone apparatus," in the event someone should wish to speak to him.

Both McKinley and Bryan got the nomination but if the truth were to be known, they could be described today as Bryan being a bore. Although he was often described as a "silver-tongued orator," many didn't understand what he was talking about. He wasn't a warm person, "too businesslike," one woman said of him. McKinley was somewhat of a mystery. No one was really certain of how he stood on the issues but he tried to have the voters place "blind faith" in him. He said he could cope with the joblessness and other economic factors that were tearing the nation apart, but they had to have faith in him.

Some people deigned not to vote, believing as one reporter said, "Both of them aren't worth a pinch of salt."

Just before election, America was divided into three teams. A large majority who had no opinion and those who supported the Silver-tongued Orator: Radicals, Populists, bankrupts, farmers and some working people along with a large number of pie-in-the-sky visionaries who considered Bryan a prophet. McKinley, on the other hand, said his supporters were made up of loyal Republicans, and the "common people."

In the last days, Bryan made every speech a classic, but McKinley strangely decided not to even begin his campaign. He only made speeches from his front porch to people who came to visit him! Mark Hanna and his other advisors told him he had to hit the trail like Bryan, and he finally consented and made an address at the Cleveland Centennial celebration and one at the Mount Union College, then he called it quits and settled down in a rocker on his porch once more.

He became a face in the fog, the great unknown throughout the nation. His quote of trust me, became a byword in stories concerning him and he was in turn touted as "An honest man, a man who cares, whose life is devoted to America and making it a first rate nation once again. The man who could solve anything if someone had faith enough in him to put him in the white house."

The crowds who flocked to McKinley's porch were astounded to learn that although he couldn't match Bryan's oratory, his front porch diplomacy was more believable. His views on the free coinage of silver, on unemployment, and more, got much space in influential heavy circulation newspapers such as the *Cleveland Plain Dealer*.

It wasn't long until the man who never traveled to meet voters and had them come to him for the message, was the new President! No horse, no coach, he just had his rocking chair!

Often, candidates would stay awake all night until the last vote was in from every village, hamlet and town. Harry Truman, who claimed he was the only person in the nation who believed he would beat Thomas Dewey in the election, was so confident, he went to bed early, before the returns were in. He let orders not to disturb his sleep, no matter what.

At breakfast, a smiling Truman read the papers and laughed, "I told you so!" as he filled his coffee cup again.

ABOUT THE AUTHOR

Harry Schreiner has been a reader from New Hyde Park for many years. He has a talent for writing about the "good old days" and has made several interesting contributions to *Discovery*.

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DINING GUIDE



Vegetarian View

Continued From PAGE 5A

the nuts? Just a piece of chocolate and two ladles of gravy, not five of each?

- Spoon up salad dressing, gravies and mayonnaise-based dressings on the side. Drizzle them sparingly with a fork onto the salad or potatoes as you eat. Have veggies and low-fat crackers instead of chips and nuts.

- Shy away from full-fat cheeses, whipped cream and other products whose fat is solid (not liquid) at room temperature. They're rich in saturated fats, the type more able to raise blood cholesterol levels. Macadamia and cashew nuts also are high in saturated fats.

- Use the minimum added fat in a recipe — could you substitute a leaner ingredient for the fattier version, such as non-fat milk or low-fat cottage cheese? Look where you can use a liquid fat (oil) instead of a more solid, saturated fat.

BAKED CRABMEAT

- 1 tablespoon margarine
 - ¼ cup finely chopped onion
 - 1 pound crab meat, all cartilage removed
 - 2 tablespoons Dijon mustard
 - 1 teaspoon Worcestershire sauce
 - 4 large egg whites, stiffly beaten
 - 2 tablespoons grated Parmesan cheese
- Yields 12 appetizer-size servings.

Preheat oven to 350 F. Spray 9x9-inch oven-proof casserole dish with non-stick cooking spray; set aside.

In small pan over medium-high

DINING GUIDE



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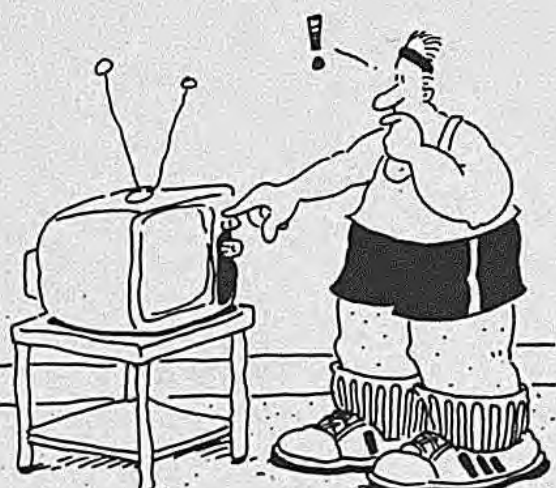
heat, melt margarine. Add onions; saute 2 to 3 minutes or until soft. Transfer onions to medium-size bowl; add crab meat, mustard and Worcestershire sauce. Gently fold in egg whites.

Carefully pour mixture into prepared casserole dish; sprinkle with cheese. Bake 25 minutes or until puffed and lightly browned. Remove from oven; cut into 12 squares. Serve immediately.

From "The American Heart Association Low-Fat Low-Cholesterol Cookbook" by the American Heart Association (Times Books)



ENTERTAINMENT CLIP ART



"The late-night tv diet...saccharin sweet old movies, low-cal scripts, no salty language. Add water and sleep."



Desiree Vivea

Thanksgiving side dishes

The first Thanksgiving day, celebrated by a group of American Indians and European immigrants, is said to have lasted three days. Historians aren't sure exactly when it took place, but they know it was some time between Sept. 21 and Nov. 9, 1621.

The feast was held to celebrate and give thanks for the autumn bounty. Summer's crops were all in, and food was plentiful, at least for the time being.

During the coming months, there would be less and less variety since only certain foods kept well into the winter. Food would become increasingly scarce, and folks would have to ration their supplies. So the feast of Thanksgiving served as a sort of last hurrah before the privations of winter began.

By 1647, the state of Connecticut had made a day of thanksgiving an annual event, but Thanksgiving as we know it wasn't made an official national holiday until nearly 250 years later under President Abraham Lincoln.

Many presidents — including George Washington — had called for the odd day of thanksgiving here and there in the past, but it was Lincoln who declared an official national holiday to be celebrated annually on the fourth Thursday in November.

Today, we still celebrate with many of the same foods (excluding Cool Whip and certain other modern delicacies) that graced many early Thanksgiving tables. Traditional, of course, is the main course — the star of the show — roasted turkey.

The large, impressive North American bird is generally accompanied by certain other dishes, among them the obligatory pumpkin pie, mashed potatoes and gravy, glazed sweet potatoes, corn and cranberries.

Pilgrims called them "craneberries" because the blossoms resembled the bird's head and long neck. The tart berries were much used by American Indian people, who taught European settlers to boil them with sugar and make sauces to serve with meats.

To make an easy microwaved version, combine 2 cups cranberries, 1 cup granulated sugar, 1 tablespoon grated orange or lemon peel, and ½ cup orange juice in a 1-quart microwave-safe casserole. Cover and microwave 4 to 6 minutes, or until cranberries "pop," stirring every 2 minutes. Serve warm over sliced turkey, chicken or pork.

Corn is the only cereal grain of American origin. The single most important crop of settlers, it was also widely used by American Indians.

Because it grew easily in almost any kind of soil, early Colonists were required by law to set aside some land to grow corn to

ensure adequate food stores.

It was certainly present at the first Thanksgiving, so you're carrying on an old American tradition when you include corn on your holiday menu.

Thanksgiving means being grateful for what we have and not wasting food — so a Thanksgiving Bread Pudding is a fitting choice. Equally tasty and easy-to-microwave side dishes are Thanksgiving Vegetable Medley and Harvest Sweet Potatoes.

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

MICRO-TIP OF THE WEEK

To make an easy microwaved turkey gravy, combine ¼ cup flour and 1 teaspoon cornstarch in a 4-cup glass measure. Blend in 1½ cups milk, then stir in ½ cup turkey-pan drippings. Microwave at HIGH (100 percent power) setting 3 to 5 minutes, or until gravy boils and thickens, stirring twice. Season to taste with salt and pepper. Yields about 2 cups gravy.

THANKSGIVING BREAD PUDDING

- 2 cups whole milk
- ¼ cup butter or margarine
- 2 large eggs, lightly beaten
- ½ cup light brown sugar, packed
- ½ cup golden raisins
- ½ teaspoon almond flavoring
- ¼ teaspoon salt
- 3 cups day-old white bread cubes (½ inch).

Nutmeg

Yields: 6 servings.

Preparation time: 10 minutes.

Cooking time: 11 to 15 minutes (plus 10 minutes standing time).

Oven setting: HIGH (100 percent power); LOW/DEFROST (30 percent power).

Combine milk and butter or margarine in microwave-safe mixing bowl. Microwave 2 to 3 minutes at HIGH setting, or until butter melts. Beat in eggs and all other ingredients except bread and nutmeg.

Place bread cubes in a 1½-quart microwave-safe casserole. Pour hot egg mixture over bread cubes, toss. Sprinkle with grated nutmeg to taste.

Microwave 9 to 12 minutes at LOW/DEFROST setting, or until edges are set and center is almost firm. Remove to heat-proof surface and let stand 10 minutes before cutting and serving. Standing time will complete cooking.



By Willard Abraham, Ph.D.

Dr. Abraham: I like movies, but my girlfriend doesn't. She likes to dance, but I couldn't care less about it. We get along OK otherwise, though, but we argue about whether to go see a movie or to a place to dance.

I don't like to fight with her about this, but we almost do. How can we work this out? — No Dancer

No Dancer: It looks like "compromise time" is due. Once in a while choose a movie that may not turn her off. Then occasionally try the dancing routine with music that you both might like. At other times select something that you both enjoy; in fact, get involved more often in activities of mutual enjoyment than in the film and dance decisions.

If you try out this approach and it works, you will have learned one of the most important factors in sound human relationships. In family, friends or boy-girl relationships, compromise is a major key to getting along with others. Come to think of it, it is also a major item to consider in relations between countries, too.

Dr. Abraham: I thought times had changed, but I made a bad guess about that. I'm 18 years old, a recent high school graduate, and so is my girl. We both work full time, trying to save up some money to go to college.

So that situation could go on for a year or two, I guess. Still I felt we could enjoy ourselves and have a good time with each other by living together. Right? Wrong, way wrong.

You'd have thought I'd suggested that she eat a snail with the shell still on. "No way, I wouldn't think of it," she threw back at me.

She still wants to be best friends, though, and I still like her a lot even though she turned me down.

What do you think I should do now? — Living Alone

Living Alone: Because of your fondness for her, her feelings about you and no plans for marriage in the near future, it's apparent that the status quo is the only way to go.

She isn't the only girl around who won't accept premarital living together. She has lots of company.

Dr. Abraham: Maybe you will think this is awful of me (and that's why I won't sign my name), but I really feel that my parents are kind of dumb sometimes.

I'm a 15-year-old girl, and I have two kid brothers (one 8, the other 11). The problem is that my mother and dad seem to feel they have to get involved with the two of them, reading together, talking their silly language, even sharing their interests. A couple of years ago my dad even went to Indian Guides with the younger one, and that was really a dumb riot. I mean, dressed like an Indian, for gosh sakes.

I think it is stupid and embarrassing for my grown-up parents to act like such idiots. What is in it for them except looking so dumb? — Someone

Someone: What may be in it for them is something quite important, a closeness with your brothers.

Do you feel left out? If you do, perhaps that is the point to think about, like getting involved with them in a few activities they enjoy by selecting ones that are most attractive (least unattractive?) to you.

Try it. You might like it more than you now may think you will.

Dr. Abraham: I have always felt that there is something wrong with my eyes. I can see all right, in fact better than most people, but they are either kind of squinty or crossed a little or I don't know what.

When I mention it to my mother she always says something like, "To me you're beautiful." My dad just shrugs his shoulders and goes on reading the newspaper. My big brother says that I'm a jerk or a runt or stupid, so I don't get any sense out of him.

So that's why I'm coming to you? What should I do? I'm 14 years old. — Bad Eyes

Bad Eyes: When something worries or nags at a person, for that individual it is very real. Others might fluff it off as unimportant, but the person directly involved takes it seriously, so that is what really matters.

Although there may be nothing wrong with your eyes, the subject obviously preys on your mind. So to get it handled, a visit to a competent professional may be necessary. In this situation it's to an ophthalmologist.

I hope your folks will check among their friends for a well-qualified one, schedule an appointment, go with you and lay your concern at rest.

Cooking Corner



Sage advice on holiday side dishes

By Linda Susan Dudley

The centerpiece of almost every Thanksgiving table is the turkey, roasted golden-brown — a reminder of America's Colonial past and that first day of thanksgiving.

Although turkey is available year round, this is still the time of year — the holiday season — when most turkeys are sold.

Turkeys come to market weighing anywhere from 4 to 24 pounds. Contrary to popular belief, larger birds do not provide more servings per pound than smaller birds. (The ratio of bone to meat is about the same in both large and small birds.) For plentiful portions, plan on 1 to 1½ pounds per person.

A survey of meat department managers showed the most popular size turkey is the 12- to 16-pound bird because of the trend toward smaller family units.

Here are some rules for buying, storing and using turkey and other poultry:

- Select a bird that has good coloring. Avoid those with grayish flesh or dried areas.

- Look for U.S. government seals of inspection.

- Fresh, tray-wrapped poultry may be stored in the refrigerator for about two days in its supermarket packaging.

- Home-frozen poultry may be kept four to six months in the freezer.

Once it has been thawed, do not refreeze poultry without first cooking it completely.

- Cooked poultry may be stored in the refrigerator for up to two days, and may be frozen for up to two months.

- Poultry has been accused of causing food-borne illnesses. To be safe, carefully wash all boards, counters and equipment that come in contact with anything that has touched raw poultry.

- Poultry that is on sale may be bought in quantity and repackaged in recipe-sized portions. For example, whole frozen turkey may be cut in half or quartered by the supermarket butcher for freezer storage in a size that will make a family dinner.

If your guests all like white-meat turkey, look for a short-legged turkey, which means a plumper breast than birds with long legs, according to experts.

The most common cooking mistake? Overcooking the turkey gobler. But a turkey without traditional side dishes doesn't deserve to be called Thanksgiving fare. This list emphasizes stuffings for the big bird.

CHEESY SPINACH STUFFING

- ¼ pound bacon, minced
- ¼ pound mushrooms, chopped
- 1 cup chopped onion
- 1 pound spinach, washed and trimmed
- ¼ cup unsalted butter or margarine
- 1 package (16 ounces) herbed, seasoned stuffing mix
- 1 pound ricotta cheese
- ½ cup pine nuts
- ¼ cup chopped parsley
- 1 teaspoon basil, crushed
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 cups water

Salt and pepper to taste

Yields 6 servings.

In large skillet, cook bacon until softened. Add mushrooms and onion and cook, stirring often, until mushrooms are browned and onions are tender.

Add spinach and unsalted butter. Cook 1 minute to soften spinach. Remove from heat and combine with herb-seasoned stuffing mix, cheese, nuts, parsley, basil, salt, pepper and water. Blend well. Stuff into turkey and truss.

FRUITED SAUSAGE STUFFING

- 1 cup chopped dried apricots
- ¼ cup golden raisins
- 1 cup apple cider
- 4 tablespoons butter
- 1 cup finely chopped onion
- 1 rib celery, finely chopped
- ¼ teaspoon thyme
- ¼ teaspoon marjoram
- 9 to 10 slices firm white bread, cubed and lightly toasted
- 1 pound bulk turkey sausage
- ½ cup chopped pecans
- ¼ cup minced parsley
- 1 teaspoon freshly ground pepper

Yields enough stuffing for 1 18-pound turkey.

