

In Two Sections - Forty Pages

The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times

## & Levittown Times 35¢

Vol. 51 No. 5

USPS 346-760

Friday, January 29, 1993

### Youths Helping Vets



him Glover, center, of the Hicksville Youth Council, presents one of several cartons of food to the Vietnam Veterans of America, Nassau County Chapter 82, Vets Helping Vets Committee. L-R: Brian and Ray Flanagan, Ms. Glover, Marie Dlugos and Frank Basta at the Chapter Holiday Party. The Committee's ongoing efforts on behalf of needy veterans includes a Pancake Breakfast on Feb. 7 at the Hicksville V.F.W. Hall, 320 S. Broadway, from 9 a.m. to 1 p.m. The breakfast will consist of pancakes, scrambled eggs, sausage, bagels, juice, coffee and tea for a donation of \$5 for adults, and \$3 for seniors and children. For information call the chapter at 483-3113.

### Federation Gift To Women Vets



Nassau County Federation of Republican Women (N.C.F.R.W.) President, Annette Ferrara of Hicksville, right, and Community Service Chairwoman Menetta Modica of Bethpage, center, receive thanks from Marge Duryea, RN, Northport Veterans Hospital Women Veteran Coordinator, for the continuous support of women veterans by the Federation. She also thanked the N.C.F.R.W. for their generous gift which was used to purchase Canteen books for the women veterans in the hospital.

### Burglary Arrest In Hicksville

Second Squad Detective William Compatiello reports the details of a burglary arrest in Jericho on January 21, at 9:30 a.m.

Russell Badolato, 23, of 31 Horizon Lane, Levittown, is charged with burglary 3rd degree and will be arraigned at First District Court.

Maintenance workers at an office building located at 375 North Broadway, Jericho (Speigel Associates), said that

Badolato had entered a locked bathroom in the basement of the building, then climbed up into the ceiling and made his way to a woman's bathroom. Badolato then removed some ceiling tiles in the woman's room in order to view the room. Police believe that this had been going on for approximately 5 months.

Badolato is not an employee at the office building. He gives his occupation as a bus driver.

### Postal Customers Reminded To Clear Ice, Snow

A word that brings to mind carefree childhood days, when we couldn't wait to go out and play in that wonderful white stuff. Images of snow angels, snowmen and sleigh rides flash through our minds for a second... until we realize that there is a more serious side to winter: slips and falls caused by snow and ice on walkways.

Now is the time to prevent these regrettable accidents for letter carriers and delivery personnel. "Prevention is simply a matter of clearing, salting or sanding the stairway or pathway to provide safe access to the mailbox or front door," said Edward Gamache, District Manager, Long Island District.

Letter carriers cannot make door or curb deliveries when the approach to the mailbox is hazardous because of snow or ice. Carriers are not allowed to attempt door delivery when there is a heavy build-up of snow and ice on sidewalks, steps or porches. They are not allowed to dismount for curbside boxes blocked by snow and ice build-up. Snow must be cleared to the curbline for at least six feet on both sides of the mailbox so the carrier may approach and leave without backing up.

Gamache stressed, "Ice is particularly dangerous on steps and any walking surface, especially painted wood or concrete, such as stoops and porches. In open areas, watch for drifts and pile-ups from snowplows. When there's a warm spell, and the melting snow runs or pools, a wet freeze can make a cleared sidewalk slicker than ever."

Snow is a beautiful thing... as long as we keep it safe.

### Attorney Talks To Sr. Citizens

The Bethpage Senior Citizens announce that Sonia Burges Crannage, Esq. of Sinnerich & Crannage, Plainview, will address the group on Elder Law, on Feb. 3, at the Bethpage Firehouse at 11 a.m.

Ms. Crannage serves as a volunteer in a program presented in cooperation with the Bar Association of Nassau County. Her lecture is presented as a public service, for which she receives no fee.

Ms. Crannage will address our seniors on Spousal Impoverishment Act, protecting your assets, etc. followed by a brief question and answer period.

### Demands Return Of L.I. Status

Oyster Bay Town Councilman Leonard Kunzig is calling for an immediate reversal of the U.S. Office of Management and Budget's decision to rescind Long Island's status as a Standard Metropolitan Statistical Area.

"A long hard fight was waged in the seventies to secure Long Island's justified status as a region unto itself," said the Councilman. "Rescinding this status and lumping us in with New York City, Westchester, Rockland and Putnam Counties, 14 counties in New Jersey,

one in Pennsylvania, would spell disaster for Oyster Bay as well as all municipalities on our Island."

According to Councilman Kunzig, Long Island will lose Federal community development funds as well as other Federal and State monies. "We will also lose our unique identity and once we are statistically lumped together with New York City, we'll become an extension of the City in the eyes of businesses, investors and groups considering relocating here."

### Garbage Contract Will Save Taxes

Oyster Bay Town Supervisor Lewis J. Yevoli has announced the awarding of an upcoming garbage hauling contract that will save town taxpayers \$10.16 per ton from the present agreement which expires on Feb. 18. The Supervisor said that Tully Construction Company of Flushing, New York has agreed to ship out town garbage for \$66.85 per ton, down from the current cost of \$77.01 per ton by Browning Ferris Industries.

"I am very pleased to be able to make this announcement which marks the second consecutive record low price for garbage removal in my administration," Yevoli stated. Tully was the lowest of six bids submitted to the town last Fall, with the highest bid at \$74.39 per ton. Yevoli, who led the battle against a proposed town incinerator for six years through 1991 said, "the action allows the town to concentrate further on an inter-municipal agreement with the Town of Hempstead to dispose of the 650-tons of non-recycled garbage it collects daily at the Hempstead Resource Recovery plant in Garden City."

Yevoli added: "Once again we have good news for the hardpressed taxpayers who are looking to their officials to lower the real property taxes whenever and wherever possible. Additionally, we will continue to expand our rate of recycling into the rest of the decade." The signing of the new contract will provide Oyster Bay with one of the lowest waste removal plans in the state.

### Two Bank Robberies In Plainview

Det. Michael Kuhn of the 2nd Squad reports the details of a bank robbery that occurred in Plainview on January 11, at 2:05 p.m.

Two male whites wearing hooded sweatshirts entered the Home Savings Bank of America at 144 Manetto Hill Road, and handed the teller a note demanding money. The teller handed over cash and the males fled. There were no guns displayed there were five employees and one customer in the bank at the time.

The 2nd Squad and Robbery Squad are investigating.

Det. Joseph Aliperti of the 2nd Squad reports the details of a bank robbery that occurred in Plainview on January 15, at 1:30 p.m.

A man entered the Fidelity Bank, 52 Manetto Hill Road, and handed the teller a note stating he was armed and demanding money. The teller gave the subject cash from her drawer and he then fled the bank in an unknown direction.

There were eight employees and three patrons in the bank at the time of the incident. No one was injured. The Robbery Squad and the 2nd Squad are investigating.

### Letters

To the Editor:

On January 20, Police Officer Bill Toelstedt of the Hicksville P.A.L., conducted Awards Night for the Hicksville Fire Football and Cheerleading Program. This was the Football and Cheerleading program's first year in existence. The program was a big success. Twenty-five Hicksville boys (age 11) and 15 cheerleaders were involved.

The Awards Night went well with every football player and cheerleader receiving a trophy. The event was catered by Bretton's Deli of Bethpage and the evening was topped off with a special guest speaker. The guest speaker was Gary Marangi who was a four year professional Quarter Back in the N.F.L. Gary played three years as a Quarter Back for the Buffalo Bills and one year for the Cleveland Browns. Gary talked about all the levels of Football, from midget play to the professional game. He also cautioned on the dangers of steroids and drug abuse. Gary's talk was very impressive.

Bill Toelstedt hopes to expand on this program next year and get more of the Hicksville youth involved in cheerleading and football.

Albert Ciaccio  
Hicksville P.A.L.

To The Editor:

I thought your readers (many of whom knew Mrs. Ann Gregory and worked as volunteers with her when the Gregory Museum relocated at the Historic Hicksville Courthouse, 20 years ago) will be saddened to know she is hurting these days. Ann fell and fractured her neck, in Nov. and has been incapacitated with a halo neckbrace these many

### Letters

weeks. The so memorable, civic-minded and gallant lady says she hopes to doff her halo in a week or so.

Ann and her husband, Gardiner, would be very happy to hear from their many old friends during the weeks of her convalescence still ahead. The Gregory's address is: Route 166, Box 259, North Castine, Orland, Maine 04472. Telephone: (207) 326-4639.

Richard Evers

### Town Extends Recycle Contract

The Oyster Bay Town Board voted to extend Omni Recycling of Westbury's contract for the recycling of commingled glass as well as ferrous and non-ferrous materials, according to Town Councilwoman Ann R. Ocker.

"After reviewing last year's results and making sure that their price is still competitive, it was decided that Omni's recycling contract will be extended through December, 1993, an option stipulated in the original contract," Councilwoman Ocker said. "Last year, we recycled approximately 7,000 tons of commingled glass, ferrous and non-ferrous materials. Under our contract with Omni we paid, and will continue to pay, \$19.59 per ton to recycle, as opposed to the \$77.01 per ton that it would cost to add those items to the municipal solid waste stream."

Councilwoman Ocker added that contract details remain the same. Omni Recycling is required to haul Town recyclables from the Bethpage Transfer Station to their facility in Westbury where sorting and distribution to appropriate markets takes place.

### Northwest Civics A New Year

The Northwest Civic Association started off the year with a well-attended meeting on January 4 at the Burns Avenue School.

A major subject under discussion, was the impending hearing by the Oyster Bay Town Board concerning the future status of the Twin County Recycling facility located on West John Street. All concerned persons should make every effort to attend this open meeting at the Town Hall in Oyster Bay on March 9, at 8 p.m. Also discussed, was the prospects of the members of Northwest Civics to participate in The Neighborhood Watch Program.

Speaker Robert Dwyer, Fire Commissioner of the Hicksville

Fire Department, spoke to the members about the festivities being planned for the 100th Anniversary of the Department. The celebration is scheduled for June 9 through 13, and will take place at the parking field across the street from the Main Street firehouse. Northwest Civics is planning to participate in the festivities. The next meeting of the Northwest Civic Association will be Monday, February 1, at 7:30 p.m. at the Burns Ave. School located on Burns Avenue.

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

### HBA Registration For 1993

Register with Hicksville Baseball Association for 1993 Baseball/Softball season.

Hicksville Baseball Association welcomes anyone from 6 thru 15 who wants to play baseball or softball to sign up now.


Registration will be at the Hicksville Public Library, 2nd Street and Jerusalem Ave. on:  
Sat. Feb 6 2-4 pm  
Thurs. Feb 11 6-7:30 pm  
Sat. Feb 13 11 am-3 pm  
Thurs. Feb 18 6-7:30 pm

The fee is \$65 for the first child and \$75 for two or more per family. Any registrations after Feb. 18 will have a \$10 late fee.

A separate uniform deposit of \$20 for each child payable by check dated July 1, 1993 to HBA is required. This check will be returned to you at the end of the season when uniforms are returned. Registrations for the 13, 14 and 15 Babe Ruth Traveling team is \$75.

Volunteers are welcomed as managers, coaches, team mothers, umpires are also needed. Anyone 14 years or older interested in umpiring will be trained and given reading material to learn the rules of the game. If you'd like to umpire please call Joe Caruso at 937-6253.

If you need any information about our club or have any questions about registration feel free to call Carol Baglieri (Player Rep) 681-6144  
Jerry Manna (Boys President) 681-1095  
Greg Simonelli (Girls President) 735-6594



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### Mid Island Times & Levittown Times

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

### Perspectives in Health

## DEAL WITH DEPRESSION BY PROMOTING YOUR MENTAL HEALTH

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

- Dr. George Nicklin, member of Winthrop's Medical Staff and Associate Clinical Professor of New York University School of Medicine, will present practical, day-to-day guidelines to help develop and maintain good mental health and overcome depression.
- Justine Ellerman, RN, MSN, will moderate.

DATE:	Tuesday, February 16th
TIME:	6:30 pm - Registration and Refreshments 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  
A major teaching affiliate of SUNY Stony Brook School of Medicine



## Dutch Lane December Activities

Dutch Lane Elementary school was very busy during the month of December. The PTA was active organizing the Holiday Boutique for all the students at Dutch Lane. The selection ranged from very inexpensive items to some really fine, but practical gifts.

Many volunteers were up at school to help. Even the youngest students picked out gifts for their grandpa's, grandpa's, parents and siblings.

Later in the month Mrs. Napolitano's kindergarten class made Frosty the Snowman out of pretzel sticks, marshmallows & gum-drops and had a chance to get blindfolded & take a swing at a pinata filled with all sorts of treats. It was interesting for the students to learn how children in other lands celebrate the holidays.

The week ended with a glorious winter concert. The concert began with a woodwind & brass ensemble led by director Hilary Sperber. The Chorus came on singing strong. Let It Snow! Let It Snow! Let It Snow! Let It Snow! directed by Daniela DiBenedetto. The string ensemble directed by Andrea Frisch began with the beginner violins and violas plucking Mary Had A Little Lamb. It was a lovely morning and many family members were able to come and hear how talented the children at Dutch Lane are.

## Vic Theatre At Bethpage Library

On Sunday afternoon, January 31 at 2 p.m. the Bethpage Library invites you to attend a performance of the play, *Guilt by Conscience* by Richard Levinson & William Link presented by the renowned Other Vic Theatre Company.

This is a play of suspense in two acts in which Arthur Jamison a renowned criminal lawyer... brilliant, charismatic and treacherous in and out of the courtroom is in the process of a divorce from his wife. This divorce will leave him financially devastated so Arthur, never a procrastinator, begins plotting to kill her. In the courtroom of his mind he creates various scenarios and pits himself against an imaginary prosecutor. Don't miss this wonderful afternoon of theatre at the library. All welcome - Admission free.

The Bethpage Public Library is located at 47 Powell Avenue, two blocks off the Seaford-Oyster Bay Expressway (Route 135), phone 931-3907.

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The Christmas Boutique was a big success and students Jonathan Pappas, Shellika Garcia, Caroline Corrigan, Christopher Powell, display some of the items the PTA had on hand.



Mrs. Napolitano's kindergarten class had a great time putting together their snowmen; Elizabeth Rothbard, Meaghan Monahan, Katelyn Eric, Christopher Gleason, Megan Schack, and Megan Cook finish their project.



The chorus directed by Daniela DiBenedetto hold up the Snowflakes and sing *Let It Snow! Let It Snow! Let It Snow!*



String ensemble: beginning violins, cello, and violins play *The Crunchy Cookies*.



Mrs. Hilary Sperber's clarinet and trumpet trio play *Up On The Housetop* while parents watch and listen.



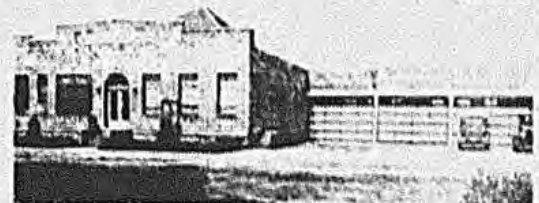
The chorus made up of fourth and fifth grade students; Sean Corrigan, Alison Selinger, Bobby Becker, Terry Anderson, Cindy McCarthy, Jason Fleischman, Victoria Shack, Heather Hudson, Edward Foley, Theresa Diffendale, Kathleen Fuentes, George Remy, Barbie Broshart and friends singing *Glee A Little Love At Christmas*.

## Jottings From Yesteryear

While talking to a friend, they mentioned now receiving the milk home delivery. How one thing jars your memory to past days of milk delivery and the cows grazing in nearby areas! Then, I thought of popular names for cows like Borden's "Elsie" and her daughter "Beulah" at the New York Worlds Fair 1939-40. How many memories the Tylon and Perisphere, admission 50 cents. People from all over, some came on the Queen Elizabeth or the Queen Mary and the French liner Normandie. Railroads were busy including the L.I.R.R. and the La Guardia Airport which had just opened. I saw the King and Queen of England ride by at the Fair. Coca-Cola - five cents; you could

see yourself on TV at the R.C.A. Pavilion and a picture on the telephone sample. The General Motor Bldg. was great as well as the 3D show at the other car building. Some of the people were Mayor La Guardia, Grover Whelan, Lowell Thomas, Eddie Cantor and Bing Crosby, to name a few. The G.E. man-made million volt lightning, the parachute jump (now at Coney Island), the Charleston dance, and there was Lifebuoy soap for BO. A Philco cathedral radio was popular. The New York City Building (still stands) after the Fair closed in October 1940. The United Nations used it for a full assembly meeting. Gosh! I guess I forgot myself and ran on too long. I'll go look at some of my collection.

Bill Clark



Hicksville Bottling Co., est. 1886, makers of Roxy beverages and Squirt soda, as bottle shown full-made approx. 1953, before plant closed.



Present day photo - Dome of building and garage area in back - Lenox Ave.

Photos by Bill Clark

## Defensive Driving At St. Bede's

As a service to their community, St. Bede's Episcopal Church, located at 220 Berry Hill Road in Syosset, is making available a Defensive Driving Program. This course will be held on two consecutive Monday evenings, April 19 and 26, from 7 to 10 p.m., at St. Bede's Parish House. The fee is \$48. To register, or for further information, call 921-0755 or 938-6050.



Squirt Soda

## New Republican Club President



Executive Leader (L to R) Joe Jablonsky and Outgoing President John Marks congratulate Andy DiMarzo, Incoming President of Hicksville Ernest F. Francke Republican Club.

## Students Compete In Geography Bee

On Thursday, January 14, the semi-final and championship rounds of the National Geographic Society Bee were held for sixth graders at John F. Kennedy Middle School. Students in social studies classes of Mrs. McKinley, Ms. Patterson, Ms. Hill and Mr. Teichert competed for seven rounds to determine the winner in each class. The semi-final round was represented by the following students:

**Mrs. McKinley's Classes**  
Sergio Ordonez, Chris Lawrence

**Ms. Patterson's Classes**  
Michael O'Neill, Jill Russoto

**Mr. Teichert's Classes**  
Steven Tsapelas, Valerie Warmhold

**Ms. Hill's Classes**  
Lauren Guy, Meredith Wong

The semi-finalists competed into the final round. JFK's two finalists were Steven Tsapelas and Meredith Wong, with Meredith emerging as the school champion. Meredith took a written exam which was submitted to the National Geographic Society to determine state competitors. Congratulations to Meredith and all our students who competed!

### LEGAL NOTICE

**NOTICE OF SALE SUPREME COURT: NASSAU COUNTY. BARRY ALIMENA, PATRICIA ALIMENA, HOWARD SAMUELS, SYLVIA SAMUELS, EVELYN GRAYNOR, IRENE ALBANO and ADVANCED TECHNICAL MARKETING, Plt. vs. DIANE GOLDFARB, k/a DIANE KESSLER, et al Defts.** Index #7808/91. Pursuant to judgment of foreclosure and sale dated Nov. 29, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Feb. 16, 1993 at 8:30 a.m. prem. k/a 32 Birchwood Park Dr., Syosset, NY. Said property located on the northeasterly side of Birchwood Park Dr., 584 ft. southeasterly when measured along the northeasterly side of Birchwood Park Dr. from the corner formed by the intersection of the northeasterly side of Birchwood Park Dr. and the southeasterly side of Morris Dr., being a plot 100 ft. x 72 ft. Sold subject to terms and conditions of filed judgment and terms of sale.

**JOAN GIBBONS QUINN** Referee  
**SUSSMAN & SUSSMAN,** Attys. for Plt.,  
250 Old Country Rd.  
Mineola, N.Y.

SY08646  
4x01/15,22,29,02/05

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

**NOTICE OF SALE WORLD SAYINGS AND LOAN ASSOCIATION, Index No. 16378/91 Plaintiff,**

**against**  
**SUSAN M. BOERCKEL, SCOTT E. BOERCKEL, PETER ENGLMAN, COLORMART, INC., DORTMAN INDUSTRIES, INC. d/b/a WINDOW WORLD, CENTRAL FEDERAL SAVINGS BANK, DRYOLIN CORPORATION, STROBER LONG ISLAND BUILDING MATERIALS CENTERS, INC., STATE TAX COMMISSION, INTERNATIONAL SCREW & BOLT, DYKIS LUMBER COMPANY.**

**Defendants.**  
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 Road, Mineola, New York, on February 17, 1993, at 9:45 A.M., the premises located at 94 East Street, Hicksville, New York 11801, and described on Schedule "A" annexed hereto and to said judgment. Sold subject to terms and conditions of filed Judgment and Terms of Sale.

Dated: January 7, 1993  
**EDWARD J. NITKEWICZ, ESQ., REFEREE**  
**SCHWALL & BECKER, ESQS.**  
Attorneys for Plaintiff  
P.O. Box 796 - 49 Maple Ave.  
New City, New York 10956  
(914) 634-3696

**SCHEDULE "A"**  
ALL those certain lots, pieces or parcels of land, situate, lying and being at Hicksville (not an incorporated village) in the Town of Oyster Bay, County of Nassau and State of New York, and more particularly known and designated as lots numbered 180, 181, 182 and 183 on a certain map entitled, "Map of property belonging to Frederica Quaritius and Albert C. Quaritius, Hicksville, L.I., H.E. Hawzhurst, C.E., Westbury, L.I.", and filed in the Office of the Clerk of the County of Nassau on December 1, 1913 as map number 23B, new number 1830, being more particularly bounded and described as follows:

**BEGINNING** at a point on the Westerly side of East Street, distant 262.77, more or less, feet in a general Southerly direction from the corner formed by the intersection of the Westerly side of East Street and the new Southeasterly side of Woodbury Road, said point also being where the Northerly line of Lot 180 on the above mentioned map intersects the Westerly side of East Street; running thence along the said

**LEGAL NOTICE**  
Westerly side of East Street, SOUTH 00 degrees 38 minutes 50 seconds West, 100.00 feet; thence NORTH 89 degrees 23 minutes 10 seconds West, 100.00 feet; thence SOUTH 89 degrees 23 minutes 10 seconds East, 100.00 feet to the Westerly side of East Street, at the point or place of BEGINNING. MIT2651  
4x1/15,22,29,2/5

## Subha Dhanaraj, Student Of Month

Bethpage High School honored Subha Dhanaraj as its Student of the Month. Ranked number two in the Senior Class, she is a highly organized and deeply motivated person who will have taken not only every Advanced Placement test that the school offers but is also preparing privately for two others on her own.

She has always been deeply interested in Biology and Chemistry and has participated in the Medical Explorers program at Mid-Island Hospital and attends a Saturday Honors Program in Columbia University described as an Introduction to Neuro-Science. One summer she also attended an institute on Math and Science at Syracuse and even built her own superconductor.

An immigrant from Madras, India, Subha's family came to the United States 15 years ago, seeking a better education for the children. Her father opened a pharmacy and moved the family first to Westbury and four years ago came to Bethpage. Subha works in the pharmacy often and helps with the medical billing. She became interested in the Red Cross and volunteered as an HIV/AIDS Educator who would go into schools and agencies to talk to after-school clubs. She also volunteered as a Disaster Services worker helping out in the Mineola Center or the Oyster Bay shelter for a few hours each week.

As a sophomore, she was chosen as the Hugh O'Brien Leadership Scholar for the school and, for the past two years, she has served on the Nassau County Youth Board as one of four student representatives reviewing special programs. In addition, she has been on the Nassau County Youth Participation Project serving on a variety of committees dealing with issues from the Homeless to Racial Problems.

Subha is an active, energetic person with a clear sense of herself and goals. She feels inspired and challenged by her parents who made a difficult decision in coming to the U.S. and is determined to succeed in every area. She will make a superb doctor or lawyer or whatever avenue opens in the future. She embraces challenges!

