

In Two Sections - Thirty Six Pages

The Only Newspaper Printed and Published in Hicksville

Mid-Island Times

& Levittown Times

35¢

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Friday, January 1, 1993

'Music Man'



Pictured are Bruce Rebold as Harol Hill and Susan Fortunato as Marian the Librarian in the Plaza Playhouse production of *The Music Man*. Performances began December 18 and continue through January 30. Curtain times are 8:50 p.m., Friday and Saturday evenings, and 3 p.m. on Sundays. Ticket prices are \$16 on Fridays, \$18 on Saturdays and \$15 on Sundays. Tickets may be purchased over the phone with a Visa or Mastercard or in person at the Box Office (712 Old Bethpage Road) between 12 noon and 6 p.m. Tuesdays through Sundays. For more information call 694-3330.

VVA Colors At Benefit



The Vietnam veterans of America, Nassau County Chapter 82 Color Guard surrounds Gary Bretton, center, at the Fifth Annual Bretton's Deli Benefit Football game last weekend that raised over \$21,000 for needy families of Bethpage. Presenting the Chapter Colors are L-R: Ron Reardon and Paul Masi of Bethpage, Bretton, Ray Flanagan of Hicksville and Ted Fingarinas of Williston Park.

Bethpage Musicians In All-County Festival

Forty-two music students from the Bethpage Public Schools have been selected to participate in the Nassau County Music Educators Association All-County Music Festival. Each September, members of the Bethpage Schools music faculty recommend their finest music students for consideration for this prestigious musical honor. Students are selected for their musical accomplishments and ratings from their state solo performance from previous years.

Selected students perform with their counterparts from other Nassau County schools in a gala music festival held at the Tilles Center for the performing Arts at C.W. Post college. This year's festival will be held on Saturday and Sunday, January 9 and 10, 1993.

Students selected for the elementary festival (grades 5 and 6) include: Bettina Ojeda, Sara Bestany, Lauren Curry, Kristen Lamb, Kimberly Masi, Jason Morrison, Maggie Hall, Claran Fitzgeralds, Anthony Newkirk, Melissa Tjimos, Evan Parness, Giovanna Romano, Kyle Carpenter, Rachel Schweiderman, Emilie Fornini, Lauren Mendolia, Kathryn Rais, Jennifer Sherry, Cheryl Sydor, Michael Hoffman, Cynthia Prizzi, Gina Omega, Ryan Safarian, Eric Tak, and Daniel Lee.

Students selected for the junior high school festival include: Andrea Berman, Ian Boschen, Jeremy Closs, Jason Lee, Lauren Bretton, and Kristen Hoyt.

Students selected from Bethpage High School are Christine O'Brien, Carrie Kleiman, Kelly Brennan, Michelle Jerson, Giovanna Nastasi, Mark Andrews, Glen Beck, Allyson Franco, Stacy Cintado and Julia Yilmaz.

Mr. Frederic Cohen, District Coordinator of Music Education for the Bethpage School District, said, "We are very proud of our talented young musicians and are happy to see their dedication and hard work rewarded in this way." Mr. Cohen is also thankful to the Board of Education and district administrators for their continued support of our fine music programs.

Mid-Island Hospital To Change Ownership

Preferred Health Network (PHN) has signed a Memorandum of Understanding to acquire Mid-Island Hospital in Bethpage, a 223 bed, acute care facility.

"This acquisition," says Charles J. Pendola, President & Chief Executive Officer, PHN, "will convert Mid-Island to a not-for-profit community hospital. It will provide Mid-Island with an opportunity to enhance community relations and assume an active leadership role for the overall health and welfare of the residents in the communities that it serves. It represents yet another step in our growth and will create opportunities for dramatic advancements in patient care services.

As an integral part of Preferred Health Network, Mid-Island will use a network of administrative services, coordinated planning and fiscal management geared to fulfilling the goals of the hospital's mission.

A major construction project will enlarge the capabilities of the Emergency Department creating additional treatment rooms for greater patient comfort and privacy. In addition, plans have been formulated for the renovation of patient rooms, nursing unit corridors as well as full modernization of the Obstetrics Department with state of the art Labor and Delivery Suites, where couples can experience the entire birth process in one setting.

"Mid-Island enjoys a strong position as a community provider," says Robert J. Reed, President, Mid-Island Hospital. "We are confident that through the leadership and direction of PHN and the support and commitment of our outstanding medical staff and dedicated employees, the facility will become a center of excellence that will benefit our residents today and for generations to follow. We are heartened that PHN will continue our tradition of caring."

Preferred Health Network is the corporate parent to a number of family health facilities, diagnostic and treatment programs and ambulatory care centers located throughout Brooklyn and Queens. The affiliated PHN hospitals are:

Wyckoff Heights Hospital, of Brooklyn and Queens, Jackson Heights Hospital, in Queens, Deepdale General Hospital, in Little Neck.

Tots With Toys



Residents Eric and Edward Giraldo accept a holiday gift from U.S. Marine Corps Reserve Staff Sergeant Bernard Hilton as Roosevelt Field General Manager Joseph P. Cilia (left) and Chrysler Corporation District Manager Dan Payne (right) look on. More than 100 gifts were delivered during a recent Toys for Tots delivery to Tendercare Academy, a not-for-profit nursery school in Levittown.

To help support the Marine Corps Reserve Toys for Tots program, developed in 1947 to ensure that no child is without a holiday gift, fourth-year sponsor Roosevelt Field teamed up with Chrysler and the Long Island Jeep Eagle Dealers Association in donating a Jeep Cherokee for use by the Marines when picking up and delivering toys throughout Nassau County.

Chanukah At N.S. Nursery



The children in Mrs. Scher's and Mrs. Smith's class prepared "latkes," the traditional potato pancake in celebration of Chanukah. The class sang the blessing as Mrs. Scher lit the candles. Left to right are Diana Weinblatt, Lisa Silverman, Jana Levine, Jonathan Gavriel, Alexandra Natiss, Brendan Berger, David Weill, Erica Palefsky, Mrs. Scher and Samantha Karlin.

Yugoslavia - Prelude To A Conflict

Settle into your chair at the Bethpage Public Library on Thursday, January 14, at 7:30 p.m., and take a trip to Yugoslavia, a land of contrasts. Peek into little mountain villages nestled under the snow-capped peaks of the Julian Alps. Glimpse the glittering lakes and the faces of the people - shepherds, students and children, both simple and exotic.

You will better understand the country's present civil strife as you learn about its diverse heritage - the mosques, minarets and bazaars of Moslem Bosnia/Hercegovina and the majestic churches of Slovenia.

All are welcome and admission is free.

The library is located at 47 Powell Avenue, two blocks west

College Notes

Douglas M. Kastleman of Manchester Dr. in Bethpage is scheduled to complete his studies in December at SUNY Oswego. The December graduation ceremony was held December 12 on campus.

Kastleman is to receive a bachelor's degree in Psychology.

SUNY Oswego is among both the largest and most selective of the 12 four-year State University of New York colleges.

of Exit #8 on the Seaford-Oyster Bay Expressway, route #135 (phone: 931-3907).

LEGAL NOTICE

Notice of Application for Authority of FAKLER FAMILY PARTNERS I, LTD., a foreign limited partnership (LP). Appl. for Auth. filed with Secy. of State of State of New York on 9/18/1992. LP organized under the laws of Colorado on 2/20/1992. NY office location: Nassau County, Secy. of State of NY is designated agent of the LP upon whom process against it may be served. Secy. of State shall mail a copy of any process against the LP served upon him/her to: Francine Fakler, 22 Hofstra Court, Plainview, NY 11803 (the registered agent of the LP). Office address of LP in jurisdiction of its organization is 5105 DTC Parkway, Suite 450, Englewood, CO, 80111. Name and address of general partner(s) available from Secy. of State of NY. Copy of Cert. of LP is on file with Secy. of State of Colorado, Denver, CO. Purpose: to hold & invest in real and personal property. Beth 3159 11/27;12/4,11,18,25(1992); 1/1

Library Friends Present Program

The Friends of the Bethpage Public Library invite you to the library for a fascinating program on Model Railroading with this month's notable neighbor, Clifford Franklin.

Did you know that January is Hobby Month? One of the most popular hobbies in the United States is model railroading - an estimated three million Americans are aficionados. Join Clifford Franklin at the Bethpage Public Library on Wednesday, January 6, at 7:30 p.m. for an informative workshop on model railroading. Mr. Franklin will talk about the history of the hobby and tell you how you can get started as a model railroader. He will also discuss model building and architecture and will show some samples and kits.

Climb aboard for a glimpse into a fascinating hobby! Also, don't forget to stop into the library and visit our display case, which will be filled with trains and train accessories.

Admission is free and all are welcome.

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

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

Patients Can Use Own Blood

Surgical patients at Mid-Island Hospital in Bethpage can now receive their own blood. Cell saver transfusion is a way to collect blood lost from post operative drainage or the surgical site, cleanse it, and transfuse it back to the patient.

This type of transfusion is better for the patient. Even though all blood is currently tested for HIV and hepatitis, as well as major blood typing, there is still a small risk of disease transmission. With cell saver technology, there is no way the patient can develop an infectious disease from the transfusion. "Also, it is still warm," says Edward Gross, M.D., Mid-Island Hospital's Director of Anesthesiology.

Movies At The Bethpage Library

As part of the "Movies on Friday Night" program, the Bethpage Public Library will feature *My Cousin Vinnie* on January 8 at 8 p.m. The film stars Joe Pesci, Ralph Macchio, Marissa Tomei and Fred Gwynne. This appealing comedy of trial and error tells of two East Coast college students who are framed for murder in a small Southern town. Their only hope is Cousin Vinnie, a Brooklyn lawyer who passed the bar exam a few weeks ear-

lier after six years of trying. This is a hilarious courtroom comedy rated R and it runs for 119 minutes.

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BN 3160 11/27; 12/4, 11, 18, 25; 1/1

SOMEBODY'S DYING FOR A NEW PAIR OF SNEAKERS.

CRIME

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Jericho School Bd. Covers Many Topics

The Jericho Board of Education met on December 17, 1992, at the Jericho High School. The meeting was well attended by students, parents, community members, and staff members.

Robert C. Goldsmith, president of the Board of Education, called the meeting to order. The minutes from the last Board meeting were approved.

The current enrollment in the Jericho School District is 2035. Middle School Student Council - Mena Mesiha represented the Middle School Student Council. He reported that the annual Book Fair hosted by the library was a huge success. Thanks to all of the parent volunteers who helped out. The \$1,703.81 profit will be used to purchase books for the English Department and library. Many people contributed to the Clothing Drive on December 5. The donations were made to the St. Vincent de Paul Society in Mineola. The students collected over \$20,000 in their fund raiser. Seventy percent of the proceeds will go towards an alumni's medical expenses, and the rest towards Student Council activities and charities. Upcoming events include the Middle School Dance and the 8th grade Faculty Holiday Breakfast this Friday, and the drama performance "The Hobbit" on January 22.

High School Student Council - Seth Blum, President of the High School Student Council, felt the Middle States visiting team conducted a thorough investigation of the school. The school and other faculty should be proud. The program, Seniors Helping Seniors, has gotten off to a great start. The All County Chorus show at C.W. Post is coming soon. On March 11-13, the Harlequin Players will perform *Fiddler on the Roof*, with a March 10 special performance for senior citizens. Mark your calendar.

PTA Report - Mrs. Barbara Hohwald, PTA Council representative, gave a summation of the December 14, Council Meeting. The Council will be discussing with parents the importance of planning for their children in the event of an early dismissal. The Council is encouraging parents to write letters of appreciation instead of giving gifts this holiday. Other issues addressed include: Athletic Issues, AIDS, student honor code, high school elections, and retirement of Board members.

R&D Presentation: The Communications Course in Jericho High School - Joyce Bernstein and Mike Chiaramonte presented the new technology that has been integrated into the half year 9th grade Communications Course. An impressive computer demonstration of student's work was given of word processing, spreadsheets and graphics programs in Claris Works on the Macintosh, that the students have learned.

Presentation of the Comprehensive Assessment Report - Dr. Philip Allopenna, Assistant Superintendent, presented the results on last year's State testing. Jericho students continue to perform well above the State Reference Point on math, reading, writing and social studies tests.

Superintendent's Report - Dr. Manheimer read a letter from the Middle States evaluation team thanking the staff for their effort and input. In the evaluator's opinion, "the school logo, *In Pursuit of Excellence*, truly encapsulates the high school philosophy. Keep up the excellent work."

(Dr. Philip Allopenna announced that he will be retiring at the end of the year. During his nine years at Jericho, he has established a foundation for the future and has initiated many projects including the formation of the Middle School. He is an asset to the school and will be missed.

Other upcoming retirements are Louis Fusaro, Director of Personnel, after twenty-two years, and Robert Perna, Director of Educational Services, following his thirty-five years in Jericho. Best wishes to them.

Robert C. Goldsmith and Robert Urbont, Board Members, announced their intent to run for another three year term on the Jericho School District Board of Education.

Upcoming Events

- Dec. 23 HS Dismissal 12:43 p.m.
HS Alumni Luncheon
- Dec. 24-Jan 1 Schools Closed
- Jan. 4 Schools Reopened
- Jan. 5 MS PTSA Meeting
- Jan. 7 Special Meeting (Board of Education)
Crackerbarrel (Jackson School)
- Jan. 11-15 Kindergarten Registration
(Jackson & Cantigue)
- Jan. 12 HS Financial Aid Meeting
- Jan. 13 HS Winter Concert
- Jan. 14 Special Meeting (Board of Ed.)
Winter Concert - Cantigue School
- Jan. 18 Schools closed
- Jan. 19 11th Grade Parents Meeting
MS Winter II Sports Season Begins

Jan. 20

SEPTA Meeting (Jackson School)
Special Meeting (Board of Ed.)
HS/MS Learning Ctr. Back to School Night

Jan. 23
Jan. 25-28
Jan. 28

SAT & Achievement Testing
Regents Exams
Regular Board of Education Meeting

Opportunity for the Public to be Heard - At the request of a PTA Council representative, the Board will write a letter requesting that the meeting concerning the Drive-in Development Project be held at the Jericho Schools. The meeting has been tentatively scheduled for February 2, pending the acceptance of the amended DIS on January 5.

New Business - A grant from the national Board of Professional Teaching Standards was accepted by the Board, to study the accreditation of teachers.

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**LEGAL NOTICE
SUPREME COURT
COUNTY OF NASSAU
EUROPEAN AMERICAN
BANK**

Plaintiff against ALBINA J. REED et al Defendant (s).

Pursuant to a judgment of foreclosure and sale entered herein and dated October 1, 1992. I, the undersigned Referee will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, NY on the 20th day of January, 1993 at 9:30 AM premises BEGINNING at a point on the northerly side of 11th Street (Nevada Street), distant 100 feet easterly from the corner formed by the intersection of the northerly side of 11th Street with the easterly side of Myers Avenue, being a plot 100 feet by 50 feet by 100 feet by 50 feet, said premises known as 210 Nevada Street, Town of Oyster Bay, Hicksville, New York.

Approximate amount of loan \$51,697.23 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number 4619/91.

Dated:

December 17, 1992.

Milton J. Beech,
Referee
Fink Weinberger P.C.
Attorney(s) for
Plaintiff
11 Martine Avenue
White Plains, NY
10606

MIT 2641

4X 12/17, 24, 31, 1/7/93

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT:
NASSAU COUNTY.
NEW YORK MORTGAGE
SERVICING CORPORATION**

Plff. vs.

WERNER HENRY

BUSCH, et ano Defts.

Index #18211/90. Pursuant

to judgment of foreclosure

and sale dated Feb. 11, 1991,

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easterly measured along the

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Referee.

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Westbury, NY

MIT 2646

4X 12/25/92, 1/1/93, 8, 15

ARE YOU OVERLOOKING LONG ISLAND'S WILDEST NIGHTLIFE?

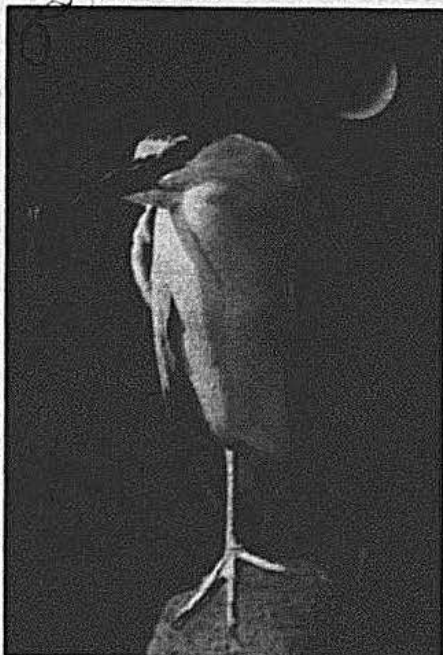


Photo by Dan Sica

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

You might say the black-crowned night heron is a hard bird to please. But The Nature Conservancy has been working hard for 40 years to provide the night heron and hundreds of other animals and plants the finest accommodations available on Long Island.