Marinate apricots and raisins in apple cider 4 hours or overnight at room temperature. Melt butter in large skillet and saute onion and celery until limp, about 5 minutes. Add thyme and marjoram and mix well. Transfer vegetables to large bowl or baking pan. Add bread cubes and toss.

Return skillet to heat and saute sausage meat, cooking until golden-brown. Drain fat and add sausage to crouton mixture. Add rest of ingredients, including dried fruit and marinade. Toss again.

OYSTER STUFFING WITH WATER CHESTNUTS

- 1 pint oysters

- 1 cup finely chopped onion
 - ¼ cup chopped celery
 - ¼ cup parsley
 - ¼ cup margarine or butter
 - Water
 - 1 (8-ounce) package corn bread stuffing mix
 - 1 egg, beaten
 - 1 (8-ounce) can sliced water chestnuts, drained
 - 1 teaspoon salt
 - ½ teaspoon thyme
 - ½ teaspoon sage
 - ¼ teaspoon pepper
- Yields enough stuffing for 1 10- to 12-pound turkey.

Drain oysters, reserving liquor. In small frypan, saute onion, celery and parsley in margarine until tender but not brown. Add enough water to the reserved oyster liquor to make 1 cup.

In bowl, combine stuffing mix, egg and oyster liquor. Toss lightly to blend. Stir in sauteed vegetable mix, oysters, water chestnuts and seasonings. Spoon stuffing loosely into the cavity of ready-to-cook turkey. Bake turkey as directed.

Stuffing may also be baked in a lightly greased 2-quart shallow baking dish. Bake at 350 F for 15 to 20 minutes, or until heated through.

CORN PUDDING STUFFING

- 3 medium onions, chopped
 - ¼ cup chopped fresh parsley
 - 5 medium celery ribs, chopped
 - 1 medium green pepper, chopped
 - 1 stick of butter
 - 4 cups coarse corn bread crumbs
 - 3 cups cream-style corn
 - 4 eggs, beaten
 - ¼ teaspoon dried thyme
 - ¼ teaspoon rubbed sage
 - Salt and freshly ground pepper
- Yields 10 to 12 servings.

In heavy skillet, saute onions, parsley, celery and green pepper in butter until onions are transparent. Meanwhile, spread corn bread crumbs on baking sheet and toast very lightly at 325 F about 10 minutes (not necessary with packaged corn bread stuffing crumbs).

In mixing bowl, lightly mix all ingredients just before ready to bake. Season with salt and pepper, as desired. Packaged crumbs are drier than homemade corn bread, crumbled and toasted, so additional water might be necessary, but stuffing shouldn't be soupy. This may be stuffed into a turkey, but it's easier to pile it into greased 2-quart baking dish and bake at 325 to 350 F for about 40 minutes, or until surface is nicely browned.

MUFFINS

This classic is from "The Fannie Farmer Baking Book" (Random House).

PUMPKIN MUFFINS

- ¼ cup (1 stick) butter, softened
 - ¼ cup brown sugar
 - ¼ cup molasses
 - 1 cup mashed cooked pumpkin
 - 1 egg, lightly beaten
 - 1¾ cups all-purpose flour (use half whole-wheat, if desired)
 - ½ teaspoon salt
 - 1 teaspoon baking soda
 - 1½ teaspoons cinnamon
 - 1 teaspoon nutmeg
- Yields 1 dozen.

Preheat oven to 400 F. Grease muffin pans or line them with paper baking cups.

Combine butter, brown sugar

and molasses in mixing bowl. Beat until creamy. Add pumpkin and egg, and mix well. (At this point, mixture will look curdled, which is OK.)

In another mixing bowl, combine flour, salt, baking soda, cinnamon and nutmeg. Stir and toss them together with a fork or wire whisk. Add combined dry ingredients to creamed mixture. Beat just until batter is smooth, about 20 seconds, with mixing spoon. (The mixture will be stiff.)

Spoon into muffin pans, filling each cup about ¾ full, and smooth batter with slightly dampened fingers. Bake for about 15 minutes, or until a wooden pick inserted in the center of a muffin comes out clean. Remove from oven and serve warm.

YAMS

What's a holiday table without sweet potatoes or yams? These candied yams are a family tradition dating back decades. Make plenty because people will take seconds. Don't boil yams in water; it dilutes some of the root vegetable's flavor. Personally, we always have fresh yams but if you're intent on using canned, see the next recipe.

ESTHER'S CANDIED YAMS

- 8 or 9 medium-size yams
- ¼ cup brown sugar, packed, or to taste
- ¼ pound (1 stick) butter or margarine, cut into small pieces

Yields 1 9x13-inch pan.

Scrub yams to clean but do not peel. Preheat oven to 350 F. Place in pan in 1 shallow layer and bake for 45 to 50 minutes or until soft. Remove from oven and set aside to cool. When cool enough to handle, peel each yam and slice in half lengthwise. (Or bake yams the day before and refrigerate overnight. Yams will peel even easier the next day.)

Place peeled yam halves in oven-proof serving dish in 1 shallow layer. Sprinkle with brown sugar and dot with butter. Bake in 350 F oven 15 to 25 minutes or until candy coating has formed and yams are heated through.

DESSERTS

You say the guests around your holiday table have voted against pumpkin pie and in favor of cake? Then try this autumn-flavored recipe. It is from the "Old Sturbridge Village Cookbook" edited by Caroline Sloat (Globe Pequot).

CIDER CAKE

- ½ cup butter
 - ½ cup sugar
 - 2 eggs
 - 3 cups flour
 - 1 teaspoon baking powder
 - ½ teaspoon nutmeg
 - ¼ teaspoon cinnamon
 - 1 cup cider
- Yields 6 to 8 servings.

Cream butter and sugar. Add eggs and blend well. Sift flour, baking powder and spices.

Add flour mixture and cider alternately to butter mixture, beginning with flour and stirring well after each addition. Batter will be stiff.

Pour into two greased 5x9-inch loaf pans or two 8x9-inch pie plates. Bake for 50 to 55 minutes in a 350 F oven.

Garden Talk

By C.Z. Guest

Q. I like white fragrant flowers — and lots of them — to fill my New York apartment. What would you suggest to suit my lifestyle? — *Madonna.*

A. When I think of your lifestyle, I think of someone who probably has very little time to tend to difficult high-maintenance houseplants. Therefore, you need something easy. I also think that you should have flowers that are beautiful, big and bold.

For the fall and winter, I would suggest filling your New York apartment with a combination of gorgeous cut sprays of white lilies imported from Holland and low, flat bowls of long-stemmed, paper-white narcissus. The fragrance of each of these is out of this world.

In the spring and summer, you can have your apartment filled with stunning white lilies which, as luck would have it, are already named after you! The hardy Madonna lily thrives anywhere, indoors and out. I suggest you have masses of them in pots rather than cut flowers because they'll last longer.

For parties, mix with Madonna lilies some elegant white orchids. They are the most intriguing flowers of all but very few are fragrant.

One last thought — if a really powerful fragrance is what you have in mind for the occasion, I have two suggestions.

First, four pots of tuberose situated in each corner of a room

can create a totally intoxicating atmosphere. The flowers are small but highly powerful in perfume.

Second, a touch that's quite charming on end tables or as a centerpiece is to float white gardenias in a beautiful bowl filled with water. Like the tuberose, the scent of the gardenia is completely dominating. No one will be able to walk into your apartment without noticing the wonderful flowers.

FALL CHORES

November always brings a nip to the air. However, there are many timely chores still to be done in the garden.

Bulbs, corms and tubers of tuberous cannas, glads and dahlias must be dug up after frost has killed the tops. Just let them dry for a few days before storing in peat, dry sand or vermiculite. Store in a cool (45 F to 50 F), dry storage place, such as a garage or basement.

Winterize your roses after the first killing frost. Begin by piling 8 to 10 inches of soil around the canes, then cut the canes back to 14 to 18 inches so the wind can't whip them around.

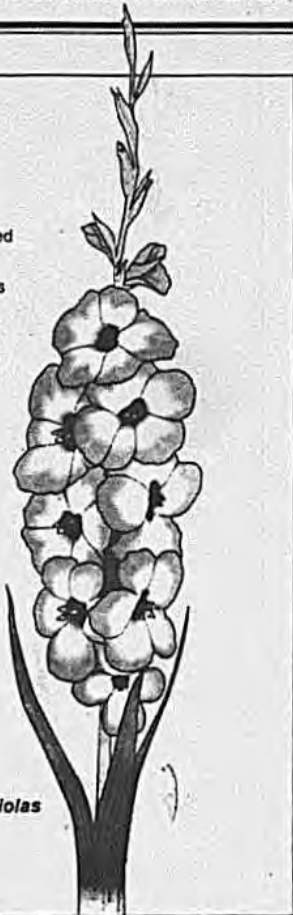
Clean up fallen rose leaves and other debris, prune and destroy diseased, dead or damaged canes to reduce next season's insect and disease problems.

Clear dead and dying annuals and the dead tops of perennials out of the borders and flower bed.

GARDEN TIPS

Fall chores

- Dig up bulbs, corms, tubers, glads and dahlias after frost has killed the tops.
- Winterize roses after the first killing frost. Clean up fallen rose leaves and destroy dead or damaged canes.
- Clear dead annuals and dead tops of perennials out of flower beds and borders.
- Cut iris leaves down to 4 inches in a fanlike manner and destroy rhizomes that show signs of the iris borer.



Gladiolas

Our Children

By Willard Abraham, Ph.D.



When families can't stop fighting.

Q. As a parent, I have a deep feeling that I need help, a lot of it. My kids fight with each other, I fight against each of them (they are both teens), and my husband and I get into it more and more because of them.

I have a neighbor right next door, who also is a close friend. She sees what I am up against, but can only give me sympathy, and I need more than that.

I don't want to lose my kids or my husband, but I feel like I'm on the verge of something serious. Can you give me some ideas on how to handle my problems?

A. Yes, I can, but first I have to tell you that I don't have enough information or the chance for necessary personal contact with you to delve into your problems.

However, what I do have is a strong indication from your letter regarding your desperate need for help and a reputable source for you to contact as soon as possible.

It is an organization called Parents Anonymous. As a national network, it can touch people's lives all over the country to help relieve the heavy burdens they carry. One chapter is located in your state, and many states have several chapters.

One of the brochures I have about their programs mentions the kinds of problems with which they deal. Included are these: not knowing where to turn and what to do about family matters; being afraid that a person might not be able to control his or her anger; children acting up and parents feeling unsure about how to discipline them.

Sharing feelings, being with others who face similar problems and having access to professionals with experiences in working on family issues are key parts of Parents Anonymous. Healthier, stronger family relationships and prevention of child abuse and neglect are major goals in their activities.

Please check the phone book in your city, call them, and consider becoming involved in one of their programs as soon as you can.

Q. I wish I knew more about the video games in which our kids seem to be so fascinated. I limit the time that they devote to them, but there are a lot of details about them that I don't really understand.

Although I hate to exhibit my ignorance, I'm going to you for help because you have provided assistance to so many other parents.

I'd appreciate whatever help you can give me.

A. One of the few guides I've seen on this subject is called "Tips for Parents Whose Kids Love Video Games." Its brief contents include "Learn to Speak the Lingo," "Try Your Hand," "Schedule Playing Time" and "Choose Games Together."

To get a copy (at no cost) write to Tips for Parents, Hill and Knowlton, 520 Pike Tower (Suite 2929), Seattle, WA 98101. They may also be able to provide additional information on this subject.



Our Children

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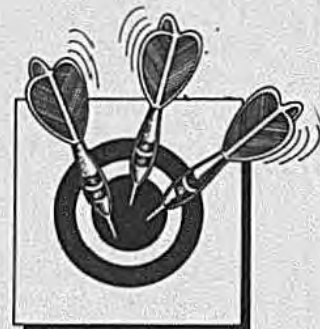
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By Mike Dale

Fitness Forum

The inside story on pollution

Call it the inside story on the next big battle over pollution.

Congress, which last year passed comprehensive legislation to revise the Clean Air Act dealing with atmospheric pollution, is moving indoors.

Some states are even sponsoring legislation to help clear the air that Americans breathe in their homes and offices.

Indoor pollution poses immense risks to human health — especially considering that people now spend up to 90 percent of their time in homes and offices.

Estimates suggest that the indirect costs of illnesses related to indoor contaminants exceed \$6 billion per year.

One pollutant alone — radon — is suspected of causing between 5,000 and 20,000 deaths per year. Indoor exposure to chemical emissions and tobacco smoke claim up to 10,000 lives annually. And lead poisoning is now believed to be blunting the behavioral development of more than 15 percent of all children under the age of 6.

RADON ALERT

It's a colorless, odorless and tasteless radioactive gas that's produced when uranium decays. Radon is present everywhere in minute quantities.

Some 6 million to 8 million American homes have radon levels deemed unsafe by the Environmental Protection Agency. EPA officials say public awareness of radon is inadequate and that not enough testing has been done.

A number of studies offer powerful evidence that ionizing radiation — radon — can cause a variety of cancers. The good news: it can be detected with an inexpensive device.

LEAD LOWDOWN

Battle lines have been drawn against some of the most respected china manufacturers worldwide, including Wedgwood, Lenox, Mikasa and Royal Doulton. Lawsuits are being filed, depositions taken.

Why? There are hazardous levels of lead in dishware. And recently, the U.S. Department of Agriculture quietly instructed its staff to begin enforcing new, reduced lead standards for ceramic ware.

Possible high-risk dishware includes:

- Old china: Anything handed down from a previous generation and made before lead was recognized as a hazard.

- Homemade or handcrafted china: Either from the United States or abroad, unless a lead-free glaze was used.

- Highly decorated, multicolored inside surfaces.

- Decoration atop the glaze: Be wary if you see the brush strokes.

For questionable pieces of china, follow safety precautions, such as not storing foods or drinks in chinaware unless you're certain it's lead-free.

Don't serve highly acidic foods in questionable china. Don't use questionable china in everyday cooking. And don't heat or microwave food in questionable china. Heat can speed up the leaching process.

A kit to test for lead levels in ceramic ware is available from Frandon Enterprises Inc., P.O. Box 30021, 511 N. 48th St., Seattle, WA 98103. One kit can be used for 100 tests.

Hazardous levels of lead also can be found in your soil, canned food, paint and drinking water.

SMOKE DANGERS

One of the most serious health risks is secondhand smoke, which occurs when you inhale someone else's cigarette smoke.

The EPA has declared involuntary smoking a class A carcinogen, as serious a cancer-causer as asbestos, radon and benzene.

SICK BUILDINGS

The pollution issue of the '90s: Sick Building Syndrome.

Jokesters call it being allergic to work. But the serious side is that more and more workers are suffering chronic symptoms, such as fatigue, coughing fits, headaches, burning eyes, breathing difficulties and dizziness.

The culprit: office buildings contaminated by potentially dangerous pollutants, exposing 50 to 130 million workers to hazardous air.

Congress is hip to indoor pollution in offices. They now know that perhaps one-quarter of the nation's 4 million-plus office buildings are contaminated.

The vast majority of Americans work in "sealed" buildings, where air is circulated through a central heating and air-conditioning system.

Some of the many pollutants that can wreck havoc in sealed work spaces include formaldehyde, pesticides, ozone, ammonia, methyl alcohol, mold, asbestos and tobacco smoke.



THE HEALTHY GOURMET

By Kit Snedaker



Bouillon lends flavor to quick dishes

Usually shortcut cooking means higher calories and extra salt. Mass-produced prepared foods will never replace home-cooked, but when busy cooks need a break, there's nothing like reaching into the cupboard, pulling something out of the fridge and putting a great meal together in no time.

To this end, I recommend bouillon granules. They come in chicken or beef. Steero or Wylers are a couple of brands from Borden, and either gives a sparkle, a flavor boost, a finish to an otherwise hum-drum dish.

In the examples below, a scam-pi owes a lot to bouillon. Pork tenderloin can start to marinate in the morning to be grilled or broiled in the evening. And an all-purpose sauce that makes much of anything from grilled chicken to pasta.