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## Notable Neighbor At Library

On Thursday, February 11, at 7:30 p.m., at the Library you can get the fascinating inside story of a welder's progress in the trades, on the unions of the day and on the special people who built New York's skyline. The Friends of the Bethpage Public Library have invited Sal Miceli, February's notable neighbor to present "A Welder's Eye View" of some of New York's major constructions, including the Greenpoint Gas Tanks and Smoke Stack, the third tube of the Lincoln Tunnel

and the New York Coliseum before the collapse. As an avid photographer, he will present slides and photographs taken on many job sites dating as far back as the 1950's. Join The Friends and your neighbors at this unusual evening!

All are welcome and the admission is free.  
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.

## HICKSVILLE COMMUNITY COUNCIL

**PAUL TOWNSEND**  
NOTED COLUMNIST AND PUBLISHER OF  
*Long Island Business News*

will speak on

**Living on Long Island in the 90s**  
and  
**What To Do About**

•Taxes •Unemployment •Economy

**Thursday, February 4, 1993**  
**8:00 p.m. (new time)**

at the  
**Kenneth Barnes Community Room**  
Hicksville Public Library  
Jerusalem Avenue

### All Welcome!

### NASSAU MUSIC EDUCATORS' ASSOCIATION 1993 ALL-COUNTY MUSIC FESTIVAL

#### HIGH SCHOOL FESTIVAL - GRADES 11 & 12

- |                     |                  |                    |
|---------------------|------------------|--------------------|
| Connie Young        | Ronnie Park      | Maura Johnston     |
| Denise Coffey       | Jennifer Corrado | Don Freda          |
| Danielle Hagan      | Mike Murphy      | Justin Farrell     |
| Susan Gaylord       | Lauren Giacchino | Jenn Murphy        |
| Kristin Sclatani    | Adam Tisdale     | John Flynn         |
| Bay Kemmlin         | Chris Voss       | Jacqueline DePalma |
| Melissa Hendrickson | Guy Carloni      | Michael Hayer      |

#### DIVISION III FESTIVAL - GRADES 9 & 10

- |                |                    |                  |
|----------------|--------------------|------------------|
| Kathleen Tower | Janine Lryser      | Dan McGovern     |
| Yodd Mast      | Brian Wong         | Hubert Chu       |
| Jeffrey Tsai   | Nicole Piccolomini | Kristine D'Amato |
| James Higgins  | Dean Koutsoumbis   | Steven Gantrow   |

#### DIVISION II FESTIVAL - GRADES 7 & 8

- |                   |                 |                   |
|-------------------|-----------------|-------------------|
| Elizabeth Karmann | Daniel Voss     | Jamal Sandy       |
| Jean-Paul Matuk   | Anthony Corrado | Edward Chu        |
| Elsa Lie          | John Park       | Paul Tenck        |
| Jonathan Wong     | Cheryl Noonan   | Regina Pupolo     |
| Gena Lynn Losdale | Kevin Krueger   | Heather DeVecchio |
| Jackie Pupolo     | Laura Murphy    | Ranee Grenier     |
| Ann George        |                 |                   |

#### DIVISION I EAST FESTIVAL - GRADES 5 & 6

- |                      |                    |                    |
|----------------------|--------------------|--------------------|
| Ella Lie             | Jones Tsai         | James Tsai         |
| David Uciaga         | Douglas Castillo   | David Kani         |
| Inez Iradio          | Kimberly Pina      | Pleasant Abraham   |
| Salvatore Strazzeri  | Robert Russo       | Lenora Zae         |
| Theresa Waddell      | Jennifer Perkowski | Matthew Rosado     |
| Laura Mathieson      | Alison Frank       | Jessica Agosto     |
| Patricia Hundertmark | John Aluska        | Nicole D. Filippio |
| Barbie Broschart     | Sandra Raspanti    | Shari Robins       |
| Eleni Miglis         | Jeffrey Antonio    | Nikhil Verma       |
| Jamie Pupolo         | David Martin       | Meghan Asante      |
| Christine Costa      | Michelle Liew      | Timothy Silver     |
| Julia McGowan        | Joanna DeFelice    | Inak Ayverdi       |
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Friday, January 29, 1995

# WHAT TO DO IF YOU THINK YOUR CHILD IS ON DRUGS.

## The Telltale Signs

Chronic eye redness, sore throat or dry cough.  
Chronic lying, especially about whereabouts.  
Wholesale changes in friends.  
Stealing.  
Deteriorating relationships with family members.  
Wild mood swings, hostility, or abusive behavior.  
Chronic fatigue, withdrawal, carelessness about personal grooming.  
Major changes in eating or sleeping patterns.  
Loss of interest in favorite activities, hobbies, sports.  
School problems - slipping grades, absenteeism.

Take a deep breath.

You're not a failure as a parent. You're not helpless. And you're not alone.

If you think you're a failure, consider this: There are many kids with neglectful parents who never use drugs. There are also children with seemingly model parents who do use drugs.

So the first thing to accept is that drugs, while indeed dangerous, are one more problem for youngsters to handle. And they'll do it better and faster if you're aware, involved, and don't stick your head in the sand.

### THE AWARE PARENT IS THE GOOD PARENT.

Part of awareness and a major deterrent to experimentation is to talk to your kids about drugs.

But even with a lot of parental involvement, there are no guarantees. So it's important to know the symptoms of drug use and to take action if you see your youngster displaying them.

### THE WARNING SIGNALS.

There are no symptoms that are absolutely reliable. But there are clues (see box).

Most of these symptoms tend to be gradual which is why parental awareness is so important.

But don't jump to conclusions.

Many of the warning signs for drug use are the same as those for depression or for the ups and downs of being a teenager. There's also the possibility it's a physical or emotional problem.

But whatever the problem, we're talking about a child who needs help. Right now.

### START WITHIN THE FAMILY.

Nothing beats the power of love and family support. That has to start with a frank discussion.

Don't make it an attack. And don't try to talk with your child if he or she seems under the influence.

Wait for a calm moment and then explain that you're worried about certain behavior (be specific) and give your child every opportunity to explain. That means really listening, not doing all the talking.

At the same time, it's important to speak frankly about the possibility of drugs. And it's particularly important to talk about your values and why you're dead set against drugs.

If your youngster seems evasive or if his or her explanations are not convincing, you may want to consult your doctor to rule out illness and to ask for advice.

You may also want to have your child visit a mental health professional to see if there are emotional problems.

### FURTHER ACTION MAY BE NECESSARY.

If your child seems non-responsive or belligerent, and you suspect drugs are involved, immediate action is vital.

First, you'll need an evaluation from a health professional skilled in diagnosing adolescents with alcohol or drug problems.

You may want to get involved with an intervention program to learn techniques that will help convince a drug user to accept help.

For the user, there are self-help, outpatient, day care, residency, and 24-hour hospitalization programs.

The right program depends entirely on the circumstances and the degree of drug involvement. Here, you'll need professional help to make an informed choice.

Another point: If a program is to succeed, the family needs to be part of it. This can mean personal or family counseling. It may also involve participating in a support group where you learn about co-dependency and how not to play into the problems that might prompt further drug use.

If you don't know about drug programs in your area, call your family doctor, local hospital or county mental health society or school counselor for a referral. You can also call the national helpline - 800-662-HELP - for advice and a referral.

### WHATEVER YOU DO, DON'T GIVE UP.

That child who upsets you so much is the same little boy or girl who, only yesterday, gave you such joy. They're in way over their heads, and they never needed you quite as much as they need you now. No matter what they say.

*For more information on how to talk with your kids about drugs, ask for a free copy of "A Parent's Guide to Prevention." Call 1-800-624-0100.*

**Partnership for a Drug-Free Greater New York**

Partnership for a Drug-Free America





# HOME/OFFICE TECHNOLOGY 1993

## BEST BYTES

## How to buy the best computer

By Sharon Achax

If a PC isn't perched on your desk at home, you've at least seriously thought about placing one there.

Technological advances continue to make personal computers affordable to the masses — and the masses are responding by embracing them for home and school use as never before.

The biggest question on everybody's lips no longer is "Should I buy a computer" but rather "Which is the best for me?"

The first step in answering that question is to thoughtfully and carefully consider how the computer will be used. If you're interested only in word processing, for instance, you won't need as much computing power and speed as someone who plans to do desktop publishing, database management or number crunching.

For successful shopping, experts suggest you make a list of all the different ways you hope to use the computer over the next several years — from game playing to report writing to tax preparation to Christmas label printing. Begin to shop by researching what's available at well-known computer stores. Their knowledgeable salespeople can use your list of needs to help identify the machines that best match your processing and software needs.

Want to start up a desktop publishing business at home? You'll need a machine with enough memory to operate all the drawing, pagemaking, clip art and extra font software you're bound to desire.

Want to interact with an on-line service such as Prodigy, The Sierra Network or an electronic bulletin board? A fast modem is a must.

Planning to catch up on work at home? Chances are your employer has an IBM-based system, so you'll want to purchase an IBM or compatible. While clones can be a real money saver in this market, they also can be a disaster of cheaply made parts. So, if you're shopping for a clone, watch for name brands *inside* the computer, like Seagate hard disk drives, Teac floppy disk drives and AMI motherboards.

Buying a computer for a student? Find out what kind of computer the school he attends uses. Many elementary schools are equipped with Apple II systems that often are considered obsolete, but for which there is more software than for any computer ever built — including word processors, databases, spreadsheet programs and draw, paint and design programs.

Before you run out and buy an Apple II for a child, however, find out if it really matters whether the computer at home is compatible with the one at school. Many kids are computer whizzes so comfortable with computers of all kinds that they might prefer to have something different to use at home — a computer that may better meet the needs of other household users.

The computer of choice on many college campuses is the Macintosh — not only are they easy to use, but there are highly sophisticated word processors for the Mac that make a snap of term paper literary chores such as footnotes.

Another virtue of the Mac is that most models are smaller than a typical desktop IBM-compatible or clone, which can make a difference in a cramped dormitory or student apartment.

The best solution to limited space, however — and to working on the road — is a notebook-size

laptop. These compact computers frequently pack as much power and memory as their larger counterparts.

For traveling workers, laptops traditionally were paired with a modem that connects computer to computer via telephone line. Now, however, these small wonders can be used with radio frequency-based modems — devices that transmit signals over airwaves instead of phones for instant communication, anytime, anywhere.

If opting for a standard-size desktop computer — no matter the system — the wise consumer will pay the extra cost to purchase a color graphics card and monitor. Color systems are much more interesting to work on and play games on, and so may be well worth the investment to get on-the-fence parties interested in computing.

After you've narrowed your choice of machines, it's time to shop around for the best buy — not only at computer outlets, but also at department stores and with reputable mail-order firms.

No matter the system to be purchased, ask about the availability and cost of obtaining after-sales support, both from the dealer and from the product manufacturer. Is there a toll-free number to call?

When you finally buy a system, make certain you have a receipt detailing all of the system's components for tax purposes should you want to take deductions for an at-home business or plan on later donating the machine to a charity.

In addition, the usual shopping suggestions apply, such as paying with a credit card for greater resolution resources should problems arise, keeping all correspondence, noting the names of the salespeople who help you and so forth.

Know also that what's state-of-the-art today may be obsolete six months later. So, try as you might

to get the latest and greatest innovation, you're sure to fail. Don't let that hinder your decision to buy, however, since often innovations are much more than the casual user ever needs.

In addition, the computer industry has hit upon a solution of sorts to tackle the obsolescence dilemma: upgradable personal computers.

The idea is that when computer owners start to feel that their PCs aren't fast enough, don't have enough data storage or don't have enough memory to run new software, they can simply swap an old part for a more powerful new component.

Be aware, however, that upgradable PCs cost slightly more than similarly equipped non-upgradable models, and it may actually be less expensive simply to trade in an old machine for a new one rather than upgrade anyway. That's because, while an upgraded processor costs only about one-quarter the cost of a whole new machine, chances are you're also ready for more memory, a bigger hard-disk drive, a monitor with better resolution, a new mouse or keyboard.

By the time you've purchased all those new parts, it may make more financial sense to buy an entire new system and donate the old one to a school or charity.

If you're not really sure whether your family will use a computer, rent before you buy. It's cheaper to pay \$150 a month or so for rent than \$1,500 to \$7,000 to purchase a system that sits gathering dust — and some firms allow consumers to apply rental payments toward purchase.

Other good reasons to rent: To complete temporary projects at work or to postpone capital costs during the start-up of a home-based business.











## Hicksville Public Schools 1992 Fall Sports Honors

Hicksville Public Schools proudly recognizes the following students for their outstanding performance in the 1992 Fall Sports Season:

Erin Bartley	Girls' Volleyball	Scholar Athlete (Coaches' Assoc. Award)
Eric Blicker	Boys' Soccer	All County Exceptional Senior Game
Mary Brzosowaki	Girls Soccer	All Conference
Tom Carolan	Football	All Conference (Honor. Mention All County) Academic All-Conference Exceptional Senior Game
Patricia Cuti	Girls' Swimming	All County State Qualifier
Laura DeAngelis Debbie Drew	Girls' Volleyball	All Conference All Division
Domenick Freda	Football	Unsung Hero Award Football Officials' Award)
Laura Jennings	Girls' Tennis	All Conference
Marybeth Kessler	Girls' Soccer	All Division
Lisa Latso	Girls' Tennis	All Conference
Dan Longo Mike Longo	Boys' Soccer	All Conference All Conference
Jennifer Manducco	Girls' Tennis	All Conference
Ronnie Park	Girls' Cross-Country	All Conference
Andrew Sham	Boys' Cross-Country	All Division



Fall Sports Honorees receive congratulations from Richard Hogan, High School Principal; Domenick Freda, Dan Longo, Tom Carolan, Ronnie Park, Andrew Sham, Mike Longo.



Fall Sports Honorees Mary Brzosowaki, Eric Blicker, Jennifer Manducco, Marybeth Kessler, Laura DeAngelis, and Patricia Cuti are congratulated by Assistant Principal Leslie Mann and Principal Richard Hogan.

## Youth Council Board Meeting

The Hicksville Youth Council will hold its monthly Board Meeting on Monday, February

1, at 7:30 p.m. at the Youth Council, 175 West Old Country Road, Hicksville. Everyone welcome!

## In Service

Navy Seaman Recruit Jason C. Barter, son of Phyllis A. Henderson of 17 Salem Road, Hicksville, recently completed basic training at Recruit Training Command, Great Lakes, IL. The 1992 graduates of Hicksville High School, Hicksville, joined the Navy in September 1992.

### LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY ASTORIA FEDERAL SAVINGS & LOAN AS- SOCIATION vs. JAMES RERISI, et al., defts. Index No. 1991/91.

Pursuant to a Judgment of Foreclosure and Sale duly entered on December 10, 1992, I, the Referee in said Judgment named, will sell at public auction to the highest bidder on the north front steps of the Old County Court House, 262 Old Country Road, Mineola, NY, on February 26, 1993, at 9:00 in the forenoon, the premises directed by said Judgment to be sold and described as follows: BEGINNING at the corner formed by the northerly side of 3rd Street and the westerly side of Jerusalem Avenue, being a plot 100 ft x 125 ft. Said premises being more accurately described in the Judgment of Foreclosure and Sale. Judgment Amount: \$241,512.57 plus interest, expenses allowed in judgment paid by plaintiff, and costs, disbursements, and legal fees. Sold subject to the right of the United States to redeem within 120 days from the date of sale as provided by law. Subject to covenants, easements and restrictions of record and any state of facts an accurate survey may show. Subject to rights, if any, of tenants and persons in possession. Subject to all departmental violations, if any. Premises known as 200 Jerusalem Avenue, Hicksville, N.Y.

**ROBERT BARD**  
Referee  
**THOMAS & GRAHAM**  
Plaintiff's Attorneys  
MIT 2654  
4x1/29; 2/5, 12, 19

**LEGAL NOTICE**  
**ATF ASSOCIATES  
LIMITED PARTNERSHIP**  
has been formed as a domestic limited partnership (LP). Certificate filed with secretary of State of New York (SSNY) 12/3/1992, NY office location: Nassau County. SSNY is designated agent upon whom process against the LP may be served. SSNY shall mail a copy of any process against the LP served upon him/her to: Dreyer and Traub, 101 Park Ave., NY, NY 10178, ATT: Roger W. Thomas, Esq. Name and address of each general partner is available from SSNY. Term: until Jan. 1, 2042. Purpose: to own, manage and lease real property.  
SYO 8643  
6X 1/1/93, 8, 15, 22, 29, 2/5

## K Of C Award



Oyster Bay Town Councilman Thomas L. Clark, second from right, presents a citation to Stephen Stiehle, Immediate Past Grand Knight of the Joseph Barry Council No. 2320 of the Knights of Columbus in Hicksville, recognizing his years of commitment and dedication to the organization. On hand for the occasion were Stiehle's wife Janice and Ray Pfeiffer, New York State Knights of Columbus Council State Deputy.

## Historical Society's Winter Social Jan 31

In a delightful prelude to this Sunday's Superbowl Game, the Hicksville Historical Society will hold its annual Mid-Winter Social Meeting Jan. 31 from 2-4 in the Kenneth Barnes Community Room of the Hicksville Public Library. Members and the general public are cordially invited to join in the socializing and camaraderie which is typical of this gathering of those who cherish and enjoy Hicksville and Long Island historical recollections.

Refreshments will be served in an interesting and musical setting. On display in the library's Community Room will be two exhibitions of art work.

## Other Vic At Bethpage Library

On Sunday afternoon, January 31, at 2 p.m., the Bethpage Library invites you to attend a performance of the play, "Guilty Conscience" by Richard Levinson & William Link presented by the renowned Other Vic Theatre Company. This is a play of suspense in two acts in which Arthur Jamison a renowned criminal lawyer...brilliant, charismatic and treacherous in and out of the courtroom is in the process of a divorce from his wife. This divorce will leave him financially devastated so Arthur, never a procrastinator, begins plotting to kill her. In the courtroom of his mind he creates various scenarios and pits himself against an imaginary prosecutor.

Don't miss this wonderful afternoon of theatre at the Library.

The Bethpage Public Library is located at 47 Powell Avenue, two blocks off the Seaford-Oyster Bay Expressway (Route 135), phone 931-3907.

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## Hearing On Change To Retail Zone

A request for a change of zone in Hicksville will be the subject of a Tuesday, March 23, public hearing by the Oyster Bay Town Board, according to Town Councilman Thomas L. Clark.

"The applicant, Herbil Holding Co., is seeking a change of zone 'D' Residential to 'F' Business (Neighborhood Business) District to construct a retail building in Hicksville," Councilman Clark explained. "The property is located on the northeast corner of Newbridge Road (Route 106) and Barter Lane."

The meeting will be held in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay, beginning at 7 p.m. The first hour of the meeting will be devoted to general public comment on any subject. Starting at 8 p.m., the regular Town Calendar, including the above mentioned hearing, will be called.

### LEGAL NOTICE

Notice of Application for Authority of ALFRED PARTNERS, L.P., a foreign limited partnership (LP). Appl. for Auth. filed with Secretary of State of New York (SSNY) on 11/10/1992, 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. Jreenblatt, (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

# PROFESSIONAL GUIDE

Advertising on this page is only open to NYS licensed professionals.

Friday, January 29, 1993

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

Index No.  
13544-90

Citibank, N.A.

**Plaintiff  
NOTICE OF SALE  
Against  
William Carriero**  
et al  
Defendants

Pursuant to a judgment of foreclosure and sale entered herein on December 3, 1990, I, the undersigned, the Referee in said judgment named, will sell at public auction at the North Front Steps of the County Court House, 262 Old Country Road Mineola, New York, County of NASSAU, State of New York, on February 16, 1993 at 9:00 A.M., on that day, the premises directed by said judgment to be sold and therein described as follow.

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

Citibank's upset price for this property is \$100,000.00. This is a proposed amount only. Citibank reserves the right to accept a higher or lower bid at the foreclosure sale.

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

Dated: Syosset, New York  
December 22, 1992  
John F. Bogut, Esq.  
REFEREE

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

BETH3164  
4x01/15,22,29,02/05

**LEGAL NOTICE**

TO: ANNA STAUB  
KENNETH LYKES  
DIANE GWYER  
HENRY LYKES  
VINCENT LYKES  
ANNA SHERROCK  
VIOLET HALL SMITH  
DOROTHY HALL SMITH  
ALICE COLLINS and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said Charles H. Lykas, deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

**LEGAL NOTICE**

**GREETINGS**  
WHEREAS, L. ALYCE BROWN who is domiciled at 6 Stillwood Road, Brookhaven, New York 11719 has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 30th day of January, 1990, admitted to probate, together with a Codicil in writing, dated November 1, 1991, admitted as the Last Will and Testament and Codicil, relating to both real and personal property duly proved as the Last Will and Testament and Codicil of CHARLES H. LYKES, deceased, who was at the time of his death domiciled at 10 Adams Avenue, Bethpage, New York in said County of Nassau.

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, on the 3rd day of March 1993 at 9:30 A.M. of that day why the said Will and Testament should not be admitted to probate as a Will of real and personal property.

**IN TESTIMONY  
WHEREOF,**

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

**WITNESS, HON. C.  
RAYMOND RADIGAN,**

Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office at Mineola, in the said County, the 4th day of Jan. 1993

Albert W. Petraglia  
Clerk of the Surrogate's Court

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

A TRUE COPY OF THE WILL MUST BE ATTACHED TO THIS CITATION.  
ROBERT M. FOLEY, ESQ.  
Attorney For Petitioner  
Office & P.O. Address  
900 Ellison Avenue  
Westbury, N.Y. 11590  
(516)683-0020  
MIT2655  
4x1/29;2/5,12,19

**Pedestrian Killed  
Crossing Rd.**

Det. Michael Kuhn of the 2nd Squad reports the details of a fatal auto accident that occurred in Hicksville on January 19 at 6:05 p.m.

Dolores Pine, 59, of 600 Franklin Ave., Massapequa, was crossing Newbridge Rd., at Duffy Ave., when she was struck by a 1991 Ford Tempo being driven by Edna Perez, 65, of Hicksville. Another auto, a 1990 Nissan being driven by Monte Seid, 40, of Hicksville, also struck Dolores. She was pronounced dead at the scene by AMT Gurlides.  
No charges were filed.

**Hicksville Students In Orch. Conference**

Connie Young, a Junior at Hicksville High School, has been selected to the Music Educators National Eastern Division Conference Orchestra. Connie was one of a few students in New York State to receive this exceptional honor as the result of her performance in the recent All-State Orchestra at the New York State School Music Association Conference.

A member of the High School Orchestra, the String Ensemble, and the String Quartet, Connie studies the viola with Mrs. Patricia Rudolph and Mrs. Amy Noll. The orchestra will perform at the Eastern Division Conference on March 21 in Springfield, Massachusetts.

Hicksville Public Schools was well represented at the prestigious 1993 All-County Music Concerts. Ninety-nine Hicksville elementary and secondary students, an unprecedented number, were selected to perform. The students were selected based on audition and teacher recommendation from over a thousand music students in Nassau County. The Festival was held at the Tilles Center at C.W. Post on Jan. 8 through 10. The following students received this honor.

**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!



Middle School students selected to All-County Music Conference. Front: Paul Tanck, Laura Murphy, Douglas Castillo, David Kani, Elizabeth Karrmann, Salvatore Strazzeri, Jones Tsai, Elias Lie; 2nd Row: James Tsai, Daniel Voss, Lenora Zee, Ann George, Elias Lie, Cheryl Noonan, Regina Rupolo, Jamal Sandy; 3rd Row: Renee Grenier, Gena Lynn Loeciale, Jonathan Wong, Kevin Krueger, Jean-Paul Matluk, Edward Chu, John Park. Not pictured: Ines Iraldo Jackie Rupolo, Anthony Corrado, and Robert Russo.

**Hyponotherapist At Road Runners Club**

The featured speaker at the Tues., Feb. 16 meeting of the Plainview-Old Bethpage Road Runners Club will be Jan Krivosheiw, the prominent Syosset clinical hypotherapist and behavior therapist who has devoted her efforts to helping athletes to improve their athletic performance through "visualization."