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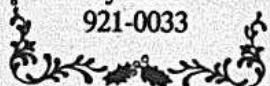
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| <p>Arthur White Funeral Home 234 Broadway Bethpage 931-1454</p> | <p>Electric Sun Tanning Center No Membership Fees 1163-320 Old Country Rd., Plainview (516) 933-9400</p> | <p>Reliance Federal Savings King Kullen Shopping Center 570 Stewart Avenue Bethpage 433-1666</p> |
|  | <p>Henry J. Stock Funeral Home, Inc. Since 1902 132 Newbridge Road Hicksville 931-0249 • 931-0269 William Stoffel, Licensed Funeral Director Peter Bernatovic, Asst. Licensed Manager</p> |  |
|  <p>GRECO BROS. FUEL CORP. (516) 938-5200 Solar Systems Oil Service • Home Insulation Heating Installations SAL J. GRECO 239 BROADWAY MICHAEL N. GRECO BETHPAGE, NY 11714</p> | <p>Marine Midland Bank, N.A. Joanné L. Celic Branch Manager  366 North Broadway Jericho 935-5665</p> | <p>Syosset Glass Co. 60 Underhill Blvd. Syosset 921-0033</p>  |
| <p>Dr. Joseph E. Knott Family Chiropractor 70 South Oyster Bay Rd. Syosset 921-5054</p> | <p><i>Season's</i> Greetings </p> | <p>McCaffrey-Naso, Inc. Complete Insurance 560 South Broadway Hicksville 681-2500</p> |
| <p>DISTRIBUTOR ALCOA BUILDING PRODUCTS, INC. Dryolln Corp. Distributor of Building Materials 32 East Carl Street, 50-58 Bethpage Rd. Hicksville 939-2560 • 939-2550 Dave Hoosack Bob Mercer</p> | <p>Ferrari's Auto Repair, Inc. 160 Jackson Avenue Syosset 921-8020 • 921-9145</p>  | <p>MARIO'S PIZZERIA™ "For a Snack or a Meal, Mario's is a Great Deal!" Syosset Centre 326 Jericho Tpke. Syosset 921-7071</p> |

Happy New Year

| | | |
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| <p>Mc Daniel Ford, Inc.</p>  <p>"Your Golden Rule Dealer" 217 Bethpage Road Hicksville 681-9000</p> | <p>Alfredo's Swiss Chalet Swiss & German Specialties Open 7 days a week 193 Old Country Rd. Hicksville, 11801 433-1978</p> | <p>Assemblyman Fred Parola 14th Assembly District 731-3434</p>  |
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| <p>Merry Christmas</p> <p>Benjamin J. Daguanno Certified Public Accountant Personal Tax Returns Small Business Specialist 30 Jefferson Ave., Hicksville (516) 681-5074 FAX: (516) 681-6975</p> | <p>ELECTRICAL CONTRACTOR SCHIAVONE ELECTRIC, INC. QUALITY CRAFTSMEN LICENSED ELECTRICAL CONTRACTOR LIGHT • HEAT • POWER 88 Woodbury Road Syosset 433-2661</p> |  <p>Create Gifts Friends Will Remember Gift Baskets For All Occasions Bethpage Market Square (Near Waldbaum's Shopping Center)- 896A S. Broadway, Hicksville 942-3442</p> |
|  <p>Volpe's Delicatessen Italian-American 341 Jerusalem Ave. Hicksville, N.Y. 11801 935-9898</p> |  <p>Plainedge Plaza Shopping Ctr. Michael Dennerly, Mgr. (516) 735-7900</p> | <p>La Viola of Syosset 41 Jackson Ave. 364-8383</p> <p>Join us for New Year's Eve Dinner Served from 5 p.m. Happy Holidays from Giancarlo & Staff</p> |
|  | <p>The Craft Menagerie would like to wish you a Happy & Healthy Holiday Season Please call for New Year shelf-rental specials and upcoming craft classes L.I. Outlet Village 1600 Route 110 Farmingdale 753-5441</p>  | <p><i>Merry Christmas</i></p>  |

PROFESSIONAL GUIDE

Advertising on this page is only open to N.Y.S. licensed professionals

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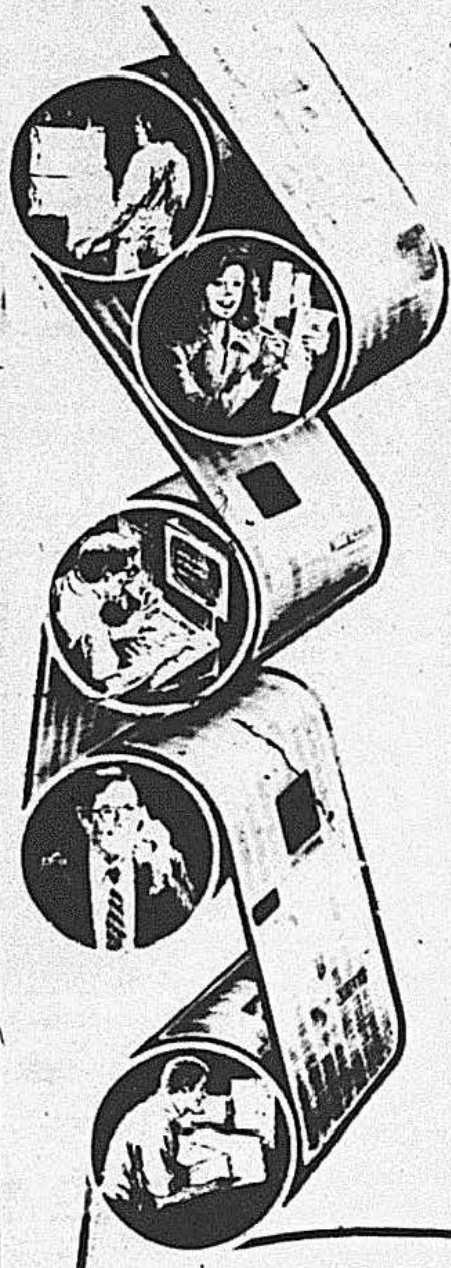
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**LEGAL NOTICE
NOTICE OF SALE**
SUPREME COURT: NASSAU COUNTY. THE FIRST NATIONAL BANK OF LONG ISLAND, Plt. vs. FRANK V. JONES, et al Defts.
Index #18145/91.

Pursuant to judgment of foreclosure and sale dated July 23, 1992, I will sell at public auction at the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Feb. 2, 1993 at 9:30 a.m. prem. k/a 10 Dale Ct., Hicksville, NY. Also known as and by Lot #8 in Block 571 on a certain map entitled "Map of Hicksville Homes Section 3, situated near Bethpage, Town of Oyster Bay, Nassau County, NY, owner by Belmont Homes Inc., 179-126 80th Rd., Jamaica, NY, William H. Parry Inc., land surveyor, 2/18/53" and filed in the Office of the Clerk of the County of Nassau on 7/10/53 under file #5880. Sold subject to terms and conditions of filed judgment and terms of sale.

EDWARD J. MCGOWAN,
Referee
Bermingham & Mintz,
Attys. for Plt.,
34 Audrey Ave.
Oyster Bay, NY

MIT 2648
4X 1/1, 8, 15, 22

LEGAL NOTICE

Tor J. Worsoe, CAI Auctioneer as Agent sells January 13, 1993, 2 PM, at 23 Heitz Pl., Hicksville, NY. 1986 2 DSD Renault 1XMDM9333GK125665 Re: Angela M. Nelson, Norstar Bank.
MIT 2645
2X 12/25, 1/01/93

Old Country Rd Thanksgiving



Mrs. Allens 3rd graders from Old Country School are dressed in costume for a Thanksgiving play they performed for other classes in the school. Their day also included making pumpkin and corn bread and making holiday cards. Pictured: Herble Zamora, Jamle Callari, Daniel Mack, Joey Seguna, Justin Igoe, Matthew Thomas, Jessica Haggerty, Lisa Comolli, Samantha Graziose, Suzanne Schwartz, and Vanessa White.

In Service

Marine Lance Cpl. Michael Murray, son of Eugene G. and Helen G. Murray of Acre Lane, Hicksville, recently returned with 26th Marine Expeditionary Unit, camp Lejeune, NC from a six month deployment to the Mediterranean as part of Mediterranean Amphibious Ready Group 2-92.

Murray visited ports in Spain, Greece, Israel, Italy, France and Morocco.

The 1989 graduate of Hicksville High school joined the Marine Corps in September 1989.

Navy Ensign Michael J. Roth, son of Alan and Alice M. Roth of Autumn Lane, Hicksville, recently completed the Basic Surface Warfare Officer's Course.

The 1988 graduate of Hicksville High School and 1992 graduate of US Naval Academy, Annapolis, MD, with a Bachelor of Science degree, joined the Navy in July 1988.

The price of a postage stamp. That is all this newspaper costs you per week delivered to you by mail.

Jottings From Yesteryear

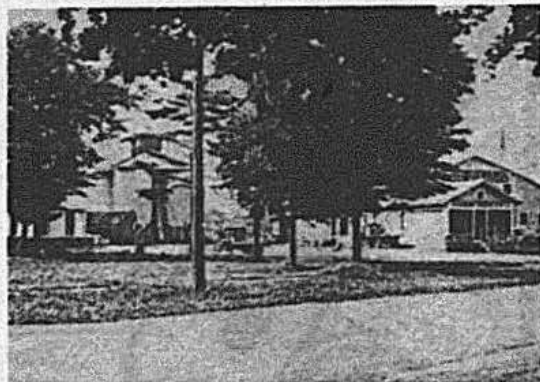
By Bill Clark

The day after Christmas is the same as when young. Plenty of homemade cookies & candy, except today no one to stop me from eating them all day plus the dinner and goodies with friends yesterday. While everyone was attending church or opening gifts on Christmas morning. I hope they appreciated the Volunteer Firemen & Police Dept. on duty ready for an emergency call while their family at home gathered. I was fortunate, only had a Christmas tape come snaking out of the machine like a snake. When young it was a 78 rpm record that would drop and break. Time for a cookie.

I remember years ago with snow at Christmas you would see a horse & sleigh going thru

the residential streets and people singing carols and at times I believe gave Santa a ride and helped with his gifts. Gosh, that is going back in time. I guess I am over 49. One year I saw Santa in the Wheeler home on Cherry St, as my aunt Elizabeth and I walked to Just Rite Bakery in early evening. Then rushed home, before Santa hopefully would arrive at my house. And my folks lit the candles on the tree with care. This week I received an oval frame of a needle point saying and picture for my Jottings from yesteryear from my sister. It read "on a cold dark night - in a sleepy haze - be glad these ain't the good 'ole days". This was around a picture of an outhouse.

Wishing you a Happy Healthy New Year.



Nassau Seed Co., Duffy Ave., & Newbridge Rd., (Now Nelson Ave.) RR ground level behind buildings.



Same area: Duffy Ave., and Nelson Ave. (Old Newbridge Rd.). Tree at right still there as in right of upper photo RR elevated.

Photos by Bill Clark

Perspectives in Health

SECRETS OF THE THYROID GLAND.

Another free community health education program by the Nurse Specialist Group.

- Dr. Ashok N. Vaswani, Associate Director of Endocrinology, will discuss common thyroid problems and current diagnostic and treatment options.
- Jan Keltz, R Ph, MS, Research Pharmacist, will focus on prescription thyroid medications, drug actions and interactions, potential side effects, and cost.
- Diane McGill, RN, MSN, Research Coordinator, will moderate.

DATE: Tuesday, January 19th
TIME: 6:30 pm - Registration and Refreshments provided by Boots Pharmaceutical Company 7 to 9 pm - Program
PLACE: Winthrop Conference Center 101 Mineola Boulevard

Admission is free, but seating is limited. Call 663-2234 to reserve your place.



Winthrop-University Hospital

259 First Street, Mineola, New York 11501

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Chairs Campaign Alfred Girardi

The Nassau County Council, Boy Scouts of America announced that Alfred Girardi, Managing Partner of the Syosset-based accounting firm Girardi, Hickey and Napolitano will chair the 1993 Sustaining Membership Campaign in Rough Rider District. Mr. Girardi will oversee a campaign whose goal is to raise \$75,000 from the businesses and Scout families in the Scouting district which encompasses the communities of Bethpage, Carle Place, East Meadow, Farmingdale, Hicksville, Jericho, Levittown, Old Bethpage, Old Westbury, Plainedge, Plainview, Syosset, Uniondale, and Westbury. Mr. Girardi, who currently serves as a member of

the Council's Executive Board and Finance Committee, has been a active volunteer in Scouting for 15 years.

In Service

Navy Petty Officer 2nd Class Richard R. Wascher, a 1983 graduate of Hicksville High School recently returned aboard the Ballistic Missile Submarine USS Stonewall Jackson, homeported in Charleston, SC from a strategic deterrent patrol. The patrol was the 77th for the James Madison Class Fleet Ballistic Missile Submarine which was commissioned in 1964.

These Days, It Takes More Than A Wish To Make Your Dreams Come True.



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College Notes

Catherine A. Delewin of Hicksville graduated from C. W. Post/L.I.U., Brockville with a Bachelor of Science degree.

Majoring in Elementary Education her career objective is to obtain a position in Elementary Education K-6. She has previous experience as Assistant Teacher at Kiddie Junction Pre-school in Levittown.

Jericho Resident 'Hole In One'

Norman Weiser of Jericho has scored a hole-in-one at Island Hills in Sayville and entered the 32nd annual Drambuie Rusty Nail Hole-in-One Sweepstakes. The 199 yard ace was scored at hole #15 on November 14, 1992.

Weiser and Harvey B. Lanak, the golf professional who validated the sweepstakes entry are both eligible to win the grand prize, a one-week trip for two to Scotland, VIP tour of the Drambuie Liqueur Co.

LEGAL NOTICE

Notice of Application for Authority of **FAKLER FAMILY PARTNERS III, LTD.**, a foreign limited partnership (LP). Appl. for Auth. filed with secy. of State of State of New York on 8/25/1992. LP organized under the laws of Colorado on 2/20/1992, NY office location: Nassau County Secy. of State of NY is designated agent of the LP upon whom process against it may be

LEGAL NOTICE

served. Secy. of State shall mail a copy of any process against the LP served upon him/her to: Francine Falker, 22 Hofstra Court, Plainview, NY 11803 (the registered agent of the LP). Office address of LP in jurisdiction of its organization is 5105 DTC Parkway, Suite 450, Englewood, CO, 80111. Name and address of general partner(s) available from Secy. of State of NY. Copy of Cert. of LP is on file with Secy. of State of Colorado, Denver, CO, Purpose: to hold & invest in real and personal property.

BETH 3161
6X 11/27, 12/4, 11, 18, 25, 1/1 (1993)

LEGAL NOTICE

Notice of Application for Authority of **GOTHAM CAPITAL, III, L.P.**, a foreign limited partnership (LP). Appl. for Auth. filed with Secretary of State of State of New York (SSNY) on 11/10/92, LP organized under laws of Delaware on 12/8/1988, NY office location: Nassau County. SSNY is designated agent of the LP upon whom process against it may be served. SSNY shall mail a copy of any process against the LP served upon him/her as agent to Joel M. Greenblatt, (the registered agent of the LP) at 100 Jericho Quadrangle, Suite 212, Jericho, NY 11753. Principal office of LP: 100 Jericho Quadrangle, Suite 212, Jericho, NY 11753. Name and address of each

LEGAL NOTICE

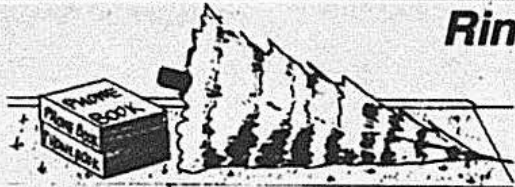
general partner available from SSNY. Copy of Cert. of LP is on file with Delaware Secy. of State, Div. of Corporations, Townsend Bldg., P.O. Box 898, Dover, DE 19903. Character/Purpose of LP: any and all lawful activities.

JER 8388
6X 12/18, 25, 1/1, 8, 15, 22

Notice of Application for Authority of **ALFRED PARTNERS, L.P.**, a foreign limited partnership (LP). Appl. for Auth. filed with Secretary of State of State of New York (SSNY) on 1/10/1992, LP organized under laws of Delaware on 1/5/1989, NY office location: Nassau County. SSNY is designated agent of the LP upon whom process against it may be served. SSNY shall mail a copy of any process against the LP served upon him/her as agent to Joel M. Greenblatt, (the registered agent of the LP) at 100 Jericho Quadrangle, Suite 212, Jericho, NY 11753. Principal office of LP: 100 Jericho Quadrangle, Suite 212, Jericho, NY 11753. Name and address of each general partner available from SSNY. Copy of Cert. of LP is on file with Delaware Secy. of State, Div. of Corporations, Townsend Bldg., P.O. Box 898, Dover, DE 19903. Character/Purpose of LP: any and all lawful activities.

JER 8387
6X 12/18, 25, 1/1, 8, 15, 22

Ring In The New By Recycling The Old!



ATTENTION

OYSTER BAY TOWN RESIDENTS

Recycle Your Christmas Trees and Old Phone Books

Recycle discarded fresh Christmas trees and old phone books (*white and yellow pages*) by placing them curbside the night before these special S.O.R.T. collection dates:

Residents who do not receive Town S.O.R.T. collections and would like to recycle their Christmas trees and phone books are invited to bring them to Syosset-Woodbury, John Burns, Theodore Roosevelt, or Bethpage Community Parks on or before Monday, January 11th. For additional information, please call 921-7347, ext. 5555.

| If your S.O.R.T. recycling day is: | Your phone books and trees will be collected: |
|------------------------------------|---|
| TUESDAY | Saturday, January 9th |
| WEDNESDAY | Monday, January 11th |
| THURSDAY | Sunday, January 10th |
| FRIDAY | Monday, January 4th |

Help Preserve the Dunes at Tobay Beach VOLUNTEER FOR TOBAY TREE "PLANTING"

Community volunteers are needed for the recycled Christmas tree "planting" project at Tobay Beach on Saturday, January 16th at 10 a.m. For information, please call: 921-7347, ext. 5626.



TOWN BOARD

Supervisor Lewis J. Yevoli
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Councilman Thomas L. Clark
Councilman Douglas J. Hynes
Councilwoman Ann. R. Ocker
Councilman Leonard B. Symons
Councilman Leonard Kunzig
Town Clerk
Carl L. Marcellino
Receiver of Taxes
Gary F. Musiello

Walking Program At Broadway Mall

Thanks to the combined efforts of the Town of Oyster Bay, the Broadway Mall in Hicksville and the American Heart Association, Nassau Region, residents will be able to walk and window shop simultaneously in one fitness-oriented exercise, according to Oyster Bay Town Councilman Leonard Kunzig.