SHRIMP AND SCALLOP SCAMPI

2 cups sliced fresh mushrooms (about 8 ounces)
5 cloves garlic, finely chopped
2 tablespoons sliced green onion
1 tablespoon olive oil
1 pound medium raw shrimp, peeled and deveined
1/2 pound sea scallops, cut in half

1 teaspoon chicken-flavored instant bouillon
2 tablespoons fresh or bottled lemon juice
Chopped parsley

Yields 4 to 6 servings.

Each serving has about 161 calories, 5 grams fat, 127 milligrams cholesterol and 366 milligrams sodium.

In large, non-stick skillet, cook mushrooms, garlic and onion in oil until tender. Add shrimp, scallops, bouillon; cook and stir until shrimp are pink and scallops are opaque, about 4 minutes. Stir in lemon juice and heat through. Garnish with parsley and serve.

HAWAIIAN MARINATED PORK TENDERLOIN

1/2 cup pineapple juice
2 tablespoons fresh or bottled lemon juice
1 tablespoon soy sauce
1 1/2 teaspoons tarragon leaves
1 teaspoon brown sugar
1 clove garlic, finely chopped
1 teaspoon chicken-flavored in-

stant bouillon
1 (3/4- to 1-pound) pork tenderloin

Yields 2 to 4 servings.

Each serving has about 180 calories, 3 grams fat, 87 grams cholesterol and 712 milligrams sodium.

In large shallow dish or plastic bag, combine all ingredients except meat. Mix well. Add meat. Cover, marinate in refrigerator 4 hours or overnight.

Remove meat from marinade; heat marinade thoroughly. Grill or broil as desired, basting frequently with marinade. Serve at once.

SPICY TOMATO GARDEN SAUCE

1/2 cup chopped celery
1/4 cup chopped green bell pepper
1/4 cup chopped green onions
1 clove garlic, finely chopped
2 teaspoons vegetable oil
1 (14 1/2-ounce) can tomatoes, undrained and broken up
1 teaspoon beef-flavored instant bouillon
1/2 teaspoon chili powder
1/2 teaspoon thyme leaves
1/4 teaspoon ground cumin
1/4 teaspoon hot pepper sauce
Yields 1 1/2 cups.

Each tablespoon has about 8 calories, 4 grams fat, no cholesterol and 70 milligrams sodium.

In large non-stick skillet, cook celery, green pepper, onion and garlic in oil until tender. Stir in tomatoes, bouillon chili powder, thyme, cumin and hot pepper sauce; bring to a boil.

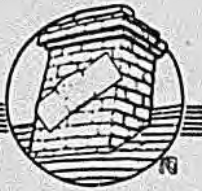
Reduce heat; simmer uncovered 10 minutes. Serve with omelets, hamburgers, grilled chicken, fish or chops, pasta or rice.

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

HEALTHY GOURMET



Here's How



By Gene Gary,

Q. We continually have dampness on the bathroom floor at the base of the toilet.

There don't seem to be any cracks in the fixture or seepage from the water line, nor have I noticed any particular condensation on the bowl that would cause moisture.

The bowl of the unit seems to be somewhat loose where it is mounted on the floor. Is it possible that the toilet installation was faulty? If so, do you have any recommendations on how we could correct the situation ourselves and save the expense of calling a plumber?

A. Through misuse, or due to poor installation, toilet bowls can loosen up. If water is leaking at

the base of a one-piece toilet, shut the water off, then flush the toilet, sponge out any remaining water and disconnect the water line to the tank. Loosen and remove the nuts securing the toilet to the floor.

First, you'll have to remove the porcelain caps that cover the nuts. These are usually secured with caulking. Older installations used plaster of Paris. Using a knife and gently tapping with a hammer loosens plaster without cracking the cap.

Once the caps have been removed, the nuts holding the toilet to the flange will be revealed. Loosen and remove nuts, then lift the toilet straight up.

Scrape away old seal. Buy a new seal from your plumbing supply house. To replace the seal, apply setting compound, also available from your plumbing supply house.

Place new seal in position on horn of toilet. The seal consists of a wax seal that is placed flush with the base of the toilet. Position the vinyl collar so it connects to the waste line.

Now, lower the toilet directly over the flange on the floor — don't come in at an angle, and don't slide it into place. Come straight down. Press toilet down with a slight twisting motion. Be sure to aim the toilet so that the bolts in the flange come through the holes in the base. Refasten the nuts so that they are snug, but do not tighten with force or you may crack the fixture. Apply setting compound around nut and replace caps.

Reconnect the water line, using Tape Dope on male threads. When reconnecting the line, use care not to twist ballcock assembly from its original position. If you have a

tile floor that prevents the bowl from setting against the floor flange, use two wax seals, one on top of the other, to ensure a tight joint.

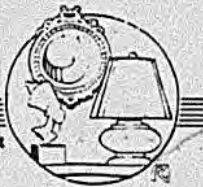
The procedure varies for a two-piece toilet. In this case, disconnect flush elbow. Loosen and remove nuts, lift toilet base straight up and place it bottom side up. Handle the unit carefully.

Scrape away setting compound on edge of toilet and remove old seal. Place a level on the flange and on the floor where toilet sets. If floor has settled, it may be necessary to shim toilet. Use small pieces of wood shingle placed close to bolts.

Replace toilet and check with level. If it checks out level, carefully lift toilet out of position without disturbing shims. Lay a thin bead of plaster of Paris around the bottom rim. Use a thicker bead alongside a shim. Replace toilet bolts. Use extreme care not to crack the fixture when tightening bolts. Remove excess plaster of Paris. Clean edge of rim with a damp rag.

Decor Score

By Rose Bennett Gilbert



solid colors, so you can combine the tailored efficiency of a shade with the softness of pattern, and still let in the light.

Rose Bennett Gilbert is the co-author of "Manhattan Style" and associate editor of *Country Decorating Ideas*.



Great room!

Q. We are adding a great room to the house, and I do mean *great*. It has cathedral ceilings, a big stone fireplace, and opens to the kitchen area on one end.

The other walls are mostly windows, except for the fireplace. I don't know how to deal with all this space when it comes to arranging the furniture. Can you help? — M.M.

A. It used to be that everyone needed help making rooms look larger. Now, with so many homeowners remodeling rather than moving to larger homes, we're seeing a big push into big family — or "great" — rooms, and many people share your problem: a bewilderment of riches in terms of space.

The photograph we show offers a time-honored solution. In a newly built home, where the sitting room is positively baronial. The house was built early this year in Las Vegas, Nev., by the Masco corporation, the home fashions giant, so they must know that great rooms are what people want.

The house's interior designers have used a mirror-image furniture arrangement to bring the

room down to conversation size: large sofas face across a cocktail table. Each is backed by a sofa table, and the arrangement is anchored on area rugs, three of them in compatible colors, layered at angles to each other.

On the wall opposite the fireplace, another equally weighty arrangement: a large mirror over a grandly scaled table that is balanced with tall lamps on each end.

When you're dealing with big spaces, you must *think big*, but remember that this room has to function for normal-size people: Use light and intimate spacing to give it human scale.

Q. Our front door is flanked by tall, narrow windows that look right into the entry. What can I put on them that will give us some privacy without blocking the light? Don't say lace curtains! I hate lace curtains! — G.M.

A. If that means you prefer things more tailored, consider wood shutters or translucent pleated shades. Both can be custom-made to fit any space. A number of shade manufacturers, Joanna, for one example, offer a variety of print fabrics as well as



SCALING DOWN — Bringing a great space down to human scale, a mirror-image furniture arrangement is centered on a triple helping of area rugs.



LOCAL READER

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- New Hyde Park Herald Courier
- Call 746-0240

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Help Wanted

P/T JOIN OUR ELITE
Telemarketing staff at our spacious new Mineola office. 9 a.m.-2 p.m. or 2 p.m.-6 p.m. available. Guaranteed hourly rate + weekly bonuses. No experience necessary! Ideal for housewives and students. Call Mr. White at 877-7700 after 12 noon. hn2

LOCAL FEMALE TO WORK
on Saturdays, 10 to 4, and possible weekday for local store in Williston Park area. Call Maria. 741-4270. wn1

MATURE WOMAN NEEDED
to be personal care aide for elderly invalid in Roslyn. 56 hours a week required. Salary open. Must be able to start within 30 days. Send resume of work history to Mr. Thomas at P.O. Box 114, Williston Park, N.Y. 11596. W-N-3

MOTHER'S HELPER
AFTER school hours who enjoys creative play with my children. Responsible, dependable and loving. Students welcome. 294-8775. Franklin Court area. gn3

RESPONSIBLE, EXPERIENCED WOMAN
to babysit in my home 2-3 days a week. Must have excellent local references. Please call Mary 488-7882. gn4

EXPERIENCED NANNIE
P/T needed for one year old, Mineola area. Please call 248-2546 for interview. Bring references. Hours flexible/salary negotiable. gn1

ESTABLISHED \$25 MILLION
Company looking for serious individuals to capitalize in the Sports Fitness Industry. 24 hour message. 336-6256. gn1

Help Wanted

BABYSITTER PROFESSIONAL
Adult for care of 2 year old & infant. Experience & responsible, own transportation, reference necessary. 485-4351 gn3

P/T DAYS, EXPERIENCED
telemarketer to get appointments for office & carpet cleaning service. Salary plus commission plus bonus. Call 485-7717. gn1

COMPANION FOR SWEET,
self-sufficient elderly lady. Two days a week. Live in. Call 938-5201. h05

PERSONAL AIDE, COMPANION,
housekeeper, full time, live-in, for friendly, elderly, disabled lady. Free separate apartment provided. Call 796-2612 after 10 a.m. GN2

Situation Wanted

COMPANION, NURSE'S AIDE,
matured with experience, seeks position. Will do light housekeeping and sleep in. Call Naida (718) 493-6244. gn05

NURSE'S AIDE - COMPANION.
Irish woman, seven yrs. experience. Excellent references. Own transportation. Available Fri., Sat., Sun. (weekends). Call 939-2467 or 937-1208. gn1

LADY WISHES TO care
for sick or elderly weekends, babysitting, day work. Excellent reference. Non-smoker. 692-2793. gn1

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. gn2

Situation Wanted

CERTIFIED, EXPERIENCED NURSE'S
attendant seeks P/T position to take care of the elderly. 9 a.m. - 2 p.m., or 10-3. Good references and driving experience. (718) 479-2055. gn2

MATURE WOMAN WOULD
like job as housekeeper or companion to elderly. Please call 292-6735. gn1

NURSE'S AIDE, FULLY
experienced in hospital, home and nursing home, private duty 11 p.m. - 7 or 9 a.m. - 5 p.m. or whatever hours to suit you. Please call Terri (718) 380-4823. gn2

HOME CARE NURSING P/T
mornings. European hospital trained. Blood pressure monitors etc. 294-9519 after 3 p.m. gn2

HOUSECLEANER AVAILABLE, EXPERIENCED,
references, own transportation. Call (516) 747-8523, leave message. gn2

I CLEAN YOUR house
any Thursday or Saturday. Good references. Call Isabel (516) 766-7727. gn2

CHILD CARE AVAILABLE.
NYS certified early childhood teacher with master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-6350. wn4

CERTIFIED NURSE'S AIDE
wishes work with sick or elderly. Also companion, do chores. Have car, good references. Full time. Call after 3 p.m. 742-9498. wn1

EXPERIENCED WOMAN
Looking for work with sick or elderly person 5-7 days weekly. Good reference and driver's license available. Call Monday to Sunday 9 a.m. - 11 p.m. AIDS patients welcome. (718) 471-9514. (718) 528-1315. gn3

MATURE WOMAN SEEKS
full time child care position in your home. Non-smoker, own transportation, former teacher, references. (718) 527-7108. gn2

HOUSECLEANING AVAILABLE,
Experience and reference. Sleep out. 486-1901. Call between 8:30-2:30 please. gn3

HOUSECLEANING AVAILABLE
Monday & Friday, mornings, afternoons. With transportation, experience and excellent reference. Please call Fatima 771-5827. gn3

Situation Wanted

AVAILABLE-HOUSEKEEPING, BABYSITTING,
companionship. References if needed. Please call 292-6130. gn1

HOUSEKEEPER, EXPERIENCED, REFERENCES
and own transportation. 485-4877. gn2

HOUSECLEANING AVAILABLE:
Days, honest, with own transportation. Good references. Please call 483-4721. Ask for Miriam. gn4

MALE, CLEAN DRIVER'S
license, seeks job for cleaning or fork lift operator. Checkable reference. (718) 464-5439. gn4

KATIE'S MOM-LOVE,
Laughter & lots of fun. Garden City mom of 3 year old would enjoy watching your child also. Large yard, playroom, activities. Your child and you will love it. Call Katie's mom 873-0625. gn4

HOUSEKEEPER AVAILABLE - Mon
through Fri. Experienced. Good references. West Hempstead, Garden City, New Hyde Park area. Call 488-3382. Ask for Onelia Gonzales. gn4

I AM EFFICIENT and certified.
I have lots of TLC to offer. I am here to take care of your sick, bedridden or elderly. I offer sincere companionship. Call (516) 783-8673.

EXPERIENCED NURSE'S AIDE
or companion with own transportation and reference F/T. 678-7094. gn4

RN. AVAILABLE FOR
private duty - part time, in-home, for adult/senior. Great Neck, Manhasset, Roslyn area. Tel. (718) 631-1776. hn3

PLAY GROUP NOW FORMING
in my home in Mineola. Diapers OK. Loving, bright, clean, stimulating environment. State licensed. N.Y. State certified teachers. Extended day also available. 747-5350. gn3

CERTIFIED NURSE'S AIDE
will work for sick or elderly. Full or part time. Will work evenings or weekends. Own transportation. References. 484-4321. wn1

MATURE, PERSONABLE WOMAN
available for long term home care for the elderly, shut in. Monday-Friday. Reliable, experienced. Excellent references. Call evenings. 481-1806. gn3

Situation Wanted

DEPENDABLE PERSON SEEKING
job to take care of elderly. Available on weekend; live out. Contact Ethel McLaren at 546-5459. gn1

VERY NICE LADY
seeks to take care of an elderly person or older children. Will live in or out. She is also very well mannered. 212-731-1475. gn1

LOOKING FOR HOUSECLEANING
position. Live out. 2 yrs. experience. 565-3521. gn1

HOUSECLEANING AVAILABLE
Wednesday only. Transportation, experience and reference. Please call Beatriz 741-5950. gn3

RELIABLE MALE NURSE'S
aide available. Please call 868-9454. Ask for Bobby. gn1

HOUSECLEANING, LAUNDRY,
Ironing, weekends babysitting. Good references. Own transportation. Call anytime. 671-9624. gn3

NURSE'S AIDE COMPANION
Elderly, sick people. Evenings 7 days a week. Good references, own transportation. Call anytime. 671-9624. gn3

HOUSECLEANER - EXPERIENCED
Good references, own transportation. Call any day of the week, 333-6682. gn3

IRISH GIRL AVAILABLE
as companion to elderly or child care. Excellent reference in both. Call Liz (718) 343-8617. gn3

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RETURNEE LOOKING FOR clerical work, filing, light typing, Xeroxing, coalighting, phones 9-2-30 \$6 an hour. Call between 1-3 p.m. 483-8254. gcN3

Real Estate for Sale

EAST WILLISTON - Robbins Hill Section Magnificent Colonial on almost 1/2 acre of beautiful treed property. Charm & character throughout. Move in condition. CAC, low taxes. Owner financing possible. \$499,000. 294-8357. W-N-2

GARDEN CITY SOUTH. Mint brick split, Adelphi area, 90x100. Modern EIK, 3 BR's, 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 \$265,000. Owner 485-7880. gcN3