The meeting will be held at the Plainview-Old Bethpage Public Library, 999 Old Country Road in Plainview, starting promptly at 8 p.m. The general public is cordially invited to attend.

Ms. Krivosheiw will help those in the audience make

their own athletic workouts more effective through visualization techniques, and will enable them to learn why the top athletes in the country are so natural in achieving their optional performance. It's not only for runners - cyclists, swimmers, tennis players, and participants in every other sport can benefit from learning what Ms. Krivosheiw has to teach.

For more information call POBRRC President Mike Polansky at 433-0919.

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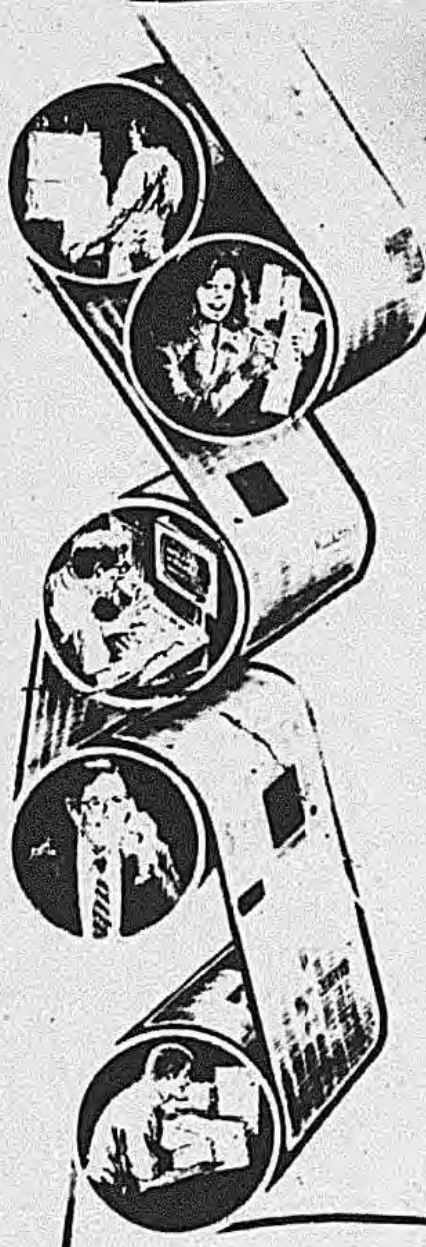
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By P.P.C.

**Carmine A. Somma**  
On January 11, the VFW nominated and elected to the Board of Directors, Shelly Okin, Lester Iehle, Fred Palumbo, Henry Goglewski, Anthony Ferrara and Victor Ribando. Also serving on the board are William Frohnhoefer, Conrad Steers, Carmine Somma, Joe Artale and Joe Messana.

Officers of the Board are Chairman Shelly Okin, Vice Chairman Joe Artale, Treasurer Lester Iehle, Assistant Treasurer Joe Messana, Secretary Victor Ribando, Trustees Wm. Frohnhoefer and Anthony Ferrara. We want to extend our heartfelt thanks to Pat Mercurio and George Walden for the services rendered during the year and for their assistance. They are both leaving the Board of Directors, their expertise will be missed. A special thanks goes to outgoing Board Chairman Vincent Edwards who is also leaving the Board of directors. During his tenure in office as Board Chairman a great deal was accomplished such as interior remodeling and improvements during the past two years. A deal of time and effort was put forth by Vinnie and the Post appreciates his accomplishments. Good luck Vinnie.

The Gler-Levitt Post of Jewish War Veterans will host the Annual Memorial Day Service & Parade. For more information call Comdr. Herbert Greaser at 349-7985. All Veterans Groups, Boy Scouts, Girl Scouts, Fraternal Organizations, clubs and organizations that would like to participate in the Memorial Day Parade call the Jewish War Veterans for more information.

Nassau County has a Transportation Network for the elderly, sick, indigent who are unable to get to Northport V.A. Medical Center for needed medical treatment now can get transportation. The County has a car but they need Volunteers for the Transportation Program. For more information call the Nassau County Health Department at 420-5200.

Also the Disabled American Veterans has the same Volunteer Transportation Network to Northport. For more information call the Disabled American Transportation Program. Volunteers are encouraged to contact Mr. Raymond B. Desmond Sr., Northport V.A. Medical Center, 79 Middleville Rd., Northport, N.Y. 11768, or call (516) 261-4400, Ext. 7487.

February 13 is our next Las Vegas Night. Our schedule of Games for 1993 are from

January through November excluding April & December. Las Vegas Night is always on the Second Saturday of the month. Games start at 7:30 p.m. to 12 Midnight. Games are Black Jack, roulette, Joker Seven, Big Six and Beat the Dealers.

For more information or directions, call the V.F.W. Hall at 931-7843.

Contest winners of the Voice of Democracy Contest will be honored on Friday, February 19, at 7:30 p.m. at the Wm. M. Gouse Jr. VFW Post #3211, 320 So. B'way. Invitations were mailed to the students' school and were notified of the Awards Night Ceremony. The Chairman of the Voice of Democracy Committee, Sr. Comdr. Larry Colapietro would like to remind the contest winners to attend the Award Night ceremony to receive their Medals, Pins, Monetary Awards and Certificates based on their contest placement.

They may invite their parents, grandparents, and their immediate family to share their joy along with the many dignitaries that will be in attendance.

The 58th Anniversary Dinner & Dance will take place on February 20, from 8 p.m. to Midnight. We will have hot food, music and open bar. Donations \$22 per person. The chairman of the even is the Comdr. Dennis Ladiaw.

If you are a Pearl Harbor survivor interested in joining this group, please give Mike Montelione a call at 939-2754.

Our chaplain, Mike Brown, reports a speedy recovery to Comrades & Sisters and their families who have been hospitalized during the past month: Tom Costa, Ladies Auxiliary President Esther Palladino; Laura Nunziato, wife of Post member Vincent.

Our sincerest condolences go to the family of Emilen Goodman.

Our Post Meetings in February will take place on Feb. 8 and 22. Ladies Auxiliary meets on February 8.

Congratulations to a new member who joined the Post, Eugene Baldwin, U.S. Navy WWII. Congratulations to Geraldine and Fred Palumbo on their 49th Wedding Anniversary and to Anita and Lou Foster celebrating their 51st Wedding Anniversary.

### Antarctica Trip At Library

Naomi and Jesse Taub will take you on a photographic cruise to Antarctica on Wednesday, February 10, at the Bethpage Library. Join the Taubs as they recount their exciting trip to the South Pole. Through the eyes of their camera you will sail close to the icebergs and swim with the seals and whales. Take a walk with the penguins and their chicks, and fly with the albatross, petrels

and other sea birds in a land that teems with unusual life!

After the show, the Taubs will be happy to answer your questions as you discuss Antarctica's past and explore its future.

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.

### Touch Football



Oyster Bay Town Councilman Leonard Kunzig, second from left, recently threw out the ceremonial first ball for the Long Island Touch Football Championship held at John J. Burns Town Park in Massapequa. Here, Councilman Kunzig meets with the 1992/93 Long Island Champions, the Plainedge Brass Lanterns from North Massapequa. Members of the Brass Lanterns on hand for the occasion included, left to right: Gerard McCoy from Bethpage and Jim Malone, Dennis Kenefick and Harold Dahlman, all of Hicksville.

### Pierrot Consort In Plainview

On Sunday, January 31, at 2 p.m., the Town of Oyster Bay, "Distinguished Artists Concerts" series, will present The Pierrot Consort at the Plainview-Old Bethpage Public Library, 999 Old Country Road in Plainview, according to Town Councilman Leonard Kunzig.

"The Pierrot Consort," directed by Susan Deaver, Cellist and Maureen Hynes, Flutist, is the faculty ensemble-in-residence at Long Island University," said Councilman Kunzig. "Both talented musicians, Ms. Hynes and Ms. Deaver, established the Summer chamber Music Festival eleven years ago. This three week Festival offers young musicians intensive study of standard chamber music repertoire."

Councilman Kunzig noted that the "Distinguished Artists Concerts" series is being sponsored by the Cultural and Performing Arts (CAPA) Division of the Town's Department of Community and Youth Services. All concerts are being offered free to residents of the Town of Oyster Bay.

### Notable Neighbor Program

On Thursday, February 11, at 7:30 p.m., at the Library you can get the fascinating inside story of a welder's progress in the trades, on the unions of the day and on the special people who built New York's skyline. The Friends of the Bethpage Public Library have invited Sal Miceli, February's notable neighbor to present "A Welder's Eye View" of some of New York's major constructions, including the Greenpoint Gas Tanks and Smoke Stack, the third tube of the Lincoln Tunnel, and the New York Coliseum before the collapse. As an avid photographer, he will present slides and photographs taken on many job sites dating as far back as the 1950's. Join The Friends and your neighbors at this unusual evening!

All are welcome and admission is free.

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.

### In Service

Navy Airman Robert Silvia, son of Kathleen Silvia of 18 S. Elm St., Hicksville, is in the Persian Gulf with Air Anti-Submarine Squadron-37, San Diego, where U.S. and coalition aircraft recently attacked Iraq in response to continued Iraqi violations of U.N. Security Council resolutions.

Silvia was also recently off the coast of Somalia supporting the international relief effort Operation Restore Hope. These taskings demonstrate the mobility, flexibility and capabilities of forward deployed naval expeditionary forces. On short notice, these forces are poised to respond to crisis in distant lands, from the sea.

The 1990 graduate of Hicksville High School, joined the Navy in November 1990.

### LEGAL NOTICE OF SALE

SUPREME COURT, NASSAU COUNTY, THE GREEN POINT SAVINGS BANK, Pltff. vs. DOMINICK TULMIERO, et ano, Defts. Index #08833/91. Pursuant to judgment of foreclosure and sale dated July 18, 1991, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Feb. 17, 1993 at 9:15 a.m. prem k/a 6 Marsak Lane, Syosset, NY. Said property located on the northwesterly side of Nathan Court, 144.20 ft southwesterly when measured along the northwesterly side of Nathan Court from the southwesterly end of a curve having a radius of 10 ft and a length of 15.38 ft, which curve connects the northwesterly side of Nathan Court and the Southwesterly side of Belmont Circle and from said point of beginning; being a plot 65 ft x 100 ft. Approx. amt of judgment is \$185,898.77 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

ED MC GOWAN, Referee

CULLEN & DYKMAN, Attys. for Pltff., 100 Quentin Roosevelt Blvd. Garden City, N.Y.

SYO8647 4x1/15,22,29;02/05

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### LEGAL NOTICE

### NOTICE OF SALE SUPREME COURT NASSAU COUNTY

THE GREEN POINT SAVINGS BANK, Pltff. vs. WERNER HENRY BUSCH, et al, Defts. Index #09500/90.

Pursuant to judgment of foreclosure and sale dated Dec. 5, 1990, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY, on Feb. 8, 1993, at 10:30 a.m., prem. k/a 8 North Dr., Hicksville, NY, a/k/a Lot No. 2 in Block 363 on a certain map entitled, "Revised Map of Stackler & Frank Homes, Sec. 1, situated at Hicksville, Town of Oyster Bay, Nassau County, NY, surveyed and mapped by William L. Frederick, July 1st, 1948," filed in the Nassau County Clerk's Office on July 7, 1948. Approx. amt. of judgment is \$100,769.85 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

PETER EICHMANN, Referee

CULLEN & DYKMAN, Attys. for Pltff., 100 Quentin Roosevelt Blvd. Garden City, NY

MIT 2649 4x1/8, 15, 22, 29

### LEGAL NOTICE

Notice of Application to 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 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 893, Dover, DE 19903. Character/Purpose of LP: any and all lawful activities. JER 8388

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

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### HHS Science Fair Winners

Hicksville High school students presented over sixty experimental projects at the school's Annual Science Fair. Students work independently under the supervision of Science Department teachers on their projects; projects are not part of their classwork.

Judges selected eleven outstanding projects for recognition. Michael Chang received first place award for his project entitled "The Effects of an Altered Atmosphere Upon Grain

Storage and Grain Packaging." Second place award was shared by Todd Master and Puneet Chandhok, while third place was presented to Hae Sung Jung and Betsy Thomas. Honorable mention was given to Jason Benowitz, Meredith Bogart, Jamie Boyle, Syeda Hossain, Paul Jan and Greg Sherman.

Representing Hicksville High School, the students will go on to compete for national recognition at the Long Island Science Congress.



Science Fair third place winner, Hae Sung Jung, presents his project "How Does The Electro-Magnetic Field Affect the Appearance of Oscillatoria?"



Hicksville High School Science Fair winners receive congratulations from science teacher David Bouton (R) and District Supervisor of Science, Chester Singer (L). The winners pictured are L-R: Hae Sung Jung, Betsy Thomas, Puneet Chandhok and Michael Chang.

### Middle School Geography Champion

Hicksville Middle School student Ian Rasmussen, an eighth grader, recently won the school championship of the National Geographic Bee. The National Geographic Society sponsors the Geography Bee for students in the fourth through eighth grades in more than 45,000 schools across the United States, the District of Columbia, and five United States territories, as well as the Department of Defense Dependent Schools around the world. The National Geographic Society has as its mission the increase and diffusion of geographic knowledge. The Geography Bee is intended to excite young people, motivating them to study geography.

Ian will advance to the next level of competition, a written examination. All school winners are eligible to win the national championship and its first prize, a \$25,000 college scholarship. Second prize is a \$15,000 scholarship, and third prize, a \$10,000 scholarship.

The National finals will be held May 25 in Washington, D.C. Alex Trebek, host of "Jeopardy," will moderate the National finals which will air as a prime time special on the Public Broadcasting System.

At the school level bee, students answered oral questions on geography. Ian survived a strong challenge from sixth grader, Elias Lie.

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### Vendors Wanted For Flea Market

The Hicksville Youth Council is looking for vendors to take part in an Indoor Flea Market that will take place on April 24 in Levittown Hall in Hicksville. We are interested in vendors who will be selling new merchandise only. The hours of the Flea Market will be 10 a.m. to 5 p.m. If you are interested in finding out any other information, please call the Hicksville Youth Council at 822-KIDS.

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### LEGAL NOTICE

#### ATF ASSOCIATES LIMITED PARTNERSHIP

has been formed as a domestic limited partnership (LP), Certificate filed with secretary of State of New York (SSNY) 12/3/1992, NY office location: Nassau County. SSNY is designated agent upon whom process against the LP may be served. SSNY shall mail a copy of any process against the LP served upon him/her to: Dreyer and Traub, 101 Prk Ave., NY, NY 10178, ATT: Roger W. Thomas, Esq. Name and address of each general partner is available from SSNY. Term: until Jan. 1, 2042. Purpose: to own, manage and lease real property.

SYO 8643  
6X 1/1/93, 8, 15, 22, 29, 2/5

### LEGAL NOTICE WONDER YEARS, L.P. NOTICE OF FORMATION OF L.P.

The name of the limited partnership is Wonder Years, L.P. (the "L.P."). The Certificate of Limited Partnership was filed with the Secretary of State on November 4, 1992. The office of the L.P. is to be located in Nassau County. The Secretary of State has been designated as the agent of the L.P. upon whom process against it may be served and the post office address to which the Secretary of State shall forward a copy is c/o The Prentice-Hall Corporation System, Inc., 15 Columbus Circle, New York, New York 10023-7773. The name and business address of the General Partner is available from the Secretary of State. The latest date upon which the L.P. is to dissolve is November 1, 2022. The character of the business of the Partnership is to own and operate a children's learning center and incidental and related activities, etc. SA8641  
6x12/21:1/1,8,15,22,29

### LEGAL NOTICE

Tor J. Worsoe, CAI Auctioneer as Agent sells February 10, 1993, 3 PM, at 5770 Merrick Rd., Massapequa, NY, 1985 Subn. Chevrolet 1G8CT18B7F0208895 Re: Michael R. Murphy, Bay Village Auto Sales.

MIT 2652  
2X 1/22, 29

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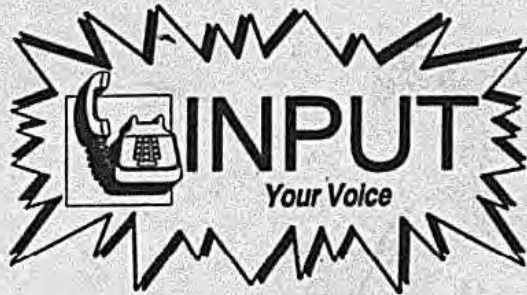


Friday, January 29, 1993

**Far Beneath Still Waters**

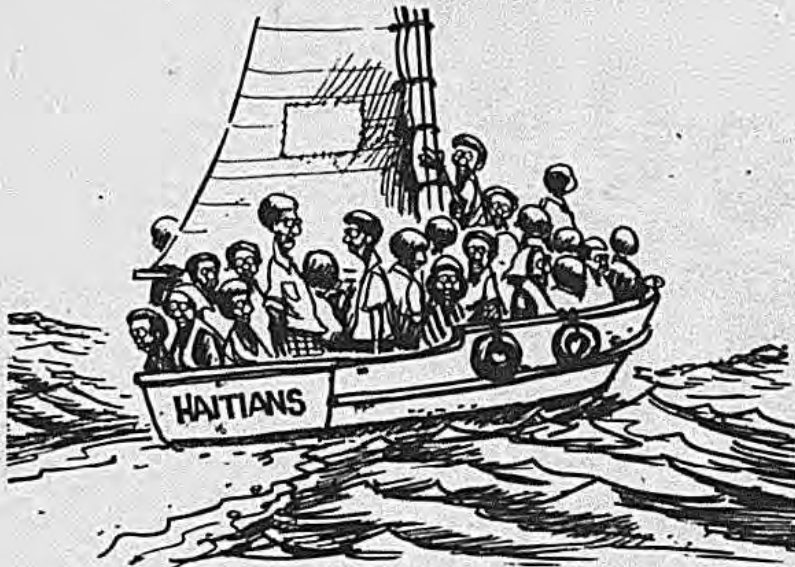


SEE PAGE 3



## THE QUESTION OF THE WEEK

Do you think that President Clinton should attempt to mediate the government problems in Haiti rather than allow refugees to enter the U.S.?



"It's not drowning or sharks I'm afraid of . . . It's the reprisals we'll face if we're returned."

## Mixed Ideas On What Clinton Should Do First

There were mixed ideas on what Pres. Clinton should do first now that he is in the White House in answer to this question: "What do you think should be President Clinton's first order of business after he selects his cabinet?" Here are some of the answers:

### ALREADY STARTED

President Clinton has already started. He has repealed the "gag" rule and other items in Bush's war against women. Next he should push through Congress bills for family leave and freedom of choice to overcome the present government by religious fanatics. Next on international affairs he should hold conferences on international affairs with Saddam Hussein, the leader of Serbia and other world oppressors at some neutral spot telling them exactly what we will not stand. Once agreements are made there he should start withdrawing our troops that now garrison the free world. We will no longer then be expected to act as policemen of the world. With international affairs stabilized he should concentrate on a health care system that is a complete renewal not just modifications of the present mess. C.C.

### LARGE DEFICIT

I think that we should expect Clinton to do something about the large deficit which his party has for several years said is the Number One problem. We have been disappointed with Clinton in that he promised a middle income tax cut and was campaigning on a platform that he was going to keep taxes down by socking it to the rich. No one appeared to add it up during the campaign and call him on the fact that if he wiped out the rich completely that it would not make a very big dent in the deficit. Clinton has come into power on false credentials. I hope he has something that will work, he should start with cutting the deficit and then get back to cutting taxes. G.F.

### ECONOMICS FIRST

In spite of all of the rhetoric to the contrary, Clinton will be unable to do very little different than Bush did on the foreign front. We do not want to get involved deeply in a foreign war and we do not want to let Saddam Hussein get away with things that will pull us into war. The Serbs and Croats would be better left to the U.N. The real reason Clinton was elected was because of the economy. I think that if he had a way to help the private sector to do better and have a chance of making a profit for the money it will have to risk to get us really out of the recession that this should be his first effort. F.V.

### CABINET SHOULD HAVE PRIORITIES

It would seem to me that President Clinton's first order of business after he selects his cabinet is to instruct each of those members to do what this "Question of the Week" asks - define their individual first order of business. I am sure every one of them has established a priority list of things which need immediate attention headed by one item which stands out as deserving of top priority. Needless to say Clinton must have a priority list of his own on which the should consult with his Vice President Gore to develop a program which should be shared with his Cabinet. In my opinion, the number one item has got to be a plan of action to be initiated immediately with respect to the national deficit - everyone recognizes the problem but is unable or afraid to come to grips with it. Perhaps it is much too big a problem for individual attention and therefore it should split into several spheres to be delegated to a number of the President's staff with terminal dates for constructive solutions and plans of action. Needless to say, the international situation will also demand priority attention which is unavoidable but not at the expense of immediate efforts to solve our national debt. P.G.S.

### PAST ISSUES

#### SCHOOL INCOME TAXES

The fairest way to collect revenue for school districts would be to use a combination of three methods. Partly by tuition, partly by an income tax and partly by a property tax. Parents should bear a responsibility in the cost of educating their children. A tuition charge of maybe \$500 or \$1000 per school year is appropriate. Parents who send their child to private or parochial school would be exempt. They would already be paying tuition to the schools the children are attending and reduce the revenue needed to maintain the public schools. Secondly collecting revenue partly by an income tax would be fair because it would put more of the burden on higher income persons who can afford to pay more taxes. Third, although collecting revenue by property tax has been around a long time it is not the fairest tax. Homeowners who never had children are being forced to pay the same or higher taxes than other homeowners who have several children attending school. Many homeowners forgo having children today because of the huge expenses required to properly raise children and also own a home. These homeowners are being cheated when schools are mainly supported by property taxes. No one method is 100% fair. But by partly using the above three methods we are at least being more fair. J.M.

No No No to Governor Cuomo's request to allow school districts to use an income tax for a property tax to collect revenues. This policy of having the higher income residents pay for everything is chasing business and eventually jobs out of N.Y. State. This is one more log on the fire of hidden taxes. It does not guarantee that the majority of residents would pay less only that the more affluent will pay more.

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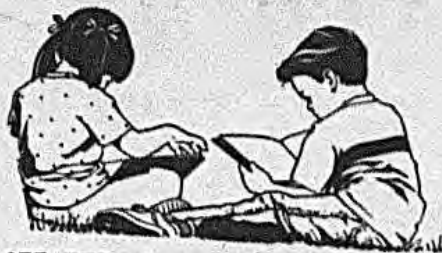
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# Discovery!



## Far Beneath Still Waters

By Donna Marie Koblica

(An introspective account of dealing with Infertility)

Our cherished dream of having children had almost disintegrated. After six years of futile attempts, countless doctor visits, endless examinations, painful batteries of tests, anxiety producing surgeries, alternating moments of eager anticipation shattered by intense disappointment leading to periods of desperation, along with occasional marital stress, it had turned into an arduous ordeal. Sometimes it amazes me that so much time has gone by, and that I've been able to cope this long. And yet when I consider the problems (far greater than mine) which other people must face, I marvel at their innate strength in dealing with theirs so well. As I empathize with them, my inability to conceive seems less in comparison. However, these vacillating revelations do not remove my difficulty, they merely serve to alleviate my plight temporarily.

Unfortunately, infertility seeps into the essence of one's soul and tries to strangle it, unless you learn how to fight back. It is a curse that leaves no dimension of any emotion unscathed. This emotional upheaval has been likened to a rollercoaster's ride, creating a metaphor that suggests a quick pace of extreme highs and lows. Yes, it does entail the entire gamut of emotions, but at an unbearably slow speed.

When I first began this worthwhile endeavor, I was very naive as to the complex nature of conceiving a child. At the time, I had observed that most people were trying to prevent unwanted pregnancies. Thus, it seemed that birth control was more difficult than planning a family. My best friend had experienced infertility, but I thought she was a rare case.

