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1993-94 Budget Process Underway



Representatives of the Board of Education and the administration recently spent a Saturday touring each of the District's ten school buildings. This is one of the many steps that the Superintendent of Schools and the Board of Education take to ensure that the most educationally sound and cost effective budget will be presented to the taxpayers of Hickville. To date, Phase 1 of the District budget plan has been completed. Each of the building Budget advisory committees has submitted their budgets for review to the Central Budget Lay Committee. The Committee, chaired by Stuart Opdahl, Assistant Superintendent for Business, is comprised of the following community volunteers: Denise Francois, Raymond Manzo, John Moehringer, Laurie Flash, John R. Beutelman, Thomas Lupaki, Robert DeFreitas, Maureen Traxler, Nancy DeSorbo, Nancy Callari, Alfred Guttenberg, Jeff Siegel, Mary Carton and William Kelly.

At a recent Board of Education meeting, Superintendent of Schools, Salvatore Mngavero, thanked the community for volunteering and commended them for their commitment of time and dedication to such a meaningful task. Pictured on the recent budget building inspection tour at Dutch Lane School are: Front Row L-R: Principal Nancy Burke, Trustees Ariene Rudin and David Staton, and Salvatore Mngavero, Superintendent of Schools. Back Row L-R: Trustees Richard Pfaender and Voley Martin and Assistant Superintendents Stuart Opdahl and Robert Durso.

Student Accepted At Cooper Union

Last year, Adam was the recipient of the Renaissance Medal, awarded annually to the outstanding math and science student in the Junior class. A Senior at Hickville High School, Adam ranks second in his class. Adam plans to study mechanical engineering at Cooper Union and hopes to pursue a career in Robotics.

Hickville Public School District announces with great pride that Adam Fierster has been accepted to study at Cooper Union, one of the most prestigious schools of engineering and architecture in the nation, accepts approximately one hundred engineering students each year, all of whom are on full scholarship.



Adam Fierster receives congratulations from High School Principal Richard Hogan.

New S.O.R.T. Holiday Collection Schedule

A new holiday collection schedule has been developed for the town of Oyster Bay S.O.R.T. recycling program, it was announced this week by Oyster Bay Town Councilwoman Ann R. Ocker.

"Prior to the development of this new holiday collection schedule, there were collections on certain holidays, but not on others, and there were no make-up dates if a collection was missed because of a holiday," Councilwoman Ocker explained. "Under the new schedule, there will be make-up days for those holidays on which collections are not made."

The Councilwoman urged residents to familiarize themselves with the new holiday collection schedule because it differs from information that was printed in the Town Calendar. She also said residents who have a Friday S.O.R.T. collection should take particular note that there will be a make-up collection on Saturday, February 13, for Lincoln's Birthday.

On the following holidays, there will be regular collection:

Election Day, Veterans Day, Christmas Eve, New Year's Eve.

On the following holidays, there will be no collection, but a special make-up collection will be held on the following Saturday:

Lincoln's Birthday, Independence Day, Thanksgiving, Christmas Day, New Year's Day.

Free Help With Taxes

Free assistance in preparing 1992 tax returns is being provided from now through April 15 at the Hickville Public Library by volunteers from the American Association of Retired Persons (AARP) and the Volunteer Income Tax Assistance (VITA) Program. The schedule is as follows:

Sundays, 1-4 p.m.: VITA volunteers from Hofstra University
Mondays and Wednesdays, 10 a.m. - 2 p.m.: AARP volunteers
Thursdays, 5-8 p.m.: VITA volunteers from Nassau Community College
Fridays, 5-7 p.m.: VITA volunteers from St. John's University

Long Island's Future Boom Or Doom?

By Maureen Traxler

Newman Paul Townsend sounded the alarm: "An economic crisis that will destroy Long Island as a quality place to live for a long time to come," as he attempted to awaken Hickville residents to, in his view, "the three biggest lies" on this fair isle. Mr. Townsend also recounted what he foresees as "three golden opportunities for a fantastic future for Long Island."