EAST END BAYFRONT RANCH - \$189,000. Outstanding buy of this year-round, 5 room home with sandy beach and great views. Features include gas heat, 100% insulation, A/C, large fireplace, appliances, garage. Great year round or vacation home. At this price - Hurry! Northville - \$440,000 (was \$550,000) Stunning Long Island Sound - front, 2 story custom home. First floor - 3 BR's, 2 1/2 baths, Second floor - Huge master bedroom suite with panoramic views of Connecticut shoreline, custom designed bath with jacuzzi and shower. In ground pool with huge deck, 1.9 acres, 140' beach ownership. Owner may consider offers. Exclusive Bookmiller Real Estate (516) 722-4423. gcN1

CUTCHOGUE IMMACULATE WARM 2 story Colonial with IGP. Walk to town. 4 BR's, 2 1/2 baths, wood floors, FPL, 2 car garage \$275,000. Nassau Point - Older 2 story with 4 small BR's & a lot of charm. Stroll down a wooded path to beach. A great family getaway. \$239,000. Cutchogue Waterfront Southwest exposures from this 2 BR Ranch, great views. Ideal spot for boaters. \$285,000. Marilyn Lang Realty 734-8472, 734-8690. gcN1

GARDEN CITY WESTERN Section. Immaculate expanded ranch on large lot. 3 large BR's, 2 full baths, LR w/fpl, DR w/sliding door onto brick patio, large Den w/sliding opening onto deck, Andersen windows throughout, beautifully finished floors, finished basement, laundry room, gas heat, large yard, set back from street. Asking \$289,000. Must see. Call owner, 488-3250. gcN4

GARDEN CITY. NORMANDY Tudor, 5 BR's, 5 baths, CAC, fin. bsmt., sprinklers, new kit, renovated throughout, 100' x 100' property, newly landscaped. \$675,000. 248-2013. gcN1

Real Estate for Sale

GARDEN CITY MOTT AREA, 3 BR's, 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. gcN2

HAMPTON, QUOQUE VICINITY. Completely renovated country colonial, 15 rms. Circular driveway, in-ground pool. Attached apartment, rental income, low taxes. Seeking Garden City Estates house. Double garage, serious principals. (718) 961-4458. W-N-2

HEMPSTEAD - 4 BR's, 2 1/2 bath Colonial, 2 car, large property, possible M/D or building lots. \$200,000. Principals only. 481-4742. gcN2

HUNTINGTON. JUST REDUCED. Prime neighborhood. Country French in forest-like 3/4 acre. 1 1/2 miles to beach. Desirable SD #6. Taxes \$5,500. Downstairs: Large LR/fpl, extra large sunken FDR, European style kit, full bath w/stained glass, den, maid's rm., slate entry hall w/stained glass. Upstairs: 3 large BR's, full bath plus huge Master Suite with sitting rm, walk in closet, large Master bath & private deck plus detached 2 car garage. Sprinkler - security system. Terrace, pond with waterfall. From \$339,000 to \$265,000. 549-8409. gcN3

SOUTHOLD WATERFRONT MAGNIFICENT 1.31 landscaped acres. 250 feet waterfront w/dock, in-ground pool w/slide, 60 foot entertainment deck off DR & LR/fpl. Large Kitchen with brick wall barbecue & bay window dining area, laundry room, der., 4 BR's, 3 1/2 baths, finished lower level, Fpl., 4 zone heat, CAC & Central Vac., 2 car garage, sprinklers, much more. \$495,000 Firm. By owner. 765-9296. gcN2

ATLANTIC BEACH EAST Ocean Views. Remodeled Contemporary, 5 BR's, 2 baths, over guest quarters/income. Large yard and steps to private beach. \$369,000. 897-4507. gcN4

DON'T SETTLE FOR something that is not exactly what you want. Custom build your dream home on prime 80 x 100 lot in Estate Section. Principals only. Classic Construction Inc. David Fax: 489-3991. gcN1

SO. JAMESPORT 3 BR Ranch. 17x17 fin. den plus 15x15 fin. rm. in bsmt., LR/wood burning stove. In-ground pool, walk to beach, marina close by. In-ground irrigation, landscaped 1/2 acre. \$180,000. 722-4784. gcD3

NEW HYDE PARK - Double dormered cape, new vinyl siding, new plumbing, updated electric, AC, 2 new fully tiled baths, new windows, alarm, w/w, finished bsmt., garage, rear deck w/new aluminum awning, much more! Principals only. \$260,000. 437-0420. wN3

Real Estate for Sale

GARDEN CITY BEAUTIFUL spacious home, 5 BR's, 3 baths, screened porch, finished rec. room, 80x100. Walk RR. Asking \$315K. By appointment. Principals only. 775-5974. gcN4

GARDEN CITY NEW on market. One of a kind Contemp on Clinch Ave., Large property with 2 car garage. call for details. \$350K. 775-8875. gcN3

GARDEN CITY MOTT Colonial, 3 BR's, 3 baths, fin. bsmt., 27' kit, fpl, \$360K. Principals only. (516) 741-8664, (212) 356-3399. gcN1

GARDEN CITY. BUILT for entertaining. 4 BR, 4 1/2 bath Colonial. Gourmet EIK, LR/fpl, FDR, library, IGS, heated pool, 1.33 acres. Asking hi \$600's. Principals only. 248-4182. gcN1

GARDEN CITY TUDOR Gardens Condo. 1 BR, excellent location. Asking \$135,000. Principals only 747-5872. gcN1

NEW HYDE PARK Legal two family, LR, BR, EIK with finished basement. Second Floor, LR, BR, EIK with finished loft. Great Investment. \$185,000. Valentine Agency 746-7200. wN1

BELLEROSE VILLAGE - MAGNIFICENT Dutch Colonial, 4 floors, 5 BR's, 5 baths, new European kitchen, 2 fireplaces & more. \$365,000. Owner (516) 352-8162. gcN4

GARDEN CITY SOUTH classic Waldorf Colonial for elegant life style. Decorator's dream, 3 fls. consists of 4/5 BR's. Master suite with bath, 2 car detached. Walk RR & Adelphi University. Must be seen. \$300's. Schlimgus Realty 485-1822. gcN3

GARDEN CITY NEW Exclusive - Ours alone! Mint starter house, classic features, LR/fpl., FDR, 2 BR's, 2 baths, deep property, mod. kitchen, fam. rm. Great location. Room for expansion. Western all Brick Cape, 4 BR's, 2 baths, EIK, sunporch, 2 car \$300's. Stone & Siding Colonial 4 BR's, 1 1/2 baths, large mod. EIK & Family room, deep property \$300's. Exclusive location - Fabulous Ranch, 3 BR's, 3 baths, mod. EIK, Family rm., CAC, 2 car \$600's. Vera Atamian 354-1994. gcN1

GARDEN CITY VICINITY / Cathedral Gardens - Stunning Tudor totally renovated, 4 BR's, 2 new Baths, new light oak EIK, FDR, huge Fam. Rm., LR/fpl., all new Andersen windows, hardwood fls., gas HW heat, manicured property, 2 car garage. Owner relocated \$185,000. 481-3502. gcN3

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

Real Estate for Sale

VALLEY STREAM - 4 BR Brick Colonial. True charm and elegance. Formal DR, pantry, breakfast rm., Fireplace, wine cellar, hardwood inlaid floors, 2 car garage. Oversized property. Low \$300's. Mr. Grasso 775-6035. gcN3

GARDEN CITY PRIME Estates Ranch. 4 BR, 3 full new baths, new country kitchen, fully alarmed, sprinklers. \$450K. No brokers. Days 746-3010. Eves & Weekends 741-5477. gcN4

MATTITUCK MINT CEDAR Shake Ranch features LR/fpl, DR, EIK, Master BR & bath plus 2 BR's & bath, basement, garage, new OHW heat. \$149,000. East Marlon Bayfront cape LR, DR, den, 4 BR's, 2 baths, deck, sandy beach forever views \$395,000. Nassau Point Waterfront with bayviews LR/fpl, 2 BR's, 2 baths needs TLC. Boat dock, easy bay access. Bring offers \$325,000. Southold East - Bayfront cottage LR/fpl, large family room, 2 BR's, 2 baths, country kitchen, sandy beach, panoramic views. \$250,000. Lewis Realty. 785-5810, 298-4600, 734-5533. gcN1

SOUTHOLD - BAYFRONT EXCLUSIVE First offering Deluxe 3 BR Cape with 65' white sandy beach & private boat basin. Super buy \$475,000. Southold Waterfront - Almost new Nantucket Cape on 1 1/4 wooded acre in private area. 2 plus BR's, open floor plan/wood stove, attached garage & dock. Just reduced to \$275,000. Southold - 5 year old Cedar Shake Cape & large barn on 2 lovely acres. 4 BR's, 2 baths, deck & 3 zone OHW heat. A genuine bargain! \$172,000. Southold Bayfront - Location! Location! Location! Rustic cottage on wooded generous 1/2 acre with 100 feet gorgeous beach, bulk headed in exclusive area. Breathtaking views. Asking \$375,000. Cutchogue/Nassau Point - Bayfront delightful retreat. 4 BR, 2 story, 2 decks, enclosed porch, FPL, 100 feet sandy beach, shy acre, Fabulous view! Just reduced \$460,000. Mattituck - Finest 2 story Victorian waterfront large & beautiful family residence. FDR, large flowing space, 4,000 sq. feet, oak floors, 1 1/2 acres. \$499,000. Please call for fall brochure. Marlon King Real Estate 734-5657. gcN1

GARDEN CITY ESTATES section. Updated 4 BR Colonial, 3 baths, EIK, CAC \$415,000. Principals only. 747-2794. gcN1

GARDEN CITY/WEST HEMPSTEAD border Deluxe Townhouse. 2 BR duplex, 2 1/2 baths, EIK, own laundry room, garage. Walk to Garden City RR. \$150's Owner. 481-7621. gcN3

GARDEN CITY ESTATES 4 BR, 3 baths, English Colonial. FDR, LR/fpl., library, large kitchen with deck, finished 3rd fl., 2 car garage, finished bsmt., gas heat. Principals only. No brokers please. High \$300's 873-0338. gcN3

Real Estate for Sale

GARDEN CITY MOTT Colonial, 3 BR's, 1 1/2 new Baths, new Kitchen, new windows, large family room. Price reduction. \$399,000. Principals only. 294-4951. gcN3

EXPANDED RANCH - 4 BR's, 4 baths, huge den, country kitchen, Formal Living Room & dining room, huge bsmt., 2/3 acre of land. Principals only. \$575,000. Not negotiable. 5 min. from everything. 747-7328. gcN3

MONTAUK. 2 RM FURNISHED Co-op. One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$38,500. Great rental history. 724-5572. gcN4

GARDEN CITY SOUTH. Mint brick split, Adelphi area, 90 x 100. Mod. EIK, 3 BR's, 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 \$265,000. Owner 485-7880. gcN2

BOYNTON BEACH, FLORIDA. 2 BR, 2 bath home in retirement village. 9 hole golf course. Settle estate. Low \$70's. Call 775-2380. gcN1

Co-Op For Sale

MINEOLA, GARDEN PLAZA. Large 1 BR, desirable building, renovated kit, bath. Walk to LIRR & stores. 24 hr. security. Low maintenance \$95K. Must sell 746-4763. gcN1

MINEOLA HORTON HOUSE Co-Op: Front apartment, 1 BR, new kitchen, updated bath, loads of closet space, air conditioning. Parking available on and off premises. Principals only. \$89,500. 741-5210. gcN4

CATHEDRAL GARDENS CO-OP Large 1 BR, first floor, patio, w/w, EIK, Mint. Maintenance 90% deductible. \$65,900. No money down. (718) 343-2423. Principals only. gcN3

GARDEN CITY CHERRY Valley, first floor, 1 BR, large LR, wall to wall carpet, dining area, full kit, spacious closets. Walk to RR & stores. Ideal for one or two. Asking \$105,000. 248-7840. gcN1

MINEOLA - EXTRA LARGE junior 2 BR w/Euro modern kitchen, garage, parking. Low maintenance. Walk RR, \$560 custom redecorating bonus. \$91,500. 742-0229. gcN3

CHERRY VALLEY. 1 BR, first floor, washer/dryer, CAC, new kit \$79,000. Principals only. Leave message. 742-6708. gcN1

GARDEN CITY CHERRY Valley. Mint, second floor, 2 BR's, new kitchen, bath, carpet. Private corner, large garden. Will trade for your Garden City home. \$115,000. 742-8659. gcN4

Co-Op For Sale

GARDEN CITY, HAMILTON House, 101 Second Street. Unique 1 BR, Co-Op. New Kitchen, lots of extras. A steal at \$70,000. Seller Financing Available. (Days) (718) 641-4945, (eves.) (516) 741-8894. gcN3

GARDEN CITY 2 BR, second floor. Best location facing 15th Street. A/C, washer/dryer, wall to wall, attic, garage \$106,000. 294-0269. gcN4

GARDEN CITY CHERRY VALLEY Co-Op - Spacious 1 BR, new EIK, prime location. Walk to RR and stores. Maint. 80% deductible. Principals only. 742-6843. \$85,000 gcN4

MINEOLA - SPACIOUS MODERN, new, sunny corner, 1 BR plus second BR or den. 26' LR, furn. or unfurn., w/w, dishwasher, A/C Levelers. Assumable \$27,000 mortgage. Low, low maintenance, parking, immediate occupancy. Will hold second mortgage. \$79,900. 741-4880. gcN4

Open HOUSE

GARDEN CITY CO-OP, OPEN House, Sat. and Sun., Nov. 7 and 8, 1-5 p.m., 223 Seventh St. (Apt. 1-D), 2 BRs, second floor, center Village, 1 block LIRR and all shopping. \$116,000. 873-9469. gcN1

OPEN HOUSE, SUN., NOV. 8, 11-4, 547 Russell Rd., Garden City, 8 Room Split, 2 car garage, full basement, large family, EIK, Excellent Condition. Asking \$375,000. (201) 327-7877. gcN1

Real Estate For Rent

GARDEN CITY PARK Apartment for rent. 2 BR, main level house. Close to all transportation. Utilities included \$990. No fee. 294-9778. gcN2

APTS FOR RENT: MINEOLA/Westbury/Hempstead: 2 Studios - \$575 & 600 a month. 1 BR Apts. - \$600 & \$650 a month. Luxury large 1 BR next to Winthrop Hospital - \$775. 1 BR Garden Apt. - \$796 a month. Luxury 2 BR Apts. - \$850 & \$985 a month. Royal Int'l - 742-3355. wO5

NEW HYDE PARK - 1 BR, LR, Kitchen, finished loft, washer-dryer. \$725. 1BR LR, Kitchen, finished basement, Washer-dryer. \$725. Valentine Agency 746-7200. wn1

GARDEN CITY HOUSE FOR RENT - Rent with option. Expanded Ranch, 4 BRs, 2 baths, den, EIK, finished rec. room, beautiful condition. \$2150. Principals only. Evenings 742-8337. gcN3

GARDEN CITY, LOVELY, quiet, furnished room. Private entrance, bath. Mature, non-smoker preferred, references. 746-0018. gcN4

Real Estate For Rent

FLORAL PARK COZY 1 BR apartment, second floor, 2 family house, 2 blocks from LIRR & express bus to city. Room for 1 car, separate entrance. No pets. Available Dec. 1. Please call 488-7219. gcN3

GARDEN CITY SOUTH. 2nd floor furnished Studio. Full bath, private entrance, sun-deck, W/W, light cooking, microwave, toaster oven, ref. Cable ready. Working gentleman preferred, non-smoker, no pets. Utilities included \$450. Occupancy Nov. 1 538-2895. Wn1

WEST HEMPSTEAD - GARDEN City border. Furnished rm. Suitable for quiet, clean professional male, share bath. Positively no smoking. Convenient to all. \$400 monthly. Security & references required. 489-5941. gcN1

CATHEDRAL GARDENS/GARDEN City border. 1 BR apt on quiet cul-de-sac, first floor, private entrance, w/w carpet. Near RR, shopping, Adelphi & Hofstra. Non-smoker preferred. Utilities included \$650 per month. 292-0302. Please leave message. gcN1

GARDEN CITY FURNISHED room, separate entrance, private bath, non-smoker. Mature business person - male preferred. References & security. 741-0535 gcN3