After a year without success, I began to worry: Why weren't our lives progressing as we had planned? Everything, up to this point, had fallen neatly into place. We had fulfilled our aspirations of graduating from college, getting married, and buying a home. What was preventing us from achieving the next step? I felt suspended in time, as others were moving forward. I reasoned that every success we had attained was acquired through hard work and perseverance. Thus, it became extremely frustrating not to have our present efforts rewarded. It was tantalizing to discover that we had no control over it.

We decided to see an infertility specialist to determine its cause. The tests I underwent took a few years to complete, partially because most of the tests had to be performed during certain, precise times within my menstrual cycle, and because each test conducted was inconclusive. Since all of the results were negative, I thought my husband was the only one with a special condition. While I waited for him to decide to have a varicose (Varicocelectomy) operation, I became an expert with basal thermometers, their charts, and ovulation detector kits. Our spontaneous romance was replaced with scientific schedules. Humor would tend to ameliorate the situation, since routine lovemaking is not conducive to enhancing one's mood.

The next emotional hurdle became one of surprise and anger. We were surprised, because we didn't want to admit that there really was a problem. Subconsciously, we hoped the doctor would say: "Oh, don't worry! It was just a matter of bad timing." Now, we couldn't escape the denial process any longer. We were faced with the fact that a problem did definitely exist, and it was more severe than we had expected. Then the anger crept inside me, attempting to suffocate me, intermittently for years, as I would ponder: "Why me? What am I being punished for?" The world transformed itself into a frightening enigma! Teenagers were having unwanted babies or abortions, and some mothers who were blessed with children were abusing them. The irony of it all, contradicted my common sense and violated my perspective of a fair, decent life.

Time went on and on and on. Our families wholeheartedly assured us that everything would be all right if we just learned to relax. The more I heard that piece of advice, the more nervous I felt, since that insinuated that it was our fault. I know the suggestion was given with loving concern, and I even appreciated their thoughtfulness, but it left me feeling that somehow I was to blame. Perhaps, it was due to the underlying guilt already incurred by the realization of being different from the norm of our society. My husband never shared this tormenting sense of guilt. He maintained a healthy attitude regarding all of its injustices and incongruities. Obviously, this stems from the fact that he is a realist and I am an idealist.

Our friends listened patiently and compassionately, while they comforted us and offered optimistic viewpoints. Each time I thought I would drown in my own sorrow, their guidance saved me.

And yet, there were moments when I deeply regretted having told anyone anything because they would unsuspectingly bring up the subject when either I was in a good mood and didn't want to spoil it, or when I was already so sad that I couldn't bear to talk about it and advertise my grief again. Luckily, these were transient feelings, since most of the time I felt truly fortunate to have developed quite a few close friendships that I could always depend on. In fact, one of the benefits of having this condition is that you develop the aspect of sincerely appreciating the good things in your life, more than you ever did before, because you learn the lesson "Never take anything for granted" the hard way. You can never again expect that life will (or should) deal you a fair set of cards. You have acquired the necessary awareness that although mankind has an encompassing desire to grow and expand, improve skills, conquer goals, and ultimately succeed overall, you cannot overlook the reality that fate will inherently play a part in every pursuit.

Our marriage fluctuated between harmony and despair. At certain points, especially in the early years, we seemed to be traveling in opposite directions. Resentment and a strong taste of futility gave new meaning to the word depression. We struggled with this nightmare together and yet privately alone. It was a most delicate balance of wills. I could not allow my will to have a family to supersede my will to obtain a solid, intimate marriage. I had to avoid condemning my husband for not sharing the same intensity of emotions which I was going through. Although he sympathized with my sorrow, he could not always understand its depths.

I became enveloped in fear since I was unable to envision a childless future. I didn't consider a marriage to be a family in and of itself. I felt a void which forced my life to seem incomplete. My right to immortality had been robbed. Who would come to visit me in my old age when I became sick and weak? Who would carry on my beliefs, after I was gone and forgotten? What would my husband and I do to fulfill our lives without the impressive accomplishment of creating and nurturing a life from our love?

The psychological suffering hurt more than any physical ailment I have ever had. I couldn't manage to release myself from it, no matter how diligently I tried. Television shows and commercials based on families would haunt me. Babies were popping out of the woodwork, as my wounds kept festering. The sight of a pregnant woman would annoy me with jealousy. When my girlfriends became pregnant, I would feel relieved after they gave birth. I relentlessly analyzed this peculiarity of mine and discovered that it was due to the fact of my being unable to relate to being pregnant. However, I could identify with the more common experience of loving a new baby, the joy I eventually felt was a soothing replacement of the initial self-pitying envy.

One of the hardest feelings to get rid of was the sense of mourning a loss. To everyone else, including my husband, I was just unlucky each month as my cycle continued its pattern. People would say: "Don't worry! There's always next month." Well, when those months roll into years, you cannot hold that attitude any longer. Although I never had a "true" miscarriage, there were many times when I felt as though my child had died. Each month I would build my hopes so high, that I would fantasize about how delightful the whole prospect might be. In essence, what I was really mourning for was the death of my dream, since the longing to have a child made the possibility of becoming pregnant within my reach, no matter what obstacles were in my way. My grasp on reality was overwhelmed by an obsession to reproduce.

Two years after my husband underwent his surgery, and I still wasn't pregnant, I decided to get a second opinion on my mysterious "undetermined" condition. Within four months, after a Laparoscopy, my new doctor detected the root of all my trouble, Endometriosis, which is a backflow of the endometrial tissue that adheres to ovaries and other organs. Mine was so massive that the doctor could not remove it during the Laparoscopy. I had the necessary surgery performed and I am very pleased with the highly successful results. They were able to clean out this excess tissue and cysts without damaging a large portion of my ovaries. It's been three months since the operation and we've just begun trying to conceive again, but it's all so much different now.

Finally knowing what my problem was caused by, has filled me with an inner peaceful acceptance of my destiny. Even though I do not have a child, to a great extent, in my mind, this dilemma has been resolved. The nagging uncertainty which formed the origin of

Continued On Page 7A

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## READER RATINGS

Q. Is it considered bad manners to take anything to drink to your lips while there is still food in your mouth?

A. Yes, because this may leave particles of food in the beverage or leave an unattractive smear on the glass. Your mouth should be empty before you take anything to drink. Certainly you should avoid the effect of "washing down" food that is already in your mouth. It is amazing how many people are guilty of this breach of etiquette.

\*\*\*\*\*  
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## READER RATINGS



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

**Q.** At a restaurant where there is valet parking and you do not have a reservation, what do you tip the person when you cannot get a table and decide to leave?  
**A.** Depending on whether you frequent the restaurant regularly, the tip is optional and the attendant will understand if you pass him up this time.

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## Wine Talk



By Richard Nalley

"Mountaineers are always free" is a motto from Latin. Put a bunch of mountaineers around a conference table and you get "The Organization of Anarchists," a phrase from Duane Cronin of Cronin Vineyards.

He is referring to the old Santa Cruz Mountains Vintners Association, a collection of free spirits known both for appealing wines and for its cheerful inability to agree on much of anything.

The Santa Cruz Mountains anarchists are a bit more organized these days — the winemakers' association and grape growers' association have recently merged, with an eye toward promotion — but the attitude remains.

The 30 or so wineries scattered around the half-million square acres of California's official Santa Cruz Mountains appellation make wine the hard way, pulling harrowingly small yields of intensely flavored grapes from the thin mountain soil. They tend to have their own ideas about how to do it.

You won't hear Santa Cruz Mountains winemakers complain about the conformity of thinking at the University of California, Davis. Unlike their counterparts in Napa and Sonoma, few of them have darkened a classroom at that West Point of wine.

"Believe me, 99 percent of the world's great wine is not made by oenologists," says former Stanford philosophy major Paul Draper of Ridge Vineyards, one of the most influential California winemakers of his generation. "It's made by people who gain an understanding, a feel for what makes great wine by making it."

And there is truly great wine being produced in the Santa Cruz Mountains — by Ridge, Mount Eden, Bonny Doon, Kathryn Kennedy and Cronin — and very good wine by labels like Cinnabar and Ahlgren. At first glance, these wineries appear to have little in common.

In a business where a few hun-

dred feet or twist toward sun exposure can make a marked difference in the product, these wineries are several hours' drive apart, their front doors looking out on scenes as various as lower San Francisco Bay, towering coastal redwood forests and dry scrub hills of manzanita and sage brush.

They are not even all on the same tectonic plate. Ridge Vineyards is geologically part of North America while the rest of the Santa Cruz Mountains appellation, across the San Andreas fault, grinds northward on the Pacific plate.

Yet there are observable common threads among the wines and wineries here. All but Kathryn Kennedy, a special exception on the Santa Clara valley floor, are perched at elevation, most well above the 400-foot fog line.

Like the best mountain grape wines, they tend to be relatively firm-bodied, intense and slow to develop. In many of the estate-produced reds — most famously in Ridge's luxury priced Montebello bottling — there is a noticeable earthy, mineral component that one finds more often in the wines of Bordeaux's Graves region than elsewhere in California.

Very low yields prompt most Santa Cruz Mountains wineries to supplement their estate-bottled offerings with wines made from grapes bought elsewhere. Typically these non-estate wines are well-priced and display the distinctive touch of the winemaker (assuming he or she has one) if not the mountain character of the estate wines. These are not "me-too" wines, or "me-too" winemakers — *montani semper liberi*.

Some Santa Cruz Mountains labels to look for:

• Ridge Vineyards is the flagship winery of the region, and one of the handful of most reliable, top-quality labels in California.

Founded in 1959 on the site of a 19th century winery, it is hidden way up on a mountain road so

twisty and vertiginous the original owner died from injuries after his carriage went over the side.

Ridge's pride and joy is the Montebello, a Bordeaux-style, Cabernet Sauvignon-based blend made from the winery's home vineyards. Typically complex and mouth-filling, with spice and mineral nuances, the wine is absolutely gorgeous in the excellent vintage of 1990.

For less than half the Montebello's \$40-plus price tag, Ridge's Santa Cruz Mountains Cabernet Sauvignon, from Montebello and Jimsonare vineyard (just down the mountain), is worth seeking out as well.

Ridge's Paul Draper is legendary for his Zinfandels, and Ridge is arguably the most famous producer of the true, spicy red stuff. The Geyserville (see Pick of the Week, below) and Lytton Springs bottlings made from very old Sonoma vines are among the great examples of this wine.

• Bonny Doon Vineyard, nestled among the redwoods above the Pacific Ocean, was Wine Talk's 1992 Winery of the Year. Though only a modest portion of the many wines Bonny Doon produces (each in small quantities) come from their Santa Cruz Mountains estate vineyards, Proprietor Randall Graham fits right in with the eccentric spirit of the region.

Graham is California's — maybe the world's — most ebulliently inventive winemaker, turning out everything from Rhone-style reds like the famous "Le Cigare Volant" (the French idiom for flying saucer — there's one pictured on the label) to Italian-style wines to "ice wines" frozen in a freezer, to postill brandy, grappa and eau-de-vie.

Virtually everything I've had from Bonny Doon has been at least interesting, and the best wines (including Le Cigare Volant, Pinot Meunier Blanc de Noir, Le Saphire and the estate Syrah) are world-class.

When tasted this winter, Bonny Doon's wines seem to have reached a new plateau of maturity and excellence in which all the show-off is in the funny labels. Graham is also committed to producing fine inexpensive wines, and his Clos de Gilroy and Graham Crew reds and Vin Gris de Cigare rose are among California's best wine bargains.



# DINING GUIDE

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## READER RATINGS



**No. 1 Restaurant**  
C.P. Michaels, a Floral Park Restaurant located at 41 Covert Ave., was listed as the #1 Restaurant for casual dining, in a recent N.Y. Times food critics review of restaurants of 1992.

The review went on to say, "The name of C.P. Michaels sounds like a pub, and that is exactly what it looks like, with Tiffany lamps, brass railings, stained glass, overhead fans, a pressed-tin ceiling and walls of brick and wood. But in the booths there are flowers on the tables, and bountiful breadbaskets appear almost the moment customers are seated. The menu offers an array of dishes that are not usually found in casual cafes. A three-course a la carte meal of American food with a French accent averages \$15 to \$20. Daily specials bring the cost down still further."

C.P. Michaels is owned by East Williston resident, and Williston Chamber President, Peter Russo, and partner Michael Ventre, a resident of New Hyde Park.

Q. My brothers and I are giving a dinner dance in honor of our parents' 50th wedding anniversary. What should the party hours be? For how long should the orchestra play? This isn't exactly a rock 'n' roll group that will be in attendance.

A. How lucky you are to have parents celebrating their 50th! Have the orchestra wait to play until dinner is completely finished. (Only the very young generation likes to eat dinner to loud music and thus be unable to talk during the meal!) You might plan a scenario along these lines:

Invite guests for cocktails at 7:30.

Serve dinner at 8:15 or 8:30. At approximately 9:30 dessert and champagne will be served.

At 9:40 the children toast their parents, the honorees toast each other and then the other guests toast them.

By 10 p.m. toasts should be over. The orchestra strikes up a happy tune. Your parents dance alone for three minutes, then a son and a daughter cut in on them, then everyone dances.

At midnight: The party's over for the guests (and maybe before that for the guests of honor?)



**YOU CAN BE A RESTAURANT CRITIC**

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

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## Far Beneath Still Waters

Continued From PAGE 3A

all my other feelings has been obliterated completely and eternally. This new state of mind has uplifted my spirit to a higher level of elation based on a secure framework of contentment. Evidence of this new outlook appears every day. When I see a pregnant woman I can smile; when I see a touching movie or television show with a theme on families, I can enjoy it. I can now regard my husband and I as a real family unit; my anger has totally dissipated; and I know without a doubt that I should not feel the least bit guilty over something that was way beyond my control. I am no longer afraid to live my life without children. I'm sure they could enhance our lives considerably, but I do not need to depend upon its supposed inevitability as I did before.

Life is beckoning me to explore other alternatives to find various means of achieving satisfaction. I am happy with my life and for other people's lives as well. I feel exhilarated enough to renew my quest, but not to ever allow it to be the central crux of my entire inner being. I am free from that parasite which nearly consumed me. My frustration has been weeded out and I am left with a calm, steady flow of confidence and indomitable courage. Adversity often forms strength, if you can overcome its ramifications. Our marriage did not just survive, it blossomed beautifully.

My soul has journeyed through an overwhelming catharsis, as I am no longer torn apart by what is and what could be. I now take pleasure in what is and what will be.

Who knows what purpose we each have on earth? For many years, I thought my role was to be a very good mother. Maybe not. Perhaps, my role as a school teacher will have a greater impact on and enlighten more lives. Thus, my contribution to society will still be significant and in some small way I will be immortal when my philosophies are remembered.

Far beneath still waters, there lurked a silent force growing steadily to overwhelm my existence, but I conquered it - and returned to find my entity had evolved into a better state than ever before.

### About The Author

The author originally wrote this article a few years ago. During which time, she and her husband, John, consulted with her third infertility specialist who had almost given up hope. He proposed a choice of the last two alternatives left to consider, namely, in vitro fertilization or adoption.

While waiting to reach a decision regarding these options, they were blessed with a remarkable discovery, Donna had already conceived naturally! Last year she gave birth to their son, John Michael, after an eight year struggle.

# DINING GUIDE

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Where Our Readers Have The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant guides and a paid listing of many prominent selected restaurants in this area. While many of them have been rated by the great, and near great food connoisseurs, our readers will have the last word through "Reader Ratings."

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

In addition they can make suggestions, compliments or criticisms through the open phone line and message will be sent through to the restaurant management.

**(Guide to Good Dining)**

## READER RATINGS



**Q.** We are not wine drinkers. If we're giving a party, what kind of wines should we stock in order to take care of our wine-drinking friends' pleasure-from cocktail hour through dinner? **T.R.**

**A.** For the cocktail hour you might have on hand dry or sweet sherry, or dry or sweet vermouth, or any of the popular "aperitifs." Many choose a glass of dry white wine at the cocktail hour (either chilled or "on the rocks").

For the first course, or to drink with any fish, salad, chicken, veal, or fruit, a chilled white wine is nice (such as a Chablis, Soave, Riesling, Chenin Blanc, Pinot Chardonnay).

For the meat or game course (or the salad with cheese), serve a Burgundy, Bordeaux, Chianti, Cabernet Sauvignon, or Zinfandel at a cool room temperature (from 60 to 70 degrees).

Rose wines should be chilled, like white wines. A rose is best served with a light dish and is more popular in hot weather than in cold.

For dessert you may serve the same wine you had from the previous course. Or if it's something festive like an anniversary, dessert time is the moment to bring on the champagne (the drier the better!).

Some people enjoy a sweet wine with dessert, such as port or a sweet sauterne or sherry, but one seldom sees this custom followed anymore in this country.

**Q.** Who is served first at table and when is the proper time to begin eating? **F.P.G.**

**A.** The hostess is not served first unless she is the only lady at the table or is alone with her husband and children. If grandmother or even a young girl guest is present the dishes are first presented to her after inspection by the hostess. When the hostess is serving from in front of her place, with or without the aid of a servant, she is served next to last and her husband last. For her to serve herself earlier will mean her food will be cold and her filled plate in the way.

After several people have been served, urged by the hostess, guests begin eating so their food will not be cold. And, except at breakfast, the polite husband waits until his wife has been served before beginning to eat.



## After Work Gourmet



### Down-home dumplings warm winter nights

By Sharon Achatz

On the coldest of nights, I often seek the culinary comfort of down-home dumplings simmered atop a fragrant stew.

Twenty minutes is all it takes to cook the biscuitlike batter — 10 minutes uncovered for lightness and 10 minutes covered to cook them through.

While I sometimes use my grandmother's basic dumpling recipe, Bisquick baking mix boxes publish a suitable and simple substitution.

Either of these recipes can be modified with the addition of ¼ to ½ cup of grated cheese or ¼ to 1 teaspoon dried herbs.

Either dumpling recipe also sits well atop Sausage Stew, a 15-minute sensation that combines sautéed fresh vegetables with smoked sausage and canned beans.

Begin mixing together dumpling batter during the last 5 minutes of stew simmering time, then drop on the dumplings for a dinner that's ready to serve in 35 minutes.

#### GRANDMOTHER'S DUMPLINGS

- 1½ cups flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 3 tablespoons shortening
- ¼ cup milk

Yields 10 dumplings.  
 Preparation time: 25 to 30 minutes.

Mix together flour, baking powder and salt; cut in shortening until mixture resembles fine crumbs. Stir in milk until soft dough forms.

Drop dough by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes more.

#### BISQUICK DUMPLINGS

- 2 cups Bisquick baking mix
- ¼ cup milk

Yields 10 to 12 dumplings.  
 Preparation time: 25 minutes.  
 Mix ingredients until soft dough forms.

Drop dough by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes more.

#### SAUSAGE STEW

- 1 onion, sliced
- 3 carrots, sliced
- 3 zucchini, sliced
- 4 stalks celery, sliced
- 2 tablespoons olive oil
- 1 (15-ounce) can cannellini beans, drained
- 1 (15-ounce) can tomatoes
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- 4 cups chicken broth
- 1 pound smoked sausage, cut into 1-inch sections

Yields 4 to 6 servings.  
 Preparation time: 15 minutes.

Sauté onion, carrots, zucchini and celery in oil in large sauce pot until tender, about 5 minutes. Add beans, tomatoes, garlic, basil, broth and sausage; cover and simmer 5 minutes or until heated through.

#### QUICK TIP

Read through an entire recipe before you start to prepare it and assemble all the ingredients called for. This way you'll have everything at hand for the quick preparation possible.



Sharon Achatz is a free-lance writer.

## HEALTH WATCH

### Twenty-one thousand new ovarian cancer case are diagnosed yearly

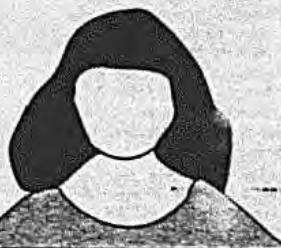
Most new cases of ovarian cancer are discovered in advanced stages when survival rates are lower. Doctors predict that earlier detection by newer diagnostic techniques could increase chances of survival.

Five-year survival rates following diagnosis of ovarian cancer

When cancer is discovered in an advanced stage



SOURCE: First for Women magazine







Desiree Vivea

If there's anyone who doesn't love lasagna, I haven't yet met them. As far as I'm concerned, it's impossible not to be tempted by tender strips of pasta smothered in a thick tomato sauce rich with herbs and garlic, offset by mild ricotta or cottage cheese, and topped with chewy mozzarella. Lasagna is saucy and savory, hearty and filling — the ultimate comfort food.

If you're a lasagna lover, as most of us are, there have probably been times when you'd have loved to serve lasagna for dinner — but you just weren't up to preparing it.

Maybe you cherish Grandma's handed-down recipe, the one everyone in the family makes for special occasions. But if you do things like Grandma did, it can take you half a day to prepare. Unless you're willing to put in the hours required for some of these older (and admittedly delicious) recipes, forget it.

With a microwave, however, you can turn out quite satisfactory modern variations on the lasagna theme in much less time than you'd think. Lasagna in less than an hour? Yes, from start to finish.

One way to save time is to cook lasagna noodles conventionally, as directed on the package. While noodles boil, use your microwave to cook ground beef or sausage, or to prepare marinara sauce. (Purchase commercially bottled sauce to make it even easier on yourself.)

Pasta can certainly be cooked in your microwave, but you won't save any time, since it takes just as long to rehydrate noodles in your microwave as it does on the stove top.

Also, since it's difficult to use as much water in microwave containers as is needed to cook pasta, microwaved noodles can be pasty and sticky in texture.

If you do choose to micro-cook your lasagna noodles, sprinkle ¼ teaspoon salt over the bottom of a 13x9x2-inch glass baking dish. Add noodles from 1 (16-ounce) package. Cover with hot tap water and add 1 tablespoon vegetable oil. Cover with plastic wrap, turning back 1 corner to vent. Microwave at HIGH (100 percent power) setting 13 to 17 minutes, rearranging noodles every 7 minutes. (For 8 ounces of noodles, follow same directions but microwave 10 to 14 minutes.) Let stand in water 3 minutes, then drain.

Today's Easy Mock Lasagna gives you the flavor of lasagna, but with much less trouble. The recipe uses wide egg noodles, which you toss with rich cream cheese, evaporated milk and grated Parmesan cheese. Top with a marinara sauce of ground beef, tomato sauce and purchased spaghetti seasonings.

Or try the more traditional Italian Sausage Lasagna (substitute 1 pound lean ground beef for the sausage, if you prefer).

It's easy to add crumbled ground beef or Italian sausage to any microwave recipe. Just crumble meat into a microwave-safe casserole (remove casings from sausage) and microwave at HIGH setting 3 to 7 minutes per pound, stirring to break up every 3 minutes. When a recipe calls for meat and you don't want it, simply omit for a vegetarian version.

If you have a smaller family or live alone, there's no need for a huge pan of lasagna to feed 16. Instead, try Single Serving Lasagna Rolls. This recipe uses two conventionally cooked lasagna noodles rolled up lengthwise with filling into a sumptuous serving for one. Recipe can be doubled for two (see instructions below).

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

## EASY MOCK LASAGNA

- 4 cups wide egg noodles
- 1 pound lean ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (15-ounce) can tomato sauce
- 1 (1½-ounce) packet spaghetti seasoning mix
- 1 cup evaporated milk
- 1 (3-ounce) package cream cheese
- ¼ cup grated Parmesan cheese
- ¼ teaspoon salt
- Dash pepper
- ¼ cup shredded mozzarella cheese

Yields 6 to 8 servings.  
Preparation time: 15 to 20 minutes.

Cooking time: 16 to 23 minutes (plus 5 minutes standing time).

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

Prepare noodles according to package instructions; drain and set aside.

Crumble beef into 2-quart microwave-safe casserole. Add onion and garlic. Microwave at HIGH setting 4 to 6 minutes, stirring to break up after 3 minutes, until meat loses pinkness. Drain off excess fat.