Mr. Townsend, editor of Long Island Business News and outspoken news mogul who dares to write about many controversial subjects, was the guest speaker at the February 4 meeting of the Hickville Community Council. He sparred one-on-one with several residents who challenged his theories about what's wrong with Long Island.

"Why is Long Island in economic crisis," he asked. After all, Long Island has a skilled labor force, a high quality of living, is located near New York City, is the gateway to Europe, has an extensive railway system, revolutionized affordable housing, leads the world in software and has the highest family expendable income in the United States. And yet, Long Island has increasing unemployment, high taxes, a loss of 118,000 jobs and is experiencing an exodus of those who cannot afford to live here anymore.

"Long Island is the most overgoverned region in the nation," challenged Mr. Townsend, with 660 units of government, including 93 villages and 137 school districts. He warned of school bureaucracies, and cited 42% school space unused, a drop of student enrollment of 14% since 1983 with a 521% increase in administrative staff, and an average per pupil cost per year of \$9,000. The third area in which Mr. Townsend feels Long Islanders have been given only half-truths is the supposed myth of limited quality groundwater. He puts forth that Long Island has enough water for 1,000 years.

"Isn't it time we woke up to our being conned?" he implored. Mr. Townsend outlined three panaceas necessary for Long Island's brighter future - cut taxes, permit affordable housing and provide jobs to ensure the quality of life.

Golden Opportunity #1: Cut Taxes.

Mr. Townsend called for a consolidation of governments and a privatization of various municipal functions. A report formulated by State University at Stony Brook for the Bi-County Committee for tax relief declared that the Island is losing \$547 million a year through wasteful duplication or mismanagement. Mr. Townsend contended that if Long Island were governed solely by its 15 townships, taxes could be cut by 25%. Privatizing such recreational facilities as golf courses, marinas and cabanas could provide these services at lower cost.

Golden Opportunity #2: Housing

Mr. Townsend maintained that the Island needs 43,000 units of starter housing, and he proposed that building codes be modified and red tape be cut in order to provide this housing. He suggested tax abatements to starter households. He also advocates a revival of decaying downtowns.

Golden Opportunity #3: Create Jobs

Mr. Townsend challenged Long Island to use its resources. By location, Mr. Townsend suggested that Long Island could be a gateway to European and Middle Eastern markets and proposed the use of the Calverton site as a global air cargo jetport. Noting that many product components are flown into an area and immediately assembled, Mr. Townsend added that in many instances no warehousing would be required and free trade zones could be established.

Summing up, Mr. Townsend challenged Long Islanders to restructure their thinking by directing taxpayers' fear into radical change.

There was a quick rebuttal by current and former school board trustees present in the audience to the newsmag's

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Jottings From Yesteryear

I just finished shoveling snow and find it no different then when I was young. One shovel, one back and a few muscles, with a few aches. But, when the sun came out, it brought out the beauty of the snow covered trees, shrubs and the birds feeding at the feeder.

I remember the Charles Stores, Montgomery Ward and Sears catalogs, all have or will be a thing of the past. The disappearing is due to more shopping areas or is it the great decrease in out houses? I know that old telephone books have long ago replaced the catalog to raise small children on chairs at dinner.

In my cellar a Broadway Drug Shop medicine bottle was found. It read Stokes Expecterant, giving ingredients of alcohol and opium. The bottle and label are old. The Rexall Drug Store has long disappeared. The building was torn down with the Broadway widening.

During a conversation, a friend came up with the Noah's Ark story. He questions the pairs of animals going on the ark. He thinks he saw a photo of a Chimp and me boarding. I can't find my sled. Guess snow figures will have to do.

Bill Clark

Ed Note: Sam Toscano reminds us that he, too, was able to identify the photo of Broadway and Urban Ave. He identified it correctly in 1988, remembering that he used to go there in the 1930's to the Polish Picnics.