"The Broadway Mall in Hicksville will be opening its doors early in order to host this FREE walking program" Councilman Kunzig said. "The hour-long sessions will be held on Monday and Wednesday between 9 a.m. to 10 a.m., beginning January 25 and continuing through March 3. Participants should meet at the Mall's entrance."

The councilman noted that there will be no program on Monday, February 15, 1993.

"The main purpose of the program is to help residents

develop techniques to gain the greatest health benefit from walking," Councilman Kunzig said. "It's also a great way to stay in shape during the winter months without having to endure the cold weather. Knowing what's on sale in the stores will be a nice by-product of the program."

A free fitness T-shirt, courtesy of the Broadway Mall, will be handed out to participants on January 25.

Registration for the walking program will be conducted from January 4 through January 22. Registration forms can be obtained at all Town Hall and community park facilities and should be returned to the park managers or to the Parks Department, 977 Hicksville Road, Massapequa 11758.

For further information, contact the Parks Department at 795-1000 ext. 7787.

Girardi To Chair Boy Scout Fund

The Nassau County Council, Boy Scouts of America, announced that Alfred Girardi, Managing Partner of the Syosset-based accounting firm Girardi, Hickey and Napolitano will chair the 1993 Sustaining Membership Campaign in Rough Rider District. Mr. Girardi will oversee a campaign whose goal is to raise \$75,000 from the businesses and Scout families in the Scouting district which encompasses the communities of Bethpage, Carle Place, East Meadow, Farmingdale, Hicksville, Jericho, Levittown, Old Bethpage, Old Westbury, Plainedge, Plainview, Syosset, Uniondale and Westbury. Mr. Girardi, who currently serves as a member of the Council's Executive Board and Finance Committee, has been an active volunteer in Scouting for 15 years.

Our Lady Of Mercy Christmas Party

Our Lady of Mercy Senior Citizens Club, under the direction of Myra Giansante, enjoyed their annual Christmas Party at the Imperial Manor. A good time was enjoyed by all as they ate, danced to the music of John LaRosa, and had a lot of fun. They invite all seniors to join their group as they meet every other Monday and travel everywhere on 1, 2, and 5 day trips. Call Myra 935-4680, for more information.



Seated L-R: Kay & Winnie Buarotti, Michael Kalz-Marski, President O.L.M. Srs. Veronica Saldonis, Jean Kaczmaraki. Standing, L-R: Catherine & Sam Cuomo, Mildred & Dominick Finocchio.



Our Lady of Mercy Senior Citizen Club Christmas Party L-R: Maureen Bright, (Hicks. Bd. of Ed. for Mr. Mugavero) Myra Giansante, Dir. O.L.M. Srs., Michael Kaczmaraki, Pres. O.L.M. Srs., Rev. Msgr. James E. Boesel, Pastor O.L.M.



Birthday And Anniversary Club

HAPPY BIRTHDAY



- December 1
Ellen Riccardi
Michael D'Auria
Michael Trongone
- December 2
Pamela Geslak
John Liba
Lisa Marie Poliseo
J. R. Wigdrinski
- December 3
William G. Koch
Chester Sadowski
Sal Strazzeri
- December 4
Steve Locke
Charles Nass
December 5
Rachel Cohen
Clanna Hauf
Billy Murphy
Stacy Smith
Vincent Smith
- December 6
Chan Baker
David Malle, Jr.
Amielia Maturza
Frank Rapuano
Jim Woods
- December 7
Frank Jopp
- December 8
Gene Pietzak
John Rapuano
Thomas Scannapieco
Diane Sullivan
Brian Fayda

- December 9
Elizabeth Collins
Lee Edwards
Stephanie Sanderson
Jeanne Schlosser
- December 10
John Doyle
Mary Rita Heberer
Beth Manson
Richard Willson
- December 11
Robby Baird
Heather Grand
Frank Kurtzke
Christine Longo
Susie Manson
- December 12
Angela Becker
Sam Bergholtz
Bruce Glatt
Mike Squillante
Lucille Thomas
Jennifer Walker
Billy Waters
- December 13
Rochelle Elburn
Jennie Murphy
- December 14
Alicia Anglin
Tommy William Curran
Thomas Tyson
- December 15
Walter M. Gaylor, Jr.
Adam Geslak

- December 16
Fred Jablonowski
- December 17
Ryan Madigan
Jerry Weber
- December 18
Bertha Dutine
Joe Palmeri
- December 19
Cathy Breuer
Warren Breuer
- December 20
Melissa Master
Matthew Morillo
Johanna Owen
Arthur Uhlich
- December 21
Gladys Gaylor
Walter W. Gaylor, Jr.
Kristy Karman
Paul Richards
- December 22
Peter Conte
Jean Cunningham
Eileen Hart
Richard Hart
Susan Metakia
- December 23
Michael Edwards
Grace Rodgers
Arlene Rudin

- December 24
Michael Cerlini
Marie Cordero
Donald O'Callaghan
- December 25
Walter Gaylor
Charisae Maisonet
Joanne Pietzak
- December 26
Helen Scannapieco
Kay Winter
- December 27
Lois Kraemer
- December 28
Richard Hammond
Patricia LoFaro
Bertha J. Salerno
- December 29
Marjorie Nass
Allison Rapuzzi
- December 30
Eric Blicker
Craig Freyisen
Mary Goederer
- December 31
Rita Liba
Michael Rodgers
Valerie Stampfl



From This Day forward

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- December 1
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Mary & James Mills
Pat & John Shortt
- December 2
Walter & Marie Maturza

- December 5
Ronald & Judi Platt
- December 7
Mr. & Mrs. Conrad Schlauch
- December 9
Pat & Kevin Anglin
Mr. & Mrs. Edward Fitzgerald

- December 10
James & Elsie Murray
- December 20
Edyth & Murray Schaeffer
- December 23
Joanne & Paul Crown
Violet & Louis Dettloff
- December 29
Marie & Anthony Cordero

In Service

Navy Seaman Apprentice Eric J. Sesack, son of Edward D. and Marie L. Sesack of Circle Drive, Syosset, is currently aboard the destroyer USS Briscoe, homeported in Norfolk, VA, and midway through a six-month deployment to the Persian Gulf.

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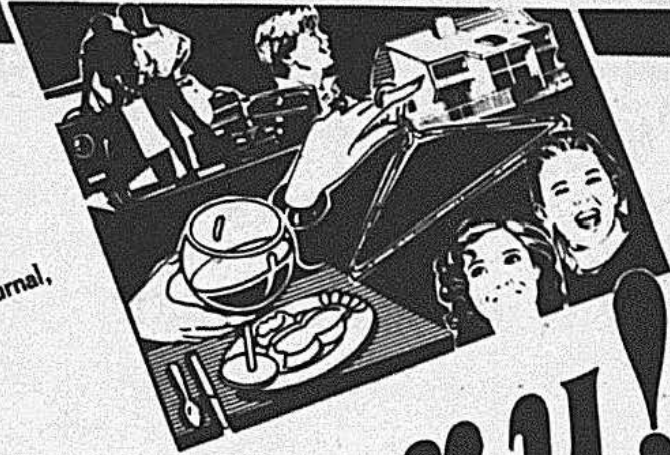
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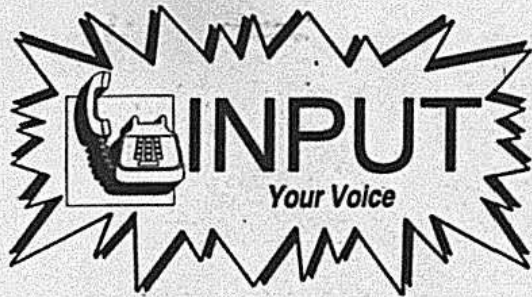


Friday, January 1, 1993



**The American Presidency:
Evolution From
Executive To Emperor?**

SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think the pardoning of Casper Weinberger and others in the Iran Contra affair was correct?



"MRS. MONA TOADWALLOW?... YOU'RE HEREBY SUBPOENAED BY SPECIAL PROSECUTOR LAWRENCE WALSH TO TESTIFY ABOUT YOUR ROLE IN THE IRAN/CONTRA AFFAIR...!"

Input Callers Think Press Does Intrude

Most callers to Input believe that the press does intrude on many military movements and that some curbs should be made in answer to this question: "Do you think that TV coverage of military movement should be restricted by the government?" Here are some of the answers:

NEED MIDDLE GROUND

We have to find a midway point in which the TV cameras do not stage the war and actually tipoff the enemy of the arrival of troops. We had a peculiar setup in Iraq where CNN was inside of the combat area. However, I believe that CNN was being used by Iraq to try to throw the U.S. troops off guard. It did not work, but was potentially a risky problem. In the Somali food drive there was no real organized government resistance and the so-called invasion there by our marines was a police movement. TV and its cameras arrived before the troops. Had there been major resistance the TV cameras and lights would have been in the way. I think the ultimate control is to keep maneuvers a secret and then the press won't be able to beat the troops to a place. **B.F.**

TV PROBLEM

The problem of the press and wars has been increasing with the rapid rise of TV in the news field. In previous military expeditions reporters with notebooks did not stand out as being any special people. This allowed news journalists to get action information and the real feel of what was happening. The TV camera and lights tend to make the war into a staged operation. It gives us less information because of its staged methods and therefore restricting the cameras and TV crews would not really hurt the authentic coverage of the action. If we have any real military conflicts in the future TV should be restricted until positions are secure. **H.V.**

PRESS NEVER SATISFIED

The question of how much coverage should be allowed on military tactics has been a sore point for many years. The press will never be satisfied unless it can do what it wants. But I do not agree that the right of the folks back home should take precedence over the safety of our troops. In spite of the fact that army regulations could turn out to be harsh censorship, we do owe it to the troops to bear in mind their safety over TV camera coverage. **B.N.**

LANDING A FARCE

The landing in Somalia was a farce. The TV camera were shining. If there had been resistance some lives would have been lost. I do not think there was any reason to allow TV and other people from the press to be on hand. Some will sneak in even with restrictions but the military should be careful in giving its plans and positions. This will cut down the number in the press corps who will be in the way. **M.S.**

ONLY CHECK WE HAVE

As long as we remain the most aggressive nation in the world the only check we have is public opinion. We must have the media there to tell us what happens when it happens. We don't want to go back the way we were in Viet Nam where we found out later that our boys had been ordered to wipe out civilian villages and to spray poisonous herbicides over the whole country. We need to know what happens. We cannot depend on our military or government to control themselves. **C.C.**

CLOSE TO TREASON

I believe that permitting the media to cover events like the marine landing in Somalia is very close to treason. Lights shining on the marines made them a perfect target for snipers. It blinded the troops. It gave the Somalis, or enemies any place in the world, very good pictures of our equipment. They do not need spies. There are other ways to keep the public informed without jeopardizing our military. Flood lights certainly should not be permitted anywhere during a military event. **A.G.**

SENSITIVE RIGHT

Freedom of speech and the press are two liberties which the U.S. public feel are inviolable. Actually, in many instances the exercise of these rights create more damage than good. As a case in point, it is difficult for me to believe that the best military strategists of the nation should be publicly exposed to second-guessing on the part of the public through TV coverage or even the press. It seems to me that with basic responsibility for national defense in the hands of the President and his advisors TV coverage particularly should be carefully guarded so that interpretation of military planning and execution are not exposed to the enemy. Obviously, news gatherers and executives would feel that this is an illegal restraint on their guaranteed liberties but common sense should enter the picture somewhere along the line to provide official freedom of restriction or control when such control is clearly in the interests of national security. Our elected officials clearly have the responsibility to do what is necessary to protect the national interest and an unfettered privilege of news coverage by the TV industry in particular is an extremely sensitive right which must be carefully guarded. **P.G.S.**

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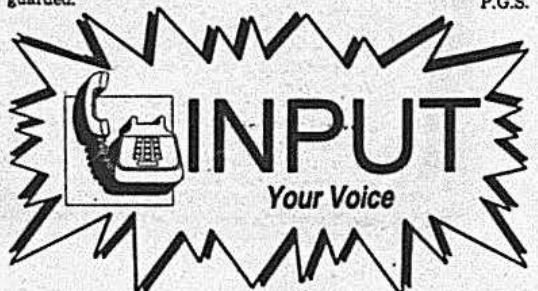
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Discovery!

The American Presidency: Evolution From Executive To Emperor?

By Domenick J. Freda

With the upcoming presidential inauguration, an evaluation of presidential power over the past two hundred years, seemed an appropriate topic. My sources were political analyst/historian authors Edward S. Corwin, Erwin C. Hargrove, Michael Nelson, Richard E. Neustadt, and Arthur M. Schlesinger, Jr.

The President of the United States is considered by many to be the most powerful man on the face of the earth. The question then remains, if this opinion possesses any true value, how did a nation, born out of a hatred for the tyranny of King George III, create such an office in which one man could wield such extensive powers? The duties and responsibilities of the Chief Executive as written in the Constitution would create only a grand "invaluable clerk" (Neustadt). However, over two hundred years of turbulence involving a civil war, an industrial revolution, a pair of world wars, and an eighty year threat of Communists would have made the lack of evolution of the office synonymous with the failure of the nation. Unfortunately, the overextension of these powers in times of peace and relative tranquility can lead to their abuse, a situation which occurred and nearly brought this country to its knees in the early 1970's.

Before examining why the founding Fathers created the presidential office, one must realize the Constitution was not the original law of the land. The Articles of confederation preceded the document Americans now live by and the failure of these Articles prompted the return to a strong, centralized government in which, quotes Edward S. Corwin (*The President: Office & Powers, 1787-1984*), "The presidency was designed in great measure to reproduce the monarch of George III with the corruption left out and, of course, the hereditary feature." Corwin goes on to explain that Shay's Rebellion (the farmers' uprising against land taxation in Massachusetts, quelled by the local militia after a short stoppage of government), provided the conclusive evidence that national affairs could not be handled by the limited forces of the individual states. Recognizing the expanse of the nation in the late eighteenth century, "the majority of the farmers ardently desired to provide an executive power capable of penetrating to the remotest parts of the Union, not only for the purpose of enforcing the national laws, but also - a lesson from Shay's Rebellion - for the purpose of bringing assistance to the states in grave emergencies of domestic disorder.

Once the reasoning for the existence of the President was established, the next step for the Constitutional Convention was to define the powers of the office and how it would be held in check. Although the Constitution defines most of the President's functions specifically, the power to "receive Ambassadors and other public Ministers" and the power to see "that the Laws be faithfully executed" would allow for broad interpretations greatly extending the strength of the executive office. The other powers were well in the hands of a Congressional or Judicial check. Professor Richard E. Neustadt of Harvard University adds to the argument:

"Limits on command suggest the structure of our government. The Constitutional Convention of 1787 is supposed to have created a government of 'separated powers.' It did nothing of the sort. Rather, it created a government of separated institutions sharing powers."

Again the president is given room to widen his domain in politics.

The presidency established, the next burden fell upon the capable shoulders of President Washington and his cabinet. Washington, perhaps the most respected man in the nation at that time, would have to set the precedent for all future Americans who might serve as Chief Executive. Surrounding himself with men such as Jefferson and Hamilton, the president needed to use his status and authority to persuade their often conflicting viewpoints into a degree of national order. The persuasive abilities of a president would hereafter be the measure of his power; dealing with the Congress effectively bridged the gap between the Executive and Legislative branches for future presidents F.D.R. and Lyndon Johnson. Presidents who failed to communicate auspiciously with the House and Senate found themselves in gridlock throughout their careers.

According to Professor Edward S. Corwin (New York University Press), Washington's work as our first president shaped the office into a general form which was followed more or less for the next two hundred years. The great and near great presidents all achieved their accomplishments by adding to Washington's model in order to overcome a domestic or an international dilemma. Thomas Jefferson made the first step in changing the role of



the president by taking his voice from the people and becoming party leader, namely the Democratic party leader, as well as the head of the Union. Contrasting Jefferson's stronger ideals for leadership in the Congress with his party, Jackson saw greater opportunity in the executive chair. "Jackson's presidency was in truth, no mere revival of the office, it was a remaking of it." Jackson boldly put forth the idea and the practice of the Spoils System as well as taking a more active lead in his political party than Jefferson by introducing the National Convention. With the party firmly behind him, Jackson held the nation in his grasp from the Congress to the populous of the corners of the continent. "Jackson became the first President to appeal to the people over the heads of their legislative representatives."

Between Van Buren and Buchanan, only James Polk exhibited any life in the presidency. However, even Polk's aggrandizement of the nation by nearly one-third could not compare with the mammoth, often unconstitutional, methods of Abe Lincoln. Faced with the loss of the Union "Lincoln came to regard Congress as a more or less necessary nuisance and the Cabinet as a usually unnecessary one." The president took an unprecedented amount of power into his own hands suspending habeas corpus, suspending the press, enlarging the army and navy and calling out the state militias without any congressional approval, seizing property, and declaring martial law behind the lines. Although in reality Lincoln was more of a despot than a president, the actions, swift and strong, were necessary if the Union was to be preserved. Ironically, without Lincoln's unconstitutional actions, there might be no more constitution and only half a country to govern if it still existed (Schlesinger). Fateful for Lincoln, he was never forced to stand accountable for his actions.

With the abrupt death of the most powerful president in American history, Congress quickly sought to regain the power it had lost to President Lincoln, and its wrath against the South and the executive office was vented at Andrew Johnson. As Johnson's impeachment trial would indicate, this was the beginning of a line of very weak presidents that extended from Johnson to a brief, interrupted respite with Cleveland and finally ending with Teddy Roosevelt and Woodrow Wilson in the early 1900's.

T.R. often remarked, "The White House is a bully pulpit!" (Corwin), something that characterized the Rough Rider's cowboy spirit and gung ho attitude. Theodore Roosevelt led the country with enthusiasm and sheer force of will; his "big stick" domestically fought for labor and the environment while the "big stick" foreign policy started the U.S. on the road to becoming the greatest power in the world.