STEWART MANOR APARTMENT New, large one BR basement apartment. Private entrance. Steps to LIRR. Fully carpeted, cable, walk-in closet, storage, washer/dryer. Very bright - no paneling or stucco here. Single person only, non-smoker, no pets. \$390 plus electric. Available December 1. 775-4258. hN2

38 HAMILTON PLACE, Garden City. 3/4 RM Co-op for rent or sale. Large LR, BR, EIK, dinette area, bath. Includes in-door garage. Walk to RR & shopping. Occupancy Dec. 15. 248-0436. hN1

GARDEN CITY SOUTH. Large rm. for rent. Newly decorated, private entrance, share bath, clean environment. Located between train & bus. \$350 per month plus security 538-0063. gcN1

WEST HEMPSTEAD - PRIVATE second floor apt. 2 rooms, full kitchen, bath, A/C. Walk 1 block to RR & Bus. Working single only, no smoking, no pets. \$625 all References required. Available Dec. 1. Call (516) 489-9759. gcN4

FRANKLIN SQUARE - LARGE Studio, furnished, all new kitchen, bath, wall to wall carpet. Utilities included, own thermostat. Business female preferred. \$600. 437-3143. gcN4

BELLEROSE N.E. AREA quiet tree lined street, 2 BR's, first floor, optional garage, owner occupied. Walk to shopping & transit \$875. Call (516) 328-8244. gcN4

Real Estate For Rent

STORE FRONT FOR LEASE: Available early 1993, Willis Ave. bet. Fordham & Harvard St. Office or retail space. 2100 sq. ft. Contact owner. 746-3141. wN2

GARDEN CITY / HEMPSTEAD Studio apartment, new kitchen & bath, quiet residential area in Co-Op building, large closet, A/C, washer/dryer. Close to transportation. No pets. Suitable for single person. \$650 (516) 485-3093. gcN2

WEST HEMPSTEAD, 1 BR Kit/LR combo, full bath, private entrance, cable, A/C. Mature business woman or young business couple preferred, non-smokers, no pets, references. One month's security. \$600/all. Call owner 481-5128 after 5 p.m. gcN2

GARDEN CITY SOUTH - Furnished 2 room apartment with private entrance & bath. Short walk to LIRR, Adelphi, shopping. Available immediately. Non-smoker please. \$500 per month including utilities. 483-5206. gcN2

FRANKLIN SQUARE, 3 1/2 very large rooms, private entrance, good location between Southern State-Hempstead Tpke., one block business/every convenience, private home. Prefer single business person, non-smoker. \$750 + electricity. 328-9175. gcN2

WILLISTON PARK: FIRST Floor of legal two family house, 2 or 3 BRs, formal dining room, EIK, basement, yard, driveway and garage. 12/1/92 occupancy. \$1150 includes heat. 741-5059. wn4

PLAINVIEW: LOVELY LG. APT. in private home. 1 bedroom, living room, kitchen and bath. Parking space. Near shopping and highway. One working mature woman preferred. \$750, utilities included. One month security. 938-9764. wn4

BELLEROSE 1 BR APT. kitchen, LR, private entrance, near RR, bus & stores, second floor, newly decorated. Non-smoker preferred. \$600 per month. (718) 347-4000, (516) 292-0302. gcN4

GARDEN CITY/HEMPSTEAD. Cathedral Gardens. Large renovated 2 BR, bright, airy, best in complex. Dishwasher, wall to wall. \$950. 565-3159. 1 month FREE. No Fee. gcN3

FRANKLIN SQUARE 1 BR bsmt apartment. Private entrance \$550 includes all. 481-7934, 489-0275. gcN3

GARDEN CITY LR/Kitchen, large BR, full bath, skylights, private home near transportation. \$750 all. 741-1194 gcN3

GARDEN CITY COMMERCIAL AVE 6,000 Sq. feet industrial or commercial. Modern buildings. Also 12,000 sq. feet (516) 294-9420 Reasonable. gcN3

Real Estate For Rent

FLORAL PARK CREST 4 room apartment, 1 BR everything new, private entrance. Male business person preferred. Must be non-smoker. \$650 includes all utilities. Available Nov. 1 (516) 352-3190. gcN2

FLORAL PARK. RENOVATED 1 Br, frost free refrigerator, freshly painted, move-in cond. Rent stabilized, 1 year \$690.36, 2 year \$703.77. 538-0757. gcN1

GREAT NECK, LARGE HOUSE to share. Professional only. No pets. Separate BR. Close to LIRR, market and shopping. Rent \$500 plus utilities. 482-5203. Leave message. hN3

GARDEN CITY - JUST IN - Mint solid brick Estates Colonial. LR/FPL, DR, EIK, 3 BRs, 1 1/2 baths. Great location \$2,400. Key here. Exclusive Ranch - LR/FPL, DR, mod. EIK, 3 BRs, 3 baths, rec. room, CAC, deep property, furnished or unfurnished. Available immediately. \$2,300 Vera Atamlan 354-1994. gcN1

FRANKLIN SQUARE/GARDEN CITY border - 4 rooms & bath, private entrance, utilities included, second floor. No pets, no children. One month's security. \$750 Owner. Call after 4 p.m. 485-6359. gcN3

Vacation Rental

MONTAUK FALL GET-AWAY special. 4 nights \$225 a couple. 2 rm suite, heat full kit. Sleeps 4. Walks, dining, shopping. Hundred feet to beach. Also for sale. \$38,500. Immaculate. Call 724-5572. gcN4

POCONOS - IMMACULATE 3 BR Ranch w/Fpl. & Woodburner, stereo, cable TV. Minutes to Jackfrost, Big Boulder & Camelback mountains for skiing. Horseback riding through mountain trails. Many fine restaurants and shops nearby. Beautiful fall foliage. Weekend \$350. Holiday weekend (3 nights) \$425. Week \$475. Holiday week \$575. Four weeks \$1200 plus utilities. Call 379-8447. gcN3

BERMUDA. ENJOY CHRISTMAS or New Year's week at luxurious St. George's Club. Fully furnished 2 BR cottage with kit & maid service. Sleeps 6. Tennis, golf, pools & more. Only \$1,200 per week, option to buy. 248-2450. gcN1

CAPE CORAL, FLORIDA - Fully furnished 2 BR, 2 bath house on the water. Utilities included. No fee. \$800 a week. Available Oct. - May '93. (809) 776-1451 gcN2

SANIBEL ISLAND, FLORIDA. Tropical paradise Sundial Beach and Tennis Resort. Soft Courts, golf, 5 pools, all sports, 2000' beach, restaurants, shopping. Complete Gulf-front resort. 1, 2 & 3 BR Condos, full kitchens. Rent daily or more. Reasonable (516) 746-2211. gcN1

Vacation Rental

VERO BEACH, FLORIDA - 2 BR, 2 Bath Furnished Condo. Lakeview, olympic size pool, tennis courts & all amenities. 10 minutes from ocean, near shopping & restaurants. 6 months min. rental, Jan-June \$1,000 month. 352-9113. gcN4

BOCA RATON, FLORIDA Townhouse. New, fully furnished. 3 BRs, full kit, DR, on lake, pool, tennis, gated entrance, close to golfing, shopping & ocean. Season rental, monthly or weekly. 294-4469. gcN1

MT. SNOW/HAYSTACK. large fully equipped 4 BRs, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or weekend. Call 466-6120. gcN1

ST. THOMAS, VIRGIN islands. Fully furnished luxury 1 BR apt. with terrace overlooking Megan's Bay. \$800 a week. Available Nov. - May '93. (809) 776-1451 gcN2

STRATTON MOUNTAIN, VT. trailside Condo. Spectacular views. Walk to lift. All amenities. Convenient to all facilities incl. pool, sports club, village, shoppes. Available for rental (516) 742-2818, (718) 258-3434. gcD1

MARCO ISLAND 2 BR, 2 bath Condo on gulf beaches, tennis, pool. South Seas East Midrise. 271-6479. GCN2

VERMONT SKI RENTAL. Enjoy the beauty and serenity of Vermont this winter. Fully equipped home convenient to Bromley, Stratton and Okemo. Discover the picturesque villages of Southern Vermont. Terrific shopping and first class restaurants, all at affordable prices. Call owner for details. 248-1254. hN3

MARCO ISLAND, FLA. 2 BR, 2 bath, beautifully furnished w/balcony overlooking Gulf, pool and tennis courts. Available Dec., Jan., April (516) 248-5276. gcN3

FLORIDA GOLD COAST winter rental - 2 BRs, 2 Baths, tastefully furnished on intracoastal waterway. 2 blocks from ocean, Pompano Beach. 3 months or longer. 248-6570, evenings and weekends. gcN3

Real Estate Wanted

MATURE PRIVATE NON-SMOKER needs a furnished room, light residence kitchen use, parking, no house pets, please. Call Andrew at 683-5111, Mon.-Fri., between 8 a.m.-4:30 p.m. gcN4

PROFESSIONAL COUPLE WANTS to rent apartment in Village of Garden City or small house in town. (212) 831-3667. Needed by 1/30/93. gcN4

GET RESULTS! Place an ad in our Classifieds for reasonable rates and prompt results. Call 931-0012

For Sale

CHERRY ENTERTAINMENT CENTER, Thomasville. Purchased new 9 months ago for \$1,700. Beautiful piece but must sell. Asking \$1,000. Call 326-6852, leave message. gcN1

PING PONG TABLE, 54" x 33" wall mirror, 42" fireplace screen, girl's 20" Schwinn bike, children's skis, sizes 1 & 6, children's Reidel ice skates, sizes 3, 4, 6 & 8. 741-3513. gcN2

EARLY AMERICAN PINE DESK, good condition. \$100; Radial arm saw, old but functional. \$50. Call 248-2629 after 6 p.m. wn2

SMITH CORONA TYPE-PRONIC typewriter with instruction booklet. \$70. 485-7054. wn1

WALL UNIT: 6 1/2 ft. High, 6 1/2 ft. Wide. TV slot, glass doors, lots of storage. Like new. Light Oak. \$490. 775-7210 W-N-3

MINK COAT, EXCELLENT condition, size 12-14, \$395; IBM correcting Electric II, excellent condition. \$95; two leather top antique end tables. \$95. No reasonable offer refused. 516-294-9187. W-N-3

EXERCISE BIKE NEARLY new. \$75 - 741-1139. gcN3

3 PIECE SECTIONAL Italian Provincial, 2 chairs, 2 marble lamp tables. Excellent condition. Call after 4 p.m. 485-6359. gcN3

WE ARE MOVING: Must sell Queen BR, triple dresser, 2 mirrors, armoire, headboard, 2 end tables; Formal DR, 2 leaves, pads, 6 chairs, breakfront, 2 LR sofas, marble cocktail table and 2 end tables. Make an offer I can't refuse. 747-0774 gcN3

SWEATERS, SWEATS & TS, men's and ladies', 100% cotton sweaters, many styles, \$23 & \$25. Also ladies & children's hand-painted shirts and sweats. Any design \$10 and up. Call Nancy 328-2919. gcN3

42" PEDESTAL PINE TABLE, Windsor chairs \$20 each, Ross men's 10 speed \$35. Lytton microwave \$75. 741-5840. gcN3

HOTPOINT DOUBLE DOOR refrig freezer, 30 1/4"W x 29" D x 64 1/2" H \$100. 2 swivel rock-need covers - \$50 pair. 294-0117. gcN2

10 FOOT OAK MICA bar with oval return. Leather arm rail & knee pad, chrome foot rail, 6 foot matching back bar with storage, liquor display, steps & wall mirrors. \$850. (516) 747-2576 leave message. gcN3

TAX SALE, COMPLETE DINING room, other furniture. In Garden City. 626-7550 gcN3

BROYHILL 96" GREEN velour sofa & matching swivel rocker, marble inlaid coffee table with 4 matching end tables & lamp. Must see to appreciate great value. \$400 - 957-4304. gcN3

For Sale

BRAZIL CONTEMPO CABINET/fold away desk, burl wood. Excel. cond. \$200. French style faux fireplace surround w/andirons, off white/gilt \$300. 2 barrel style upholstered chairs, silver striped. Excel. cond. \$150 pair. White formica wardrobe 6' H x 3'D \$150. Other furnishings. Cathedral Gardens Home. 483-9116. gcN1

SOLID OAK CABINET "Dry sink." Perfect for country kitchen, family room or hallway. Plenty of storage space. 4 years old in mint condition. \$225. 746-4109. gcN2

MOVING, MUST SELL 80" burgundy pillow-back sofa, perfect, \$110. Fantastic room full of antique wicker furniture including bassinet \$250, 4 piece Rattan set \$450, wicker rocker, chairs, baskets, etc. Yellow Chambers deep well stove, mint. Best offer. 485-6053. gcN3

COMPUTER - IBM COMP. V.G.A. Color Monitor, Hard Drive. Like new. \$450. Call 487-2297. hO5

TEAC STEREO RACK system includes CD player, dual cassette, turntable & speakers. Panasonic electronic typewriter. Panasonic 12 speed men's bicycle. Best offer. Call 747-7998. gcN1

2 PIECE HUTCH, 44" W, TV. 25" Screen (333-2651). gcN2

NINTENDO GAME, GAME Genie, all tapes, computer table and ladies bike. 294-5117. gcN2

APPLIANCES FOR SALE porcelain stove, refrigerator, microwave with stand. For more information, please call after 6 p.m., 746-8939. gcN2

OMNI EXERCYCLE BICYCLE, fully equipped, pulse monitor, timer, adjustable tension bar. Amerax rowing machine. Both in excellent condition. \$400 for both. (516)741-8123 gcN3

OAK TRIPLE DRESSER with trifold mirror & oak armoire \$600. White formica triple dresser, armoire, 2 desks & nightstand \$1,000. All pieces also available separately 248-2013. gcN1

FRENCH PROVINCIAL COUCH 84" length, green upholstery with light wood trim. Asking \$175. Singer Model 626 portable sewing machine makes button holes, blind stitch. Asking \$150. Call in A.M. 354-0114. gcN4

TWO GREAT VALUES - Tunturi stationary exercise bike, good condition \$85. Casio drum/machine, mint condition. Never used \$85 (Digital sampling rhythm composer) (718) 470-6770. Leave message. gcN4

DECORATOR ITEM: BEAUTIFUL Portuguese needlepoint rug. Fine point, 9' by 12', black background, ribbon and floral design in pink/blue/green. One year old, new condition. \$7,000 value, asking \$3,000. 746-1476. wn4

For Sale

1930's FRIGIDAIRE, LARGE storage, great conversation piece. Make an offer. Call 248-7751. gcN4

UNIQUE HAND CARVED Dark Wood Frame Spanish Mediterranean triple sofa, 96", \$100. Call 565-2450. hn4

BEAUTIFUL ENGLISH ANTIQUE wash stand, marble top with blue and white tile back \$475. Black and green marble pedestal table. Mint. 48 inches in diameter. 437-0839. gcN2

Car For Sale

'85 PLYMOUTH VOYAGER. Excellent cond. 27,000 miles, raised roof, equipped for handicapped wheelchair. \$11,000 negotiable. 938-6142. gcN1

1989 BMW-325i CONVERTIBLE. White with brown top, tan interior, 5 speed, 34,000 miles. \$19,995. 352-7992. wn1

1984 AUDI - 5000 S with sunroof. Silver/gray, clean in & out. New tires, battery, muffler system, brakes. 95,000 miles. \$2,800. 367-9122. wn1

1985 NISSAN MAXIMA. Red, sunroof, auto, A/C, ps, pb, alarm. 63K highway. Excel. \$4,100. 248-6552. gcN1

1986 PLYMOUTH VOYAGER LE. Seven (7) passenger, 60K Fully equipped. Excellent cond. Orig. owner \$7,500 neg. 741-1299, evenings. wn1

HONDA '91 CIVIC DX, 4 Door, grey, 5 speed, new front brakes. Excellent condition. 46,000 highway miles. \$8,000. 294-6704. gcN2