1920 view of Old Country Rd. looking East from Jerusalem Ave., note traffic blinker of the day. Building at left is the original Hicksville Courier (later Center Island News). Just behind blinker is the private water works.

Photo from Historical Society



1993 Photo - Same area I-Hop Pancake building replaced News Building and the Lighthouse Restaurant replaced Water Works. Note New Traffic Lights and widened road.

Photo by Bill Clark

Friendship Sunday At St. Paul's

A friendship celebration will take place at St. Paul's Lutheran Church on Sunday, February 28, at the 10:30 a.m. worship service.

The congregation of St. Paul's invites all of our friends in the community to join us for this celebration as we remember our best friend, Jesus Christ, who

exemplified the perfect love of a friend by laying down His life for us.

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

Letters

To the Editor:

As a member of the Oyster Bay Town Board, I must correct the inaccuracies in the story "Garbage Contract Will Save Taxes" (Syosset Advance, January 29).

This is the first garbage hauling bid the Supervisor had anything to do with. The only role he played in the prior hauling contract was to vote for it in early 1992; it was bid before he became a member of the Town Board.

I and the other members of the Oyster Bay Town Board are justifiably proud of the ongoing solid waste management activities in our Town. These carefully developed programs - from the latest waste hauling contract to ongoing negotiations with the Town of Hempstead to our nationally acclaimed recycling program - are beginning to bear fruit and significant tax relief for Oyster Bay homeowners. Our recycling program, alone, has resulted in a cumulative five-year tax savings of \$225 for the average homeowner.

These and other programs are the result of years of work by the Oyster Bay Republican / Conservative majority on the Town Board and not, as Mr. Yevoli would like us to believe, the result of 13 months of his feeble administration.

Don't try to reap the harvest, Lew, when you haven't sown the seeds.

Thomas L. Clark
Town Councilman

Seniors Get Help On Blue Cross

According to Oyster Bay Town Clerk Carl Marcellino, there is help available to the many aged residents who are having difficulty certifying residency in order to obtain Blue Cross medical insurance.

"My office has received calls from relatives of elderly residents who are stymied by the need to certify residency for their aged loved ones," Mr. Marcellino said. "In many cases, the elderly person no longer has a valid drivers license and does not pay taxes or utility bills because he or she is living with a family member. After voter registration has lapsed as well. In short, the usual means of certifying residency for Blue Cross medical insurance no longer exist."

"In an effort to help residents who are searching for answers to this problem, my office has learned that all questions of residency are referred to and resolved by the Albany Office of Empire Blue Cross," Marcellino added. "A call to either a Customer Service Representative at (800) 831-3141 or the Underwriting Department at (518) 367-3164, should steer residents in the right direction."

Mr. Marcellino counseled patience when calling the (800) number. Being placed on hold for several minutes is not unusual.

He also added, "Residents in need of further assistance regarding this matter can contact me at 922-5800 ext. 2310."

Marcellino Claims Bait, Switch

Oyster Bay Town Clerk Carl L. Marcellino has called on the Town Board to take immediate action aimed at preventing what he terms the "bait and switch" tactics recently employed by developers in the Syosset community.

Marcellino, a Syosset resident, is referring to two special use permit applications presented to the Town Board in recent months. In each of these, while the original proposal advanced by the developer indicated permission was being sought for a shopping center housing several small neighborhood-type stores, ultimate plans detailed shopping centers with large, regional retail outlets as primary tenants. Both applications were for sites in close proximity to each other, located in the vicinity of Jericho Turnpike and Underhill Boulevard.

"Under present Town Code, there is apparently a grey area relative to the site plan ap-

proval process inherent in a special use permit," said Marcellino. "This should be corrected at once in order to ensure that the site plan provided the Board as part of the special use application, and presented at public hearing, does, in fact, reflect exactly what the proposed development will look like."

In conclusion, Marcellino stated that while he is aware several Town Board members have voiced concern about this matter, he fears any further delay in acting on the needed amendment of the Town Code places communities throughout the Town in jeopardy.