America's schoolmaster, Woodrow Wilson, possessed the intelligence as well as the initiative to lead this country through the progressive era into World War I; however, one political flaw prevented the total success of Wilson as a president: an ego. Wilson's persuasive abilities seemed to depart from his grasp when dealing with his nemesis, Henry Cabot Lodge. Wilson "boldly proclaimed his constitutional right and duty as executive to guide the legislative process" (Corwin). The final result of all Wilson's work with the Fourteen Points and his long awaited League of Nations was failure as the President prevented any compromise treaty being signed; a combination of Wilson's stubbornness and righteousness, dooming the peace in Europe before its inception.

Throughout the history of the American Presidents, one similarity appears to act as a guiding constant: the necessity of power in a crisis and the ability of the capable Presidents to wield that power effectively. Professor Corwin perceives "the immense reinforcement that recognized 'emergency' is capable of bringing to presidential leadership in the field of power (legislative) as well as in others." Faced with such a dilemma, the presidency of Franklin D. Roosevelt gave control over the nation to one man; a measure of executive strength comparable only to the power hoarded by Lincoln during the Civil War. Arthur M. Schlesinger, Jr., in his book *The Imperial Presidency*, states "Roosevelt supposed, as Jefferson and Lincoln had supposed in the crises of their presidencies, that the life of the nation was at stake and this justified extreme measures" which Roosevelt was not afraid to take.

Roosevelt's presidency was successful because of his ability to communicate persuasively and work efficiently with the Congress, as well as his ability to deal with a crisis. The amount of power Roosevelt held over the country, although it likely was relished, was not asked for and probably would have been conceded by F.D.R. in return for an end to the conflict. The principal difference

Continued On PAGE 8A

DINING GUIDE

READER RATINGS

Q. Many times I find that baked potatoes at restaurants are soggy, even the better restaurants. How come they can't bake a potato right? C.B.

A. They can bake potatoes right but the problem is that when you bake a potato it takes a long time and they usually bake a number of them at once. If you happen to hit at the right time you will get the best but later it will get more soggy. The best tip in ordering the potato is to ask the server whether they are freshly baked or not. If not better take something else.



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HEALTH WATCH

Medically uninsurable may be able to get help through their state insurance office

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States where "medically uninsurable" can get health insurance coverage through high-risk pools.

SOURCE: Money magazine

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'READER RATINGS'

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Where Our Readers Have The Last Word

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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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PAGE 5A Friday, January 1, 1993 READER RATINGS



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DINING GUIDE

READER RATINGS

Three of us dined at the newly opened Seventh Street Cafe in Garden City last Saturday. The decor is light and airy and the menu is Italian. One of us had Filet of Sole with mushrooms and wine sauce topped with mozzarella cheese as well as a Tri colored salad. Another person had Tortelloni Pesto Marinara with a Caesar salad while the third person had Fettucine alla Ciociara with chicken, onions, mushrooms in spagnoto sauce. The wine list is extensive as well as the desserts which vary daily. We sampled the multi fruit custard tart and Tiramisu. Of course espresso and cappuccino are also available. All in all it was a lovely meal in a pleasant if somewhat noisy atmosphere. I.L.

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Wine Talk

Sparkling wine, sparkling season

By Richard Nalley
 Sparkling wine isn't just suitable for holiday toasting, though it works pretty well for that, too.
 Good, traditional-method sparkling wine is a versatile wine at the table. It enhances all the dishes you'd accompany with a dry or semi-dry white wine, plus a whole range of spicy ethnic foods from Chinese to Arabic. It is definitely the deluxe choice for Jiffy Pop.
 Something about the combination of the wine's acidity and those palate-refreshing bubbles cut through butter, oil and many spices to hook up deliciously with a food's essential flavors.
 Only two things can blunt the pleasing effects of a well-made sparkler: Heavier, red wine-type dishes (prime rib, for example) with a light to medium-bodied sparkler or sweets, which make a drier, brut-style sparkling wine taste flat and sour. Unless you know it's sweet (i.e. not a brut style), don't serve a Champagne or sparkling wine with dessert.
 Sparkling wine is like celebration in a bottle at holiday time, and I like to serve it to guests as a welcome and how-do-you-do that can linger into the meal.
 Let me confess a prejudice: I don't enjoy the really cheap stuff, and I won't recommend anything in this column that I wouldn't order and drink myself.
 Obviously there is a huge market out there for these least expensive sparklers, those under \$6 say. But it's not for me. This isn't snobbery or at least not just snobbery. There is truly a much greater difference between very inexpensive sparkling wines and better sparkling wines than between very inexpensive still wines and pricier ones.
 A \$5 Chardonnay, after all, is still a Chardonnay. A \$5 sparkling wine will tend to be made from different grapes, and by a different method than a \$10 sparkling wine. And there will nearly always be lots more sugar added. Different strokes for different folks.

Sweet, in a good way: Fontanafredda Asti Spumante (Italy); Martini & Rossi Asti Spumante (Italy).
 Top wines \$20 and under:
 Roederer Estate Brut NV (non-vintage); Scharffenberger Blanc de Blancs 1988; Scharffenberger Cremant NV; Alsace Willm Brut Cremant d'Alsace NV (France); S. Anderson Blanc de Noirs 1988; S. Anderson Brut 1986; Mumm Cuvee Napa Blanc de Noirs NV.
 Reliably under \$20:
 Maison Deutz Brut; Domaine Carneros Brut; Moosmossin Brut "Touraine Etoile" (France); Gloria Ferrer Royal Cuvee; Mumm Cuvee Napa, Winery Lake; Mumm Cuvee Napa, Brut Prestige; Gloria Ferrer Brut; Codornia Napa Brut; Domaine Chandon Brut; Benziger Blanc de Blancs; Rosemont Brut (Australia).
 Three delicious California prestige Cuvees (\$20 to \$25): Jordan 1988 "J"; Schramsberg Brut Reserve; Domaine Chandon "Etoile."
 Four terrific non-vintage Champagnes:
 Bollinger; Veuve Clicquot; Taittinger; Roederer.
 Three superb luxury priced champagnes:
 Veuve Clicquot "La Grande Dame" 1985; Bollinger R.D. 1982; Mumm "Grand Cordon" 1985.
PICK OF THE WEEK
 Ridge Vineyards 1990 "Geyserville" (915). This is the rapturous paragon of Zinfandel, even if the label can't say so — it's only 64 percent Zin, with the rest split between Petite Sirah and Carignane, reflecting the original field-mix planted in this turn-of-the-century vineyard. The 1990 Geyserville is a perfumed knock-out, with aromas of crushed berry and clove and a soft, rich feel in the mouth. A wine for fireside romance.

How to prevent holiday hangovers
 Holiday partying can be enjoyable, but overdoing with drinking can ruin the event. Moderation, as always, should be the rule — and be sure to have a designated non-drinking driver or taxicab to get you home.
Five suggestions to help prevent morning-after hangovers
 • Limit your alcohol intake. Two or three drinks are plenty, and should be spaced out about an hour apart.
 • Choose diluted drinks. Try a spritzer instead of wine.
 • Eat something high in protein or complex carbohydrates to slow alcohol absorption.
 • Avoid sugars and sweet drinks. Sugar in eggnog and liqueurs helps speed alcohol absorption in the bloodstream.
 • Drink at least 12 ounces of water for each drink taken. Alcohol is a diuretic and you need to rehydrate before bedtime.

SOURCE: Family Circle magazine

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

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READER RATINGS



Fine Place

My husband and I dined recently with another couple at a restaurant we've seen advertised many times, JB's. It is located at 234 Old Country Road, in Mineola. It was rather busy the night we were there so we waited for our table at the bar. My husband enjoyed the featured beer of the month, Sam Smith's Winter Welcome ale from England. After a pleasant wait at the bar the four of us were seated for dinner. We shared a huge nacho platter, and the best buffalo wings any of us had ever had. For dinner we ordered the barbecued baby back ribs, lobster ravioli in shrimp sauce, pot roast and honey glazed chicken. After our dinner we enjoyed live music at the open mike night. Every aspect of our trip to JB's was wonderful. The restaurant is beautiful and the staff was friendly and our meal was fantastic. **K.L.**

Q. Recently my fiancé and I ate in an expensive restaurant. The food was excellent and so was the service. However, our table was located quite near the door and we felt a terrible draft anytime someone entered or left the premises. We were both extremely annoyed and will certainly never return to that particular restaurant. What is your opinion?

A. You should have told the maître d' politely but firmly about the problem. He would certainly have shown you to another table if one was available. Even at this late date, you should consider sending a letter to the restaurant owner. I'm sure he wants to please his customers and will take your complaint very seriously. It would make good business sense for him to eliminate the draft!

Q. At what time of day are you supposed to hold a housewarming?

A. Any time of day, from 11 in the morning until 10 at night. Usually, a housewarming is a family affair (unless you are a single person). If you have a family, you would invite families, and your children would co-host the event with you.

You might make the hours on a Saturday or Sunday from 11 a.m. to 1 p.m., 2 to 5 p.m., 3 to 6 p.m., 4 to 7 p.m. or even 6 to 10 p.m. Some people have an all-day open house, but that is exhausting and usually unmanageable for the hosts.

The American Presidency: Evolution From Executive To Emperor?

Continued From PAGE 3A

between Roosevelt and his powerful successors in the Oval Office, namely Johnson and Nixon, lay in the drive of future presidents to acquire as much power as Roosevelt, with or without the crisis to national security.

"Johnson and Nixon, by all accounts assiduous in thinking about power - both indeed preoccupied with it to the point of obsession - set themselves on disastrous courses, leading one to premature retirement and the other to forced resignation" (Neustadt). Two presidencies, one remorsefully abandoned, the other disgracefully ending in scandal and resignation. Johnson and Nixon will forever be considered by historians as Arthur Schlesinger's "imperial" Presidents, because of their attempts to run the nation without the aid or interference of Congress. Similar in many respects, "each was a driven man, tending to excess, compulsive in seeking control, taking frustration hard" (Neustadt) and perhaps putting their own interests above the nation's.

Lyndon Johnson, one of the great champions of civil rights, should not be regarded as power-crazed or tyrannical, rather as misguided or misinformed. Johnson, a young Democratic Congressman during the second World War, lived in the shadow of Franklin D. Roosevelt, often in awe. Throughout his political career, Johnson held a dream of being the next F.D.R. and one of the "great" presidents of American history.

Johnson did possess many of the tools of the great presidents, such as a superb ability to persuade and communicate with the Congress; however, writes political analyst Erwin C. Hargrove, "the tragedy of (L.B.J.'s presidency) was that his desire to create and dominate a national consensus had forced him to push too hard and claim too much and that the inevitable counteraction occurred." Johnson's continued involvement in the Vietnam conflict and the loss of public confidence it caused is representative of this phenomenon.

Historian Michael Nelson (*The Presidency and the Political System, U.S.A.*) writes that Richard Nixon arose from the political graveyard to win the presidency by an immense landslide, yet this could not save the president from the public outcry over the Vietnam quagmire and the Watergate scandal that forced Nixon's resignation. Nixon's grand strategy to work around Congress was to take the executive powers written in the Constitution and stretch their interpretation to unconstitutional levels. Abuse of the power as Commander in Chief led to the prolonged war in Southeast Asia, abuse of the president's ability to impound funds appropriated by Congress in order to halt any spending Nixon did not approve, and finally, Nixon's biggest mistake, abuse of executive privilege to protect his political underlings during the Watergate scandal (Hargrove). The result of this attempted tyranny was new legislation that would prevent future Presidents from making unwarranted swipes at power such as the War Powers Act, which limits the Presidents ability to commit military forces without Con-

gressional approval, and the Budget and Impoundment Control Act (1974), which prevents the President from controlling the allocation of funds.

The presidencies of the great chief executives such as Lincoln and F.D.R. and the presidential failures of Nixon and Johnson all exhibit striking similarities: all held power much greater than the "average" president and were capable politicians and persuasive communicators. The difference could be found in the methods and period in which the power was acquired - the successful presidents were forced to take control because of a national crisis; the unsuccessful presidents took control at their whim and caused a national crisis.

Historian Professor Schlesinger claims "the imperial presidency was essentially the creation of foreign policy" and the "unprecedented centralization of decisions over war and peace" arises out of the need for one voice to speak the American position clearly. The need he describes has now subsided somewhat with the fall of Communism, yet it cannot be denied that "imperial presidencies" are always undesired. One cannot know when the next serious crisis will occur and the nation will require another Lincoln or Roosevelt. The problem with the power acquired by Nixon and Johnson was that it took place during a crisis that was not as severe as the division of the Union or the threat of German invasion. Lincoln committed even more illegality than Nixon, the difference is Lincoln was in the middle of the Civil War. The dilemma for presidents of the present and future is to know how much power is too much and when. Professor Neustadt said it best: "The Presidency is no place for an amateur."

ABOUT THE AUTHOR

Domenick J. Freda lives in Hicksville. He is a senior at the Hicksville High School and was recently selected as a semifinalist in the 1993 National Merit Scholarship Program. This is his second contribution to Discovery.



Desiree Vitva

Bananas grow only in the steamy tropics, where they rapidly ripen and overripen. Common nowadays, they used to be a rare and prohibitively expensive delicacy for most Americans.

Only with the advent of refrigerated ships and railroad cars in the 1920s did it become possible to send the fruit successfully to inland locations, and only then did inexpensive bananas become readily available all over the United States.

There are many different varieties of banana growing in Asia, Africa, South America and other tropical areas of the globe.

Brazilians, for instance, grow a variety that tastes like an apple. Americans mostly eat a variety called Gros Michel or *Musa sapientum*, which is easy to transport in bulk in refrigerated ships and keeps well until it gets to market.

Today, we take our bananas for granted, even the middle of winter!

Green bananas are underripe, but they will continue ripening at home when you store them at room temperature.

Never refrigerate bananas, even ripe ones; the skin will darken. Avoid bruised bananas or those with a grayish tinge to the skin, which indicates chill damage.

Some like their bananas quite firm and find them ready to eat as soon as no green remains on the skin. Others prefer a banana that is fully ripened, its skin lightly flecked with small brown spots and its flesh softer and sweeter.

There's a lot of starch in a banana that converts to sugar as the fruit ripens, and that's why the riper a banana is, the sweeter it tastes.

Buy bananas in bunches and leave them connected — they'll keep longer that way (single bananas deteriorate more quickly).

Depending on the ripeness of the fruit, a banana will keep up to one week. If a banana does get overripe before you get a chance to use it (a situation that occurs with maddening regularity in my household), just freeze it.

It may be slightly overripe for eating purposes, but you can always use it for cooking. Bananas freeze well; peel and wrap tightly in plastic wrap, breaking off chunks as needed for blender smoothies and baked goods.

Sprinkle lemon juice on banana flesh to keep it from darkening and cut with a stainless steel rather than a carbon knife (it's best not to cut until just before you're ready to use).

One pound of bananas equals 2 to 4 medium-size fruits. Two small or 1 large banana will yield about 1 cup sliced.

Ripe banana is very easy to digest (so it's great for babies or those with stomach ailments) and is a good source of vitamins B6 and C and minerals potassium and magnesium.

A banana is also a very good source of dietary fiber, the pres-

ence of which makes for the slow, even absorption into the bloodstream of a banana's sugars — so it makes satisfying food for those with a New Year's resolution to stick to. (A medium banana has between 85 and 100 calories.)

Eating a freshly peeled banana is probably the most common way to enjoy this popular fruit, but there are a number of ways your microwave can transform plain bananas into special treats. Following are several examples:

BANANA FUDGE SPLITS FOR TWO

2 (1-ounce) squares semisweet chocolate
 2 cup light corn syrup
 1/4 cup sweetened condensed milk
 1/4 teaspoon vanilla
 Vanilla ice cream
 4 tablespoons salted shelled peanuts
 2 small ripe bananas, peeled
 Yields 2 servings.
 Preparation time: 10 minutes.
 Cooking time: 2 to 3 minutes.
 Oven setting: HIGH (100 percent power).

Place chocolate in 2-cup glass measure and microwave about 1 minute, or just until melted, stirring halfway through cooking time. Stir in corn syrup and condensed milk. Microwave 1 to 2 minutes longer, to heat through. Add vanilla and stir well to blend.

Spoon desired amount of ice cream into 2 serving bowls. Top each with half of hot fudge sauce and sprinkle with peanuts. Cut bananas in half lengthwise, then crosswise; arrange around edges of bowls and serve immediately.

FLAMING BUTTER RUM BANANAS

1/4 cup light brown sugar, packed
 1/4 cup plus 2 tablespoons dark rum
 1/4 cup butter or margarine
 1/4 teaspoon ground cinnamon
 Dash ground nutmeg
 2 large ripe but firm bananas
 Yields 2 to 4 servings.
 Preparation time: 5 minutes.
 Cooking time: 3 to 6 minutes.
 Oven setting: HIGH (100 percent)
 Combine sugar and 1/4 cup of rum in 1 1/4-quart microwave-safe casserole. Stir to dissolve sugar, then add butter, cinnamon and nutmeg. Cover and microwave 2 to 4 minutes, stirring every 30 seconds, until mixture is hot and bubbly.

Peel bananas and cut in half lengthwise, then crosswise. Place in hot rum mixture, turning to coat. Microwave, uncovered, 1 to 2 minutes longer, or until bananas are cooked and softened.

Microwave remaining 2 tablespoons of rum in glass custard cup until hot, about 10 seconds. Pour over bananas and flame by carefully touching with lighted match. After flames die down, serve bananas alone or with cake or ice cream.

By Willard Abraham, Ph.D.

Looking up to father

Dr. Abraham: Is it normal to be so crazy about my daddy that I wonder if I'll ever like another man that much? I'm only 13 years old so I guess I could change a lot between now and then, so I'm not really worried about this, just curious.

My dad is so special to me that I can't imagine anyone else could be like him.