'87 CUTLASS SUPREME V6, black, 4-door, Low mileage. One owner. AM/FM - AC - all power. \$4,500. After 5 p.m. call 354-8360. gcN2

'81 COUPE DE VILLE V8. Power steering, power windows, power brakes, cruise, good condition. \$2,000. 877-1163. gcN3

1983 FORD LTD., Mid Size, 4 door, 6 cylinder, new battery and starter. Excellent condition. Always garaged and well taken care of. \$1,300. Call 741-8094, after 4 p.m. gcN3

1985 SUBARU XT Blue, 4 wheel drive, turbo, moon-roof, manual, 70,000 miles. Good condition. \$-3,800. 742-8250. gcN3

DUE TO A HEALTH Problem, must sell my Dodge Dart 1967. A recent check up shows the car to be in mint condition. If interested, call 625-7359. gcN3

'79 JEEP CJ7 Needs some work, but new brakes and transmission. Good for beach and snow. \$1000 firm. Call 742-0900. hn4

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Boats For Sale

SUZUKI 6 horse power long shaft outboard with gas tank \$600. Sea Eagle 12 foot inflatable boat \$400. Both used less than 10 hours. Estate sale. 747-2984. gcN3

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TELEPHONE INSTALLATION & REPAIR: TV cables & modular jacks installed. Electrical wiring and fixtures. Prompt, reliable and reasonable. Fully insured. Free estimates. Over 30 yrs. telephone experience. Residential/Business systems. Call Al 481-4665. gcj3

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Wanted

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I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496 gcJ3

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OLD GUNS, SWORDS, binoculars, old knives, hunting knives and pocket knives. Call 025-0979 or 354-1943. gcJ3

OLD CARS WANTED: "You Rap 'em, we scrap 'em." Licensed auto dismantler, DIS 1301249, July Auto Wrecking. Used & Old cars purchased and picked up. Used parts. Used parts sold and installed. Open Monday to Saturday. 746-0297. wn3

Lost and Found Pets

GREY CAT, WHITE bib, yellow eyes, collar. Lost on Garden St., Oct. 22. Please call 742-2127. gcN3

Fair



ANNUAL HARVEST FAIR
Sat., Nov. 7, 10 a.m.-3 p.m. Christ Episcopal Church, 33 Jefferson Street, Garden City. Farmstand, baked goods, many craft items, Christmas gifts, toys & games. Raffle of handmade quilt, attic treasures. Personal services, sweepstakes with prizes. Delicious lunch & snacks. Free admission. Rain or Shine. gcN1

SAT., OCT. 17, 9:30 - 3. Decorative and culinary crafts & giftware made from herbs. Seventh & Sycamore, Bethpage. Raindate Sun., Oct. 18. htfn

CATHEDRAL BAZAAR -
FRI Nov. 6, 7:30 - 10 p.m. Sat. Nov. 7, 10 a.m. - 4 p.m. Craft items, baked goods, attic treasures, silent auction. Raffle Drawing for Friendship Quilt, carved Wood Duck and House Portrait on Sat. at 3:30 p.m. 50 Cathedral Avenue, Garden City. gcN1

HOLIDAY BAZAAR - SAT., Nov. 14, 10-4, Christ Lutheran Church, Floral Park on Plainfield Ave. (1 Block south of Jericho Tpke.). New merchandise, crafts, baked goods, white elephant. gcN2

Garage/Tag Sale

HUGE MULTI-FAMILY Garage Sale. Records - thousands! Collectibles, bar signs, glasses, dishes, books, clothing, antiques, baby items, more new merchandise. 17 Regent St. off Woodbury Rd., Hicksville. Oct. 17, 18, 24, 9 a.m. to 4 p.m. h04

16 FAMILY FUNDRAISER. Oct. 24 & 25. All proceeds to Hicksville Hurricanes Soccer Club. Collectibles, clothing, much more. Newbridge Rd. to Cherry Lane, #23, behind Holy Trinity H.S., Hicksville, 9 a.m. to 4 p.m. h04

GARAGE SALE. HICKSVILLE. Sat., Sun., Oct. 17, 18. 22 Winding Rd., 12 to 5 p.m. Baby & women's clothes, household items, furniture & other good stuff. Raindates Oct. 24-25. h03

SAT., OCT. 17, 9:30 - 3. Seventh & Sycamore, Bethpage. Multi-family. Books, kitchenware, dishes, linens, Avon, collectibles. Unusual crafts/giftware (new) made from herbs. Raindate Sun., Oct. 18. htfn

Garage/Tag Sale

GARAGE/CRAFTS SALE
Oct. 30, Nov. 1, 10 a.m.-5 p.m. Crafts, records, stereos, books, housewares, furniture, toys. 66 Cherry Lane, Syosset (off Cold Spring Road). h05

WILLISTON PARK - 2 Family, Saturday & Sunday, November 7th & 8th. 9 a.m. to 4 p.m. Old furniture & bric-a-brac, loads of stuff. 22 & 26 Cornell St. W.N-1

FURNITURE, LAMPS, BOOKS sports, old accordion, many useful household items. Something for everyone. Rain or shine. Sat. Nov. 7, 9-4 p.m. at 83 Tenth Street, Garden City. gcN1

GARDEN CITY TAG SALE, 68 Kenwood Rd., Entire contents of fine home. Dining room set, buffet, table, 6 chairs, server, bedroom furniture, day bed, crib, lady's desk, lamps, living room, furniture, armoires, oriental rug, Wedgewood, cut glass, Noritake dinnerware, fine linens, pictures, kitchenware, bar equipment, metal shelves, garden tools, electric lawn mower, wrought iron patio furniture, baskets, Singer sewing machine, books and more. Rags to riches. Sat., Nov. 14, 10-4. gcN2

G.C. GARAGE SALE, Fri and Sat., Nov. 6 and 7, 10 a.m.-4 p.m., 46 Washington Avenue. Two day extravaganza. Unusual items. Just try to clean us out! hn1

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Novenas

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

NOVENA TO ST. JUDE
 Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen.
 Thank you for answering my prayers. C.M. M.M. wnl



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DINING GUIDE

In the Discovery Section of this newspaper

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, N.Y. 11801.

IF YOU ARE A PROFESSIONAL
 Check out the Professional Guide in this newspaper. For a low price of just \$11.50 per week you can get your message across to readers of all eight weekly newspapers we publish. Call today for more details.
 931-0012

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

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

What makes a great Classified Ad?

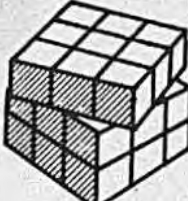
RESULTS

Action is what you want when you run a classified ad and action is what you'll get from us! Our Classifieds really work and they bring RESULTS!

If you've got something to sell or lease, have a service to offer or are looking for a job, don't settle for anything less than POSITIVE RESULTS!

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PUZZLED?



We've got the answers to your advertising needs. Call and let us put the pieces together for you today!

Call 931-0012
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Kids Home Newspaper



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

By J.R. Rose -

DRAW IT!

**DRAW
BIG EARS
ON ROSS
PEROT!**



**THESE THREE MEN ARE CANDIDATES
TO GOVERN THESE UNITED STATES!
SOLVE THE CODE TO SEE WHO THEY
THINK SHOULD LEAD THE U.S.A.!**

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P	☒	Q	▽	R	▽	S	T	□	U	▽	V		W	☒	X	⊗	Y	--	Z	=

**IT'S IMPORTANT TO VOTE.
LIST 5 WORDS THAT
RHYME WITH
VOTE!**

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



**REMINDE YOUR PARENTS
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WRITE US!

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

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**WHY DID THE OAK TREE
VISIT THE WHITE HOUSE?**



**TO
SEE
GEORGE
AND
BARBARA
BUSH!**

POP THINKS BETH POWERS OF LOS ANGELES, CA

ANTIQU OR JUNQUE



By James G. McCollam

Discovering a desk's unknown origins

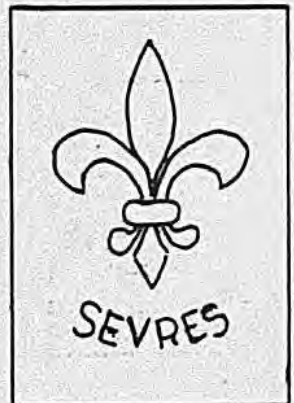
Q. Enclosed is a photograph of a desk on display in our local heritage society museum. It has pigeonhole dividers in the top compartment, two drawers on one side, a single large compartment on the other and a bowed drawer front.

The doors on the top compartment have an inlaid wood design. The mirror and leather writing surface are visible in the picture. Visitors frequently ask questions about it, but we have no information as to style or age.



A. This is a Victorian lady's desk and was made about 1875. It would probably sell for \$800 to \$900 in good condition.

Q. This mark is on the bottom of a porcelain teapot. It is 10 inches tall and 6 inches in diameter, and decorated with purple pansies. I would appreciate anything you can tell me about this.



A. This was made by the Sevres China Co. in East Liverpool, Ohio, between 1900 and 1908. It has no connection with the original French Sevres.

Your teapot might sell for about \$65 to \$75.

Q. We have a violin with a Stradivarius label dated 1716. It is in its own case with two bows. I would say that it is in good condition and playable.

What is your opinion as to value?

A. According to the experts, all genuine Stradivarius violins have been accounted for. In the past 150 years thousands of imitations were produced.

These are selling up to \$200 for copies, depending on musical quality.

Q. What can you tell me about my meat grinder? It is marked "Universal No. 2 — L.F. & C., New Britain, Conn., USA — Pat. 1897."

A. This was made by Landers, Frary & Clark. It would probably sell for \$35 to \$45.

Q. What can you tell me about my Madame Pompadour dresser doll? It is 7 inches tall; she has blond hair; her dress is green; she has a rose in her hair and is carrying a rose-colored fan. On the bottom is "E. & R. — Germany."

A. This doll was imported by Ebling & Reuss in Philadelphia in the mid-20th century. It would probably sell for about \$25 to \$35.

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The Crowley Chronicle

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Points on Pets

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

Q. Our cat eats a commercially prepared cat food that we buy at the grocery store. Is it necessary to give her additional vitamins?

A. It usually is not necessary to supplement the diets of dogs or cats with additional vitamins or minerals if the animals are being fed commercially prepared balanced pet foods.

The labels on pet foods formulated to meet all of the nutritional requirements for the particular pet for which it was designed will state that the food is "complete," "balanced," "perfect" or "scientific."

Many cat owners believe that growing kittens need supplemental vitamins and minerals. Excessive calcium, phosphorous and vitamin D can adversely affect growth. Overdosing with vitamin D causes bones to calcify abnormally and may cause depositing of calcium in the lungs, heart and blood vessels.

Excessive vitamin A produces swollen, painful joints and may

slow bone growth. Excessive vitamin A may also cause sterility and loss of hair coat.

The best method to assure that your cat is getting the proper nutrients is to use commercially prepared complete cat foods. Companies manufacturing pet foods have spent years and millions of dollars conducting research and formulating ideal diets. These companies are regulated by state and federal laws to maintain standards.



JUNIOR EDITION

WIN A BIG PRIZE!
ADD ALL THE SINGLE NUMBERS ON THE RHINOCEROS AND COLOR THIS CONTEST ENTRY.

Aunt Tilly's Corner

Do you like choices? I do. I like to decide what I'm going to wear in the morning and what candy I like best. I even like to choose whether to have string beans or spinach for my dinner!

Well, this year the American people had the chance to choose who they wanted as President to lead their country. It is called voting. This is not as easy as deciding on which vegetable to have. We had to watch and listen to each of these candidates for weeks before the election in order to choose who would represent our interests and be best for our country for the next four years. Only then we will be able to vote again.

Did your parents vote? Perhaps you can hold your own elections within your family or with a group of friends just for fun to see how the democratic process works.

Your friend,
Aunt Tilly

RULES BOYS AND GIRLS

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, November 13, 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

Social Security benefits for military service

Q. I will be retiring from military service in a few months. I am 42 years old and have 24 years of service. Will I be eligible to receive any benefits from Social Security? — LS.

A. Military personnel are eligible for the same benefits from Social Security as anyone else:

- Retirement benefits as early as 62 and one month (unless you were born on the first or second of the month).

- Disability benefits at any age for people with an impairment severe enough to keep them from working for at least a year (or that will result in death).

- Survivors' benefits for family members if you should die.

Q. My husband and I are planning to start a business. We are both going to operate the business and be partners. Will this be a problem with Social Security? — B.A.

A. A husband and wife can establish a partnership and share the self-employment income if these conditions are met:

- Both spouses contribute capital or services to the business.

- Each has the right to participate in the management and control of the business.

- Each shares in the profits and losses.

- Neither is an employee of the other.

When spouses operate a business together as partners, each should report their share of the business profits on separate Schedules C and SE (even if they file a joint return). The earnings can be divided equally or in accordance with an agreement stipulating otherwise.

Q. I am 63 years old and I've been off work for the past few months with some medical problems. I want to go back to work, but my doctor says I should retire.

A. If I apply for Social Security benefits now, won't my checks be reduced? — B.L.

A. Social Security retirement benefits are reduced five-ninths of 1 percent for each month you receive them before age 65. At age 63, that would be a 13 percent reduction.

However, there is no reduction if you qualify for disability. So you should apply for Social Security retirement benefits.

The retirement application can be processed more quickly than the disability application, and the benefit amount initially will be reduced. If your disability application is approved, your benefit amount will be increased.

The World's Most Beautiful Grandchildren



My beautiful grandchildren are Peter Jason, 11 yrs. old, Dana is 9 and Caitlin is 5. They are the children of my daughter Diane, and Peter Nazarechuk of Ringwood, N.J., and grandchildren of Gail and Chet Sesko of New Hyde Park.

HEALTH AND FITNESS



**A Well Balanced Approach
to Family Health**

Friday, November 6, 1992

Special Edition Appearing In
Williston Times/Mineola Edition, New Hyde Park Herald Courier, Mid Island Times,
Bethpage Newgram, Syosset Advance, Jericho News Journal, Garden City News &
The Great Neck News



Fitness Forum

Treating knee injuries in youngsters

By Robert P. Studer

The young athlete wasn't even yet in his teens when the knee injury occurs. It happened fast, and in that first excruciating moment of pain and shock, he saw his future sports activities disappear.

Not necessarily so, said Dr. Jesse DeLee, M.D., who addressed a seminar for members of the American Academy of Orthopedic Surgeons in San Francisco.

Even severe knee injuries do not have to rule out participating in sports again, he said, if the young athlete "adheres to the proper rehabilitation program."

Children who are active in sports are at risk of experiencing a number of knee injuries, ranging from knee dislocation to an anterior cruciate ligament tear, DeLee pointed out.

And, he added, "as children become more involved in sports at earlier ages, their chances of getting a severe knee injury increases. Many of the severe knee inju-

ries we see in older athletes can happen in young athletes as well."

What is required, he said, is a modification of activity, such as eliminating jumping or pivoting sports, to prevent further injury to the knee.

DeLee suggested that biking, jogging, swimming and low-impact aerobics usually will not lead to further injury. However, playing basketball, volleyball, soccer or football increases the risk of another knee injury.

Skeletal immaturity in the young athlete is a contributing factor to getting a severe knee injury, he said.

"Compared with adults, young children have more pliable bone, softer cartilage and ligaments. Therefore, a stress that would cause a ligament tear in a skeletally mature person may cause an even more severe injury in a skeletally immature person."

Other risk factors facing the

young athlete, DeLee pointed out, include abnormalities in flexibility and improper training and equipment.

"Training errors have been implicated in many knee injuries," DeLee cautioned. "If a coach does not have the experience in developing a good training regimen, young athletes appear to have an added risk of injury."

However, it is not only the young who are in danger of musculoskeletal conditions — disorders and injuries of bones, joints, ligaments, tendons, muscles and nerves. These ailments are among the most frequently occurring in the nation and they affect millions of people and cost more than \$126 billion a year for medical care and lost productivity.