"I urge the Town Board to do all in its power to fast track the legal work necessary to enact Town Code amendments to make certain that the Board and members of the community are aware of the specifics of a development application at the time of the special use hearing."

A Sweet Holiday Gesture

A citizen of Hicksville sent a sweet load of Christmas cheer to the entire crew of a United States Navy aircraft carrier.

Mrs. Therese B. Schram received a ship's newsletter with a personal note from her grandson, Airman Brian P. Gunnigle, who is assigned to the air department of USS John F. Kennedy. The ship is on deployment to the Mediterranean Sea for six months.

Because the newsletter with her grandson's note made it clear that the 6,000 men assigned to Kennedy would be spending their Christmas far from home, Mrs. Schram sent a check for \$850 to Associated Candy and Nuts in Hicksville with instructions for the company to send enough candy to the ship so that each man could have a piece.

Sure enough, the candy arrived aboard Kennedy only shortly after Christmas. The ship's commanding officer, Capt. Timothy R. Beard, received the 60 pounds of chocolate-covered cherries by mail while the ship was in Marseille, France, for the holidays. He had the ship's senior en-

listed man, Master Chief Charles Smith, distribute the candy. Smith did his pleasant duty and saw to it that as many men as possible got a piece of Mrs. Schram's thoughtful gift.

Mrs. Schram's grandson, Airman Brian Gunnigle, said that he was surprised at her gift, although it is not surprising for her to do such a thing. Her late husband was in the Navy back in World War II, and she was proud of Brian when he joined the Navy. Mrs. Schram was also an avid supporter of the U.S. military effort during Operation Desert Storm.

Brian works on the flight deck of USS John F. Kennedy driving tow tractors that move the aircraft around at night. He has been on active duty in the Navy since July 1990 and on board John F. Kennedy since November 1990, just in time for him to serve in Operations Desert Shield and Desert Storm.

Brian says that he loves his job moving the "birds" on the flight deck and hasn't made up his mind yet about what he wants to do when his tour of active duty is over.

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Rachowitz-Goerke Engagement



Brian Goerke and Dale Rachowitz

Mr. & Mrs. Bernard Rachowitz of Plainview and Mr. & Mrs. Herbert Goerke of Hicksville are proud to announce the engagement of their children Dale Rachowitz and Brian Goerke on Christmas Eve 1992. Dale is a graduate of Plainview High School and C. W. Post and Brian is a graduate of

Hicksville High School and St. John's University.

Brian is employed as an auditor for U.S. Trust Company and Dale as a head teacher for Innovative Learning Centers. An August 28, 1994 wedding is planned at the Westbury Manor.

Residents Appointed To Mid-Island Committee



Mid-Island Hospital this week appointed its first Citizens Advisory Committee. Shown here is the Rev. Vincent Crotty of St. Martin of Tours in Bethpage, being congratulated by Mid-Island Hospital President Robert J. Reed. Also appointed were John Brody, manager of health systems for Grumman, and Frank DeBebes, Bethpage Fire Department Commissioner. The CAC will act as a liaison between the hospital and the community, to help Mid-Island better service local residents. The formation of the CAC follows the announcement earlier this month that Preferred Health Network had signed a memorandum of understanding to acquire the hospital.

Fork Lane Remembers The Needy



Fork Lane Student Council members' smiles reflect the satisfaction they have derived from their good deeds. They are pictured with their advisor, Mrs. Lori Hornik: Top Row, L-R: Jacob Mathis, Justin Galacz, Paul Flaah, Kurt Spiegel (Treasurer), Timothy Silver (President), Annette Gonzalez, Gina Simonalli (School News Editor), Kellie Kwas, Kelly Stenson, Middle Row: Heather Hock, James Buran (Vice-Pres.), Marc Chiusano, Christine Costa, Joanna DeFelice, David Kanl. Bottom Row: Christopher Rooney, Erik Nerdalen, Peter Noce, Miriam Heller, Elizabeth Walsh (Secy.), and Tara Degoaki.