Please tell me what you think about all this. — Just Wondering
 Just Wondering: Girls who are very fond of their fathers and boys who feel that way about their mothers are not very unusual. In fact, they often may retain much of that closeness even into adulthood, but that doesn't mean there isn't plenty of room for another male or female to enter the picture. That person won't take the place of the parent, but add a dimension of affection to one's life.

In a way, although really somewhat different, the parent/youngster situation reminds me of parents who have one child and wonder if they can ever love a second or third child as much. The answer is usually a strong "Yes," as most parents all over the world will respond emphatically. The "loves" may be different but find a welcome space in a parent's, a child's, or a teen's heart.

Dr. Abraham: My girlfriend says me about a lot of things, but the heaviest is about my drinking. I don't think I ever do it even though I sometimes get kind of woozy and let her drive me home. I just have good times, laugh a lot with my friends and watch them drink for drink. I sure don't want to be left behind. After all, you're only young once.

She says that if I don't stop she'll stop loving me, but then I get bleary-eyed looking like I'm crying, say sweet things to her and get a little touchy-toochy, so she just laughs and says, "OK for now, but you'd better stop." It has been like that for about a year.

I still get sick and tired of her nagging though. Should I tell her to go blow? — Controlled Drinker

Controlled Drinker: I have a few more suggestions for you that might be more practical.

Getting "woozy," faked crying and "match them drink for drink" — wait a minute, my friend, you may be in more trouble than you recognize. If the possibility of losing your girl and becoming an alcoholic (or already being one) aren't telling you something, perhaps you'd better re-read your letter.

If that just makes you shake your head and laugh it off, write to The Century Council and ask them for some of their materials about teen drinking (especially their publication called "Double Vision: Parents, Teens, and Alcohol," about youths aged 16 to 20 and parents of such people, which you should definitely share with your parents), contact your local Alcoholics Anonymous for information about nearby teen substance abuse and MADD and SADD centers, and visit a doctor in a local hospital emergency room. Ask to see some auto crash pictures involving young drivers who drink.

Take those important steps to pull yourself together, or a sur-

geon in that emergency room may have to do it — if it's possible.

Those suggestions might sound like a heavy load for you, but the dangers you are carrying seem to be heavier.

Dr. Abraham: Last week my boyfriend and I broke up. The reason why is still questionable. I love him very much, and it really hurts. Since we've broken up, we've seen each other almost every day.

When he called it off, he said that he would like us to still be friends. I have no problem with that. I have other male friends, and he's always asking about them, and acts like he is jealous.

Last night he came over, and we talked. He says he misses me more than a little. It was like we were still together. By his actions he seems to love me. He's always coming over, or we go places together.

In the beginning I was becoming too dependent on him, and now I'm focusing on what I need for myself. But I'm still confused about his attitude since we've broken up.

I would really appreciate your opinion on this situation and how to handle it. — Blue

Blue: Because you obviously appear not to be willing to break up with him, the best thing you can do is continue your present relationship and hope that additional time will help his feelings deepen toward you. Without pressuring him that could happen.

If it doesn't, you may have to face the reality of the weakening attitude on his part toward you and the necessity of seeking other male company.

But not yet. Try to give yourself and him the time that may be needed to resolve this situation.

Dr. Abraham: My best friend and I got into trouble. We lied to my parents about her name when we spent the night at a friend's house. She lied to us and said that we had to get sleeping bags at a motel, so my best friend and I went to get them. They were drinking, and my other friend stayed there and we walked home. We left at 1 a.m. and got home at 6 a.m. We went to her house.

I told my mom her name and what happened, and she said I couldn't hang around her anymore, but I really want to, so what should I do? Mixed Up

Mixed Up: I get the general picture loud and clear, but the details of who, what, where, why and the time schedule are quite fuzzy.

It looks like you'll have to work on regaining the faith your mother had in you (I hope she did) and that may take some time.

To establish or restore her confidence in you, you might have to consider points like these that you probably have to live with: Tell the truth to her in information you offer or questions you answer; keep your promises; show a good record in other ways.

Maybe that sounds like a heavy load, but if you follow such guidelines honestly, time should take care of softening the burden on you.

Try to keep your eye on the target which is to satisfy your mom, keep your friends, and feel good about yourself.

Cooking Corner



Minnesota 'Bluff Country' produces apple delights

By Laura Dally

Horace Greeley reputedly said, "Go west, young man. But don't go to Minnesota, because they can't grow apples there."

In a visit to the state in the late 1880s, he was reportedly (no pun intended) forced to eat his words. Greeley's surprise at the abundance of apples and other agricultural products in Minnesota is shared by many even today.

The state is rich in fruits, vegetables, honey, cheese, ciders, popcorn and maple syrup, with more than \$7 billion annually in farm sales. One of the richest agricultural areas is southeastern Minnesota, known as "Bluff Country."

The narrow band along the Mississippi from Red Wing to the Iowa border boasts the highest average low temperature and the highest annual rainfall statewide. Such "warmer," wetter weather creates an environment ideal for fruit production. Maybe not kiwi climate, but apples love it.

Minnesota growers now produce 30 different varieties of apples, many of them developed by the University of Minnesota. After sampling some, a Red Delicious seems so ... ordinary.

The Haralson, named after a university researcher, is the state's most notable variety. Difficult to find outside the Midwest, the Haralson is nevertheless worth the search as it is a tart red apple, ideal for both snacking and baking.

Honeygolds are a cross between Golden Delicious and Haralsons. The result is a sweet, crunchy, downright yummy eating and baking apple.

Then there's the Fireside, a rich, sweet apple that actually tastes better the larger it gets. And if you need an apple that doesn't turn brown so quickly, Minnesota's Cortland is just the ticket. The apple holds its white flesh longer than most, making it well-suited for salads.

With a bounty of maple trees, southern Minnesota is also a large producer of pure maple syrup. Sap is gathered in the early spring, when daytime temperatures rise above the freezing nighttime lows.

While you may have tried maple syrup on pancakes, how about poured over warm wild rice? Minnesotans swear by this dish as a delicious dessert.

And you might be surprised to discover that the area is garnering consumer favor for its cheese. Minnesota is the second largest cheese producer in the United States. In Bluff Country, Amish farmers hand-milk cows and provide the milk to cheese producers such as River Valley Cheese.

The wholesomeness of the milk's products results in Colbys, Goudas, Jacks and Cheddars unsurpassed in flavor and texture.

"Minnesota grown" farm products may be more difficult to find, but pester your favorite grocer.

Or call the Minnesota Office of Tourism at (612) 296-5029 for your copy of the *Minnesota Farmer-to-Consumer Directory*. The booklet is full of phone numbers for orchards and farms from whom you can mail order Minnesota products. Your recipes and taste buds will thank you.

Here's a selection of recipes using Minnesota-grown products

APPLE KUCHEN

- 1 cup flour
 - 2 tablespoons sugar
 - ¼ teaspoon salt
 - ½ cup butter or shortening
 - 5 cups apples
 - ½ cup sugar
 - ½ teaspoon cinnamon
- For streusel:
- ½ cup flour
 - ½ cup sugar
 - ¼ teaspoon salt
 - ¼ cup butter
- Yields 4 to 6 servings.

Mix first four ingredients like pie crust and pat in 9x9-inch square pan. Peel and slice apples, add sugar and cinnamon. Mix and spread over crust.

Mix streusel ingredients and sprinkle over top of apples. Bake 45 to 50 minutes at 350 F.

CIDER STEW

- 3 tablespoons all-purpose flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme
- 2 pounds stew meat
- 3 tablespoons olive oil
- 2 cups fresh-pressed cider
- ½ cup water
- 2 tablespoons vinegar
- 1 large bay leaf
- 4 carrots, quartered
- 3 potatoes, peeled and quartered

- 2 onions, sliced
- 1 rib celery, sliced
- 1 apple, chopped (Haralson works well)

Yields 6 to 8 servings.

Combine flour, salt, pepper and thyme. Toss with meat to coat.

Brown meat in Dutch oven or large stew pot using olive oil. Stir in cider, water and vinegar; heat until mixture boils. Add bay leaf, reduce heat, cover and simmer until meat is tender, 1½ to 2 hours.

Add carrots, potatoes, onions, celery and apple. Cook until tender (approximately 30 minutes).

MAPLE PECAN PIE

- 2 eggs
- ¼ cup sugar
- ¼ teaspoon salt
- ¼ cup melted butter
- 1 cup maple syrup
- ¾ cup pecan halves
- 8-inch pie crust

Yields 6 to 8 servings.

Beat all ingredients together, adding pecan halves. Pour into 8-inch pastry-lined pan and bake at 375 F. about 40 minutes.

CHEESY CHEDDAR SNACKS

- 1 stick margarine
- 8 ounces sharp Cheddar cheese, grated
- 1½ cup sifted flour
- Yields 4 servings.

Cream margarine and cheese in mixer. Add flour and blend in well. Roll in small balls and place on ungreased cookie sheet or pie plates. Refrigerate or freeze until firm. Bake for 15 to 20 minutes at 325 F.

APPLE SALAD WITH SALMON AND CHEESE

- 2 apples (Haralson, McIntosh or Cortland), peeled and cored
- 1 bunch scallions, thinly sliced
- 1 bunch watercress, cleaned and trimmed
- 5 ounces Monterey Jack, cubed
- ¾ ounce smoked salmon, cut into strips
- 3 tablespoons vinegar
- 1 tablespoon white wine
- Salt to taste

Coarsely ground black pepper to taste

1 tablespoon sharp mustard
5 tablespoons olive oil
Yields 4 servings.

Cut apples into quarters and thin slices. Combine apples, scallions, watercress, cheese and salmon in salad bowl.

Whisk vinegar, wine, salt, pepper and mustard together. Slowly pour in oil and whisk until emulsified. Pour dressing over salad and toss.

SNOWY GLAZED APPLE SQUARES

- 2½ cups flour, sifted
 - ¼ teaspoon salt
 - 1 cup shortening
 - 2 eggs, separated
 - Milk
 - 1½ cups cornflakes, crushed
 - 8 medium-size tart apples (pared and sliced), about 5 cups
 - 1 cup sugar
 - 1½ teaspoons cinnamon
- For glaze:
- 1½ cups powdered sugar, sifted
 - 3 tablespoons water
 - ½ teaspoon vanilla
- Yields 4 to 6 servings.

Combine flour and salt in bowl. Cut in shortening. Beat egg yolks and enough milk to make ¾ cup. Add to mixture; toss lightly.

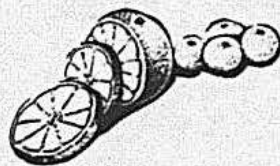
Divide dough in half. Roll one portion to fit 9x15-inch jelly-roll pan. Sprinkle with cornflakes. Spread apples over flakes. Combine sugar and cinnamon; sprinkle over apples. Roll out remaining dough. Place on top. Seal edges. Beat egg whites until foamy. Spread on crust.

Bake at 350 F for 1 hour. Cool slightly.

Combine glaze ingredients in bowl. Spread glaze over apple squares.

Laura Dally is a free-lance food and travel writer.

KITCHEN HINTS



Grating citrus peel.

When you want the zip of citrus peel but not the bitter pith.

1. Cover grater with parchment paper.
2. Rub citrus fruit over parchment paper, turning fruit until peel is grated.
3. Lift parchment off grater and scrape peel into bowl.
4. Bitter pith is left behind on grater to be washed away.

Garden Talk

By C.Z. Guest

A green plant is probably the most useful and least expensive item one can put in a room. Plants brighten the indoors, refresh the air we breathe and generally improve the quality of our lives just by their presence.

Q. Are there any common houseplants that bloom in the winter?

A. African violets, wax begonias and shrimp plants give constant bloom. Paper-white narcissi and French-Roman hyacinths can be started for succession and are long-lasting. Also try scented geraniums, amaryllis, jasmines, azaleas and chrysanthemums.

If there is sun, tree-form geraniums or lantanas make a handsome grouping. For most flowering plants, sunshine is the key.

Of course, many lovely prepotent bulbs available at garden centers are especially cultivated to bloom at Christmastime, such as amaryllis, narcissus, hyacinths and crocuses. These fragrant bulbs will last several weeks and require only a little watering.

Q. What are the best containers for all types of houseplants?

A. Most plants grow well in both clay and plastic pots as long as cultural care is satisfactory. Plants in plastic pots need less water than those in clay.

During the hot, sultry months (July and August) plants potted in

clay dry out fast, especially if they're sitting in direct sun. They may need two daily waterings — morning and evening — to survive wilting and heat stress.

Whatever type of container you use, be sure there are drainage holes in the bottom.

Q. What houseplants need the least attention? I'd like to have the green of plants in my home, but I don't want to spend a lot of time caring for them.

A. The following plants grow easily indoors: spider plant, grape ivy, cast-iron plant, dracaenas, philodendron, piggyback plant, ferns, ponytail, snake plant, jade plant, lipstick vine, wandering Jew and wax plant.

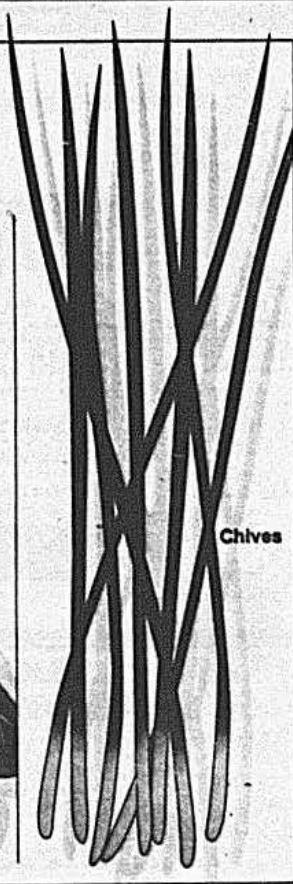
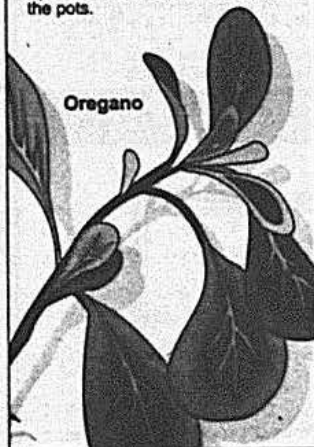
C.Z. Guest is a gardening authority whose work appears in *House and Garden* and author of numerous books and videos, including "5 Seasons of Gardening" (Little, Brown and Co.)

Garden Talk

GARDEN TIPS

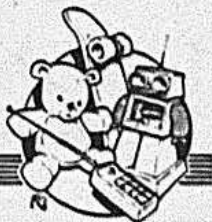
Decorating with houseplants

- Use plants as accents, room dividers or curtains.
- Arrange plants in odd numbers, using varying heights, colors and textures.
- Chinese evergreen, snake plant and many ferns will thrive in a dark room. If you only get a few hours of sunshine, try growing herbs on a windowsill: parsley, chives, oregano, rosemary and thyme.
- Use clay containers and straw baskets to complement your decor. Several potted plants can be grouped in one container; use Spanish moss to cover the tops of the pots.



Our Children

By Willard Abraham



Effort afoot to change ads aimed at kids

Q. I am so sick and tired of the junk and other disastrous foods that are advertised on television. But what is a parent to do? The kids see these ads, sometimes with good-looking youngsters in them, and they want to be like them.

A. I wish these appealing TV ads aimed at vulnerable kids would be pulled off the air totally, but I guess that money talks.

Is there any hope?

A. Perhaps there is. Efforts of the reputable American Academy of Pediatrics and others are already in the process, targeting their work at all food commercials aimed at kids. Their main thrust is against sugary cereals and candy and the problems of obesity and high cholesterol. Good health rather than profits is the theme they are using.

A study by the Center for Science in the Public Interest reported that 96 percent of Saturday morning food ads were for sugary cereals, candy, cookies or junk food.

Weak congressional support, rights of free speech and values of breakfast cereals are factors that may limit the effectiveness of current efforts to reduce or ban such ads.

Parent pressure on television stations and networks may be helpful in speeding up the current attempts to cut back on ads based on glamour and help improve kids' eating habits.

Q. I'd like to add to your answer to the family that permitted a 2-year-old child to chew gum because they thought it was cute.

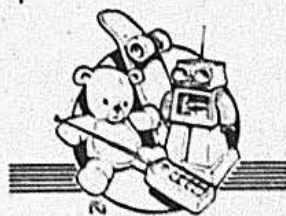
Chewing gum can produce ulcers in some individuals, and it can also waste the necessary digestive juices, which will not be available when real food arrives

in the stomach. The human body was not designed to chew gum; it is just another ill that merchandisers have perpetrated upon the unknowing and ignorant public.

A. Please excuse my shortening your thoughtful, scholarly letter because of space limitations. I learned a great deal from it.

My earlier response suggested distractions for young children, like toys, games, reading aloud to them and occasional monitored television. It also included a comment on the danger of possible choking.

I appreciated your fine letter very much.



Our Children

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Fitness Forum

By Matthew Dietrich

Bubbles effervesce and rise from the foaming depths; jets of water keep the surface rolling and gurgling as steam emanates from the teeming pool.

Is there anything as inviting after a hard workout or tough day at the office than a good, long soak in a hot tub?

From the naturally occurring mineral springs of Europe to pool-side spas and whirlpool-equipped bathtubs, the comfort and health benefits of the massaging waters of hot tubs have been recognized.

Whether soothing sore muscles, escaping from stress or assisting with rehabilitation after an injury or illness, whirlpool spas and baths can help ease problems ranging from life's everyday irritations to major sicknesses and wounds.

Like all good things, however, hot tubs must be used with caution, and more is not necessarily better when you're talking about the temperature or time spent in a hot tub.

"It feels good. That's what people know," says Teresa Reiser, manager of physical therapy at a medical center. "They don't realize all the components going on at a cellular level."

The heat from a hot tub, which usually varies from 96 F to 102 F, increases a user's heart rate and metabolism, and those changes can aggravate other conditions, such as blood pressure, heart or circulatory problems.