Add tomato sauce and spaghetti seasoning mix; stir to mix well. Cover with wax paper and microwave at HIGH setting 3 to 5 minutes, until sauce begins to thicken.

In 11x7-inch microwave-safe baking dish combine evaporated milk and cream cheese. Microwave at LOW setting 2 to 3 minutes, stirring every minute, until soft enough to stir smooth. Stir in cooked noodles, Parmesan cheese, salt and pepper. Spread out evenly over bottom of dish.

Spread meat sauce mixture over top of noodles, then top with shredded mozzarella. Cover loosely with wax paper and microwave at HIGH setting 7 to 9 minutes or until heated through and bubbly, rotating dish every 3 minutes. Let stand, covered, on heat-proof surface 5 minutes before serving.

By Willard Abraham, Ph.D.

## Bad habit

**Dr. Abraham:** I have a habit that I've never told anyone about, and I'm lucky that no one has caught me in the act.

At home I snatch coins from the pile my father empties out of his pockets every night. After he and my mom go to bed, I quietly open the refrigerator and eat some of the sweet stuff (mainly ice cream) that I'm too fat to keep on eating. At school I sneak away with things (pencils, erasers, pads of paper) I see on kids' desks and that I don't even need or use.

Lately I've been making off with small items in stores when no one is looking.

I know I'm headed for trouble and I need your help. I didn't know where else to turn. — No Name

**No Name:** I agree with you, and I'm so glad you recognize the extreme dangers you're facing. As you probably know, getting caught could result in a criminal record from which you may find it hard to break away.

Help is needed, and immediately, from your parents or school counselor or both, and a professional person to whom they might guide you. Those who know you, will respect your confidence and are willing to and are capable of helping you are the kind of advocates you need.

Shoplifting is a serious practice that must be broken, so please seek help as soon as possible. A delay could be a disaster for you, and the longer you wait the more serious your situation could become.

**Dr. Abraham:** Whenever I babysit with this one family, the kids like me to read to them before they go to bed. That was OK at first, but it's really a drag now.

The problem is that they always want me to read the same old books and that's just plain B-O-R-I-N-G to the point that I could scream.

I know this family is pretty poor by their furnishings, the empty fridge and no children's books but those two, I go there only about once a month or less, but that's too much.

I don't get much money from them, but even that little bit comes in handy. So I probably won't quit, but I wish I could.

What do you think I should do? — Unhappy Reader

**Unhappy Reader:** Why not think about using part of your babysitting income to buy them a book occasionally that they will help you pick out? It could be only as frequent as your limited resources may be able to stretch. Also, consider taking them to the library once in a while (depending on their ages), again letting them help with the choice.

In addition, if they insist on your reading the same ones, you might perhaps bring a little variety into the situation by you and they acting out parts based on characters in the stories. If you do this, try not to expect too much and try also to make it enjoyable for all of you.

**Dr. Abraham:** I know I'm too fat, so what? After all, I have plenty of time to take off weight when that is more important to me than it is now.

The boys I know like me the way I am so why make a big deal over my weight like my parents do? I just wish one thing most on all — bug off and stop nagging me.

I'm 13 and feel OK about myself so what's their big deal over nothing? — Satisfied

**Satisfied:** Perhaps you are like many other teens in looking ahead and having an attitude like Scarlett O'Hara did in the great movie, "Gone With the Wind." Her attitude was, "I'll think about that tomorrow."

The "big deal over nothing" that you mentioned is probably a serious concern they have over something quite important — your health. Although it is often difficult for some teens to think about the future, let me try to get into this topic in a practical way.

I'm helped by a recent research study that appeared in the highly respected medical publication, *The New England Journal of Medicine*.

Included are these findings regarding the adult health dangers that teens like you may face:

- Overweight teen-agers are more likely than their thin friends to face serious adult problems like heart disease, colon cancer and arthritis. Even if they are not overweight later in life, fat teens often have poor health in later years.

- Women suffer a variety of additional health problems if they were overweight in their youth. Those who were overweight during their early years are eight times more likely to have trouble with household tasks that include climbing stairs, lifting and even walking modest distances.

- Men who were fat adolescents begin to die at a higher than expected rate by the time they are 45. (That's a long time from now, but your thoughtful, serious male friends might be interested in this fact.)

Fluff off all this with a "Not me" attitude if you want to, "Satisfied," but maybe you'll be smarter than that if you think about it.

**Dr. Abraham:** I'll admit it, I'm hooked on Nintendo video games. Although I've read a little stuff about them, I'm always looking for more. So I hope you can help me.

If you have some suggestions that I already know about, so much the better.

By the way, your column is terrific. — Nintendo Fan

**Nintendo Fan:** Thank you for your last comment, but also for your information request.

Four books in the Bantam Game Mastery Series were recently released.

- "Nintendo Classic Game Strategies"

- "Nintendo Super NES Game Strategies"

- "Nintendo Game Boy Strategies"

- The fourth is titled, "Official Sega Genesis & Game Gear."

# Cooking Corner



## Lowly produce is worth the digging

By Charles Britton

Root vegetables are the drudges of cuisine always available to fill in a plate, to play a supporting role to the more glamorous ingredients (which include almost anything else), to serve as bulk in the diet.

Still, like those who stand and wait, root vegetables serve a vital function. Without them, many of our favorite dishes would scarcely be possible — indeed, we ourselves might not be possible. This is the time of year when, in traditional societies, people dine on root vegetables to get through the winter.

Without modern transportation, green vegetables would pretty much disappear by late fall in many regions, and communities would have to look to their larders. Many root vegetables have the quality of keeping for a long time because the plants themselves use the root to store nutrients. People simply came along and took advantage of this benefit.

While today most produce items are available year-round, this is the right season to be mentally checking through our repertory of root vegetables, many of which reach their peak when a chill is in the air and the hours of daylight shrink.

If you have a root cellar — which is no more than a cool, dry, dark place with good ventilation — now is the time to use it; many root vegetables will keep better in such conditions than in the fridge. In general, do not wash root vegetables before storing.

• **Beets:** Available year-round. To store, remove tops, which are good cooked as greens. Wash roots and refrigerate in plastic bags for a couple of weeks.

• **Carrots:** Available year-round. To store, remove and discard tops. Refrigerate in plastic bags for a few weeks.

• **Celery root (celeriac):** In season October through April. Refrigerate in a plastic bag for about a week.

• **Jicama:** Peak season runs October to June. Whole jicama will keep in a cool, dark, dry place for about three weeks. Cut pieces should be refrigerated in plastic bags for about a week. Jicama is almost invariably eaten raw.

• **Jerusalem artichokes (sunchoke, topinambour):** In season October through April. Refrigerate in a plastic bag for about a week.

• **Parsnips:** In season November through March. Refrigerate in a

plastic bag for about 10 days. In ideal circumstances, parsnips will hold much longer; before potatoes arrived in Northern Europe, parsnips provided much of the bulk in the diet.

• **Potatoes:** Yes, we know that potatoes aren't roots — they're tubers, but they are always grouped in this category. Available year-round.

Thin-skinned potatoes of the boiling type do not store well but hold in the ground; sometimes, people would put them in canisters and bury them. Today they should be stored in a cool, dry, dark place for a couple of weeks. Thick-skinned russets keep longer.

Potatoes should not be stored in plastic bags. If kept very cold, potato starch will turn to sugar, to reverse the process, store at room temperature in a dark place for a few days. If exposed to light, potatoes may turn greenish; discard if vegetables show more than a trace of green, which should be cut away.

• **Radishes:** Available year-round. Remove and discard tops. Refrigerate in a plastic bag for a week or so. Large Daikon radishes will last longer.

• **Rutabagas:** Peak season is October to March. Store, unwrapped, in a cool, dry, dark place for two months. Unwrapped, they will keep at room temperature or refrigerated for about a week.

• **Sweet potatoes and yams:** Both are tubers. Yams are the darker of the two and more moist when cooked; sweet potatoes are pale in color, with a dryer texture.

Peak season is October through March. Unwrapped in a cool, dry, dark place, sweet potatoes and yams will last a couple of months; at room temperature, they will hold only a week or so.

• **Turnips:** Peak season is October to March. Remove leaves, which may be cooked as greens. Unwrapped in a cool, dark, dry place, they can last for weeks. Refrigerate in a plastic bag for a week or two.

The most famous of beet dishes is, of course, Borscht, most associated with Russia and Ukraine. Of innumerable versions, this one takes a midway position between the very thin type and the hearty recipes that contain cabbage.

### BORSCHT

2 pounds fresh beets, peeled and coarsely chopped  
2 onions, chopped  
1 potato, peeled and quartered

1 quart water  
1 tablespoon sugar  
1 teaspoon salt  
Lemon juice to taste  
Sour cream for garnish  
Boiled potatoes (optional)  
Yields 6 servings.  
Place beets, onions and potato in pot with water. Simmer 1 hour or until vegetables are very tender.

Strain cooking liquid into another pot. With spoon, remove about half cooked beets and set aside. In blender or food processor, puree remaining beets, onions and potato, adding a little of liquid if needed.

Place pureed vegetables and reserved beets in pot with liquid. Season with sugar, salt and lemon juice. Heat until almost boiling if soup is to be served hot.

This borscht may be served hot or chilled. Serve with sour cream and hot boiled potatoes, if desired.

•••  
This potato salad departs from the traditional pattern.

### HERBED POTATO SALAD WITH PEPPERS AND TOMATOES

12 medium white potatoes  
1 cup olive oil  
¼ cup freshly squeezed lemon juice  
1 teaspoon chopped fresh dill, or to taste  
1 teaspoon chopped fresh mint, or to taste  
1 teaspoon chopped fresh basil, or to taste  
1 teaspoon chopped parsley, or to taste  
¼ teaspoon chopped fresh garlic, or to taste  
Salt, pepper to taste  
1 red onion, peeled and chopped  
1 mild white onion, peeled and chopped  
1 bunch scallions, cleaned and sliced  
1 green bell pepper, seeded and chopped  
1 red bell pepper, seeded and chopped  
1 large tomato, seeded and chopped  
2 stalks celery, sliced  
Yields 6 to 8 servings.

Boil potatoes in their skins until just tender. Drain and peel as soon as cool enough to handle. Cut into large chunks in bowl.

Combine olive oil and lemon juice. Add herbs, garlic, salt and pepper to taste. Pour over potatoes and toss lightly.

Add remaining ingredients and gently toss to combine. Serve warm or at room temperature.

•••  
Jerusalem artichokes, needless to say, aren't artichokes (although they do taste vaguely like them) and they aren't from Jerusalem. In fact, they are the enlarged roots of a member of the sunflower family. Though they have been on the market for decades, they remain unfamiliar to many cooks.

### CREAM OF JERUSALEM ARTICHOKE

1 pound Jerusalem artichokes  
1 small onion, peeled and chopped  
Butter  
3 cups chicken stock  
6 tablespoons heavy cream plus more for garnish

Salt, pepper to taste  
Cinnamon or nutmeg  
Yields 4 to 6 servings.  
Boil Jerusalem artichokes in water to cover for about 20 minutes or until just tender. Rinse in cold water. Gently saute onion in butter in heavy saucepan until transparent. Meanwhile, peel artichokes and chop. Add to onions and saute together a few minutes.

Add chicken stock and simmer for about 10 minutes, until the vegetables are tender. Mash vegetables with potato masher or puree in food processor, adding heavy cream; the soup should retain some consistency. Bring soup to simmer; season with salt and pepper.

Be careful not to overseason soup and thus drown out the delicate flavor of the Jerusalem artichokes. Drizzle with additional cream and sprinkle lightly with cinnamon or nutmeg.

•••  
Celery root is a member of the celery family that has been bred for the root — well, that makes sense, doesn't it? The roots, which are ugly and ungainly looking when unpeeled, have a pronounced celery taste. One way of using them is to mash them with potatoes.

### MASHED CELERY ROOT AND POTATOES

2 large celery roots, about 1 pound each, peeled and cut into cubes  
2 or 3 baking potatoes (russet type), peeled and cut into cubes  
6 large garlic cloves  
Salt, white pepper to taste  
A dash of grated nutmeg  
2 tablespoons butter, or to taste  
Yields 4 to 6 servings.

Place celery roots, potatoes and garlic in saucepan with water to cover; bring to boil. Simmer 20 to 25 minutes, until very tender. Drain, reserving liquid.

Using your favorite technique for mashing potatoes, mash vegetables into smooth puree. Some people like to use a ricer, others use a whisk. Season with salt, pepper and nutmeg. Add butter and enough of the reserved liquid to result in a consistency to your taste.

Return saucepan to heat, beating until puree is heated through.

Variation with rutabagas or turnips: Instead of or along with celery root, use peeled, diced rutabagas or turnips.

Variation with cream: Instead of reserved liquid, use milk or cream to thin puree.





# Garden Talk

By C.Z. Geest

Whether you are arranging them for your house or to give to a friend, follow these tips to make cut flowers last longer and look fresher.

• Harvest either early morning or evening but never cut flowers in midday sun.

• Carry a pail with water and place each flower (especially roses) into this immediately.

• Cut stems at a slant to maximize the water-absorbing surface and to prevent a stem from resting flat against the bottom of the pail. It's usually best to cut stems a bit longer than you think will be needed.

• Back in the house, fill a clean, deep container with tepid water, recut each stem and place in the container for several hours or, even better, overnight if possible.

• Always handle flowers carefully by their stems at every stage. When you lay them out on a table, let the heads hang over the edge to prevent crushing.

• As you make arrangements, once more recut each stem on a slant to the desired length and remove all leaves that will end up below the waterline of the vase.

• Change the water every day or two, and as they fade, remove dead flowers.

## INDOOR GREENERY

If you like indoor greenery but have little time for gardening, here's a list of the easiest indoor houseplants to grow: philodendron, spider plant, grape ivy,

ferns, snake plant, wax plant and wandering Jew.

## SPRING PLANNING

The ground is solid with frost so plan now for renovations to be made in your garden this spring. Plan also for the coming season's planting.

It is a great time for reading catalogs, order the newer introductions; supply often is limited. Examine your begonias, dahlias and gladioli for damp or rot. If dry, sprinkle lightly with water; check again in a few weeks.

Don't forget your birds; keep feeders cleaned and filled and put out pans of water.

## WINTER BEES

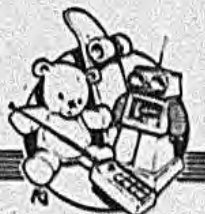
Keep your beehives covered until the snow has melted and it is warm enough for them to leave their hives safely. If they happen to venture out while the air is still too cool, they may catch a chill and die.

C.Z. Geest is a gardening authority whose work appears in *House and Garden* and author of numerous books and videos, including "3 Seasons of Gardening" (Little, Brown and Co.)

## Garden Talk

# Our Children

By Willard Abraham



## Communicating with a teen-age girl

**Q.** I've read and heard how difficult it is to live with an adolescent, but when you come face to face with it, it's really tough.

**A.** Our sweet little girl who was always so open, saying what she wanted to and even listening most of the time. Now that she is nearly 15 years old she is a totally different person.

The main problem is that she just won't communicate. I'm so tired asking her about school, her friends, what she eats at school and so much that I want to know that I'm ready to give her the silent treatment she gives me.

Can you help me out, please?

**A.** Improving communication in a family takes time, so trying to be patient is important but not easy.

However, there are other steps you might take. Here are some of them: Concentrate on her interests instead of yours; try to talk with her at times that are convenient for both of you; talk to her as an adult (even though she is young) rather than as a child, and use compliments when appropriate, related to clothing she wears, habits she has and interests of hers that you know about.

A recent publication titled "The Little Girl Book" (Ballantine) includes some practical ideas beyond the little-girl level. You would probably be interested in the last chapter with sections on "Adolescence: The Great Divide" and "Special Problems of Adolescent Girls." The authors are David Laskin and Kathleen O'Neill.

Two widely used books are "P.E.T.: Parent Effectiveness Training" written by Thomas Gordon (Peter H. Wyden Inc.) and "Between Parent & Child" by Haim Ginott (Macmillan).

You might also want to at least skim through other books on adolescence at a nearby library or bookstore. There are many recent, as well as older dependable ones. By the way, any books by Thomas Gordon and Haim Ginott are among the older ones, but they still are very useful.

Your task may be difficult, as you probably already know. You

perhaps hear about tough adolescent situations of other parents, too. But there may be some consolation in the thought that this, too, shall pass. Believe me, it often does.

**Q.** We are two parents who are very alert to the values and limitations of television, especially for children. Ours are young, both at preschool age, and we do our best to include carefully selected TV watching in their experiences.

Despite our limited time (we both work) we take seriously the need to monitor what they watch as well as what we read to them and their games, toys and outside activities.

I think we know pretty well what worthwhile television programs are available, but we hope you'll tell us of new ones that may be appropriate and that might have slipped by us.

Thanks very much for your help.

**A.** It is always refreshing to receive letters from concerned, careful parents like you. There are many more in that category than some people think, and their knowledge of children's needs and development is becoming more extensive all the time. So you're in good company.

The Corporation for Public Broadcasting states that public television programming targeted toward preschoolers increased recently by an estimated 25 to 37 percent, so that's also encouraging.

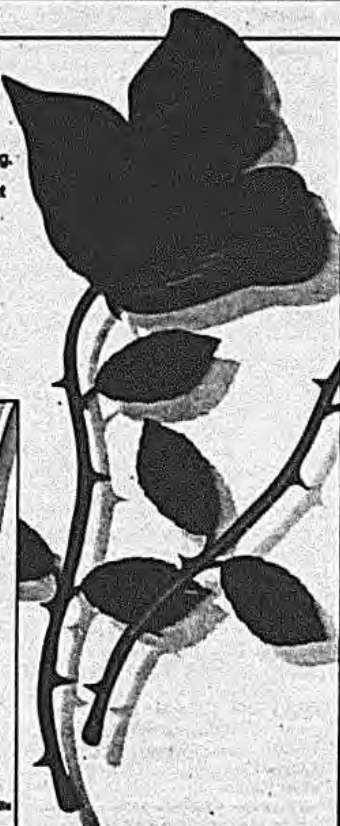
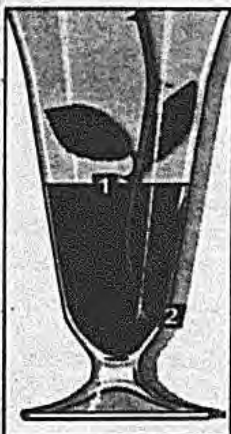
Two popular series aimed at younger viewers are "Lamb Chop's Play Along" and "Barney and Friends," both funded by CPB. That corporation committed up to \$4.5 million to fund the first season of a children's program called "The Puzzle Factory." It won't be aired until 1993, so watching the television columns could be worthwhile in the meantime.

We seldom find anything that'll match Miss Frances' (Dr. Frances Horwich's) "Ding Dong School" that taught and fascinated preschool children for so many years all across the country.

## GARDEN TIPS

### Long-lasting cut flowers

- Harvest blooms early in the morning or in the evening.
- Immediately place cut flowers in a pail of water. Cut off any leaves below the water line (1).
- Cut stems at a slant to maximize water-absorbing surface (2).
- Leave flowers in a cool, dark place for several hours before arranging. Always handle cut flowers by their stems.



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# Fitness Forum

By Len Marra

If you have trouble waking up refreshed, cuddle up with your partner before you go to sleep.

That bit of advice is one of the suggestions on waking up refreshed that are advocated in the book "The Complete Guide to Your Emotions and Your Health: Hundreds of Proven Techniques to Harmonize Mind and Body for Happy, Healthy Living" (Rodale Press).

"If you cuddle up with stress, you may wake up feeling ready for bed," according to the staff of Prevention magazine, which edited the manuscript.

Other suggestions for a better night's sleep include:

• Drink only non-alcoholic nightcaps.

• Reduce excessive noise.

• Maintain a moderate room temperature.

• Stop smoking. Nicotine is a central nervous-system stimulant.

• Wake up slowly, like a cat.

"Dogs and cats do a slow, luxurious, full-body stretch every time they get up from a nap. Your body tells you that's the right way to start the day, too — body and soul need a little time to cross the threshold of this world from another," say the authors.

The 600-plus-page opus is billed as having hundreds of proven techniques to harmonize mind and body for happy and healthy living. Readers can also learn how fine-tuning their feelings and emotions can improve their well-being.

"Thoughts and emotions are the nutrition of the mind," claim the authors.

"Our attitudes and emotions can either act as a shield against illness of all kinds — from headaches to cancers — or, conversely, can bring on all manner of aches and pains — all the way up to the pain of a heart attack."

## AEROBIC EXERCISE

Physical activity — particularly running, swimming or other aerobic activity — has been found to strengthen emotional well-being, tone mental capabilities and even work out psychological problems such as depression, note the editors.

"Exercise is emotional aerobics," says Dr. Bob Conroy, a psychiatrist at the Menninger Clinic in Topeka, Kan., where he organized a cardiovascular fitness program to boost sagging spirits. "Any good aerobic routine (that speeds up heart and breathing rates) carried on a minimum of three times a week for 30 minutes each session pays big dividends."

Aerobic exercise is found to build emotional hardiness in at least nine ways, including relieving tension and anxiety and improving concentration and memory.

"Like a well-tuned engine that uses less oil, a well-tuned body uses less energy to perform daily functions," say the authors, adding that a fit person is better able to withstand stress.

Every time you work out hard, you're helping to release pent-up tension, according to Dr. Kenneth Cooper in his book "The Aerobics Program for Total Well-Being" (Bantam).

Cooper advises that you should schedule your workouts after work, before dinner.

"At that time, exercise helps release tensions that have accumulated during the day."

As a bonus, he says, exercising at that time is an appetite depressant.

## THERAPEUTIC PETS

A University of Pennsylvania study revealed that heart attack patients with pets had one-third the death rate of petless patients.

"Having a pet did improve a patient's chances of surviving and did in some way help the patient to be healthier," say researchers Alan Beck and Dr. Aaron Katcher in their book "Between Pets and People" (Putnam).

In another study, Katcher and psychologist James Lynch found that pets were viewed as less threatening or judgmental than people, which makes them more relaxing company.

"Pets can shift our attention away from negative preoccupations that produce anxiety and threaten our emotional and physical well-being," says Clark Brickel, a pet researcher at the University of Southern California.

However, the researchers all stress that pets help facilitate — not replace — therapy.

"Pets offer love no matter what," emphasize Elizabeth and Samuel Corson, a husband-and-wife team of scientists at Ohio State University.

"They don't care if you're sad or happy, ugly or beautiful, old or young. They don't criticize you or try to change you. And they love to be loved, to be touched and held. When a person has this simple, relaxed outlet for emotional involvement, negative emotions fade into the background."

## MIND AND BODY

How you think can have an effect on your physical and emotional health. People who see themselves in a negative light work themselves into a state of low self-esteem and depression.

Negative thinkers also burden their bodies with stress, and frequently suffer from stress-related ailments, such as headaches and high blood pressure.

The purpose of anger is to make a grievance known.

"Expressing anger is necessary for good health. But it doesn't mean a brick over the head," according to Marjorie Brooks, research director at the Center of Autistic Children and an assistant professor at Jefferson Medical College in Philadelphia. "Anger is a normal emotion that is a result of our genetics, upbringing and culture patterns."

# THE HEALTHY GOURMET

By Kit Saedaker



When days are short, there's lots of darkness and cold and the holidays are over, it's time for comfort food.

This means beef to a lot of us. It means pot roasts and stews and old-fashioned main dishes that reheat into equally good leftovers.

Once we needed the calories to face the beginning of the year. Now we want the beef fix, but insist the calories and fat stay within reason.

Here are decent recipes for such old favorites as Pot Roast, Beef Curry and Sauerbraten. All three say, "Everything is going to be all right and spring is on the way."