The Fork Lane School Student Council, under the direction of Mrs. Lori Hornik, has directed all of their efforts this

year toward helping those less fortunate than themselves. The students are currently working hard to raise money to donate to shelters for the homeless. They have been making refrigerator magnets to sell for this mean-

ingful cause. Earlier this year, the students gave gift certificates to needy families in the Hickville community. They also collected and donated books and clothing for the needy. They have held bake

sales and enjoyed participating in the many fundraising activities. However, their greatest pleasure has come from the satisfaction of knowing they have been able to help others.

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in a basket, it would be my
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East Street Announces Honor Roll

East Street School Principal Donato Guadagnoli proudly announces fourth and fifth grade students named to the Honor Roll for the second quarter. Students who achieved an average of 95 per cent have been named to the Principal's Honor Roll. They Are:

Grade 4

Joanna Morowitz

Grade 5

Jaime Kabin
Jolene LeCren
Arlin Odar
Michael Reid
Jesse Marino
Vinay Venugopalan

Students must achieve an average of 90-94 per cent to be named to the Gold Honor Roll. They are:

Grade 4

Donna Demowski
Joanna Hadjioannou
Demetra Kervas
Kevin Shortz
David Siegel

Grade 5

Morgan Appleby
Katie Brooks
Vikki Girihar
Andrea Mancuso
Joseph Nash
Ryan Singer
Vijay Venugopalan
Ryan Walker

The Blue Honor Roll names students who have achieved an average of 85-89 per cent. They Are:

Grade 4

Jonathan Bazz
Daniel Benardo
Jayme Britton
Kristin Cox
Joseph Calazzo
Anthony Lanno
Timothy Johnson
Costas Katsaros
Stephanie Keilly
Matthew Luyter
Dana Martillo
Bridget O'Hara
Faith Ojanlach
John Pinto
Kathryn Quinn
Kiss Rasool
Jocelyn Ronderos
Jose Rivera
Antonietta Rosolino
Andrew Skopanic
Michael Shans

Grade 5

Joseph Corrado
Jennifer Cox
Stephanie Doran
Elizabeth Hart
Katerina Kallergis
Dino Konstantatos
Leslie Martin
Michelle Murphy
John Resson
Stephen Riecia
Matthew Snadachy
Tiffanny Terranova
Zouneh, Gregory

as part of his closing remarks, that he was born, bred and still lives in Hicksville. It was quite

apparent that he is quite happy about where he lives and where he works.

Oratorical Winners



At the Nassau County American Legion Oratorical Competition finals the winning speaker was Melissa Chernocky of Roslyn High School (second from right), standing jubilantly with Eric Paley, 3rd place, of Roslyn High; County Legion Oratory Chairman, Herb Blauer; Angela Agrapides, 2nd place, of Seaford High, and Richard Evers of Hicksville's Charles Wagner Post 431, often a judge in Legion Oratory Contests. St. Mary's School, Manhasset, was the scene of the Nassau Championship Contest.

Adopt-A-School Friends



Happy Valentine's Day! Lee Avenue School students are all smiles as they display valentines to be shipped with boxes of goodies to Florida school victims of Hurricane Andrew. Their fellow students at East Street School also participated in the Valentine's Day Program.

Empire State College Talk



Assistant Dean Ed Saueracker of Empire State College, flanked on the left by Hicksville Kiwanis President Patti Le Compte, and on the right by Kiwanian Constance Clarke, an alumnus of Empire State College.

On January 20, Ed Saueracker, Assistant Dean of Empire State College - Long Island Sector, spoke at the weekly Kiwanis Club luncheon. He presented interesting information about his employer, the not too well known Empire State College, part of the SUNY system.