"Therapists need to be aware of what all can happen because of a given treatment," says Reiser, adding that all hot tub users should consult their physicians before using hot tubs. "People usually know if they have an underlying condition, but sometimes they don't."

For physical therapists, a hot tub is a valuable tool for both whole-body soaks and spot treatments. The heat increases blood flow to the submerged area, causing a complex set of reactions that provide an analgesic effect in the injured area.

Muscles that have not been flexed because of an arm or leg being in a cast several weeks can become stiff and inflexible but can be relaxed with a 20- to 30-minute soak, Reiser says.

Because heat increases metabolism, a hot-tub bath can speed healing of open wounds by boosting the skin's ability to generate new cells. The movement of the water also can help cleanse burn wounds.

And while an ice pack is used to control the initial swelling of ankle sprains and similar injuries, submersion of the wound in hot water between 48 and 72 hours after the injury often can be effective in further reducing swelling.

Hot whirlpool baths have obvious benefits, but users also need to be aware of a few health problems unique to them.

"Because they are warm and have chlorine in them, most of the usual pathogens are not a problem," says Dr. Nancy Khardori, an associate professor of infectious diseases and microbiology at Southern Illinois University School of Medicine. "But there are some that have been associated in particular with the use of hot tubs."

Agitation of the water by large numbers of people can break down chlorine, leading to development of the three main pathogens associated with hot tub use, Khardori says.

Most common is *pseudomonas folliculidus*, which can cause a rash, generally in areas covered by swimsuits of hot tub users. The skin irritation can start a few hours to a few days following exposure and usually lasts a few days to a week.

Another ailment that has been linked to hot tub use is known as Pontiac-fever, because it was first noted in Pontiac, Mich. Pontiac fever is a bacterial ailment whose flu-like symptoms usually strike a day or two after exposure.

The legionella bacteria can live in a hot tub that is insufficiently chlorinated because the water is very close to body temperature, Khardori says.

Neither condition requires medical treatment in most cases, but can cause greater problems in people with other medical problems.

"Normally it is just a skin condition, but in people who have underlying conditions or are receiving treatments (such as steroid treatment) that render them more susceptible to infections, to them it can become a major infection," Khardori says.

A third problem is keratitis, an amoeba that causes an infection of the cornea. The organism thrives in water at around body temperature and causes redness and irritation to the infected eye. Though rare, it can be a sight-threatening condition if not treated, Khardori says.

The risk of those hot-tub-related ailments is low, and Khardori emphasizes that proper chlorination will wipe out pathogens that cause them. That is as easy as following the manufacturer's guidelines for chlorination and checking chlorine levels more often when large numbers of people are using the tub.

Possibly the group most at risk from hot tub use is pregnant women.

A study published in the *Journal of the American Medical Association* showed that women who used hot tubs during the first six weeks of pregnancy could increase the likelihood of some birth defects by up to three times.

Fitness Forum

THE HEALTHY GOURMET



By Kit Snedaker

Stake your reputation on a special cake

Sometimes a cook's reputation isn't made or lost by great salads, splendid pasta or a way with chicken. Sometimes it's important to have a serious cake on hand. A cake to trot out for drop-ins over holidays. A cake that looks as good as it tastes.

One such cake should be practical, like the Orange Poppy Seed below. The sort of cake to produce at teatime with the good cups and nice tea pot.

The other is a showstopper. A cake, that says, "Eat me, I'm delicious." This one is not for everyday. It's a treat. Your guests, family or friends know that. They will thank you for Chocolate Peanut Butter Cake. That one has everything.

Both are adapted from "The Family Circle" (Simon & Schuster).

ORANGE POPPY SEED CAKE

- 2 tablespoons poppy seeds
- 1/4 cup milk
- 3 cups cake flour
- 2 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 1/4 cups (2 1/2 sticks) unsalted butter
- 1 1/4 cups sugar
- 4 eggs
- 1 tablespoon finely grated orange rind
- 2 teaspoons vanilla
- 1/4 cup orange juice

Orange Glaze:
1 cup confectioners' sugar
1 teaspoon finely grated orange rind

3 to 4 tablespoons orange juice
Yields about 16 servings.
Each serving has 450 calories, 28 grams fat, 120 milligrams cholesterol and 120 milligrams sodium.

Soak poppy seeds in milk for 2 hours. Preheat oven to 350 F and grease and flour 12-cup Bundt pan. Stir together flour, baking powder and salt.

Beat butter in larger bowl until smooth. Gradually beat in sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in orange rind, vanilla and poppy seed mixture. Beat in flour mixture and orange juice alternately in 3 additions, beginning and ending with flour. Scrape batter into pan.

Bake in preheated oven for 40 to 45 minutes or until a pick inserted in the center comes out clean. Cool cake in pan on a rack for 15 minutes. Invert cake onto rack and cool completely. Place cake on sheet of wax paper and pour glaze over it.

Orange Glaze: Combine sugar and grated orange rind in bowl. Whisk in enough orange juice to make a good consistency. Drizzle over cake. Remove wax paper and slip cake onto serving plate.

PEANUT BUTTER CAKE

- 2 cups cake flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup (1 1/4 sticks) unsalted butter
- 1 1/2 cups sugar
- 2 eggs
- 1/4 cup creamy peanut butter
- 1 tablespoon vanilla
- 1 cup milk

Chocolate Frosting and Peanut Butter Filling:
1/4 cup (1 1/4 sticks) unsalted butter

- 1 1/4 cups confectioners' sugar
- 2 tablespoons milk
- 1 teaspoon vanilla
- 1/4 cup creamy peanut butter
- 1/4 cup chocolate glaze

Chocolate Glaze:
1 cup semisweet chocolate chips
1/2 cup water
2 tablespoons unsalted butter
1 teaspoon vanilla.
Yields 12 servings.

Each serving has about 650 calories, 41 grams fat, 100 milligrams cholesterol and 270 milligrams sodium.

For the cake: Preheat oven to 350 F. Grease 2 9-inch round cake pans. Line bottoms with wax paper circles. Dust sides with flour, tapping out excess.

Stir the 2 cups flour, baking powder and salt together. Beat butter in another bowl until smooth. Gradually beat in sugar until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in peanut butter and vanilla. Beat in flour mixture and milk, alternately in three additions, beginning and ending with flour. Scrape into prepared pans.

Bake for 25 to 30 minutes or until cake shrinks back from sides of pan and a pick inserted in center comes out clean. Cool cakes in pans on rack.

Put 1 cake layer on serving plate. Spread with Peanut Butter Filling. Put second layer on top. Frost top and sides with chocolate frosting. Pour Chocolate Glaze over top; encourage glaze to drizzle down sides.

To make frosting and filling: Put butter in large bowl and beat until light. Gradually add confectioners' sugar, milk and vanilla and beat until light and fluffy.

For filling, put 1/4 cup of this mixture in another bowl and stir in peanut butter.

For chocolate frosting, beat the 1/4 cup of cooled Chocolate Glaze into rest of butter mixture in large bowl.

For Chocolate Glaze: Melt chocolate with water, butter and vanilla in top of a double boiler over hot, not boiling water. Stir until smooth. Cool. Use 1/4 cup Glaze for Chocolate Frosting.

Here's How

By Gene Gary



Q. I have a table with a veneer finish on the top. Some of the veneer has pulled loose from the edge and there are a couple of small bubbles or blisters on the surface. Other than this, the table is in good condition.

Can this be repaired without completely resurfacing the top? Any suggestions would be welcome.

A. Often, loose veneer can be re-cemented by remelting the old glue. Treat the blisters by simply cutting through the veneer across the blister with a very sharp knife, or a safety razor blade. Work carefully to prevent splitting or otherwise damaging the veneer.

Once you get it cut through, pry it carefully apart with a small

screwdriver, spatula or even a long nail file. Place several layers of paper over the loosened veneer edges and the blisters. Apply heat from a warm iron.

When the veneer begins to stick, apply pressure until glue dries (weight with books). If no sticking occurs, regluing will be necessary. For a good bond, clean away any dirt and old glue before applying the new. Be careful not to loosen more of the veneer from the surface than necessary.

Use a thin screwdriver or nail file and work waterproof glue or cement onto the underside of the veneer. In the blisters, be sure and force glue under both sides of the slot. Then press the veneer down into position. Be sure to remove

any adhesive oozing up through the slot or around the edges; removal later is difficult.

Then place three thicknesses of heavy paper over the glued area and weight with several large books (you will need at least 25 pounds). Allow time for the glue to thoroughly dry.

Q. We have dark paneling in a family room. I hate to go to the work of removing this and resurfacing the wall underneath in order to apply a decent coat of paint. Is it practical to paint the paneling instead?

A. If the paneling is real wood, you should have no problem in painting the surface. However, if it is a vinyl imitation or a plastic-coated paneling, paint will not adhere to the surface.

If in doubt, carefully inspect the paneling surface. Vinyl or plastic has a slight sheen and lacks the richness in grains of real wood. If you are still unsure, sand the paneling finish in a small inconspicuous area. The paneling finish will shred and flake off if it's vinyl or plastic.

To prepare wood paneling for

painting, first sand the paneling to rough up the finish. Use a medium-grit sandpaper and a sanding block. After sanding, wash the surface with a non-filming cleaner such as Sollex. Rinse thoroughly with water and let dry 24 hours.

Next, prime the walls with a good primer. Some recommended products would include BIN (William Zinzer & Co., 39 Belmont Drive, Somerset NJ 08873) or X-IM (X-IM Products Inc., 1169 Bassett Road, Westlake, OH 44145) or an alkyd primer as recommended by your local paint dealer.

The primer can be tinted, using universal colors (sold at paint stores). Tint to half the density of the final finish coat and your paint job may require only one finish coat.

After applying the primer coat, check for cracks and holes in the surface and around window, door and floor moldings. Fill with a latex caulk. Do not fill in the grooves between the panels.

For the final coat, use a quality alkyd enamel, or a semigloss or flat latex as recommended by your paint dealer.

Decor Score

By Rose Bennett Gilbert



Window treatment hides remodeler's sins

Q. Someone must have remodeled one end of the living room of our old (1921) house. There are three windows, and none of them match. We're guessing that they closed up a door that led to the porch.

I'm at a loss when it comes to curtains. I hate to cover the windows because we need the light. — A.K.

A. You need a window treatment that covers the architectural sins committed by that earlier remodeler (remuddler), but won't cover the windows and block the light. To wit, the clever arrangement in the room we show here, which had problems akin to yours. The solution: vertical louvered shutters.

Made of wood (by Joanna) and custom-fitted so they fill the entire window wall, the shutters enhance the architecture of the room while they mask the mess of mismatched windows behind them.

During the day, they can be

swiveled open to let in the light; at night, they close at a touch to form an attractive "solid" background. The wall-to-wall valance adds a softening touch of color that's compatible with the room's vintage atmosphere.



Decor Score



VERTICAL SOLUTION — Custom vertical louvered shutters bring visual order out of a chaotic window situation in a restored turn-of-the-century room.



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SCHOOL SECURITY MONITOR. Part-time \$10.69 hr. Garden City High School. Hrs. 7:30 am-11:30 am. Monday through Friday. Please call Garden City High School 294-3030 for application. hD5

CHILD CARE NEEDED for 3 year old boy, Wednesday, 7:30 a.m.-3 p.m., Tuesday, Thursday & Friday, 8 a.m.-12:30 p.m. Also walk 6 year old to bus in a.m., 1 block. Non-smoker with references. Students welcome. Start end of January '93. 294-4857, days or evens. gc1

FRIENDLY 4 1/2 YEAR OLD girl needs care by responsible woman in my Garden City home. References, car preferred. Evenings 358-2767. gc1

CLERICAL WORK IN newspaper office in Hicksville three days per week. Permanent part time work. General office experience needed, typing, filing, billing, proofreading. 931-0012. hfm

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TUTOR: STUDY SKILLS & Writing Skills, grade 7. Tues., Wed., Thurs., 4:15-5:15. Certification and references needed. Please leave name and phone number. 747-6406. gc1

BABYSITTER / HOUSE KEEPER, FT, PT. Live in/Live out. 3 children in my Garden City home. Must have good references. 739-1610. gc1

Help Wanted

CHILD CARE WANTED. Dependable, mature, friendly person to care for 2 girls, 3 1/2 yrs. & 2 mos. Wed., Thurs., Fri., 8:30-5:30 in my home in Garden City South. Non-smoker, own transportation. References required. 565-4028. gc2

SECRETARY P/T, flexible. Must know Word Perfect, legal background helpful but not necessary, immediately. Garden City law office. 741-3408. gc2

TEMPORARY LUNCH AIDE needed for Willets Road Middle School, 2 1/2 hours per day until March. Please call Mr. Gordon. 484-3570. wj1

NEEDED BRIGHT, LOVING, ENERGETIC female to help care for small group of preschoolers. Wonderful environment. Flexible hours, great for college student, stay at home mom, teacher, etc. also need housekeeper. 747-5350. wj4

P/T MEDICAL TECH. Busy G.C. ophthalmologist, 2 full days per week. Experienced preferred but not necessary. Will train. Call 742-4442. gc1

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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. gcml

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CERTIFIED NURSE'S AIDE with lots of experience & references looking for job to work with elderly or handicapped, day or night. Live in or out. Please call me anytime at (718) 327-4614. gc3

BABYSITTING POSITION WANTED days or evenings. Ten years experience, good references. Also will do housekeeping. 481-4894. gc3

G.C. WOMAN SEEKS employment cleaning your home, polishing your silver, light cooking, errands, grocery shopping, companion, child care, pet sitting in your home, etc. Strong, honest, reliable & moral. Own transportation! Emergency or last minute calls welcome. Please call 742-4609. Leave message. gc3

INDEPENDENT HOME HEALTH aide needs live in position caring for the elderly and homebound. Please call 753-2094. gc1

TWO LADIES, EXPERIENCED cleaning home or office, or companion to elderly, or babysitting. Please call after 8 p.m. 741-8149. wj2

LADY SEEKING BABYSITTING & housekeeping full time. Live in or out. References. 718-835-1361. wj2

CHILD CARE AVAILABLE. NYS certified early childhood teacher with master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wj3

IRISH AMERICAN NURSE'S Aide, 13 year experience. Excellent references. Will work at least eight hours, days, nights or weekends. Morning phone 746-4745 or 746-0948 after 12 p.m. wj4

COMPANION AIDE WITH Experience, will care for elderly. Live out. Work any hours. Call Christina 797-1657. hfb3

HOME HEALTH AIDE with experience will take care of your loved ones. Monday to Friday, 8 a.m.-1 p.m. Responsible and reliable. Excellent references. Ask for Rose, 326-2917. gc4

NURSE'S AIDE/CERTIFIED home care, 15 years experience, honest, reliable woman seeks job to care for sick or elderly person. Sleep in. References available upon request. (718) 828-3691. gc3

Situation Wanted

COMPANION, BABYSITTER or housekeeper, live out, 5 days a week, excellent references (718) 978-7307. gc4

CHRISTIAN WOMAN, LOVING & Kind. Experienced. Well recommended, seeks employment as babysitter or nurse's aide, or companion to elderly person. Willing to do light housework. Live in from Monday to Friday. 718-712-8714. wj2

LOOKING FOR HOUSECLEANING job. I have good experience and reference. 489-4634. gc2

HOUSECLEANING - EXPERIENCED, references available, weekdays & weekends. Call Anna 483-2455. Live in also. gc1

LOVING MOTHER WILL Babysit your child or children in my Williston Park home. Will pick up or drop off if need be. Reasonable. Call Patti at 741-2843. wj1

GREAT GIFT ANYTIME Get a portrait done for you or family and friends. Reasonable rates. Pastels. Call 739-0916. gc1

POLISH WOMAN LOOKING for job cleaning houses, housekeeping 4-8 hours per day in Garden City, Stewart Manor, Franklin Square or nearby vicinity. Experienced, references. Call 489-1828. Please call 5:30 p.m.-7:30 p.m. gc2

LIVE IN CARE needed, man in wheelchair needs minimal assistance with personal care. Includes light household duties references required. Call 799-5048. hD5

HOUSECLEANING POSITION WANTED. Energetic, responsible woman seeks housecleaning position. Seven years experience, references, own transportation. Please call 358-5321. gc1

FEMALE COLLEGE SR. available Dec. 19 - Jan. 10 to babysit, run errands, housework, office work. Call 742-0562. gc1

I WILL CLEAN YOUR House. Please call Shirley at 486-2425. gc2

"CLEAN AS A WHISTLE" Call Denise 747-0521, for reliable cleaning service in your home. wd4

Situation Wanted

WE ARE YOUNG CHRISTIAN women looking for work as companion to the elderly or nurse's aides. so if you need quality care for your loved ones 5 to 7 days per week, please call Amanda at (718) 337-2501 or Eartha at (718) 723-3918 from 7 a.m. - 10 p.m. because caring for the elderly is our business. All references are available upon request. gc2

NEED A BRIGHT, energetic person to clean your home or office for 2 days? Available Mon. & Wed. Call Marina 486-8982, 5 p.m. to 9 p.m. Reference available upon request. gc2

EXCELLENT HOUSE CLEANER available with references. Call Odnie at 997-1064. hD5

EXPERIENCED NURSE'S AIDE or companion with references and own transportation. P/T evenings starting 6 p.m. 489-7451. gc2

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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Real Estate for Sale

NASSAU POINT BAYFRONT. charming country home. LR/Fpl, FDR, 4 BRS, enclosed prch, decks, forever views, sandy beach, privacy. \$460,000. Mattituck Waterfront mint custom home, private community features LR/Fpl, DR, EIK, 3 BRS, professionally landscaped \$299,000. Southold. Immaculate Cape - LR/Fpl, FDR, EIK, den, 3 BRS, 2 baths, 2 car garage. Close to all. \$179,000. Lewis Realty 298-4600, 734-5533, 765-5510. gj1