## BEEF CURRY

- 1 flank steak (about 1 pound)
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sugar
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 1 stalk celery, sliced
- 1 carrot, peeled and sliced
- 2 cloves garlic, chopped
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground ginger
- 1/4 teaspoon turmeric
- 1/4 teaspoon coriander
- 1/4 teaspoon cinnamon
- 1/4 teaspoon red pepper or to taste
- 1 cup water

Yields 4 to 6 servings.  
Each serving has about 300 calories, 19 grams fat, 59 milligrams cholesterol and 250 milligrams sodium.

Cut flank steak into cubes and place in bowl. Add soy sauce and sugar. Whisk cornstarch and water together until smooth. Add to beef. Add 1 tablespoon of oil and mix to combine. Heat other tablespoon of oil in skillet. Add onion, celery and carrot and saute for 1 minute. Add garlic, cumin, ginger, turmeric, coriander, cinnamon, red pepper and water. Cover and cook 5 minutes.

Now scatter beef cubes over vegetables in skillet, cover and cook for 1 minute. Increase heat to high, remove lid and cook, stirring until sauce thickens and beef darkens. Serve at once.

## POT ROAST

- 2 teaspoons olive oil
- 1 bottom round roast (about 3 pounds)
- 1 tablespoon water
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- 1 cup chopped white mushrooms
- 1/2 cup chopped parsley
- 1 clove garlic
- 1 can (28 ounces) Italian plum tomatoes with juices
- 1 bay leaf
- Pinch salt
- Freshly ground pepper

Yields 10 to 12 servings.  
Each serving has about 300 calories, 6 grams fat, 66 milligrams cholesterol and 300 milligrams sodium.

Preheat oven to 325 F. Place 1

teaspoon of oil in Dutch oven or any stove-top-to-table pot with lid. Add roast and cook turning until browned on all sides — about 10 minutes. Remove from pan and reserve.

Add other teaspoon of oil and water and stir in onion, carrot, celery, mushrooms and parsley; cover and cook over low heat, stirring occasionally, until almost tender, about 10 minutes. Uncover and add garlic; cook until vegetables begin to brown, about 5 minutes. Add tomatoes, bay leaf, salt and pepper. Heat, breaking up tomatoes with side of spoon, until boiling.

Return meat with its juices to pan. Spoon vegetables over, cover and put in oven.

Cook about 2 hours, turning meat once or twice. Remove from oven. Remove meat and put it in warm dish. Remove bay leaf from vegetables and puree vegetables and juices in food processor. Taste sauce for seasoning. Cut meat across grain into slices and serve with vegetable-puree as gravy on top.

## SAUERBRATEN

- 1 onion, sliced
- 1/4 cup white vinegar
- 1 1/2 cup water
- 1/4 cup white wine
- 1 carrot, sliced
- 2 tablespoons pickling spice tied in cheesecloth
- 1 teaspoon grated lemon rind
- Pinch salt
- 1 1/4 pounds bottom round steak
- 3 tablespoons gingersnap crumbs

Yields 4 to 6 servings.  
Each serving has about 300 calories, 11 grams fat, 100 milligrams cholesterol and 270 milligrams sodium.

In large enamel or glass casserole put onion, vinegar, water, wine, carrot, pickling spice, lemon rind and salt and bring to boil. Turn heat down to simmer and cook, uncovered, for 5 minutes. Cool. Add beef, cover and when liquid is cool, refrigerate.

Keep in marinade for at least 3 days, turning often.

Preheat broiler, remove beef from marinade. Pat dry and place in shallow baking pan. Broil until brown on all sides. Turn oven down to 350 F.

Put casserole with marinade on stove and bring to simmer. Add beef. Cover, put pot in oven and cook for 2 to 2 1/2 hours until beef is tender. Slice beef and arrange slices on heated platter. Keep warm.

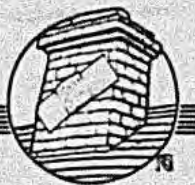
Remove bay leaf from marinade and puree cooking liquid with gingersnaps in food processor. Pour sauce over meat and serve at once.

# HEALTHY GOURMET



## Here's How

By Gene Gary



**Q.** How can we remove grease and oil stains from a concrete driveway that is almost new?

**A.** Saturate the area with mineral spirits or paint thinner. Then cover with an absorbent material such as dry portland cement, talc, cat litter, Fuller's earth, cornmeal or cornstarch. Let stand overnight and then sweep away the cover. Repeat if necessary.

If this method fails, use trisodium phosphate (purchased from a paint dealer, not the supermarket). Pour boiling water over the area, then generously sprinkle the wet surface with trisodium phosphate. Using a stiff-bristled broom, scrub the mixture vigorously. Let dry. Hose down the treated area, leaving enough wa-

ter to absorb dry portland cement when sprinkled over the dampened area.

Use a push broom to again scrub the area with this mixture, then allow to stand two to three hours. Rinse well with clear water.

If the stains remain, use a strong poultice made by mixing one part sodium citrate crystals to six parts of water and six parts of commercial glycerine. Add sufficient whitening powder to form a thick paste.

A coat of this paste should be kept on the stain for one week, and new paste added when it dries out. Flush the dried-out second layer, away and the stain should be gone. The cleaned area may look

lighter than the surrounding concrete because this solution can bleach concrete.

There also are some good commercial proprietary degreasing products on the market, available at auto-supply stores. Their application should conform to the manufacturer's instructions.

**Q.** I need to know how to remove tire marks from a concrete driveway. My beautiful concrete driveway with red brick ribbons is marred by tire marks made when braking.

**A.** You can try the concrete-cleaning methods described above.

If this doesn't remove the marks, the recommended treatment by the Portland Cement Association is flame-cleaning, which requires special equipment.

Flame-cleaning is often used to remove substances such as dried oil, old paint and dirt from concrete surfaces to give a new look or to improve bond with a new surface coating.

Flame-cleaning is accomplished by moving a special multiflame

blowpipe over the concrete surface. The blowpipe burns acetylene and oxygen, producing a hot flame that causes the surface layer of the concrete to spall and shave off the aggregates.

Oil, paint and other imperfections are burned away while the moisture in the surface is evaporated. The high-pressure gas blows away the loose material and exposes a clean surface.

A manual blowpipe is available for smaller surfaces, while a rolling carriage blowpipe is used for cleaning larger surfaces. The operator of the flame equipment must wear protective clothing, gloves and a hardhat with neck protection and visor and, if necessary, welding goggles.

This type of cleaning project is best left to professionals. In your case, great care will need to be taken not to damage the brick in the process.

## Decor Score

By Rose Bennett Gilbert



### 'Souvenir' collection

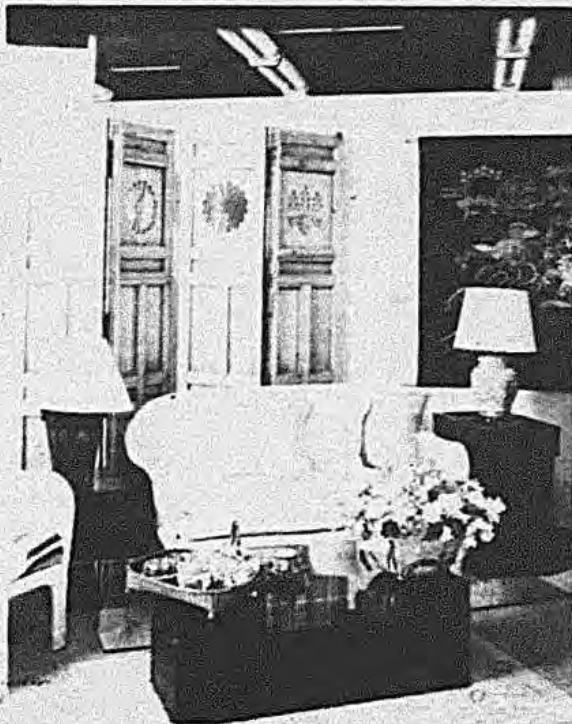
**Q.** We travel a lot since my husband retired and have accumulated a houseful of souvenirs, including some furniture and a great deal of pottery from India and Mexico. Displaying the pottery is easy. We had a wall of lighted shelves built in the family room.

Can you give me ideas on what to do with some of the other things? Is it OK just to mix everything in with our regular (mostly American traditional) furniture? — A.P.

**A.** Absolutely. That's the way it has always been done. In fact, the Chinese export porcelain and Oriental rugs we think of as indispensable in English traditional rooms were actually 18th century "souvenirs" brought home by roving sea voyagers. And nothing could be more deliberately mixed than the whatnots the Victorians adored showing off.

The more bizarre and remote their provenance — implying travel and wealth — the more status they imparted to 19th century parlors.

The room in the photo we show here is a graceful amalgam of souvenirs from Japan: The end table is a bamboo travel case, the glass-topped coffee table once served as an accountant's desk, the wall hanging is a reproduction of a futonji (wedding bed cover)



**CREATIVE COLLECTION** — Be creative with your collectibles: Here souvenirs from Japan have been turned into a screen, coffee table and end tables.

and the standing screen is assembled from antique cypress doors that may have come from a small Japanese temple.

The photograph itself is from a book filled with such innovative ideas, "At Home With Japanese Design," written by two Americans, Jean Mahoney and F. J. J. Landers Rao (available from

Charles E. Tuttle Co. Inc. in Rutland, Vt.).

The authors' premise is just what we're talking about: Integrating treasures from other cultures into your home. A few more ideas that might apply to your cache of souvenirs:

- Back antique fabrics (an obi, for example) with plywood, then mount on sliding glass or French doors. Or, tie small pieces of fabric around sofa and throw pillows.

- Raise chests or baskets to the height of Western furniture by making a simple wood stand as support.

- Display a collection of baskets like works of art on one wall. Deep baskets, mounted upside out to form a shelf, can show off other small collectibles.







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**NEEDED: OFFICE MANAGER** for small marketing, consulting/research firm, Garden City. Skills required: Macintosh, including Microsoft Word & Excel, simple book-keeping & good telephone skills. Send resume and salary requirements to Michael F. Carey Associates, 43 Wellington Rd., Garden City, N.Y. 11530. No phone calls please. F/T, P/T. Schedule neg. gcJ5

**BABYSITTER AT OUR HOUSE,** 8:15 to 3:15 daily. Seven year old in 2nd grade, 6 yr. PM Kindergarten. You will drop off and pick up at school, plus PM shopping. Good with children. No smoking, driver's license & references. 747-0680. W-F-2

**P/T SEVERAL PERSONS** needed immediately in our telephone sales dept. at our Mineola office. Mornings or evenings available. Guaranteed hourly rate plus weekly bonuses to \$17.60 per hour. call Mr. Paul after 12 noon 877-7700. gcF1

**SECRETARY WANTED,** LAW Office, Word Processing, P/T, F/T. 747-8830. gcF1

**P/T DRIVER TO PICK UP & deliver** for Garden City South business 5 days per week. Must have clean license. Retirees welcome. Call from 8 a.m. - 12 noon. 456-3602. gcF3

**FILE CLERK/TYPIST,** organized, responsible person needed full time at Garden City Insurance Agency. Walter R. Sommer. 741-6888. gcF1

**LOVING WOMAN NEEDED** to care for our daughter, Mon.-Fri. Live out, hours negotiable. 741-1701. gcF1

**MEDICAL BILLER - PERSON,** P/T or F/T, Mineola Doctor's office. Pleasant environment. Front desk/insurance, strong billing & organizational skills. 997-7340. Please leave message. wj5

**CHILD CARE NEEDED** in my Mineola Home. Monday, Wednesday & Friday, 7:30 a.m. to 5:30 p.m. for 2 and 4 year old boys. References required. Please call 742-7839. wF3

#### Help Wanted

**TEACHERS WANTED TO TUTOR SAT Math, SAT English, Math, Biology, Chemistry, Earth Science, Physics, Social Studies, AP History.** Call 741-3550. wj5

**YOUNG PERSON TO EARN** \$6 per hour, giving out gift certificates. 742-6541 wj5

#### Situation Wanted

**YOUNG, ENERGETIC POLISH woman** looking for position as a companion, babysitter, housecleaner. Speaks excellent English. Please call Madga. 292-2055. W-F-2

**PAINTER/CARPENTER AVAILABLE** \$100 per 8 hour day. Call today. Don't delay. Leave message. 747-8893. gcF2

**GARDEN CITY WOMAN** seeking employment cleaning your home or office. Honest, strong, reliable, moral and experienced with own transportation and references. Call 742-4609. Leave message. gcF2

**HOUSECLEANING JOB WANTED.** Own transportation with references and experience. 294-5916. gcF2

**CERTIFIED NURSE'S AIDE** wishes to work with sick or elderly, 8-12 hours per day. Will work weekends. Will do chores and make meals. References and own transportation. 223-4929. gcJ5

**HOUSE CLEANERS AVAILABLE.** Will clean entire house including laundry, stove top, refrigerator & basement. Trustworthy with experience. Own transportation. References upon request. Please call Anna or Rose. 718-297-8520 or beeper #718-473-6946. wj5

**IRISH WOMAN AVAILABLE** to work in afternoons and nights as Nurse's Aide. Call Eileen 664-8427. gcJ5

**CHILD CARE - I TAKE** care of babies up to 8 months of age in my home in Mineola. I'm an experienced babysitter and mother. Call 746-3781. gcJ5

**HOUSEKEEPER AVAILABLE - GOOD** references. Own transportation. Call 6 to 11 p.m. 747-9237. gcF1

**HOUSECLEANING - EXPERIENCED, REFERENCES.** Own transportation. Available 9 am to 1 pm Mon., Tues., Wed., & Sat. Call 333-3850 and ask for Anna. gcF1

#### Situation Wanted

**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

**GARDEN CITY FEMALE,** personable & experienced in office management, customer service & purchasing, computer literate, seeks F/T employment. 747-4733. gcF1

**HOUSECLEANING AVAILABLE, RESPONSIBLE,** non-smoking person with experience and references. Own transportation, English speaking. Mon., Wed., Fri. Call Clarita 638-4522. gcF1

**HOUSECLEANING WITH EXPERIENCE** available for house, apartment or office. Good references, own transportation. Trustworthy. Please call Sandra 747-7988. gcF1

**BOOKKEEPING, WORD PROCESSING** Insurance Reimbursements - all types of paperwork. Your office or mine. Per diem rates. Computer or manual. 922-9079, or leave message 922-9396. hfb64

**EXCELLENT HOUSE-CLEANER AVAILABLE,** with references. Six years experience. Very honest. Call Odnie at 997-1064. hJan4

**IRONING LADY AVAILABLE** Mon., Thurs., Sat. Will do laundry, cleaning. References. Experienced. call 248-3035 after 5 pm. gcF1

#### Help Wanted

**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

**BABYSITTER GARDEN CITY** area, approximately 10 hours weekly in my home. 1 toddler, no smoking, clean driver's license. also 1 occasional evening per week. 485-4979. gcJ5

**GARDEN CITY MOM** seeks mature, English speaking, non-smoker with valid N.Y. driver's license and own transportation to take care of 5 year old and 2 year old in my home. References required. Mon. - Fri. afternoons, occasional evenings. Some flexibility in hours. Call between 9 a.m. and 9 p.m. 326-0812. gcJ5

**SEEKING MATURE, RESPONSIBLE** woman, Monday, Tuesday & Thursday, 8 a.m. to 6 p.m., to care for 2 year old boy in my Manhasset Hills home. Own transportation. Non-smoker. References. 741-5528. wj5

**CHILD CARE WANTED** for infant and 3 year old (girls), 7:30 a.m. to 6:30 p.m., weekdays in my New Hyde Park, Queens home near Union Tpke. Non-smoker, English speaking, own transportation. (718) 470-6108. wF3

**HOME HEALTH AIDE** to cook, clean and be a companion to bed-ridden woman. Live-in position - five days a week. New Hyde Park area. Call 488-6019, leave message. Hfeb1

**MATURE WOMAN WANTED** for care of two boys, light house-keeping. Mon.-Fri., 2 p.m.-7 p.m. Provide references. Call 245-6933 Leave message. gcF1

#### Help Wanted

**BABYSITTER NEEDED** to watch my two school age children, everyday from 3-6 and full time on school holidays and summer in Point Lookout home. Please call after 7 p.m. only. English speaking only. Non-smoker preferred. 889-9578. gcJ5

**THE RANK ORGANISATION** needs a few good men/women to present our vacation program to clients in Garden City/Roosevelt Field. Salary/commission. Will train. Call 248-2450. gcJ5

**BABYSITTER - HOUSEKEEPER,** 30 hours a week. English speaking, clean driver's license, non-smoking for 1 toddler in my home. References required. 485-4979. gcF1

**NANNY/STUDENT/AUPAIR** wanted for P/T child care in exchange for free rent in our happy young home. Must speak English, references, non-smoker. Near LIRR, bus, colleges. Please call us at 294-1994. gcF1

**CHILD CARE WANTED** High School or College student to care for 11 year old in our home, 2:30 p.m. - 5:30 p.m., Mon., Tues., and Thurs. afternoons. Licensed driver preferred. 248-0044. gcF3

**GARDEN CITY MOM** looking for responsible person to watch my 2 & 4 year old in my home for 3-4 hours a day for 2-3 days a week. Own transportation and references. 741-4348. gcF3

**ACCOUNTS CLERK,** KNOWLEDGE of computers - Wordperfect and Lotus helpful. Municipality, pleasant office, good benefits, hours 9 a.m.-5 p.m. Must be Nassau County resident. 482-0019. hJ4

**GARDEN CITY HOUSE & OFFICE CLEANING CORP**

*Bonded and Insured*

*Serving All Nassau County*



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

**248-8690**

Leave message and we will promptly call you

**Situation Wanted**

**HOUSECLEANER AVAILABLE** with experience, own transportation. References available. Please call 333-6682. gcfl

**HOUSEKEEPER & BABYSITTER** available Monday-Friday with transportation, experience and references. Please call anytime or leave message, 747-5950, Beatriz. gcfl

**FORCED TO GIVE UP** my wonderful babysitter. If you need to hire a loving & energetic woman, FT or PT, please call me at 488-4875. Live-out only. gcfl

**LOVING AND CARING** experienced Nurse's Aide seeks position to work with the elderly or sick. Available full time 5 days a week, living out, or on weekends. References are available. Can be contacted after 3 p.m. at 538-5072. gcfl

**RESPONSIBLE, MATURE FEMALE** graduate student looking for position as child or elderly care. Housekeeping also available. Call 873-0516. wf1

**HOUSECLEANING \$10** an hour with experience & references, own car & driver's license, dependable. call 873-0704. Ask for Costa. gcfl

**EUROPEAN WOMAN AVAILABLE** for cleaning house. References and own transportation. For additional information call 783-9644. gcfl

**POLISH LADY, RESPONSIBLE, honest, heavy working** with experience, looking for job cleaning homes or taking care of sick, elderly or children. 481-2628. gcfl

**HOUSECLEANING AVAILABLE** 4 days a week. Good references, experienced & own transportation. 338-4306. gcfl

**FORMER GARDEN CITY** resident 1951-1988 with current, impeccable references from Muttontown and Syosset would like to clean your house scrupulously. Please call Mrs. Burke at 292-7504. gcfl

**EXPERIENCED MALE NURSE'S AIDE** seeks to care for the sick or elderly. Own transportation. Call Agu 223-2867. gcfl

**IRISH WOMAN AVAILABLE** to take care of your sick, bedridden or elderly. Please call 741-8619. wf5

**EXPERIENCED HOME HEALTH AIDE** seeks live-in position caring for the elderly. Please call Carin Seifert. 783-2094. gcfl

**MINEOLA MOTHER WILL** give TLC to your child in my Mineola home. Non-smoker, excellent references, P/T or F/T. 742-7830. W-F-2

**HONEST CHRISTIANS** WILL clean houses or offices. Experienced, reliable team. Satisfaction guaranteed. (516)483-4743. gcfl

**Situation Wanted**

**LOOKING FOR HOUSE-CLEANING** job. I have good experience and reference. 489-4634. gcfl

**ATTENTION; WORKING MOMS and Professionals.** Excellent housekeeper will make your home immaculate or help schedule meals, will even bake or help you redecorate. Call Mrs. Reed at 538-1512. I'm a St. Anne's Parish member. gcfl

**NURSE'S AIDE AVAILABLE,** days full time, experienced with references. Please call 481-6366. gcfl

**CERTIFIED NURSE'S AIDE** with experience looking for job taking care of the elderly or disabled person. Night or day. Please call me at (718) 327-4814. gcfl

**EUROPEAN WOMAN IS** looking for housecleaning job. Good experience and reference. For additional information call 486-4228. gcfl

**HOUSECLEANING, REFERENCES & EXPERIENCE,** own transportation. Please call in evening 783-5520. gcfl

**HOUSECLEANER AVAILABLE.** Live out, experience & reference. Own transportation. 486-7118. gcfl

**EXPERIENCED BABYSITTER SEEKING FULL TIME JOB,** Mon-Fri. Flexible with excellent checkable reference. Call any time 481-0320. gcfl

**DEPENDABLE PERSON SEEKING** job to take care of elderly or babysitting. Contact Edna at 271-8149. gcfl

**MATURE, EXPERIENCED WOMAN** available to babysit on Fridays. Please call after 8 p.m. or leave message. 741-8149. gcfl

**A GROUP OF** experienced babysitters will do sleepovers from Fri. to Sun. evening. We will also fill in from Fri. to Sun. for your regular sitter. Please call after 8 p.m. or leave message. 741-8149. gcfl

**HOUSECLEANER AVAILABLE, MONDAY to Saturday.** Own transportation. References. Call 565-2119. gcfl

**MATURE, EXPERIENCED WOMAN** available to take care of elderly 4-6 hours mornings or afternoons. Call Mon-Fri, 9 a.m.-3 p.m. 488-5876 Mary. gcfl

**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. wf3

**I AM A YOUNG** Christian woman looking for work as companion to the elderly or nurse's aide, so if you need quality care, please call Amanda (718) 337-2501. All references are available upon request. gcfl

**Situation Wanted**

**MATURE WOMAN SEEKS** job as companion for elderly. Also babysitting. It. housekeeping, experienced, excellent references. Please call 489-8032. gcfl

**GOOD HOUSECLEANER,** looking to work Wed. & Fri. Reliable, experienced, reference. Bertila 481-7570. gcfl

**EXPERIENCED IRISH GIRL** seeks nurse's aide position. Day, nights, week-ends available. Excellent references. Please call Mag (718) 343-2218. gcfl

**I AM MATURED, CERTIFIED & experienced.** I have lots of love and care to offer your elderly or sick. I am available P/T or F/T 783-8673. gcfl

**VERY NICE MATURE** and good mannered lady seeks to take care of an elderly person or older children. Will live in or out. Please call 292-2581. gcfl

**NURSE'S AIDE WITH** qualified hospital references will take care of your sick and loved ones. Day or night (516)565-0558 or (718) 868-0618. gcfl

**HOUSECLEANING JOB WANTED** for 3 days. Experienced with good references. 486-5394. gcfl

**IRISH AMERICAN CERTIFIED Nurse's Aide.** 13 years experience. Excellent references. Will work at least 8 hours, days, nights or weekends. Morning phone 746-4745. After 12-746-0948. W-F-3

**IRISH WOMAN LOOKING** to do companion care. Local references. 746-2732. W-F-2

**BABYSITTER/HOUSEKEEPER/COMPANION.** Live out five days a week. Excellent references. 488-2377. W-F-3

**EUROPEAN WOMEN AVAILABLE** - all types jobs, housekeepers, babysitters, companions. Live in/out. For additional information call (718)692-3124. hFeb3

**COMPANION AIDE WITH** Experience, will care for elderly. Live out. Work any hours. Call Christina 797-1657. hFeb3

**LADY WISHES TO Care** for sick or invalid, babysitting or housekeeping. Non-smoker, excellent references. (718) 464-5439 or (516) 483-4743. gcfl

**MATURE WOMAN LOOKING** for cleaning job. Experienced. 481-1609. Please call after 4:30 p.m. gcfl

**Real Estate for Sale**

**ESTATES RANCH IMMEDIATE** 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. gcfl

**Real Estate for Sale**

**SHELTER ISLAND CONTEMP.** 1 acre plus, 3 BRS, 2 full baths, FPL, wrap around deck, CAC, private deeded beach rights, fully furnished. \$275,000. (516) 486-0377. gcfl