He elaborated on the workings of the institution, a non-traditional college with locations in Old Westbury, Stony Brook, and Hauppauge, which specializes in guided independent study. The average student's age is 37 with more than half between 35 and 45; the cost is \$170 per credit. Empire State College will grant up to 96 credits for learning associated with life experience, but only if the student is able to clearly articulate the learning experiences. The program includes many electives and or indepen-

dently designed courses. This normally is not a college, he told the club, for the average 18 year old, or those who need support groups to succeed. The successful student usually possesses superior time management skills and a sense of purpose.

Courses (guided independent study) usually run 16 weeks. Students are given reading and research assignments, then work entirely on their own. Every two weeks or so, students meet with their professors to discuss their learning, be evaluated and receive further guidance. Their completed courses can lead them to Associate, Bachelor and even Graduate degrees.

Additional information can be acquired by contacting the Empire State College at 997-4700.

Dean Saueracker was sure to tell the club, with some pride,

Students from Lee Avenue and East Street Schools send boxes of goodies and valentines to their friends at the Avocado Elementary School in Homestead, Florida. Classes at both schools collected small gift items and arts and crafts supplies and boxed them with a special Valentine's Day card from each class.

The Schools are participating in the districtwide Adopt-A-

School Program for victims of Hurricane Andrew. Last December, students at Burns Avenue, Dutch Lane, and Old Country Road Schools, along with the assistance of PTA parents, collected and shipped holiday gift items for Christmas and Chanukah to the Avocado School students. The schools plan to send greetings and gifts for St. Patrick's Day, easter and Passover.

Central Park Historical Society News

The January meeting of the Central Park Historical Society was well attended when Danny Schiavetta turned the chair over to the new president, Lenny Mulqueen.

Danny thanked the many people from the organization who helped make his term of office and the growth of the Society a success. He also told how pleased he was to renew many old acquaintances, as Danny grew up and raised his family in Bethpage, plus the

bonus of making many new friends during his term of office in the Central Park Historical Society.

He was also proud of the many accomplishments of the Central Park Historical Society. The monthly meetings are always very well attended by the very interested and interesting members, and the programs have been educational, entertaining and informative. The Society also co-sponsored programs of historic interest

with the Bethpage Public Library for adults and children. A monthly newsletter keeps us up-to-date with the meetings and interesting folklore.

The Society has their annual picnic in the park in the summer, then looks forward to Bethpage Day. The first Saturday in October has been officially declared Bethpage Day by the Town of Oyster Bay. A time when all the people of Bethpage gather in their lovely Community Park and celebrate "us." After Bethpage Day they take a short break then start planning their annual Harvest Moon Dinner held in November. They end the year with a traditional Christmas celebration of friends, stories, carols and good food.

At the end of Danny's term the organization was very proud to present the Bethpage Public Library with a beautiful 32" TV and VCR. This gift will be a great asset to the library assisting them in their programs.

The Society wishes to thank Mike Steiniger, president of the Central Civic Association of Bethpage and the Bethpage Community Council, for installing their new slate of officers - Lenny Mulqueen as president and Ann Albertson as Vice-President. Mike gave the members an interesting and informative overview of the organizations he is president of. He reminded everyone of the importance of belonging and working together to continue to keep Bethpage the beautiful unique community it is.

The Society has now taken on the new leadership of Lenny Mulqueen and plans to continue the many programs started by Danny. Lenny, a very talented wood turner, will present a program at the February 17 monthly meeting. He will demonstrate with a single piece of wood the many steps it takes to create one of his masterpieces that many have admired. He will also tell us about the exotic woods he purchases which he molds and accents the finished product. The Society is very pleased Lenny agreed to do this program and are looking forward to it.

Lenny and George Hoban are already planning a float for the Memorial Day parade. They are responsible for the past very memorable floats of the Powell Ave. School and the Central Park RR Station. This year they plan to recreate the Beautiful Beau Sejour. The restaurant played a vital part of the Golden Days of Bethpage. It provided "dining at its finest" for many of the very famous and influential people of the time. The Society is looking forward to seeing the Beau in all its glory in the Memorial Day Parade.