NASSAU POINT - LUXURY Ranch, 3.5 acres. Just reduced \$100,000 to \$495,000. This absolutely gorgeous well-built (orchid stone) home offers 7 grand rooms, 3 big BRS, 2 1/2 baths, expandable attic, observation deck, unlimited views. Heated, rentable year round cottage, Fpls., 5 appliances, double garage, valuable extras. See A.S.A.P. Bookmillier Real Estate 722-4423. gj1

SOUTHOLD EXCLUSIVE-BEST of both worlds. views of sound & large lake. Walk to sound beach. Tastefully furnished, 3 BRS, 2 baths, like new, wrap around deck. Great room, OHW heat. \$249,000. Southold Exclusive - Attractive Cape. Nature lovers' setting in excellent location. 4 BRS plus loft, 2 1/2 baths, great room/Fpl., Unique! \$185,000. Greenport - Newly Listed 4 BR vacation cottage. Short stroll to beach, good location. \$149,000. New Suffolk - Sparkling 2 BR Country home with potential for expansion. Perfect for year round or vacation. Nicely landscaped with private yard. Walk to beach. Too good to last. Our exclusive \$159,000. Cutchogue - Nassau Point waterfront charmer on peaceful lagoon with easy bay access. 2 BR, 2 bath, plus guest house on shy acre. \$395,000. Marion King Realty 734-5657. gj1

GARDEN CITY SPACIOUS Estates Contemp, brick & cedar, 3 BRS, 2 1/2 baths, skylights, Fpl., Fam. Rm., over 1/4 acre, 2 car \$300's. Solid Brick Estates Colonial Mint! 1/4 BRS, 2 1/2 baths, Fam. Rm., CAC, 2 car \$400's. Our Exclusive Ranch - Golf course view, 4 BRS, 2 1/2 baths, super mod. EIK, Fam. Rm., 2 car new windows, CAC, central vac., 1/2 acre. \$500's. Updated central section Colonial 4 BRS, 3 1/2 bath, large modern EIK, Fam. Rm./Fpl., CAC, 1/2 acre. sale \$700's or Rent \$3,500. *** Stewart Manor Mint Colonial. 4 BRS, 3 new baths, LR/Fpl., DR, Fam. Rm., 1 car \$190,000. Ranch. 6 BRS, 3 baths, Fam. Rm., \$290,000. Vera Atamian 354-1994. gj1

E. WILLISTON - BEAUTIFUL Traditional Colonial, on almost 1/2 acre of magnificent property, located in desirable Robbin Hills area, 3 to 4 BRS, 2 1/2 Baths, LR/fpl, FDR, large EIK, sunny Den, CAC, finished bsmt. Move-in condition. \$7400 taxes. Owner anxious. \$499K neg. 294-8357. wj2

Real Estate for Sale

ESTATES RANCH IM-MEDIATE Sale. Owner relocating. 4 BRS, 3 new baths, new country kitchen, 2 car, sprinklers, alarms. Price reduced \$429,000. No brokers. days 746-3010, Eves & weekends 741-5477. gj4

GARDEN CITY COUNTRY Life Press area. 3 BR Colonial, 1 1/2 baths, DR, LR/Fpl., Fam. Rm., oak & ceramic custom kitchen, skylit breakfast area, partially finished bsmt., patio, alarm, inground sprinklers, garage. Principals only. No brokers. Reduced \$355,000. 747-3604. gj4

GARDEN CITY ESTATES 4 BR, 3 baths, English Colonial. FDR, LR/Fpl., library, large kitchen with deck, finished 3rd fl., 2 car garage, fin. bsmt., gas heat. Principals only. No brokers please. High \$300's Neg. 873-0338. gj1

CUTCHOQUE/NASSAU POINT AREA Heated inground 20'x40' pool, 2 cabanas, jacuzzi, steam rm., sauna, finished bsmt., 4 BR, 2 1/2 Bths. LR, EIK, 2 car garage, acre landscaped, deck, \$325K call Bill Kavan 294-0220. gj3

MASSAPEQUA 4 BR HI RANCH 2 car garage. Mint condition, beautifully landscaped. South of Merrick location \$279K. Call for details. Mr. Grasso 775-6035. gj1

GARDEN CITY PRIME Estates Ranch. 4 BR, 3 full new baths, new country kitchen, fully alarmed, sprinklers. \$450K. No brokers. Days 746-3020, Eves. & Weekends 741-5477. gj5

NEW HYDE PARK - HER-RICKS Schools - all brick Ranch, 3 large BRs, 2 full Baths, DR, EIK, CAC, ready to move in, very clean. One car attached garage. \$305,000. Owner. 248-1175. wj2

NAPLES, FLORIDA COM- PLETELY refurbished home on one acre. Pool, four car garage, Fpl., many extras. Pine Ridge area. \$319,000. (603) 778-9106 or P.O. Box 954, Exeter, N.H. 03833. gj3

G.C. CH COLONIAL Spacious, immaculate 4 BR home, 2 1/2 baths renovated FR/Kitchen, 100x120. Walk to RR, Low Tax, FDR, LR/Fpl., attached 2 car, new alarm, sprinkler, much more. \$465 K, Principals only. 248-5880. gj3

Co-Op For Sale

CATHEDRAL GARDENS / GARDEN CITY vicinity, 1 BR, LR, dining area, 1 bath, fully renovated, 2 A/Cs. Asking \$55,000. Owner anxious. 565-0420. gj3

GARDEN CITY - CHERRY VALLEY Co-Op. 1 BR, 1st floor, CAC, great condition and location. \$69,500. Call 742-7642. hd5

Co-Op For Sale

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. \$79,900. 741-5210. gj4

MANHATTAN APT. 34th & Park Ave. Elegant Park Ave. Contemp. Luxury building, 24 hour elevator and concierge, washer/dryer in building, custom Queen Murphy bed wall unit. Maintenance \$377. Asking \$89,000. Owner (516) 728-0007. gj2

1 BR CHERRY VALLEY Co-op, totally renovated, storage space, CAC, full amenities, must see. Will take any reasonable offer. Mid \$80's. Owner anxious. 248-5347. gj1

GARDEN CITY/HEMP- STEAD Must sell, transferred. Large 1 BR, EIK, Oak Floors, High Ceilings, Lots of Closets. Walk to LIRR. \$39,000. (516) 292-0483. gj1

GARDEN CITY - CHERRY VALLEY. 1 BR, 3 blocks from LIRR. 2nd floor, new kit., new bath. \$85,000. Maint. 80% tax deductible. Owner. 746-0355. Open House Sundays 1-4 p.m. hd5

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. \$83,000. Must sell. gj4

MINEOLA - EXTRA LARGE JUNIOR 2 BR w/Euro modern kitchen, garage, parking. Low maintenance, walk RR. \$550 custom redecorating bonus. \$91,500. 742-0229. gj1

GARDEN CITY CO-OP, 2 BR, second floor, center of Village, 2 block to LIRR & all shopping. Refinished floors, new windows. \$116,000 Owner 873-9469. gj2

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

Real Estate For Rent

GARDEN CITY FUR-NISHED room, separate entrance, private bath, non-smoker. Mature business person, male preferred. References & security. 741-0535. gr 4

2 BR APARTMENT near everything. Free hot water and heat included. 2nd floor Garden City South, \$850/mo. by owner 489-4704. hj1

W. HEMPSTEAD - 3 LARGE Rooms, full bath, utility kitchen, private entrance, upstairs, all wood floors, freshly painted, furnished or unfurnished, utilities included. Wildwood section. Near all, \$600. 486-2427 or 486-1848. gj1

MINEOLA - ONE LARGE ROOM, share bath. Private entrance. Available December 19. 248-0596, leave message. wj2

WEST HEMPSTEAD PRIME President's area, furnished. Bring the outdoors inside. Newly renovated, attractively furnished 3 RMS, Kitchen, 1 BR, LR w/skylights, deck w/sliding glass doors, overlooking tall pine trees. White wall to wall carpeting, A/C, cable, near Southern State 15 minutes to JFK \$925 includes all. Short term considered. available Feb. 1. 292-0582. gj3

FLORAL PARK APART- MENT. New 1 BR bsmt. apt. All new everything, large, fully carpeted, all new appliances, convenient to all, walk-in-closets, EIK, private entrance, very bright, no stucco or paneling here. Singles only, no pets, no smokers. \$590. 775-4256. gj3

MINEOLA / WESTBURY/ HEMPSTEAD. Beautiful apts. available now. 2 Studios - \$550 & \$600 a month. 1 BR - \$575 a month. Large 2 BR - \$795 a month. Luxurious 1 BR Co-op - \$850 a month. 2 BR in beautiful area - \$850 a month. Luxury 2 BR Co-op - \$950 a month. Royal Int'l. 742-3355. wd3

BELLEROSE 1 BR APT completely renovated. New bathroom, hardwood floors, EIK, good location. Near RR & stores. Move-in condition. \$625. 292-0484, 292-0302. Please leave message.

GARDEN CITY FUR- NISHED room for rent, private entrance, non-smoker, share bath, kit. privileges. Near RR. 742-7706. gj3

HOUSE TO SHARE, PRIVATE room & bath, washer/dryer, full use. Mature, working, non-smoking, female only. \$500 per month. Available immediately. 746-5230. gj4

GARDEN CITY HOUSE unfurnished. Tudor/Colonial, 3 BRS up, modern bath, FDR, LR/fpl, modern EIK w/dishwasher plus maid's room and full bath, finished basement, 1 car. Owner. Immediate. No fee. \$2,100. 354-4779. gj4

Real Estate For Rent

NEW HYDE PARK - LARGE FURNISHED Room for Rent - 2nd floor, one block north of Hillside, bus and stores. Quiet house. Large cedarlined closet, wall to wall, hot pot, microwave, refrigerator, share bath. Mature working person. No overnighters. \$300 per month, 1/2 security or \$75.00 a wk, 2 weeks security. 742-7975. wj3

ROOM FOR RENT in Garden City. Convenient to transportation and shopping. Kitchen privileges available, share bath. Mature, employed person preferred. 747-6589. gj3

GARDEN CITY PARK. Share new house, 2 BRS, 1 bath, kitchen, living room, furniture. Near LIRR and shopping. No pets, mature female only. Prefer no car. Utilities included. Rental \$400 month. 877-9036. gj3

MINEOLA GARDEN PLAZ - 2 br, 2 Bth, new Kit., Bathrms., Freshly painted, 24 hr. security. 5 min. walk LIRR. No fee. \$1,200, 365-5975 after 6 p.m. gj1

FLORAL PARK, 1 BR apt., second floor, outside terrace, garage, newly decorated, near RR mid \$700's. Immediate occupancy. No fee. 437-7245. gj3

BETHPAGE - SPACIOUS STUDIO w/fpl - perfect for single person. Ground level, private entrance, parking, EIK, modern appliances, large bathroom, use of yard, near RR and shopping. \$600 includes all. Sorry, no pets, non-smoker. 433-7291. hj1

GARDEN CITY SOUTH all new basement apt. 3 large rooms, new carpeting, one person, mature, non-smoker, no pets, own thermostat, private entrance, utilities & cable included. \$600. 483-6033. gj3

W. HEMPSTEAD LOVELY FURNISHED room in private house, second floor. Suitable for quiet, clean professional, non-smoking male. Share bath. Convenient to all. \$400 monthly. Security & references required. 489-5941. gj1

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) 2929-0302. gj1

GARDEN CITY PARK, 1 BR apartment, second floor. Walk RR. LR, kitchen, includes all. \$700 a month. No pets. No fee. 294-9776. gj1

G.C. COTTAGE AVAILABLE for winter rental. Time flexible. Call for details. 741-3694. gj2

HEMPSTEAD, GARAGE FOR Rent, suitable for auto storage. \$60 a month. 481-4874. gj2

Vacation Rental

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. goJ1

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. goM4

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. hD4

CARRIBBEAN: A LOVELY vacation on Anguilla in modern private home or garden apartment. Personal welcome; endless beaches; all amenities. By the week; \$600 garden apartment for 2; \$1,200 - \$1,400 for main house. (516)564-8476 evenings. goJ4

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. goJ1

PALM BEACH GARDENS 2 BRs, 2 baths, golf villa. P.G.A. Nat'l. with sports membership \$3,500/mo. 2 BR, 2 baths Townhouse w/garage \$3,000/mo. Jupiter/Sea colony. Walk to ocean. \$2,800/mo. Call Ann Cot-salas at Prudential Florida Realty 1-800-247-4791. goJ1

Real Estate Wanted

PROFESSIONAL COUPLE looking to rent a large apartment or small house in Garden City/Mineola area. No fees. Please call or leave a message at 747-5449. goJ1

PROFESSIONAL COUPLE WITH child, looking to rent home or 3 BR Apt. in Williston Park or East Williston area. 747-8914. January 1st occupancy preferred. wJ2

YOUNG COUPLE WITH CHILD wish to buy a home in Garden City. Prefer quiet street. No home to sell, can close quickly. Able to spend \$200's. Please call (718) 225-9210. goJ1

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012, 294-8900 or 748-0240 for rates and information.

Real Estate Wanted

WANTED! SPACE FOR storage of household things anywhere in Nassau County. Could be garage, store, or space in building. Rent negotiable. (718) 468-4215. hJan3

LONG TIME GARDEN CITY resident, professional single woman, non-smoker, no pets, seeks apartment/house up to \$900 rent. Many references. 432-1324. goJ4

For Sale

GREAT DRUMS. TAMA 13 piece chrome "Imperial Star" Zildjian & Paiste cymbals; hi hats, cowbell, quick action pedal, heavy duty hardware, stands. Call Ed 248-9186, 747-4035. Asking \$1,250. goJ3

TOSHIBA - 21" COLOR TV with remote. Model CF-2034J. Brand new, won as a prize. \$200. Call 248-5866 after 6 p.m. wJ1

MUST SELL! MOVING: Honey pine dining room set, 54" round table with three leaves. 4 mates and 2 Captains. Large hutch with glass doors. Excellent condition. \$600. 747-7482. wJ1

LOVELY PASTEL COLORED chaise 75" long by 38" wide. Vary good condition cream, mauve & mint damask fabric. \$350. 741-8704. goJ2

NINTENDO ENTERTAINMENT SYSTEM with 2 controllers, gun for Freedom Force game & 25 additional games. \$ 150 or best offer. 248-8422. goJ2

MOVING MUST SELL Contemporary dining room set. Table with 2 leaves and pads. China closet, asking \$1,800. 488-7069 A.M., 352-0423 P.M. goJ2

ENGLISH COUNTRY SOFA and love seat, large floral print. Matching valances. Asking \$500, 248-2009. wJ2

SMITH CORONA ELECTRIC TYPEWRITER \$50. Maple rocker \$40. Pair of pine ladder back arm chairs, \$40 each. 42" maple pedestal table \$70. New guitar \$50. 741-5840. goJ2

QUEEN SIZE WATERBED, 6 drawers, and bedding \$100, computer desk \$50, 2 swivel chairs \$25 each, crib & mattress free. 747-1027. goJ3

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!

For Sale

BAHAMA CRUISE. 5 days/4 nights, underbooked! Must sell! \$249/couple. Limited tickets. (407) 767-8100 Ext. 729, M-S 9 am-9 pm. hJ2

ONE OF A KIND. 5 piece bedroom set. Pale pink, silver trim. Call after 2 p.m. 239-1064. goJ3

BROWN RACCOON COAT 3/4 length, medium. Brown mink stole, medium. Both mint condition. Cleaned, appraised at \$500 each. (Certificates). Asking \$250 each. 439-5941 evenings. goJ3

FENDER TWIN REVERB AMP \$350 SOLID, PRACTICE AMPS & some effects, good good price. Call 741-1824. goJ2

VICTORIAN DOLL HOUSE. 6 rooms lovingly made, ready for furniture. Asking \$375. 485-3061. goJ2

CONN THEATRE STYLE electronic organ, 2 manuals, 25 pedals, bench included. Mint condition. great buy. \$1200 neg. 352-8885. goJ1

WALL UNIT - OAK, 7 ft. custom made. Paid \$6,000, sale \$1,600. Excellent condition. 486-3611. wJ4

Car For Sale

1984 LINCOLN CONTINENTAL - Turbo, Diesel, Mint. Best Offer. 741-0114. wJ1

1987 CHEVY CAMARO - Automatic, 61,000 miles, AM/FM stereo cassette, sun-roof. Excellent in and out. \$3,875. (516) 486-4095 after 6 p.m., all day Sat. & Sunday. goJ1

1986 900 SAAB SPG. Mint condition, all leather, all power. One owner \$6,300. 742-2540. goJ2

1991 TAURUS GL, CRYSTAL Blue mint sedan, 11K miles, take lease, fully loaded, \$12,300. One owner. 741-3156. Leave message. goJ2

1985 ELDORADO FULLY loaded, clean, navy, high mileage. \$1,500. 488-8049. goJ4

1975 CADILLAC ELDORADO convertible, white w/new white top. Original dark red leather interior. A classic \$9,500. 741-4799. goJ4

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HANDYMAN: QUALITY HOME repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe, 746-7517. wJ1

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BRIAN CLINTON MOVERS Licensed & Insured. One piece to a house load. Free estimates, 333-5894. Owner supervised. Carle Place. License #T11154. goM4

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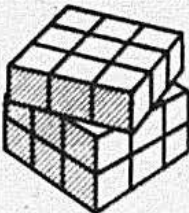
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By Carol Cutler



Doughnuts — Even the hole tastes good

As children we loved them with jelly in the middle. As adults we dunk them into morning coffee. As dessert we like them with icing. At any stage, doughnuts are a great American treat.

No one is really sure why they have a hole in the middle. One theory is that the Pennsylvania Dutch pushed out the middle to create a shape perfect for dunking.

The French perform that same dipping ritual with a plain baguette, and the only holes it has are little airy ones.

No doubt settlers brought them here from Europe, where variations of this confection exist in many forms.