**GARDEN CITY COLONIAL 3** BR, 1 1/2 Bath, LR/Fpl, DR, EIK, fin. basement, screened porch, professionally landscaped. Walk to park. Low taxes. Asking \$359,000. Principals only. 741-9262. gcfl

**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, 873-0338. Owner Anxious. gcfl

**GARDEN CITY WESTERN** Colonial. 4 BRS, 3 Baths, fully renovated, large kitchen. Low taxes. for sale by owner. Please call evenings 775-3751. gcfl

**MASSAPEQUA 4 BR HI RANCH** 2 car garage. Mint condition, beautifully landscaped. South of Merrick location. High \$200's. Call for details. Mr. Grasso 775-6035. gcfl

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

**NEW HYDE PARK, Herricks** Schools. Estate sale. All brick Ranch, 3 lrg. BRS, 2 full Baths, DR, EIK, CAC, ready to move in, very clean. Corner lot. \$290,000 neg. Owner 248-1175. wf1

**GARDEN CITY ESTATES** 2,000 sq. ft. + 4 BR, 2 Bth, 1 1/2 story Cape, ultra modern, new systems, alarm, many extras. Reduced to under market for Quick sale. A hot value at \$319,500. 873-8654, principals only. gcfl

**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. gcfl

**CUTCHOGUE/NASSAU POINT AREA** Heated in-ground 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. gcfl

**NASSAU POINT / CUTCHOGUE.** Hi Ranch. LR/Fpl, 2 baths 2 + BRS, Rec. Rm., CAC, sunny den/wood burning stove, outdoor shower. \$199,000. No brokers. 734-7762, 877-9030. gcfl

**GARDEN CITY MOTT** Colonial - 3 BR's, 1 1/2 new baths, large family room, new kitchen, new windows. Mint condition. Low taxes. Must see. Principals only. \$389,000. 294-4951. gcfl

**Real Estate for Sale**

**PORT WASHINGTON.** 6 room apt. Sunny southwestern exposure, corner unit, newly renovated. Washer/Dryer, attic, garage. Walk to train, stores, water. Prestigious area, Beautifully landscaped. \$168K Motivated owner (days) 625-1352, 944-8210. gcfl

**GARDEN CITY LARGE** mint split. Family area, near Hemlock Park, beautiful LR/Cathedral ceiling & FPL, DR, large EIK, 3 BRS, 2 baths, large den/family room, finished basement, 2 car, landscaped 70x100. Owner \$354K neg. Offers considered. 747-6386. gcfl

**GARDEN CITY - WESTERN.** Expanded ranch. LR, Fpl, DR, Lrg. EIK, Den, 4 BRS including master suite. 3 1/2 Baths. Finished Bsmt. w/entrance. Gas heat. By owner - \$330,000. 328-2919. gcfl

**G.C. GREAT BUYS - Seventh** St. Condo, 1 BR, new kitchen. Walk all \$129,000. Must Sell - 4 BR's, 2 baths, den only \$189,000. Hurry - 4 BR's, 2 baths expanded Cape \$249,000. Charming 3 BR, 2 baths Tudor, large den \$289,000. All New 3 BR, 2 baths, den, large lot \$315,000. Won't Last! 4 BR Colonial, den, large lot \$379,000. Pristine - 3 BR Ranch, finished basement. Must see. \$389,000. Stunning 4 BR Ch Brick Colonial, large lot \$465,000. Anxious - 5 BR Williamsburg Colonial, new kitchen, den \$575,000. We have what you're looking for, Fennesy Realty (516) 746-6245. gcfl

**GARDEN CITY PRIME** Estates CH Dutch Colonial. Old World Charm, 4 BR's, 2 new baths, 19' new oak EIK, 15 foot FDR, 20 foot LR w/marble fl. Low taxes. Many extras. Reduced to \$578,000. 741-7378. gcfl

**GARDEN CITY SOUTH, 3/4** BR Colonial, low maintenance, mint condition, oak moldings, study, office, new roof, \$265,000. Owner 292-2112. gcfl

**SOUTHOLD - PRIVATE COMMUNITY** with deep water marina & beautiful bay beach. 4 BRS, 2 1/2 Bath Cape \$187,000. Southold Waterfront - Handsome Colonial in prestigious area, deep water dock, direct bay access. 3 RS, 2 1/2 Baths plus study. Reduced to settle estate. \$450,000. Nassau Point Waterfront. Beautiful bayfront Ranch w/guest cottage. 3 BRS, 2 1/2 Baths, tranquil views, swimming/boating. A rare find. \$795,000. Nassau Point Waterfront. 120 feet waterfront plus 2 docks. Quality built 3 BR ranch & guest cottage on private 1.4 acre plot \$450,000. Marlon King Realty 734-5657. gcfl

**FRANKLIN SQUARE NEW** Townhouse. 6 large rooms, 2 1/2 Baths. Move in condition. Skylights, new carpeting, tiles, full basement. \$170,000. Owner 488-3287. gcfl



**Real Estate for Sale**

**SOUTHOLD CONTEMP** in prime location features LR/Fpl, large Fam. Rm., Master BR suite down plus 2 BRS, 1 1/2 Baths, loft, large deck. Walk to sandy bay beach. Reduced to \$265,000. Mattituck Waterfront. Custom home designed for privacy features LR/Cath. ceiling, Fam. Rm., DR, Master BR & Bath plus 2 additional BRS, deep water dock, out buildings for possible guest studio. \$439,000. Southold. Recently renovated Cape LR, DR, EIK, 3 BRS, 1 1/2 Baths, Bmt. Garage. Steps to sandy beach. \$199,000. Mattituck Country Ranch in great community features LR/Fpl, DR, 3 BRS, 2 1/2 Baths, finished bmt. Water rights. \$159,000. Lewis Realty 765-5810, 298-4600, 734-5533. g0J5

**SOUTHOLD SUMMER FUN** is yours in this snug 5 room Cape with stairway to floored expansion attic. Steps from sandy, deeded beach. Bmt., OHW heat, appliances, deck, garage. Exclusive - only \$145,500. For full List of Summer/Permanent Homes just call. Bookmillers Realty 722-4423. g0J5

**GARDEN CITY VICINITY** Atrium Plaza, 2 BR, 2 1/2 Bath Townhouse. EIK, LR, DR, own washer/dryer, CAC, garage. Walk to RR & town. Reduced \$15K. Asking \$149,500. Owner 489-0071. g0F3

**GARDEN CITY ESTATES** Section. Updated 4 BR Colonial. 3 Baths, EIK, CAC, finished playroom, low taxes, oversized garage. Reduced to \$405,000. Principals only. 747-2794. g0F3

**NORTH FORK - TWO** Story Dutch Colonial, 3 BR's, 2 baths plus auto repair garage on 1 acre in Cutchogue. \$220,000. Principals only. (516)734-6133 between 9 a.m. and 8 p.m. g0F3

**GARDEN CITY COLONIAL** N.E. section - 2 BR, 2 baths, LR, DR, EIK, rec. room, 1 car, low taxes, fully renovated. Walk to Stewart School. \$225,000. Leave message. 741-3156. g0F3

**PALM BEACH COUNTY -** PGA National - 3/2 Townhouse, magnificent view of Championship course. Great value! \$169,900. Terry McAleer, Illustrated Properties (407)826-7000, evas (407) 624-0616. g0J5

**GLEN OAKS, 1BR,** Garden Apartment. Lovely location near North Shore Towers. Convenient commute, modern EIK, W/W, low maintenance. Safe, no fee. \$60,000 747-0535 h03

**MINEOLA/E. WILLISTON** Schools, Expanded cape for sale. Move in condition. 4 BR's, 2 baths, carpeted, finished basement, detached garage. 50 x 100. Low taxes. Low \$200's. Call owner. 746-3141. W-J-5

**WILLISTON PARK 4 BR** Colonial. Living Room, dining room, family room, 2 bath. Jacuzzi. Finished basement. Herricks School district. Principals only. \$264K. 294-1867. hJan4

**Real Estate for Sale**

**CO-OPS FOR SALE EXCLUSIVES**  
**Atrium Plaza** - 1 BR, 1 Bth Duplex, EIK, 1 Car, Rent/Buy. Birchwood Ct. - 1 BR, 1 Bth. Super Clean \$79,000  
 2 BR, 2 Bth, Sunny, Main. \$606 \$117,000  
**Carlisle House** - 2 BR, 2 new Bths & Kit & Gar \$275,000  
**Cherry Valley** - 2 BR, 1 Bth. LR, EIK, CAC \$89,000  
 1 BR, 1 Bth, Great Area \$57,500  
 2 BR, New Bath \$115,000  
 1 BR, 1 Bth, Mint Condition \$69,500  
**Hamilton Gardens** - LR, Kit, 1 BR, 1 Bth, Main. \$640,897,000  
 LR, DR, New EIK, 1 BR, 1 Bth \$98,000  
**Harrison House** - 2 BR, 1 Bth, CAC, Lndry, 1 Gar \$140K  
**Mulford Place** - LR/Fpl, DR, Den, 1 BR, 1 Bth, Corner \$85,000  
**Stewart Franklin** - 2 BR, 1 Bth, LR/Fpl, DR, Rent/Sale \$149,000  
 LR/Fpl, DR, EIK, 3 BR, 2 Bths, Rentor \$225,000  
**ALL NEW 3 BR, 2 Bth, LR/Fpl, DR, EIK** \$300,000  
**Douglas Fraser Real Estate** 248-6655. g0J5

**GARDEN CITY ESTATES** - Solid brick CH Colonial, updated with character. 5 BR's, 4 1/2 Baths, fabulous modern EIK, family room, CAC, central vac, 2 car, over 1/4 acre. \$600's.  
**Super Mint CH Ranch** - Central section - 4 BR's, 2 1/2 baths, family room, CAC, central vac, 2 car, 1/2 acre. \$500's.  
**Estates Tudor** - 6 BR's, 3 1/2 baths, family room, EIK w/breakfast nook, 2 car \$400's.  
**Western Ranch** - 3 BR's, 2 1/2 baths, modern EIK, family room, party room with wet bar, CAC \$300's. \*\*\*Garden City South - Exclusive! Mint Cape - 3 BR's, 2 baths, large full DR, modern EIK, LR/Fpl, detached garage. Great Location G.C. Border. \$200's. Vera Atamian 354-1994. g0J5

**Open HOUSE**

**SUNDAY, JANUARY 17, 2-4** PM 70 Princeton Street, Garden City. Lovely Western 4 BR Colonial, LR/Fpl, FDR, EIK, Den/Fpl, 1 1/2 Bath, deck, finished basement, 60x125, \$399,000. Principals only. 326-1802. g0F1

**Co-Op For Sale**

**GARDEN CITY CHERRY** Valley. Mint, second floor, 2 BRS, new kitchen, bath, carpet. Private corner, large garden. Will trade for your Garden City home \$115,000. 742-8559. g0J5

**MINEOLA - EXTRA LARGE** junior 2 BR w/Euro modern kitchen, garage, parking. Low maintenance, walk RR, \$550 custom buyer's bonus. \$91,000. 742-0229 g0J5

**GARDEN CITY, 2 BR,** second floor. Best location facing 15th Street. A/C, washer/dryer, walk to wall, attic, garage \$106,000. 294-0269. g0J5

**Co-Op For Sale**

**MINEOLA, SPACIOUS** MODERN new sunny corner, 2 BR, 2 1/2 LR, wall to wall carpeting, dishwasher, microwave, A/C, levelers. Assumable mortgage of \$26,500. Low maintenance. Parking. Immediate occupancy. Walk to all. Owner financing if qualified. \$84,000. Stan Hirsch Enterprises. 292-9840. g0F1

**GARDEN CITY MINT 1 BR** Co-op second floor separate entrance. Walk to stores & LIRR. Owner \$69,900. Evas 294-7496. g0F1

**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. g0F3

**GARDEN CITY / HEMPSTEAD.** The Mulford. Must sell, transferred. Large 1 BR, EIK, Oak Floors, High Ceilings. Lots of closets. walk to LIRR \$39,000. 292-0483. g0F1

**GARDEN CITY - CHERRY VALLEY Co-op 1 BR,** 1st floor, CAC, great condition and prime location. \$69,500 negotiable. 742-7642. hJan4

**FLORAL PARK RENOVATED** 1 BR Co-Op. Walk to LIRR/bus/stores. 35 minutes to NYC on LIRR. Low maintenance. \$80,000. Owner, 775-7820. g0J5

**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. hJan4

**CHERRY VALLEY APARTMENT** 1 BR, upper corner unit. Private entrance, CAC, new Kitchen and Bath, ceramic tile entry. 75% tax deductible. Must see! Owner, \$92K, 741-2441 g0F1

**GARDEN CITY CO-OP, 2 BR,** second floor, center of Village. 1 Block to LIRR & all shopping. Refinished floors, new windows. \$118,000 Owner 873-9469. g0F3

**MINEOLA 1 BR Co-OP.** Perfect condition, excellent location. Will finance. Horton House. \$79,000 neg. after 6 p.m. 248-2139. g0F3

**GARDEN CITY, HAMILTON** House, 101 Second Street, Unique 1 BR, Co-OP. New Kitchen, lots of extras. a steal at \$70,000. Seller Financing Available. (days) (718) 641-4945, (eves) (516) 741-8894. g0F3

**Real Estate for Rent**

**MINEOLA-WESTBURY - H E M P S T E A D** Beautiful Apartments Available Now:  
 Studios - \$450 to \$600 a month  
 1 BR - \$575 a month  
 Large 1BR - \$775 a month  
 2 BR - \$850 to 900 a month  
 Large 3 BR Apt. - \$1,100 a month.  
 Royal Int'l - 742-3355. wJ5

**Real Estate For Rent**

**MINEOLA - EAST WILLISTON** border, all redone. Five room Cape, contemporary, European EIK, bath, LR w/stones fpl, 2 BRs, huge enclosed Florida Room. Available Feb. 1, \$1500/mo. Call Andrea Cupples, 248-1268. hJ4

**ROOMATE WANTED** SHARE entire house. Immaculate. Must see. 3 BR ultra modern, new bath, room available with terrace, cable and phone line. Must be clean & neat. Immediate occupancy. Beep me at 657-4908 (after beep enter phone number followed by pound key) g0J5

**ROOM FOR RENT** in Garden City. Convenient to transportation and shopping. Kitchen privileges available, share bath. Mature, employed person preferred. 747-6589. g0F2

**STORE FRONT FOR LEASE!** Available early 1993, Willis Ave between Fordham & Harvard Sta. Office or retail space. 2100 sq. ft. Contact owner. 746-3141. wJ5

**FLORAL PARK, 2 BR** Furnished with solarium, private entrance. Ideal for business couple, near RR and public transportation. \$850 a month. 352-6433. g0J5

**STEWART MANOR APT. 2** BRS, 1 bath, kitchen. Near shopping & LIRR. Available Feb. 1 \$925 a month. 326-8584. g0F1

**FRANKLIN SQUARE** HOUSE to rent. 2 BRs, Kitchen, Dinette, LR & Bath, attached Deck. Near all \$900 monthly. Owner 489-0026. Leave message. g0F1

**NEW HYDE PARK - 3 1/2** bright, large rooms, 2 family house, private entrance, appliances, heat, hot water, full bath. Quiet residential area. Walk to RR, buses, stores. Professional, non-smoker. References, lease, 488-4815. g0F1

**GARDEN CITY BORDER** Luxury apartment building. 1 BR Apt. + Den. Large bright rooms, A/C, new Kitchen & Bath. No fee. \$850. 489-3010 days, 483-7449 evas & weekends. g0F2

**BELLEROSE 1 BR APT** completely renovated. New bathroom, hardwood floors, EIK, good location. Near RR & stores. Move-in condition. \$625. 292-0484, 292-0302. Leave message. g0F3

**ROSLYN HEIGHTS, GARDEN** Apartment, 1 BR, LR/DR, full bath, w/w, private entrance, walk to RR, mint condition. \$900 includes heat and parking spot. 746-1415. g0F2

**FRANKLIN SQUARE APT.** for rent. Cozy 1 BR, second floor apartment, private entrance, EIK, new carpeting, large full bath, very bright, plenty of windows. Walk to transportation and stores. Single, mature, non-smoker. \$630 a month. 775-4256. g0F2

**Real Estate for Rent**

**ALBERTSON; LARGE AIRY** STUDIO Apt., full bath & kitchen, carpeting, private entrance, parking, utilities included. Single person, no pets. By owner - \$575. 747-1895. wF2

**FLORAL PARK APARTMENT.** New 1 BR bmt. 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. \$390. 775-4256. g0F2

**ALBERTSON; LARGE FURNISHED** Room. Large walk-in closet. Private entry. Refrigerator, wall to wall, share bath. Prime location. Non-smoker. Male preferred. \$85 per week. 741-8588. wF2

**QUEENS VILLAGE SPLIT - 3** BRs, 2 Bs, EIK, FDR, LR, large private yard, garage, \$1,300 a month. One month's security and references required. (718) 327-4614. g0F2

**GARDEN CITY - HEMPSTEAD** Cathedral Gardens. Large renovated 2 BR, bright, airy, best in complex. Dishwasher, wall to wall - \$875. By owner. No fee. 565-3159. g0F2

**BELLEROSE 1 BR APT.** kitchen, LR, Priv. Entrance, near RR, bus & stores, second floor, newly decorated. Non-smoker preferred. \$600 per month. (718) 347-4000, (516) 292-0302. g0F2

**CATHEDRAL GARDENS - LARGE 1 BR Co-Op, LR/DR** Combo, new EIK, w/w, quiet building block. \$650 monthly. No fee. 783-3155. g0F2

**DETHPAGE - 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. hJan4

**FURNISHED ROOM FOR** professional gentleman. Telephone interview, references and security required. Share bath. Call 742-2728. g0F3

**GARDEN CITY HAMILTON** Gardens. Spacious 1 BR, renovated Kitchen & Bath, beautiful oak floors, high ceilings, archways, quiet first floor location on Hamilton Place. \$1,100 monthly. Now Available. 741-0913. g0F3

**FLORAL PARK VILLAGE.** New deluxe 3 room apt., patio, storage space, yard, LIRR, convenient to all. Single preferred. \$875 per month. Call owner 488-2314. g0F3

**GARDEN CITY, FRANKLIN** Ave., near 7th Street, 2 BR, modern kitchen, newly carpeted \$725 incl. heat & hot water. Call collect (201) 376-3796. g0J5

**WILLISTON PARK. CHARMING** Lrg. Studio Apt. available. Excellent location. Close to all. 294-8897. wF1



**Real Estate For Rent**

**GREAT MECK, LARGE HOUSE** to share. Professional only. Separate BR. Close to LIRR, market, and shopping. Kit. washer/dryer privileges. Rent \$500 + utilities. 482-5203. Leave message. hJan4

**GARDEN PLAZA LARGE Studio Apt.** Walk to RR, shops, hospital, courts. 24 hr. security, A/C, w/w, parking. \$775 plus. 294-3199. Before 9 p.m. gcF1

**GARDEN CITY LOVELY** quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References 746-0018. gcF1

**FRANKLIN SQUARE, NICE,** convenient location, second floor, 3 1/2-4 room apt. full bath, kitchen, DR, large BR, plenty of closets & storage space. No pets, single person preferred. \$650 utilities included. 154-1458. gcJ5

**GARDEN CITY FURNISHED** room for rent, private entrance, non-smoker, share bath, kit. privileges. Near RR. 742-7706. gcF3

**FRANKLIN SQUARE 1 BR** bsmt. apt. Private entrance \$550 includes all. 481-7934, 489-0275, lv. message. gcF1

**GARDEN CITY SOUTH** Bsmt. studio, separate entrance, private bath, non-smoker, mature business person, male preferred. references & security \$575 neg. 486-4263. gcF1

**WILLISTON PARK FIRST** floor legal two family house. LR, FDR, EIK, sun porch, 2 Bra. Bsmt. & yard. Garage available. \$1,050 includes heat & hot water. Available immediately. 741-5059. wf1

**MINEOLA: FURNISHED ROOM** for one. 747-1110. wf1

**FLORAL PARK, 1 BR** apt., second floor, outside terrace, garage, newly decorated, near RR mid \$700's. Immediate occupancy. No fee. 437-7245. gcF2

**GARDEN CITY FURNISHED** room, separate entrance, private bath, non-smoker. Mature business person, male preferred. References & security. 741-0535. gcF3

**Vacation Rental**

**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. gcF1

**MARCO ISLAND 2 BR, 2 bath** Condo on gulf beaches, tennis, pool. South Seas East Midrise. 271-6479. gcF4

**MARCO ISLAND, FLORIDA,** 2 BR condo, sleeps 6, Fri., Feb 5-Feb 12 \$1,000. Key West, Florida. Efficiency Condo Sat., Feb. 13-Feb. 20 \$800. 248-3656. gcJ5

**Vacation Rental**

**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. hJan4

**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 gcm4

**EAST MARION BAYFRONT Paradise.** 100 feet sandy, private beach. Forever views, charming country home, 5 BRs, 3 Baths, EIK, FDR, LR/Fpl, den, huge deck. Available May-October. Call 437-3333. gcF1

**MONTAUK WINTER GETAWAY** special. 4 nights \$225 a couple. 2 rm suite, heat, full kit. Sleeps 4. Walks, dining, shopping. Hundred feet to beach. Also for sale. \$38,500. Immaculate. Call 724-5572. gcF1

**SHAWNEE, PA. 7 BR** Inn for rent. Comfortable furnished & fully equipped, scenic location. Just minutes from Shawnee Mt. Ski Slope. Week-end rentals or longer. Week-end \$700 248-4963. gcJ5

**SKI WINDHAM SLOPESIDE** Condo, sleeps 8. Immaculate, sauna, 2 Baths, views. available weekends, weekdays, holidays. 536-2668. gcF2

**NAPLES, FLORIDA CONDO** on Kings Lake. 2 BR, 2 bath, pool & tennis. Near Gulf and golf. \$1,800 per month. Owner 628-3309. gcJ5

**ST. BARTS, FRENCH W.I.** Beautiful 2 BR, 2 bath villa available. \$1,600 weekly. Huge pool on unparalleled view over the sea. Maid service. Call 267-6367. gcJ5

**SOUTHOLD COUNTRY HOME.** 3 BRs, fully equipped, lrg. screened porch. Walk private beach, washer/dryer, cable, immaculate. By season or \$1,300 monthly, May, June, Sept. \$2,000 for July or August. 334-0196. gcF1

**CARIBBEAN: A LOVELY** vacation on Anguillain 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. gcF3

**FAIRFIELD MTS. LAKE Lure, N.C.** Beautiful Condo. 2 BR, 2 Baths, sleeps 6. Complete Kitchen, DR, 2 Golf Courses, 2 Country Clubs, Tennis, Pool, Lake, Terraces \$675. Available 6/12-6/19/93. 796-4243. gcF3

**WEST HEMPSTEAD, SECOND Floor,** private entrance, Large BR, LR, DR, EIK, full bath. Walk to LIRR, near parkway. Working couple preferred. \$700 all 489-1781. gcF3

**Vacation Rental**

**CATSKILLS - 2 1/2 HOURS** from New York, 5 minutes from Hunter, Windham asking 3 BR, 1 1/2 Baths, full kitchen, great view, hot tub. President's week 2/12-2/21. Sleeps six. Family only. \$1200 w/security. 741-1098. gcF3

**VACATION HOME WITH POOL.** Westhampton, walk to Main Street. 3 BRs, 2 Baths, LR/Fpl, DR, EIK, 20x40 in-ground swimming pool. All appliances, stereo, TV with VCR. Call 741-1443. gcF3