Future Meetings

February 17, 8 p.m., at the Bethpage Public Library

March 17, 8 p.m., Bethpage Public Library. The program: History of Steins and stories about old breweries.

April 21, 8 p.m., Bethpage Public Library - Annual Trivia Night. Try to stump the Society with a piece of Bethpage past.

The Society is interested in old pictures of Bethpage. Bring them to the next meeting or contact Bob Albertson, 933-1795.

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- Decorators
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Franklin Square, NY 11010

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SNOW REMOVAL

Commercial & Residential
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FROM EVERGREEN LAND LANDSCAPE SERVICES
TOM OWENS

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 as-
certained, distributees,
heirs-at-law and next-of-kin
of said Charles H. Lykes,
deceased, and if any of the
said, above distributees
named specifically or as a
class be dead, their legal
representatives, their hus-
bands or wives, if any, dis-
tributees and successors in
interest whose names and/or
places of residence and post
office addresses are un-
known and cannot after
diligent inquiry be
ascertained.

GREETINGS

WHEREAS, L. ALYCE
BROWN who is domiciled at
6 Stillwood Road, Brook-
haven, New York 11719 has
lately applied to the Sur-
rogate's Court of our County
of Nassau, to have a certain
instrument in writing bear-
ing 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 Testa-
ment 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 Nas-
sau, on the 3rd day of March
1993 at 9:30 A.M. of that day
why the said Will and Testa-
ment 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, on 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 ap-
pear, it will be assumed that
you consent to the proceed-
ings, unless you file written
verified objections thereto.
You have a right to have an

LEGAL NOTICE

attorney-at-law appear for
you.

A TRUE COPY OF THE
WILL MUST BE ATTACH-
ED 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

LEGAL NOTICE

NOTICE OF SALE
SUPREME COURT:

COUNTY OF NASSAU/
Oyster Bay, NY
CITYBANK N.A.,
Plaintiff
against
MARLA STEWART,
THE LONG ISLAND
SAVINGS BANK, et al.,
defendants
PURSUANT TO JUDGE-
MENT OF FORECLOSURE
AND SALE

dated February 3, 1992,

I will sell at public auction
on March 10, 1993 at 9:00
A.M. at The North Front
Steps of the Nassau County
Courthouse, 262 Old
Country Road, Mineola, NY,
premises in NASSAU Coun-
ty, bounded and described as
follows: Section: 46 Block:

171 Lot: 76 BEGINNING at
a point on the Northeasterly
side of Felice Crescent, dis-
tant 830.69 feet Northeasterly,
Easterly and Southeasterly,
as measured along the
Northwesterly, Northerly
and Northeasterly sides of
said Felice Crescent, from
the Northeasterly and of the
curve connecting the
Northwesterly side of Felice
Crescent with the Northerly
side of Fifth Street;

RUNNING THENCE
North 72 degrees 23 minutes
East, 107.78 feet;
RUNNING THENCE South
31 degrees 43 minutes 40
seconds East, 122.44 feet to
land now or formerly of
School District No. 17, Town
of Oyster Bay;

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

RUNNING THENCE Nor-
therly and Northwesterly,
along the Easterly and Nor-
theasterly sides of Felice
Crescent, along a curve
having a radius of 150 feet a
distance of 68.73 feet to the
point or place of BEGIN-
NING,
FOR CONVEYANCING
ONLY.

TOGETHER with all right,
title and interest of, in and to
any streets and roads abut-
ting the above described
premises.

Premises described in
Schedule A are known as:
Street Address: 40 Felice
Crescent, Hicksville, N.Y.

Upset price is \$152,000.00.