The first printed use of the term doughnut was in Washington Irving's "History of New York, by Diedrich Knickerbocker" (1809), describing a feast table of Dutch settlers in New Amsterdam.

The key passage refers to a large "dish of balls of sweetened dough fried in hog's fat, and called dough nuts or oily kocks." The latter term means, of course, oily cakes, a very descriptive term for cakes that were fried in lard.

At this time of the year when many different forms of entertaining take place, a return to a doughnut celebration seems especially timely.

Anyone can simply order them from a baker and let it go at that. But rarely will they be as fresh and good and imaginative as when you make them at home.

Doughnuts are at their flavor best when still warm, a sensation that takes us back to that cozy kitchen of childhood, where we hovered as much as possible.

There are two kinds of doughnuts — raised doughnuts and cake doughnuts. The former are lighter and more delicate, while the latter need less time to make. In either case, the finished circle of dough is deep-fried.

There are recipes for baked doughnuts, but I think they should travel under another name. True, in these days when we are preoccupied with calorie counts, deep frying is becoming obsolete. Still, you haven't seen any decline in the consumption of rich chocolate cakes, have you?

Besides, not many people are going to sit down and devour a half-dozen doughnuts at a sitting.

With the football season now in full frenzy, there are perfect opportunities for fun doughnut parties. Don't take them to the tailgate picnic; they'll be too cold to enjoy properly. Instead, invite friends back after the game for a hot drink and a warm, dolled-up doughnut.

Another venue is presented by night televised games. Ask a group over after dinner to watch the game and savor doughnuts and hot drinks like coffee, tea, mulled cider and hot chocolate.

When making your doughnuts, vary them by working small bits of chopped dried fruit into the dough. Or flavor the dough with grated lemon peel and cinnamon and toss in a few raisins, if you

like.

Once out of the fryer and quickly dried on paper towels, drop them into a bag with confectioners' sugar and shake well to cover the hot sweetmeat with a white powdery veil.

Create yet another coating with a mixture of granulated sugar and cinnamon in another paper bag. Cocoa mixed with powdered sugar is yet another possibility. Or once slightly cooled, hold the doughnut on a fork and dip into melted chocolate.

If you are handy with a pastry bag, pipe icing over the tops to create pretty patterns in dark chocolate or flavored icings. Glazes can be spooned over as well; basic cookbooks have a variety of glaze recipes.

You will be surprised at the reaction your doughnut gala will receive. This is a different concept, one that everyone will enjoy and remember. You will discover that these sweet fried circles can be a real wheel of good fortune.

And don't forget, fry the little holes from the middle, too. Waste not, want not, as the Dutch might say.

RAISED DOUGHNUTS

- 1 (1¼-ounce) package active dry yeast
- ½ cup sugar
- Large pinch nutmeg
- ¼ cup warm water
- ¼ cup milk
- About ¾ cups all-purpose flour
- ¼ cup butter, melted
- 1 teaspoon vanilla
- 1 teaspoon salt
- 2 eggs, room temperature, beaten

Peanut or vegetable oil for deep-frying
Yields 12 to 14 doughnuts and doughnut holes.

Mix yeast, ¼ teaspoon of the sugar and nutmeg together in small bowl, stir in warm water and put aside in warm spot.

Meanwhile scald milk, cool for 5 minutes, then pour into large mixing bowl, add remaining sugar, 1 cup of flour and butter, and stir for several minutes.

Add vanilla, salt and foamy yeast, and whisk all together for about 2 minutes. Add eggs and another 2¼ cups of flour and stir until all ingredients are blended.

Gently knead the dough in bowl for about 5 minutes. Turn dough onto lightly floured surface and knead another 5 to 10 minutes, or until smooth and elastic.

Clean and lightly grease bowl, cover with damp towel and put in warm spot to rise, about 1 hour, or until doubled in bulk. Punch down the dough and roll out until ¼ inch thick. Cut dough with floured 2¼- to 3-inch doughnut cutter.

Lightly flour baking sheet and transfer doughnuts to it. Cover with towel and let rise in warm spot until doubled in bulk, 30 to 45 minutes.

Heat oil to 375 F. Use spatula to transfer doughnuts and holes from baking sheet to hot oil and fry a few at a time until golden brown on both sides, 3 to 4 minutes

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Vegetarian View

By Margaret Wing-Peterson



Cholesterol news at eggs-actly the right time

An ancient symbol of growth, eggs also represent something else to the modern consumer — heart attack.

Most of us recognize the link between too much cholesterol in the blood and cardiovascular disease. However, many people assume high blood cholesterol simply results from the cholesterol they eat. They lament, "Why is my cholesterol so high? I don't touch eggs!"

Health researchers have found more to high blood cholesterol than packing in the dietary cholesterol.

People respond differently to cholesterol due to individual, genetic-based variations in cholesterol absorption, use and loss. Most bodies (but not all) do adjust to large cholesterol intakes by making less of the substance. The fiber and fat in the diet — not just its cholesterol content — also influence blood cholesterol. And being overweight in general encourages the body to produce more cholesterol.

A diet might be low in cholesterol but high in saturated fat, resulting in increased blood cholesterol. That's because saturated fat in the diet is much more potent in raising blood cholesterol than any cholesterol eaten. Low-cholesterol food choices can help reduce blood cholesterol and the risks for heart disease, but the diet must also be low in saturated fat.

Hence, it's more than just a few cholesterol-rich foods that cause problems. The real culprits are unhealthy food patterns and lifestyle choices, coupled with genes that foster the inability to handle cholesterol well.

Eggs have been blamed undeservedly for the ills of American hearts. The egg is actually nutrient-dense — that is, it provides much nutrition relative to its calories. Indeed, the egg is significant for its protein, riboflavin, vitamin A, phosphorus and vitamin B-12, all for about 75 calories per large egg. Egg protein is unsurpassed in its excellence and is the standard against which other proteins are judged by nutrition scientists.

Egg whites provide nearly all the protein in the egg and are virtually fat- and cholesterol-free, making it the leanest protein source commonly available. Two egg whites contain approximately the same amount of protein as an ounce of cooked lean meat but with fewer calories.

The egg yolk carries the egg's fat and cholesterol. A large egg has the equivalent of a teaspoon of fat, most of which is unsaturated. It has less cholesterol than previ-

ously believed, according to recent reanalyses by the U.S. Department of Agriculture. There's about 210 milligrams of cholesterol in an average large egg yolk, nearly a 20 percent drop.

This figure means more eggs within the American Heart Association's recommended 300 milligrams of dietary cholesterol per day. "Moderation" is still the key; the association's prudent diet now includes four egg yolks a week, including those added in cooking or preparing other foods. Here are more tips for using eggs:

- For half the eggs in egg-rich recipes such as quiche or scrambled eggs, substitute two egg whites for one whole egg. Or, simply use two egg whites wherever a whole egg is needed, as in meat loaf, muffins or cookies.

- Commercial egg substitutes, which are colored and flavored egg whites, can be purchased in the grocery frozen sections and used in recipes that call for beaten eggs.

- Eggs are perishable — handle them as you would milk or meat. Be sure to purchase only eggs that have been kept in refrigerated store displays. Like humans, bacteria find eggs to be nutritious, and cold temperatures minimize chances of spoilage. Eggs lose as much freshness in a day at room temperature as in a week under refrigeration.

- Check eggs in the carton before buying to be sure none are cracked. Once home, keep eggs in their carton in the refrigerator to minimize their absorption of ice-box odors and maintain their good quality.

- Cook eggs appropriately to minimize risks for food-borne illness. The whites should be opaque and the yolk firm. Most at risk for any type of food poisoning are very young children, the elderly, those with chronic illnesses and others who might have less-than-adequate immune systems, such as people with immune-deficiency diseases or taking chemotherapy.

- Discard hard-cooked eggs that have been unrefrigerated more than two hours.



Vegetarian View

Kids Home Newspaper



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

By J.R. Rose -

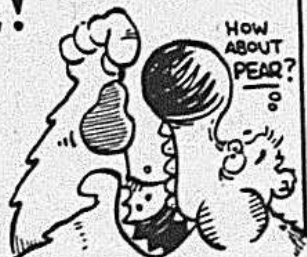
DRAW IT!

DRAW EARS ON THIS BIG BEAR

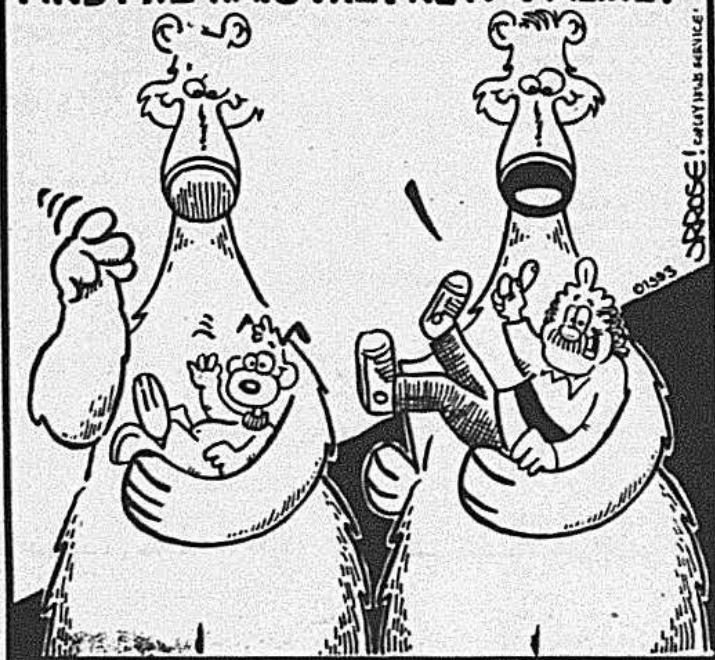


LIST 5 WORDS THAT RHYME WITH BEAR!

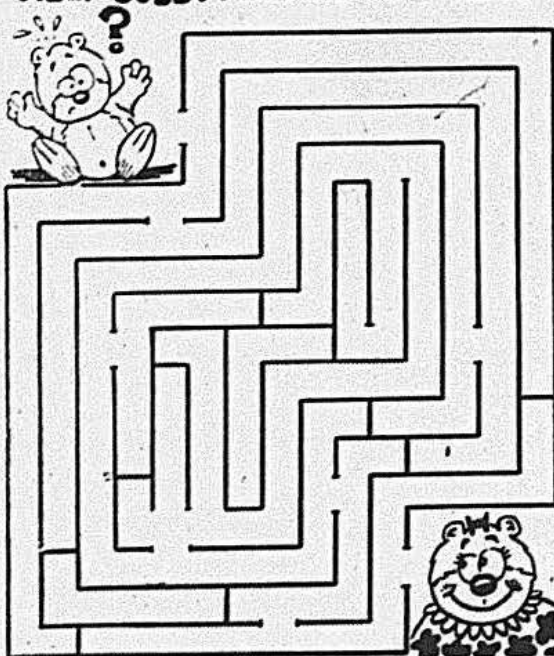
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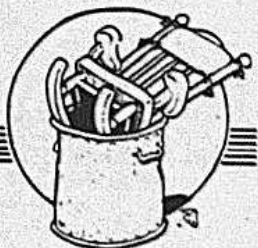
WHY DO BEARS SLEEP ALL WINTER?

SO WE ONLY HAVE TO MAKE OUR BED ONCE!



ANTIQUQUE OR JUNQUE

By James G. McCollam



This adjustable recliner is a first

Q. I recently purchased this old chair at an estate sale. It is an ornate recliner with various adjustments. There is a metal plate at the bottom of the back that reads "Cook & Co.'s Automatic Chair, patented January 29, 1901, by S.A. Cook & Co., Medina, NY." I would appreciate it if you give your opinion as to value.



A. This was probably the first mechanically adjustable reclining chair in America. It might be worth \$800 to \$900 completely refinished and reupholstered.

Q. This mark is on the bottom of a 12-inch porcelain vase. It has an oval body with three small feet and a flaired neck. It is decorated with a picture of a lady in an old-fashioned dress and the handles are shaped like dragons.

Please tell me who made this, when and its value.



A. This mark was used by Beyer & Bock in Volkstedt, Germany, during the first quarter of the 20th century. It would probably sell for \$225 to \$235 in an antique shop.

Q. I have a Donald Duck bank that was handed down by an older cousin in 1960. I would appreciate

any information you can provide about its age, origin and value.

The bank is ceramic and stands 1 foot high. There are no identifying marks on it. While the white is baked-on glaze, the other colors seem to have been applied after glazing, as they feel different and have peeled.

A. Since this isn't marked "Copyright by Walt Disney," it is probably a pirated piece and would not qualify as a Disney collectible.

It might sell for \$25 to \$35.

Q. I would like to know the approximate value of my Rosenthal china, which I purchased in Germany in 1952. The bottoms are marked "Rosenthal - Selb - Germany - Winifred."

I have 12 seven-piece place settings plus gravy boat, 9-inch-round covered serving dish, 9-inch-square bowl and two sizes of platters.

A. The going market price for a set like yours is about \$800 to \$900. That's about half of what it would cost brand new.

Forty years is not enough to make your china a valuable collectible.

Q. I have in my possession two Walt Disney "celluloids"; they each have a sticker on the back that reads as follows:

"This is an original hand-painted celluloid drawing actually used in a Walt Disney production, released exclusively by the Art Corner at Disneyland, Anaheim, California. Copyright Walt Disney Productions."

They are each 6-by-7½ inches and are pictures of Jimmy Cricket. Could you tell me if they are valuable, and if so, how much are they worth? I know they are at least 30 years old.

A. Some Disney "cels" are worth several thousand dollars, but Jimmy Cricket cels sell for \$250 to \$300 each.

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Points on Pets

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

Q. Our 9-month-old German shepherd often has sore legs. The lameness does not last for long and seems to affect different legs at different times.

Our veterinarian believes that our dog has a disease called "panosteitis" and wants to refer us to a university hospital for confirmation of the diagnosis. Is this a serious disease? Will the condition improve as the dog matures?

A. Eosinophilic panosteitis is a rather vague disease that causes lameness in young dogs. The word "panosteitis" means inflammation of the bone, and the word "eosinophilic" refers to a particular type of white blood cell. There is an increase in the number of these white blood cells in the dog's blood with this disease.

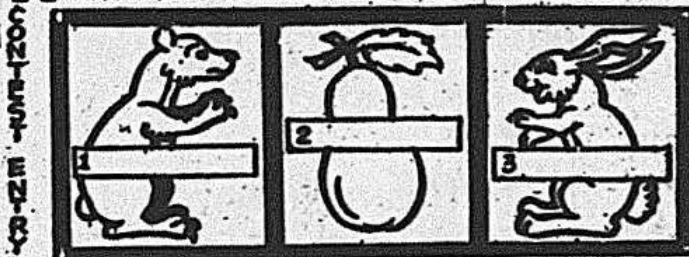
The most common clinical sign seen with eosinophilic panosteitis is a shifting leg lameness. The lameness may be seen in only one leg or in more than one leg at any given time. The lameness often shifts between legs. The onset of lameness is usually sudden and is usually quite severe.

Eosinophilic panosteitis has been reported in German shepherds, Saint Bernards, weimaraners, German short-haired pointers, airedales, bassets, Shetland sheepdogs and Doberman pinschers. The disease is most common in German shepherds between 6 and 12 months of age. Dogs older than 12 months of age are rarely affected with this disease. The cause of eosinophilic panosteitis is unknown.

The lameness with eosinophilic panosteitis usually persists for about two months. Many veterinarians prescribe corticosteroids to decrease the pain.



WIN A BIG PRIZE!... PRINT IN THE 3 RHYMING NAMES AND COLOR THE DRAWINGS.



Aunt Tilly's Corner

New Year's Eve is this week. By Thursday evening we will be celebrating the birth of a whole new year - the year of 1993. Lots of people go to parties. Mobs of people go to the city. Most of us like to make resolutions for the new year in hopes of making it a better year than the one before.

Perhaps your parents will let you stay up late and watch until the Times Square ball drops. Then it will really be a new year and you'll be safe at home ready to jump into bed and wake up in 1993! Whatever you do, have a Happy New Year!

Your friend,
Aunt Tilly

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YOUR SOCIAL SECURITY

Intermediaries handle Medicare claims

By William M. Acosta

Q. Who processes Medicare claims and payments? — J.S.

A. Medicare claims and payments are handled by insurance organizations under contract to the federal government.

The organizations handling claims from hospitals, skilled nursing facilities, home health agencies and hospices are called "intermediaries." The insurance organizations that handle Medicare's Part B claims are called "carriers."

The names and addresses of the carriers and areas they serve are listed in the back of "The Medicare Handbook," available from any Social Security Administration office.

Q. I did not retire at age 65 but I am thinking about retiring at age 70. Will my check be any more than if I had taken it at 65? I have heard that it is 3 percent more per year. Is that correct? — J.D.

A. Your check may be larger if you have additional work. There is a special credit that adds 3 percent to a worker's benefit for each (one-quarter of 1 percent for each month) after the full benefit retirement age (which is currently age 65) in which he doesn't receive a monthly benefit because of work. This continues until age 70.

Q. What is the earliest that I can apply for retirement benefits? — K.S.

A. The earliest that you can apply for retirement benefits is three months before the month you will be 62.

Q. How can I check to be sure that no one else is using my Social Security number? — E.B.

A. To make sure no one else is using your number for work purposes, you should check your Social Security record. Call Social Security's toll-free number, (800) 772-1213, business days between 7 a.m. and 7 p.m., and ask for a free "Personal Earnings and Benefit Estimate Statement."

Compare the report that is sent to you with your own records. If they don't agree, contact your local Social Security office about making the necessary corrections.

The service is free and, by checking before you file for benefits, you may avoid delays or errors in your benefit payment.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



Emily Rose Prinzelan, 11 months old lives in Alameda California, Grandma and Grandpas pride and joy growing up in the fast lane.

Submitted by Grandmother Margaret Kern of Hicksville.