In a new report, the academy found that in 1988, nearly 30 million people reported such impair-

ments, either as chronic or permanent defects representing a decrease or loss of ability to perform various functions. About half, or 15.4 million, suffered impairments of the back; 11 million, the lower extremities or hip; and 3.3 million, the upper extremities or shoulder.

The academy reports that 31 million people in the nation have arthritis, and the total cost of their medical care and lost productivity was \$54.6 billion, or 43 percent of the cost of all musculoskeletal conditions.

About 900,000 others were hospitalized for fractures, at a total cost of about \$20 billion. Hip fractures to more than 253,000 individuals cost \$8.7 billion. Of this number, 85 percent were 65 years old or older.

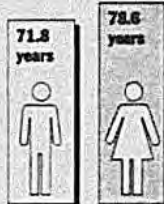
Special Edition Appeared in: Women Times, Nevada Edition, New York Post Herald Courier, Midland Times, Bishop Star, 11-13-92, Summit Advisor, Joshua News Journal, Garden City News & The Great Neck Times

HEALTH WATCH

Women live longer, see doctors more often than do men

Perhaps the reason that women have longer average life spans than do men stems from their seeing physicians more during the year.

Average life expectancy



Average yearly visits to a physician



SOURCE: Men's Health magazine

DISCOVERY

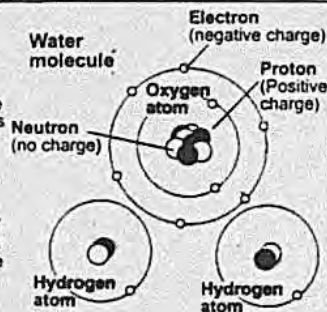
Are you literate in science?

Experts feel that Americans know too little about science and that this ignorance keeps people in the dark about important issues such as nuclear power. Some important but oft-misunderstood basics:

Light-year. A light-year is a measure of distance, not time. It is the distance light travels in one year. At 186,000 miles per second, light travels nearly 6 trillion miles in a year. The closest star system is 4.3 light-years away.

Atoms, molecules.

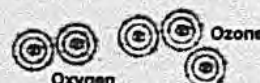
An atom is the smallest unit of matter. It is made up of electrons, protons and neutrons. A molecule is the smallest unit of a given substance. A water molecule, for instance, is made of two atoms of hydrogen and one atom of oxygen. If these three atoms came apart, you would no longer have water, but oxygen and hydrogen.



Fission. Splitting of uranium or plutonium atoms. Waste is dangerous and not easily disposed.

Fusion. Reaction within our sun. Hydrogen combines with itself. No waste. Reaction difficult to sustain in laboratory.

Ozone. The oxygen you breathe is not made of one atoms, but molecules made of two atoms. Ozone is oxygen with three atoms.



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MAKE SURE YOUR HEART IS IN THE RIGHT PLACE!

St. Francis Hospital Announces The Opening Of The DeMatteis Center For Cardiac Research And Education

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Fortunately, we can do something to prevent heart attacks. And this is the focus of the new center we are opening—cardiac disease prevention through risk reduction, education and research programs.

If you believe you are at heart risk or you are concerned about a healthier heart and lifestyle, then The New DeMatteis Center for Cardiac Research and Education is of vital importance to you.

This center, located on the St. Francis Hospital Old Brookville campus, represents a significant step in broadening St. Francis' scope beyond diagnosis and treatment to include heart risk reduction and prevention through education and research.

Here, you can make sure your heart is in the right place. Because the new facility will house St. Francis

Hospital's cardiac education and prevention programs, the cardiac fitness, rehabilitation and screening centers and The Cardiac Research Institute, you can take an active role in keeping yourself heart-healthy.

Programs will run the gamut from physical therapy and rehabilitation for outpatients to nutrition-related and heart risk reduction courses, cardiac rehabilitation, effective exercise routines, behavior modification, clinical screening for coronary disease, cholesterol clinics, CPR training and a stop smoking clinic.

The DeMatteis Center is a fulfillment of St. Francis Hospital's mission of being a leading cardiovascular institution in the fight against heart disease while fostering coronary risk reduction awareness within the community.

For more information or to reserve a catalog of course offerings, please call:

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Consumer's guide to indoor allergies

You have survived spring, summer and fall—the red, runny nose, and itchy, watery eyes—only to find that you are sniffing and sneezing even in the dead of winter. Unfortunately, you are one of the millions of Americans who suffer from indoor allergies.

"Because of indoor irritants, eight out of ten allergy sufferers are plagued with allergic-type symptoms all year round," according to Donald W. Aaronson, M.D., president of the American College of Allergy and Immunology. "For these people, there is no 'off-season.'"

House dust, mold and dander may be the root of many year-round allergy reactions. Additionally, smoke and cold may aggravate existing symptoms.

Understanding the allergy facts

Allergies are triggered by chemicals released from mast cells, which are present in the mucous membranes of your eyes and nose. When stimulated by house dust mites, pet dander and other allergens, mast cells break open, releasing histamine and other chemical mediators. This sets off the whole cycle of allergic symptoms, which may include: runny nose, sneezing, nasal congestion and itchy, watery eyes.

Helpful hints

In the bedroom:

- Cover mattresses and box springs with dust-proof covers, which can be easily-removed for frequent cleaning;
- Avoid upholstered headboards and feather pillows;
- Avoid woolen blankets—replace them with cotton or synthetic blankets;
- Avoid a down comforter or chenille bedspread—go with a single-layer bedspread;
- Replace heavy draperies and slatted blinds, which tend to accumulate dust, with washable curtains and roller shades;
- Use mold-proof paint to replace old wallpaper, which harbors mold and dust;
- Books, knick-knacks and toys (especially stuffed animals) collect dust—move them to a closet, and keep the closet door shut.
- Close off forced-air heating/air-conditioning outlets or cover them with double-density air filters to avoid unnecessary exposure to mold and dust;
- Keep your bedroom door shut to prevent dust and pets from entering;
- Keep windows closed to prevent dust and pollen from entering.

It is especially important to clean pillows, comforters and draperies frequently, and to be sure to keep shelves and windowsills dust-free.

In the bathroom:

- Use mold-proof paint to replace old wallpaper which has accumulated mold;
- Clean shower curtain and liner frequently to avoid mold growth;
- Scrub floor, bathtub, shower, and grout between tiles frequently with a mold-killing cleaning solution.

In the living area:

- Keep the refrigerator clean to avoid mold growth;
- Beware of house plants and dried and silk flowers—they can gather dust and mold.

In the basement:

- Remove all unnecessary stored items—those needed should be stored on boxes on shelves, not on the floor;
- Use a dehumidifier during damp months;
- A light in dark areas may help to retard mold growth;
- Dry clothes immediately after washing and vent the dryer to the outside.

If you think you may have indoor allergies, you should consult your family physician or allergy specialist. They can prescribe an allergy-blocker medication, which prevents the allergic reaction as well as clearing up the symptoms.

To receive a brochure about indoor allergies and other allergy resources, The Allergy Information Center and Hotline, 1-800-727-5400.



What you should know about cancer

How much do you really know about cancer? The following questions and answers are based on the latest findings from the American Cancer Society.

What is cancer?

Cancer is a large group of diseases characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled or checked, it results in death. However, many cancers can be cured if detected and treated promptly.

Who gets cancer?

Cancer strikes at any age. It kills more children three to 14 than any other disease. And cancer strikes more frequently with advancing age. In the 1980s, there were estimated over 4.5 million cancer deaths, almost nine million new cancer cases, and some 15 million people under medical care for cancer.

How many people alive today will get cancer?

About 76 million Americans now living will eventually have cancer; about 30 percent, according to present rates. Over the years, cancer will strike in approximately three out of four families.

How many people alive today have ever had cancer?

There are over five million Americans alive today who have a history of cancer, three million of them with diagnosis five or more years ago. Most of these three

million can be considered cured, while others still have evidence of cancer. By "cured" is meant that a patient has no evidence of disease and has the same life expectancy as a person who never had cancer.

The decision as to when a patient may be considered cured is one that must be made by the physician after examining the individual patient. For most forms of cancer, five years without symptoms following treatment is the accepted time. However, some patients can be considered cured after one year, others after three years, whereas some have to be followed much longer than five years.

How many people will die?

This year about 502,000 will die of the disease—1,375 people a day, about one every 63 seconds. Of every five deaths from all causes in the U.S., one is from cancer. In 1988 an estimated 494,000 Americans died of cancer. In 1987 it was 483,000; in 1986 the figure was 469,376.

Can cancer be prevented?

Some cancers, not all. Most lung cancers are caused by cigarette smoking, and most skin cancers by frequent over-exposure to direct sunlight. These cancers can be prevented by avoiding their causes. Certain cancers caused by occupational-environmental factors can be prevented by eliminating or reducing contact with carcinogenic agents.

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The facts and fallacies about headaches

Virtually everyone suffers from headaches now and then, but for some, the pounding pain is more of an annoyance than we realize. The National Headache Foundation emphasizes a need for people to recognize and treat headaches and corrects some of the common myths about them:

1. **Myth:** Headaches are "all in your head."

Fact: Of course they are; however, headaches are often thought of as an excuse or as a purely psychological phenomenon. The fact is, more than 45 million Americans each year suffer from chronic, recurrent headaches and between 16-18 million suffer from the most severe type of headache—migraine—with a loss of approximately 64 million workdays because of the pain.

2. **Myth:** All headaches are alike.

Fact: Not true. There are numerous types of headaches including sinus, cluster, tension, and migraine, which is the most debilitating. Your specific symptoms will help a physician treat and determine your headache type.

3. **Myth:** Migraines can't be prevented.

Fact: According to Dr. Seymour Diamond of the National Headache Foundation, there is preventative medicine for migraine sufferers. Inderal LA can be taken daily to eliminate attacks completely. It provides continuous protection against migraine and significantly improves the quality of life for sufferers. Also, modifications in diet and lifestyle have proven effective in preventing migraine.

4. **Myth:** Men get more headaches than women.

Fact: Women experience three times more headaches than men. In fact, 70 percent of migraine sufferers are women. Scientists suspect that changing hormone levels during menstruation and ovulation can be a factor in provoking an attack.

5. **Myth:** Food has nothing to do with headaches.

Fact: Certain foods can indeed cause headaches. Common culprits include: Chocolate, caffeine-containing drinks, nuts, Chinese food containing monosodium glutamate, and processed meats made with preservatives, such as hot dogs, salami and bacon.

6. **Myth:** Headaches aren't hereditary.

Fact: According to research, there appears to be a hereditary component to

the disorder. In fact, 70-80 percent of people with migraines have a family history of the ailment. If both parents suffer from migraines, there is a 75 percent chance that their children will have migraines; when only one parent is a migraine sufferer, there is a 50 percent chance the child will be afflicted.

7. **Myth:** Weekends and holidays offer relief from headaches.

Fact: Unfortunately, those late-night parties during weekends and holidays are a prime cause of headaches. Amidst all the merriment, headaches thrive in smoke- and perfume-filled rooms. Also, excess amounts of alcohol and poor lifestyle habits, such as irregular sleeping and eating patterns, can contribute to the onset of headaches.

The myths continue, but to obtain additional facts about headaches, you can contact the National Headache Foundation to obtain a copy of their new brochure, "How to Talk to Your Doctor About Headaches." Send a self-addressed, business-size envelope with 50 cents postage on it to: National Headache Foundation, 5252 N. Western Avenue, Chicago, IL 60625, or call 1-800-843-2256.

HEALTH WATCH

Live right, live longer

Changes in a person's lifestyle can add years to his life. Researchers recently calculated the extra longevity gained when a 35-year-old man who's in danger of getting heart disease makes lifestyle changes.



Years that could be added by changes in lifestyle

4.2 Reducing blood cholesterol level to 200 from 300 or more.

1.7 Reducing blood cholesterol level to 200 from 240 to 299.

2.3 Quitting smoking.

5.3 Bringing diastolic blood pressure down to 88 from 105 or more.

SOURCES: Harvard University; Men's Health magazine

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Aerobic exercise for fitness

There's no doubt about it. Every year, more and more Americans participate in sports and fitness activities. They have many goals: Improved fitness, weight loss, more energy, better health or to improve in their favorite sport.

Yet, when surveys report on the number of people who exercise regularly at levels vigorous enough to achieve these goals, the number of true participants drops. You see, it takes a little more than just a weekly game of tennis or an occasional swim to become fit.

First, to improve the fitness of your heart and lungs, it is necessary to do some form of cardiorespiratory endurance exercise at least three times each week for a minimum of 20 minutes each workout. This form of exercise, known as aerobic exercise, uses large muscle groups and requires a lot of oxygen. As your heart pumps hard to bring oxygen and nutrients to your muscles, it gets stronger and healthier. Some popular aerobic exercises are walking, jogging, swimming, aerobic dancing, cycling and cross-country skiing.

Muscular strengthening exercises are also important. Strong muscles are less likely to be injured and they make it easier to do endurance exercises for extended periods of time. Also, strong abdominal muscles help prevent lower back pain, which is a common problem today.

Special Edition Appearing in
 The Chicago Times, Miami Edition, New Hyde Park World Courier, Mid Island Times,
 The Palm Beach Post, The Palm Beach Daily News, The Palm Beach Daily News &
 The Palm Beach Daily News

What every woman should know about her doctor/patient relationship

By DR. MIRIAM STOPPARD

Every author aspires to writing the "definitive book," but few have the opportunity and the assistance to achieve this goal. With *Everywoman's Medical Handbook* (Ballantine Hardcover), I feel I've come close. We live in an age where more and more women see as their unalienable right the freedom to take part in the health decisions that affect their lives. Many of these decisions involve doctors, and without information, a woman goes unarmed and vulnerable into the doctor's office.

I feel many medical practices involving women are less than fair and I think this needs saying—by a doctor, a female doctor. I include myself in these criticisms. As a patient, I have suffered at the hands of other doctors; as a practitioner, I was guilty of some of the following male-oriented prejudices passed on to me by my teachers.

In the past, women have had a notoriously bad relationship with doctors. There is no question that male domination of the medical profession is at the root of women's dissatisfaction. For years, bona fide medical complaints such

as premenstrual syndrome and dysmenorrhea were looked upon by male doctors as "all in the head" or a woman's "natural inheritance" and therefore not in need of proper medical attention. Women's complaints were not seen as deserving first-class attention.

Over the years, the medical profession has done women a great disservice. Women have been unjustly made to feel and think, in some instances, that they were neurotic and that their symptoms were not real. A decade or so ago, however, research showed that there was a real cause for conditions such as dysmenorrhea and premenstrual syndrome. Once this was known, researchers were able to come up with specific treatments which enjoy a high degree of success.

Even so, a conservative medical profession was reluctant to adopt new remedies for the treatment of women's complaints. Women often met with reluctance, even a rebuff, when they tried to discuss these treatments with their doctors.

The advent of the women's movement and publicity given to new remedies for women's complaints has led to a loosening up of the medical profession. If you

find that you have an unsatisfactory relationship with your doctor, there is no reason why you should stay with him. If you are going to change your doctor because he or she is unsympathetic to your medical or health problems, make sure that you tell him so. Like any other person who performs a service for you, your doctor should have the opportunity to put things right if you are dissatisfied and to agree to a change if your differences are irreconcilable.

You should go into your doctor/patient relationship thinking of yourself as an equal. Before you go to see the doctor, go over in your mind what your dissatisfactions are, list your questions and decide what you'd like to get out of the discussion. Most important of all, be aware of your patient's rights.

Every patient has the right to:

- Be listened to.
- A sympathetic hearing.
- Participation in decisions which affect her health.
- An equal relationship with her doctor.
- A full discussion of treatments and side-effects.

- A second opinion.
- Change her doctor.
- Refuse treatment if her concerns cannot be allayed.
- Take advantage of alternative medical practice as well as mainstream medical practice.
- See a specialist.
- Have the most modern treatments available.
- Be informed about potentially fatal conditions such as cancer—if she wants to be.