**Real Estate Wanted**

**MATURE PRIVATE NON-SMOKER** needs a furnished room, light residence kitchen use, parking, no house pets please. For the right situation, available to assist with simple house maintenance projects and routine chores free of charge. Call Andrew at 683-5111, Mon.-Fri. between 8am - 4:30pm. hJan4

**YOUNG COUPLE WITH CHILD** wishes to buy a home in Garden City. Able to close quickly, no home to sell. Mid to upper \$200's. (718) 225-9210. gcF2

**FRANKLIN SQUARE FAMILY** interested in purchasing home in Garden City, in the \$200's range. No realtors please. Call Angelo or Angela at 354-8007. wf1

**HAVE SOLD OUR HOUSE &** need a new one in Stratford School district. Desire 4 BRs, lower \$500's. Principals only please. Call after 7 p.m. 248-7040. gcF2

**MATURE BUSINESS COUPLE &** mother wishes to rent home in Garden City or vicinity. Needs 2 baths and 2 year lease. References available from present landlord. No realtors. On or around May 1. 437-3368. gcF2

**PROFESSIONAL COUPLE SEEKS** Apartment or house to rent in Garden City. Non-smokers, no pets. (718) 330-0756. gcJ5

**ARTIST LOOKING FOR** reasonably priced space to rent as studio. Store Basements and second floors welcome. Would prefer heat and good light. Call Sharon at 783-7656. gcF3

**PROFESSIONAL COUPLE SEEKS** home in Garden City, \$275K-\$325K. Serious buyers, no home to sell. No Brokers. 326-7469. gcF3

**Real Estate To Share**

**WILLISTON PARK - SHARE HOME -** companion to elderly lady. Non-smoker, mature female. Call daughter, evenings, 751-0577. wf3

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

**For Sale**

**8 YEAR OLD COMMODORE** 64 Computer system hardly used by bad children, great for beginners. Includes video monitor, disk drive & printer (with starter kit? Make me an offer. 248-5459. gcJ5

**CHINESE ORIENTAL RUG.** Royal blue/pink, green & taupe flowers with dragon in center. New was \$1,700. Asking \$1,000. 741-1429. gcJ5

**OAK, PIER UNIT** Bedroom set, queen size w/triple dresser & trifold mirror. Chiropractic box spring & mattress. very good condition. asking \$900 neg. Call after 6 p.m. 872-3043. gcJ5

**WROUGHT IRON FURNITURE,** 5 piece, white, new sacrifice \$300. Days only 334-1133. gcJ5

**FOUR MINI-BLINDS** for the original Levitt slide windows, approximately 45"x36". Dark oak hutch, two-piece, 44" wide. Reasonable. Call 333-2651. gcF2

**2 CONTEMPORARY SOFAS,** love seat, chairs, corner bar, 3 stools, folding desk, recliners, glass cocktail and sofa tables, glass fireplace screen, tools, lamps, steel wine rack, microwave and exercise equipment. 742-8281. gcF2

**MOVING SALE: HARDEN** love seat, Baker sleigh headboard, 1920 sofa, cherry dining table, cherry coffee table, small maple table, etc. Mint condition. 747-8926. gcF2

**STERLING SILVER PT 9.25** coffee/tea set, 5 piece, perfect condition. \$3,000. 488-3250. gcJ5

**PENNSYLVANIA HOUSE** SOLID Pine 48" round dining table with two leaves and four matching country chairs. \$550. 742-0465. wf2

**BOYS BEDROOM SET 1** large dresser, 1 small dresser, corner desk and chair, 2 shelf unit, medium wood. Good condition. \$500. price negotiable. 579-2408. wfJ5

**WALL UNIT - BEAUTIFUL** THREE PIECE glass & white formica with bow corners. Excellent condition. 294-6773. wfJ5

**APPLE IIC COMPUTER** Monochromatic monitor, imagewriter printer, plus software galore! Original packaging. Asking \$425. Call 352-3595, leave message. gcFeb1

**UPRIGHT PIANO, FREEZER,** furniture, ping pong table, Commodore 64 computer & game, workbench, portable bar, other household & personal items, some antiques. Call for appointment. 741-0763 evenings. gcJ5

**WALL UNIT - OAK, 7 ft.** custom made. Paid \$6,000, sale \$1,600. Excellent condition. 486-3611. wfJ4

**LARGE LIVING ROOM** mirror, beautiful frame. excellent condition. Price negotiable. 294-9878. gcF2

**For Sale**

**MOVING. SOHMER PIANO,** Microwave, 40's Singer sewing machine, freezer 13.5 cu. ft., foot locker, 28 ft. alum. ladder, air conditioners. 747-8733. gcF1

**STEPPER EXERCISE MACHINE "Life Style"** New completely assembled \$55. Sony Watchman, batteries not included \$25. Call after 7 p.m. or weekends. 354-2808. gcF1

**BLUE FLORAL SOFA** Bed, 6 months old \$500. Kitchen table & 2 chairs \$30. Call 352-7487. gcF1

**QUEEN ANN DINING** room set, very good condition, 1 leaf, mahogany inset, 6 chairs. New \$4,000, asking \$1,200. Call 294-5553 before 8 p.m. gcF3

**MOVING - FURS,** Long Coyote coat 8-10, \$550 worn twice, 1/4 Blue Fox Jacket 10, \$300. Like new. 747-0858. gcF3

**BASEBALL CARDS: 1973** Topps - 24 teams, 900 cards in all \$350. Also, 30 Mad Magazines 1970-1984, \$75. 741-7826. gcF3

**BALDWIN HAMILTON WALNUT** Upright Piano. Excellent condition. New \$4000 - selling for \$1750 or very good offer. 746-3430, leave message. gcF3

**MUST SELL, MINEOLA, WHEATLEY** School District. Brick, New Kitchen, New Bath. Short line Cape. No brokers, please. \$200's. (914) 268-6351. hf3

**DINING ROOM SET: ITALIAN** Provincial oval table, six cane back chairs, china closet, buffet server. Fruitwood. Good condition. Asking \$700. Best offer. 747-0787. wf3

**Motorcycles For Sale**

**HONDA 125 HIGHWAY SCOOTER.** Windshield: Helmet; bags; low mileage; rear carrier, watercooled. Excellent condition. Garaged. \$1,050. 741-6413, call after 7 p.m. wf1

**Motor Home For Sale**

**1990 HOLIDAY RAMBLER,** 460 Ford Motor. Generator, full hook-up. 12,500 miles. Sleeps six; twin beds, overhead bed, couch. Cargo door. Fully equipped kitchen and bath. Refrigerator runs on propane, electricity or battery. Best offer (516) 437-6144. wf3

**Car For Sale**

**MERCEDES 1985 190 E** leather, ABS, seat heaters, ortho driver's seat, sunroof, extra wheel. Excellent condition. \$8,500. 747-0751. gcF2

**ISUZU AMIGO 1991,** 14,800 miles, bought in August, 1992. Mint condition. Asking \$7,500. (516) 354-1806; (212) 563-3264. gcF2

**1985 BMW 318 I WHITE,** 2 door, excellent condition. Must sell, \$5,500. 488-7219. gcF3



Services

1987 NISSAN SENTRA 2 door, 5 speed, A/C & other extras. New clutch, new exhaust, new Michelin tires. Original owner. 741-3513. gcF3

1989 HYUNDAI EXCEL GL Blue Auto, P/S, A/C, AM/FM Cassette, 41 K, like new. Equipped with hand controls. Ed. 747-3231. wf3

1972 CHEVROLET IMPALA 8 cylinders, 2 door hardtop. Original owner, 69,000 miles. Excellent tires, brakes. Barry, 5500, 747-7747. wf3

'92 JEEP WRANGLER, MINT condition. Takes over lease or buy. Must sell. Extras, hard top, soft top, (914) 268-6351. hf3

1987 LINCOLN MARK VII, white w/burgundy leather, all power, abs brakes, new tires, brakes, exhaust & battery. always garaged. Mint. Sacrifice at \$9,950. 294-4135. gcF1

TOYOTA CELICA GTS 88 coupe automatic, fully loaded white, sunroof, 50 K, one owner, excellent condition. 746-4571. \$7,800. gcF1

1982 PLYMOUTH RELIANT. Top running condition. Sunroof, new carburetor. High mileage. \$1,200. 741-6413. Call after 7 p.m. wf1

'88 FORD MUSTANG LX. 38,500 mileage. excellent condition, 4 cylinder, 5 speed, 2 door, bright red, A/C, tape deck, new tires. Garaged. Original owner. \$4,000 747-6841. gcJ5

'84 PONTIAC FIREBIRD Transam, black, 4 Bdl, V8, auto, T tops, mint condition. Original owner. 593-7676 days, 747-4723 eves. gcJ5

1984 MERCURY GRAND MARQUIS - Two-door, blue, loaded. Including A/C, power seat, cruise control, AM/FM, 38,000 miles. PS/PB, new tires. \$3,495. 742-0520. W-J-5

1988 BMW 528E, dolphin grey, burgundy leather, all power, all options, ABS, immaculate \$10,800. Days (516) 364-3436, eves (516) 775-3896. gcJ5

Services

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**VENDORS WANTED FOR indoor craft Fair, Sat. March 6, 10 am-4 pm at Ethical Humanist Society, 38 Old Country Road, Garden City (1 1/2 miles west of Roosevelt Field). For application, call Joyce at new phone number 294-6780. hJ3**



## Vegetarian View

By Margaret Wing-Peterson



## Learning from Chinese food choices

As complex as tea-smoked duck, as subtle as steamed chicken and always reflecting the resourcefulness of the culture from which it comes — that's Chinese food.

There's no more fitting way to celebrate February's National Heart Month and Chinese New Year than to eat in traditional Chinese style, one of the most healthful cuisines available.

From Cornell University's long-term research project comes striking preliminary data that illustrate how far we Americans could go with vigorous exercise and a prudent diet.

The average Chinese in a rural setting eats 20 percent more calories than an American yet measures 20 percent thinner. The typical diet in agricultural China shows scarcity still dictates food choices.

Compared to Americans, the Chinese get a third less protein. The Chinese diet averages only 15 percent fat calories, much less than the all-American's 37 percent fat level.

Rice, wheat, soybeans and other plants form the core of the Oriental diet — agrarian Chinese derive more than three-quarters of their calories from carbohydrates, compared to Americans who eat only 45 percent of their calories as carbohydrates (with half of those carbohydrates in the form of sugars).

The typical Chinese fiber intake in a day can be more than three times what Americans manage. Rural Chinese also consume high levels of certain nutrients such as beta-carotene, available in green leafy vegetables and deep-yellow produce.

Yet, rare are reports of osteoporosis and iron-deficiency anemia, and no cases of fiber-generated mineral deficiencies have been observed.

The Chinese enjoy health consequences we Americans could live with — one-seventeenth the American males' rate of heart disease death (blood cholesterol levels in rural Chinese men average less than 160 but it's 210 in American males).

The Chinese are also two to three times less prone to develop colon cancer and much less likely to suffer diabetes, develop cancers in the reproductive organs and die of heart attack. Death from breast cancer is one-fifth the U.S. rate and from cervical cancer, one-eighth America's mortality.

Interestingly, as non-urban, impoverished Chinese move to the more industrialized regions of China and improve their economic standing, their blood cholesterol levels start to rise, and with this rise comes an increase in the diseases of affluence, such as coronary heart disease and cancers of the colon, lung and breast.

Much more work must be com-

pleted before any conclusions can be made about the processes by which the Chinese and Americans promote health or premature death through lifestyle choices. Certainly genetic differences form part of the puzzle.

The key to wellness is not simply to patronize Chinese restaurants more often. The Americanized Chinese dishes favored by many in this country are a far cry from peasants' low-fat fare: chow mein with deep-fried noodles, fried rice.

The common rural Chinese diner will savor as his meal half an ounce of fish, half a pound of rice, half a pound of starchy vegetables such as sweet potatoes and half a pound of vegetables, all for about 10 percent fat calories.

It's been said the Chinese will eat anything with four legs except a table and anything that flies except an airplane. Although you might not feel this adventurous the next time you do Chinese, adhere to the principles of true Oriental dining — load up on plants-tuffs.

Gung hay fat choy (Happy New Year!) May good health be yours in the Year of the Rooster.

### SZECHWAN EGGPLANT

- 1/2 cup defatted, reduced-salt chicken broth
- 1 teaspoon sugar
- 1 teaspoon vinegar
- 1 tablespoon reduced-salt soy sauce
- Dash black pepper
- 1 1/2 pounds Oriental eggplant or 1 large eggplant
- 2 whole green onions, finely chopped
- 1 teaspoon minced fresh ginger
- 2 teaspoons minced garlic
- 2 small dry hot chili peppers
- 1 teaspoon cornstarch
- 1 tablespoon water
- 1 teaspoon sesame oil
- Yields 4 servings.

In small bowl, combine chicken broth, sugar, vinegar, soy sauce and pepper; set aside. Peel eggplant; cut into strips 2 inches long and 1/2 inch thick (do not peel if using Oriental eggplant).

Spray large non-stick skillet with non-stick cooking spray; place over medium-high heat. When pan is hot, add eggplant; stir-fry 3 minutes, stirring continuously to prevent burning. Remove from pan.

Heat pan; add onion, ginger, garlic and chili peppers. Stir-fry about 2 minutes. Return eggplant to pan, pour in chicken broth mixture, cover and cook over medium-low heat until eggplant is tender, about 6 minutes.

Blend cornstarch and water; pour into pan and cook, stirring, until sauce bubbles and thickens. Stir in sesame oil just before serving.



### PRAYER TO THE BLESSED VIRGIN (Never known to fail).

Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. Thank you Blessed Mother." T.D.C. wj5

### NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked ST. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for prayers answered. T.D.C. wj5

### NOVENA TO ST. JUDE

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### OH, ST. JOSEPH, WHOSE

protection is so great, so strong, so prompt before the throne of God, I place in you all my interest and desires. Oh, St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings through Jesus Christ, our Lord. So that, having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers. Oh, St. Joseph, I never weary contemplating you, and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph Patron of departing souls Pray for me. Say for nine mornings for anything you may desire. It has never been known to fail, so be sure you really want what you ask for. D.G. wj6



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# Kids Home Newspaper



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By J.R. Rose -

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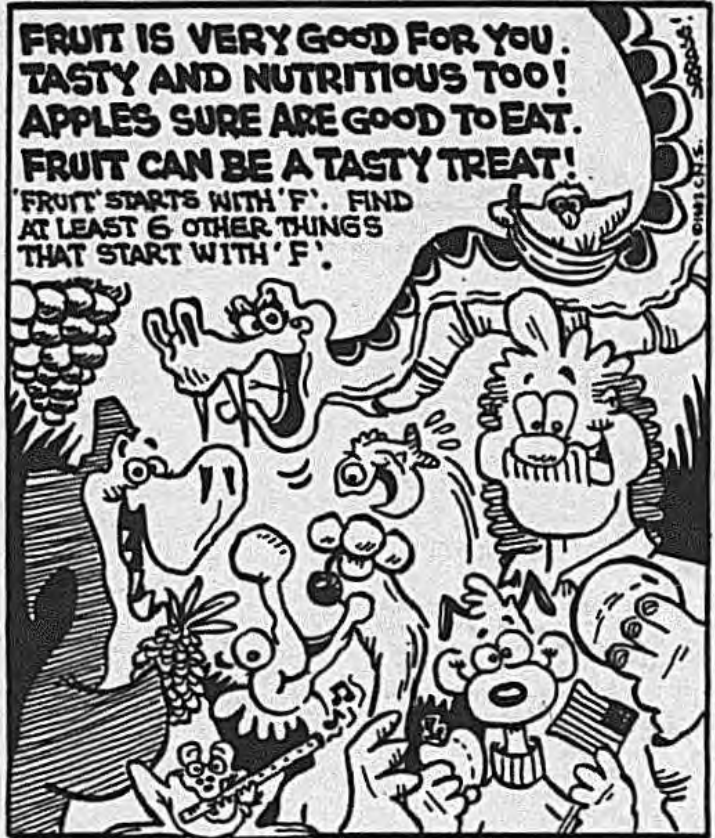


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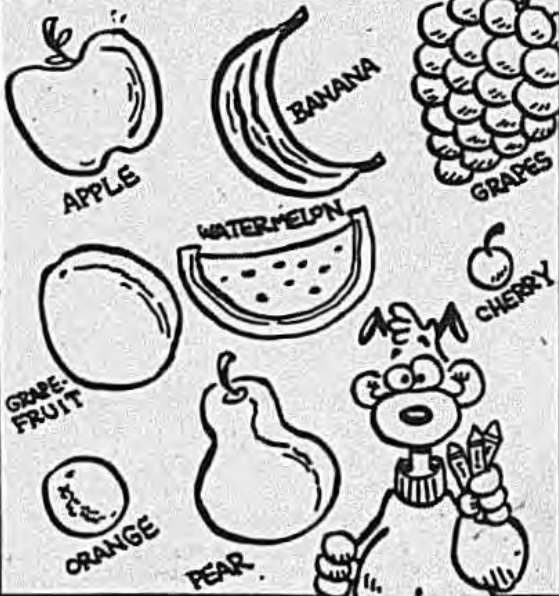
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# ANTIQU OR JUNQUE



By James G. McCallam

## Paper umbrella is in good condition

**Q.** Enclosed is a picture of my umbrella; it is made of paper. As you can see, it came from the Chicago World's Fair.

Could you please tell me if it is worth anything?



**A.** This paper umbrella appears to be in remarkably good condition for its 60 years. It would probably be worth about \$65 to \$75.

**Q.** This mark is on the bottom of a ceramic bowl that measures 9 inches in diameter and is 3 1/4 inches deep. It is also marked "A.F.S." It is decorated with green trees in a meadow against a blue sky.

Can you tell me who made it, when, and what is its value?



**A.** This bowl was made in a pottery class at Newcomb College in New Orleans in the early 1900s. It was decorated by a student, Anna Frances Simpson.

Since all of these items were one of a kind, the value is quite high; your bowl would probably sell in the \$1,000 range.

**Q.** I have a covered butter dish marked with an "L" within a crown over "Oscar Schlegelmilch." Would this have any value?

**A.** Oscar was a cousin of Erdmann and Reinhold Schlegelmilch of RS Prussia fame. He operated a porcelain factory in Langewiesen, Germany, from 1892 to the late 1900s.

Your butter dish would probably sell for \$50 to \$60.

**Q.** Can you please tell me anything about a cup and saucer with the following marking? It's a wreath with "O. & E. G. — Royal Austria." The decorations are yellow roses, leafy vines, gold rims and handle.

**A.** Your cup and saucer were made in Altroblan, Austria, by Oscar & Edgar Guthers in the early 1900s. They would probably sell for \$20 to \$25.

**Q.** I am seeking information about a Royal Doulton figurine called "Fair Lady" — HN 2193. I would like to know its vintage and value.

**A.** Doulton Ltd. in Burslem, England, introduced the "Fair Lady" figurine in 1963; it is still in production. The current value is about \$200 in good condition.

The same mold was used with different colored clothes — HN 2832 and HN 2833. These also sell for about \$200.

### BOOK REVIEW

"Warman's Glass" by Ellen Tischbein Schroy (Wallace-Homestead, an imprint of the Chilton Book Co.), is a fully illustrated price guide to hundreds of types of glass, from Carnival to Cameo. It also provides histories, references, clubs and museums.

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# Points on Pets

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

**Q.** Our Siberian husky was recently diagnosed as a diabetic. She is still at the veterinary clinic, where the veterinarian is determining the correct dosage of insulin for her. Will it be difficult to live with a diabetic dog?

**A.** Caring for a diabetic dog takes a lot of patience. However, it is well worth the effort. A lot of diabetic dogs live nearly normal lives once a proper feeding and treatment schedule is determined.

Many of the signs of diabetes in dogs are similar to those seen in humans. These include increased water consumption, increased urination, loss of weight even though the appetite is normal and weakness in the rear legs. The coats of many diabetic dogs look dull and unhealthy.

More chronic signs of diabetes include an acetone odor to the breath, frequent vomiting and eye diseases, including corneal ulcers and cataracts. If left untreated, the diabetic dog will eventually go into a coma and die.

Diabetes in dogs is usually diagnosed by checking the level of sugar in the blood and urine at specific

times following eating. Following diagnosis, it is usually necessary for the dog to remain at a veterinary clinic for a few days while the proper diet and insulin treatment plan is determined.

The treatment after taking the diabetic dog home is similar to that of humans with diabetes. This includes daily insulin injections, special diets, controlled exercise and testing of urine for sugar levels once or twice a day.

The same kinds of insulin that are used to control human diabetes are used in dogs. Usually the injections are given with very small needles in the nape of the neck. Most dogs adjust very well to these routine injections.

Although the care for a diabetic dog is fairly simple, it does require a strong commitment by the owner to feed and give injections at specific times throughout the day. Provisions must be made for care of the dog while the owner is away on vacation. Your veterinarian can further advise about the amount of special care that your dog will require.

## JUNIOR EDITION



### Aunt Tilly's Corner

January is a rather slow month compared to all the excitement and preparation for the holidays the month before. By now you've gone through all your new toys and it's too cold most of the time to go out and play.

I find this an ideal month to reorganize. Start by going into your room. Look under your bed or in your closet or drawers. You'll find old books, magazines, scrap books and collections. There will be clothes you've quickly outgrown and best of all forgotten toys that used to amuse you for hours. You'll be sure to find lots of things that bring back fond memories. You'll find stuff to pass on to younger brothers or sisters and things to just throw away to make room for the new.

Almost always you will find a forgotten toy that you'll end up playing with for the rest of the day. For my son it was his Lego blocks or Star War set.

Don't forget to put your new found treasures away in a nice tidy place where you can easily find them again.

Your friend,  
Aunt Tilly

#### RULES

#### BOYS AND GIRLS

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

Here's all you have to do:  
1. Contest is open to children 4 to 12 years of age.  
2. Entries must be received by

Friday, February 5, 1993  
3. Paint, watercolors and crayons must be used on the above.

4. Decisions of the judges will be final.

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

## YOUR SOCIAL SECURITY

### The Medicare hospital insurance deductible

By William M. Acosta

**Q.** What is the Medicare hospital insurance deductible in 1993? — S.T.

**A.** In 1993, the Medicare hospital insurance deductible is \$876. If your income is about \$7,500 or less (\$10,000 for a couple), your state may pay your Medicare premium, deductibles and coinsurance.

To find out if you qualify, contact your state or local Medicaid agency.

**Q.** My father, who has been receiving Supplemental Security Income for several years, is having his case reviewed again. His case has been reviewed several times in the last few years.

**Why is this necessary? — K.P.**  
**A.** SSI cases are subject to periodic reviews to make sure that the person continues to meet the eligibility requirements and to verify that the payment amount is correct.

A change in the household, income or resources could affect the payment amount. Any changes should be reported promptly.

**Q.** My husband was married before and I know that his ex-wife is getting Social Security benefits on his record. I will be 62 this year and will also be applying on his

record.

**Will my benefits be less because his ex-wife is receiving benefits? — M.G.**

**A.** No. Divorced spouse's benefits fall outside any family maximum limitations and have no effect on the amount of benefit you will be paid.

Likewise, your entitlement will not have any effect on your husband's ex-wife's benefit.

**Q.** My husband was receiving Social Security Disability benefits. He was imprisoned for committing a felony. Will he and the children still receive their benefits? — T.L.

**A.** Social Security must be notified immediately if a beneficiary is imprisoned for committing a felony. Benefits will not be paid to him during his months of imprisonment, but family members eligible for benefits will continue to receive them.

## YOUR SOCIAL SECURITY

### The World's Most Beautiful Grandchildren



Marge and Bill Clark of Albertson proudly present their youngest and adorable granddaughter Dana Rose Clark. Her parents are Jeanne and Bill Clark of Albertson. Dana Rose (26 months) has brought much love and happiness to her grandparents Ann and Tom Cerrato who live in New Hyde Park. Dana is also loved dearly by her Aunt Anamarie Cerrato.