One of the most uplifting sensations is the awareness that you are in control of your life; lack of control is one of the most depressing experiences. The *Everywoman's Medical Handbook* aims to help you to gain control of a crucial aspect of your life—your health. If you feel in control of your body, its health and maintenance, you are well on the way to finding tranquility and happiness.

Editor's Note: Dr. Miriam Stoppard is the author of Day-By-Day Baby Care, Pregnancy and Birth, and the recently published Everywoman's Medical Handbook (Ballantine Hardcover, \$19.95)

LEARNING DISABILITIES IN CHILDREN ARE MISDIAGNOSED

By GERALD S. COLES, Ph.D.

Nearly two million children in the U.S. are classified "learning disabled." That is, even though they are normally intelligent, they are said to have a brain problem that prevents them from learning with regular classroom instruction. Most of them are also very poor readers, so they may be diagnosed "dyslexic" as well.

Unfortunately, most of these children face bleak academic futures. Even when they are placed in remedial classes, the majority continues to have academic problems. As they go from grade to grade, they fall farther and farther behind their peers.

A main reason for this failure is that teachers, psychologists, and other professionals have been treating a "neurological condition" that has never been shown to exist in the majority of the so-called "learning disabled."

For many years, a long-held view was that "reversals" ("b" for "d," "was" for "saw") were a key symptom of dyslexia—for decades, reversals were included in the diagnosis of learning disabilities.

However, when researchers did investigate assumptions about reversals, the "symptom" was found to have no relationship to neurological problems said to underlie "dyslexia." Rather, the researchers concluded that they were trivial errors, easily correctable with instruction.

There is no question that generally the children who are labeled LD do have serious learning problems that usually begin in the early grades. However, most of the differences in brain function found between them and normal learners are just that—differences, not abnormalities.

The brain differences are simply ones that might be found between any two groups of people with different abilities. For example, the brain activity of two people reading a Spanish text would be different if one understood the language and the other did not. They would be "reading" in different ways and, therefore, what was going on in their brains would not coincide.

The unfortunate outcome is that the children never become the academic successes they are capable of becoming.

Editor's Note: Gerald S. Coles, Ph.D., is Associate Professor of Clinical Psychiatry at the Robert Wood Johnson (formerly Rutgers) Medical School and is the author of The Learning Mystique (Fawcett/Columbine, \$10.95).

The right way to influence smokers to quit

By TOM FERGUSON, M.D.

Most smokers feel that most nonsmokers do not know how best to help a health-conscious smoker. Smokers feel they receive little support or encouragement from their nonsmoking friends. Complaints range from minor nagging to shockingly rude put-downs.

It seems apparent that most nonsmokers with smoking friends are missing an important opportunity. Nonsmoking friends can play a major role in helping a health-conscious smoker cut down or quit, but to do so most effectively, they should reinforce the idea that it is possible for smokers to take control of their smoking, while remaining supportive of the smoker as a person. The ideal approach does not include hostile confrontation, threats, put-downs, preaching or nagging.

The health-conscious smokers I interviewed for my book suggested the following guidelines for concerned nonsmokers who wish to support a friend or family member's efforts to reduce their health risk:

• *Separate the smoker from the smoking.* Let the person know that you will continue to care about them no matter what they decide to do about their smoking.

• *Try to envision the problem from the smoker's point of view.* Smoking can help you deal with stress. It can help you relax. It can help you concentrate. It can keep you from becoming bored. It can be such a cherished part of your life pattern that giving it up would be like losing a good friend.

• *Realize that smoking is a powerful physical and psychological addiction.* Quitting can be painfully difficult. Thus the temptation to simply ignore the negative health effects of smoking can be very strong. Smokers who do exhibit the courage to confront this dilemma deserve compassion and understanding, not ridicule and blame. A supportive relationship with a caring and nonsmoking friend can make the smoker feel more secure and can thus help provide the positive psychological motivation for change.

• *Don't tell your smoking friends what to do.* Encourage them to do what they think is best. Remember, it is only when they want to do something about their smoking that progress can occur.

• *Encourage your smoking friends to engage in healthful, enjoyable activities that are incompatible with smoking.* Get them involved in sports—walking, hiking, volleyball, swimming, tennis, etc. Accompany them to activities at which smoking is not allowed—religious services, concerts, etc.

Refraining from open criticism does

not mean that you cannot subtly "train" your smoking friends to follow more healthful practices. While you should, at all costs, avoid nagging your friends and family members about their smoking, there is a role for supportive, loving confrontation.

Love and understanding from friends and family are particularly important in the days and weeks immediately after quitting. Here are some guidelines for supporting a friend during this time:

• Let your friend know that you are overjoyed that he is quitting and that you are confident he will be able to remain smoke-free.

• Make a commitment to "adopt" the recent quitter. Tell your friend that during this quitting period, you will be delighted to provide whatever support you can. This should include encouragement as well as such mundane services as preparing food, cleaning house, taking care of the children, doing laundry.

• Make yourself available as frequently as possible, either in person or by phone, for your adoptee's first days as a nonsmoker. Be prepared to listen to his hostile or angry feelings. Accept the fact that he may react to the stresses of withdrawal by lashing out verbally at whom ever is around—you included. Be prepared for somewhat bizarre behavior. Accept the fact that the loss of his cherished habit may be very painful to him. Be prepared to forgive him in advance, and encourage him to do anything he needs to do to get through this difficult time. Smoking is a habit that takes a long time to learn; it can take a long time to unlearn.

• After the first few days, the worst should be over. Arrange to see your friend regularly for several weeks thereafter, and to check in with him regularly for the remainder of his first year as a nonsmoker.

• Help your friend keep as far away from smokers and from cigarettes as possible. It is worth considerable trouble and inconvenience to avoid a situation in which it could be all too easy for your friend to smoke "just one cigarette."

• Consider giving up something yourself—candy, desserts, or coffee—for the first days or weeks of your adoptee's new life as a nonsmoker to show that you really care.

• Encourage your friend to talk about what he is feeling or experiencing. Listen sympathetically and supportively, without judging or offering advice.

• Send flowers or take your adoptee to dinner (at a restaurant with a no-smoking section) to celebrate the first week or first month as a nonsmoker.

• Offer direct rewards for continued

nonsmoking ("I'll give you \$50 if you can go without smoking for 100 days").

• Offer indirect rewards ("I'll give each of your kids \$50 if you can go without smoking for 100 days").

If you are a smoker, be aware that you may feel threatened by a friend's efforts to quit. Knowing that your friend desperately wants to quit may make you painfully aware of the ways smoking is harming your own body. You may justifiably feel that if she is successful in quitting, she will now begin to avoid you because you are a smoker. Share these concerns with your friend. Make a deal with your friend: you will support the way she has chosen to deal with smoking if she will support the way you have chosen to deal with it.

Realize that to succeed in the decision she has made, she is in great need of your support. Here are some of the things you can do to help:

• The smell of smoke can be extremely tempting to a recent quitter, particularly during the first few days after quitting. Make a commitment to your friend that you will not smoke in her presence until she invites you to do so.

• Your friend may go through a period of being irritable and grumpy in the weeks or months immediately after quitting. She will greatly appreciate it if you are understanding of this short-lived irritability and refrain from suggestions that a cigarette might calm her nerves.

• Be aware that as a quitter becomes a successful nonsmoker, she may become more critical of smokers, cigarette ads, tobacco companies, and everything else associated with her former habit. If this occurs, remind her of your "deal," and gently explain that she is exhibiting some of the warning signs of becoming a self-righteous ex-smoker.

• Smoking together can be an important part of a friendship. Show your friend you really care for her by working with her to develop other activities that you can now do together.

• If you are supportive and understanding during your friend's efforts to become a nonsmoker, then you can be sure that if and when you decide to cut down or quit, you will be able to count on her encouragement, support, and understanding during this difficult time in your life.

Editor's Note: A graduate of the Yale University School of Medicine, Tom Ferguson, M.D., interviewed hundreds of health-conscious smokers and successful ex-smokers as research for his book, The No-Nag, No-Guilt, Do-It-Your-Own-Way Guide to Quitting Smoking (Ballantine Books, \$4.95), from which the previous excerpt was taken.



Avocado treats pass taste test

By Kit Saedaker

To the greater good of their favorite fruit, the California Avocado Commission recently sponsored a "Toddler Culinary Academy Cook-Off."

The commission wants to increase the number of once and future avocado eaters. So local chefs were asked to submit appropriate recipes and five toddlers, each about 17 months old, were invited to test the winning avocado recipes as a junior food.

While the kids tasted each recipe or spilled it on their tray, dumped it on their heads or tossed it overboard, adult judges figured out which dish the kids seemed to like best.

A set of triplets won approval as best behaved. Even by 17 months they had all learned patience. The other two, a little boy and a little girl, were more aggressive, louder, but the boy, hungry by noon, was the best eater of the bunch.

Either because it was easy to grab by hand or by spoon, or tasted best, Chicken and Rice seemed to please the kids the most. Adult judges loved the Avocado Pudding and Avocado-Apricot-Raisin Quesadilla. All three, good lunch or supper dishes for both children and adults, are given below.

CHICKEN AND RICE

- 3 ounces boneless, skinless chicken breast, diced
- 2 ounces avocado, diced (about 1/4 avocado)
- 3 ounces cooked rice
- Salt and pepper to taste
- Chicken stock

Yields about 4 servings.

Each serving has about 87 calories, 3 grams fat, 18 milligrams cholesterol and 18 milligrams sodium.

Preheat oven to 350 F. Wash chicken, season as desired and wrap in foil. Place chicken on cookie sheet in oven for 30 minutes. Remove, cool and save juices in foil.

Dice chicken in bowl and add diced avocado and rice. Moisten with drippings from foil in which chicken was baked and, if necessary, with additional chicken stock. Divide among individual plates and serve.

AVOCADO-APRICOT-RAISIN QUESADILLAS

- 1 avocado
- 4 slices bacon, cooked crisp
- 4 fresh apricots, peeled and mashed (or 4 dried apricots plumped in hot water and drained)
- 1 ounce raisins, chopped
- 1 ounce apple juice, if needed
- 4 small flour tortillas
- 4 ounces finely shredded Jack cheese

Yields 8 servings of 2 pieces each.

Each serving has about 188 calories, 11 grams fat, 15 milligrams cholesterol and 197 milligrams sodium.

Preheat oven to 300 F. Mash ripe avocado in small bowl. Finely mince bacon and add to avocado mixture. In separate bowl mix peeled and mashed apricot with chopped raisins. If mixture is too thick, thin with apple juice.

Spread about 1 teaspoon of avocado mixture over half of each tortilla. Spread about 1 teaspoon of apricot mixture over the other half. Sprinkle with shredded cheese. Fold tortillas over and place on cookie sheet.

Put in oven and heat until cheese melts, 5 or 10 minutes. Remove from oven and cool. Slice each tortilla into 4 pieces and serve.

AVOCADO PUDDING

- 1/4 cup instant dry milk
- 3 tablespoons sugar
- 3 tablespoons cornstarch, measured without packing
- 1/4 teaspoon salt
- 1/4 cup milk
- 1 1/4 cup water
- 1 teaspoon vanilla extract
- 1 egg, beaten
- 1 avocado, mashed with a squeeze of lemon juice
- 1 tablespoon unsalted butter, cut into bits

Yields 6 servings.

Each serving has about 152 calories, 7 grams fat, 40 milli-

grams cholesterol, 77 milligrams sodium.

Mix instant dry milk, sugar, cornstarch and salt in a saucepan. Whisk in milk and then water. Cook, stirring over moderate heat until pudding thickens and bubbles form around edges. Cook 2 minutes longer, stirring constantly.

Remove from heat.

In small bowl, add vanilla to beaten egg. Stir in avocado mixture. Add 1/2 cup hot pudding to this mixture and stir. Return mixture to saucepan and whisk until blended. Whisk in butter. Strain into individual serving dishes. Cover with plastic and chill.

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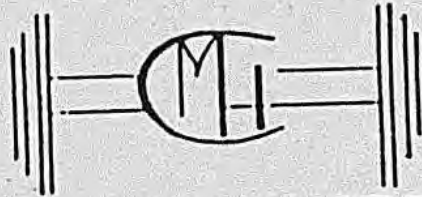
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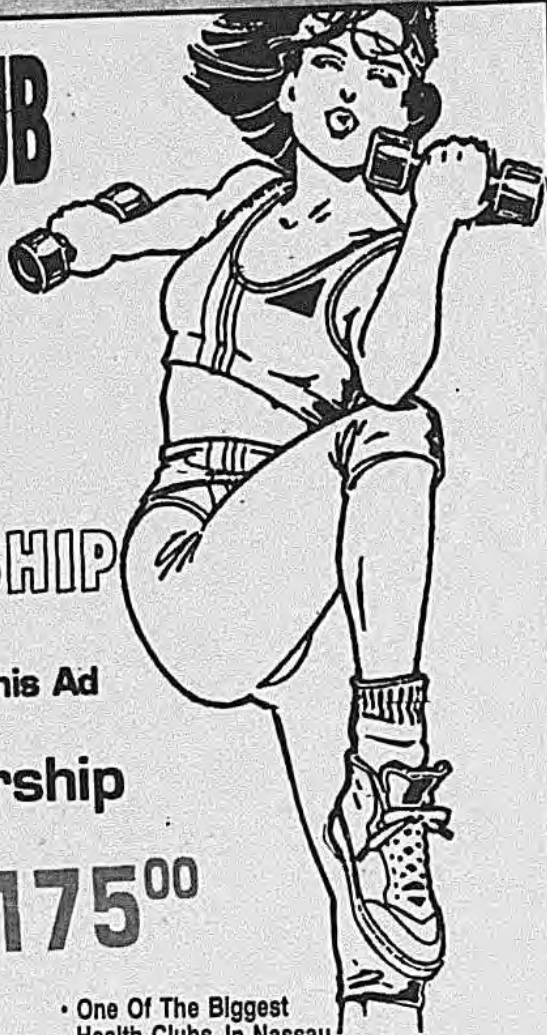
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6:15 - 7:15 am Step Melissa		6:15 - 7:15 am Step Melissa		6:15 - 7:15 am Step Melissa	8:30 - 9:30 am Step Kimberly	
9:15 - 10:15 am Step Lori	9:15 - 10:15 am Hi/Lo Aerobics Patti	9:15 - 10:15 am Step w/Muscle Lori	9:15 - 10:15 am Hi/Lo Aerobics Patti	9:15 - 10:15 am Step Lori	9:15 - 10:15 am Hi/Lo Aerobics Kimberly	9:30 - 10:30 am Hi/Lo Aerobics Diana
10:30 - 11:30 am Basic Step Lori		10:30 - 11:30 am Basic Step Lori	10:30 - 11:30 am Basic Step Kim S		10:45 - 11:45 am Step Gina	10:35 - 11:35 am Step Diana
5:30 - 6:30 pm Hi/Lo Aerobics Kimberly	5:30 - 6:30 pm Basic Step Gina	5:30 - 6:30 pm Hi/Lo Aerobics Kimberly	5:30 - 6:30 pm Basic Step Gina	5:30 - 6:30 pm Step MaryAnn		
6:35 - 7:35 pm Step Challenge Kimberly	6:35 - 7:35 pm Body Sculpting 7:20pm Abs Kimberly	6:35 - 7:35 pm Step Challenge Kimberly	6:35 - 7:35 pm Hi/Lo Aerobics Kimberly	6:35 - 7:35 pm Step-N-Aerobics Terry		
7:45 - 8:45 pm Step Challenge Melissa	7:45 - 8:45 pm Cardio Funk Terry	7:45 - 8:45 pm Hi/Lo Aerobics w/Muscle Terry	7:45 - 8:15 pm Butts-N-Gutts Kimberly			

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 Mon - Fri
 8:30 am - 12 noon
 4:30 pm - 8:00 pm

Gym Hours
 Mon - Fri 6 am - 10 pm
 Sat - Sun 7 am - 7 pm