LEGAL NOTICE

Premises will be sold sub-
ject to provisions of filed
judgment;

Index # 15537/91.
PARISI, BURICO &
DEROSE,
Attorneys for the plain-
tiff,
213-44 38th Avenue,
Bayside, New York 11361

Under the direction of the
referee,
DAVID TURBRIDY, ESQ.
MIT 2658
4X 2/12, 19, 26, 3/5

LEGAL NOTICE
NOTICE TO BIDDERS

The Board of Education of
Hicksville Union Free School
District of the Town of
Oyster Bay, Nassau County,
New York, in accordance
with Section 103 of Article
5-A of the General Municipal
Law, hereby invites the sub-
mission of sealed bids on
Computer Equipment
1992/93:18 for use in the
schools of the District. Bids
will be received until 2:00
P.M. on the 22nd day of
February 1993, in the Pur-
chasing Office at the Ad-
ministration Building on
Division Avenue at 6th
Street, Hicksville, New York,
at which time and place all
bids will be publicly opened.

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

The Board of Education
reserves the right to reject
all bids and to award the
contract to other than the
lowest bidder for any reason
deemed in the best interest
of the District. Any bid sub-
mitted will be binding for
One Hundred Twenty (120)
days subsequent to the date
of bid opening.

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

Dated:
February 8, 1993
MIT 2660
1X 2/12

NOTICE

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

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

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

Town Keeps Golf Fees At A Par
For The Fifth Year

The Oyster Bay Town Board
has adopted a schedule of fees
for the Town Golf Course which
reflects no increase over the
previous four year's fees, ac-
cording to Town Councilman
Thomas L. Clark.

Councilman Clark said, "As a
result of the Town's careful
management of this premier
recreational facility, we have
been able to hold the line on
fees at the same level as when
the course opened in 1989. We
will also continue to offer a
special discount rate for volunteer
firefighters and auxiliary
police.

Membership is open to resi-
dents of the Town of Oyster Bay,
as well as non-residents. The
cost of an individual member-
ship will be \$125 for residents,
\$250 for non-residents, \$75 for
senior residents (62 and older)
and \$150 for non-resident
seniors.

As a tribute to members of
volunteer fire departments and
the auxiliary police, there will
be a special discount member-
ship fee of \$75. "The volunteer
firefighters and auxiliary
provide an invaluable service to
our communities," Councilman
Clark commented. "This is just
one of the Town's ways of
saying thanks."

Councilman Clark noted that
all memberships entitle the gol-
fer to reduced green and
motorized cart fees as well as
the ability to sign up an entire
foursome.

Two schedules of green fees
have been established, one for
weekdays and one for weekends
and holidays. Weekday green
fees will be \$12 for resident
members, \$20 for resident non-
members, \$8 for senior resident
members, \$15 for senior resi-
dent non-members, \$12 for resi-
dent juniors (under 21 years of
age), \$8 for resident member
volunteer firefighters or
auxiliary police, \$15 for resi-
dent non-member volunteer
firefighters or auxiliary police,
\$30 for non-resident guests, \$24
for non-resident members, \$16
for senior non-resident mem-
bers, \$24 for junior non-
residents, \$40 for non-residents
and \$30 for senior non-
residents.

Weekend and holiday green
fees will be \$18 for resident
members, \$25 for resident non-
members, \$18 for senior resi-
dent members, \$25 for senior
resident non-members, \$18 for
resident juniors (under 21 years
of age), \$25 for resident non-
member volunteer firefighters
and auxiliary police, \$18 for
resident member volunteer
firefighters and auxiliary
police, \$36 for non-resident
members, \$36 for senior non-
resident members, \$36 for
junior non-residents, \$50 for
non-residents and \$50 for
senior non-residents.

Councilman Clark noted that
special reduced green fees will
be available after 4:30 p.m.

Fees for motorized golf carts
will be \$15 for resident mem-
bers, \$20 for resident non-
members, \$30 for non-resident
members and \$40 for non-
residents. Hand carts will also

be available for a fee of \$2.50 for
residents and \$5 for non-
residents.

The Parks Department is
now accepting one year mem-
berships. Applications for mem-
berships and photo identifica-
tions will be processed at the
Golf Course, Southwoods Road
and Jericho Turnpike, Wood-
bury, Tuesday through Sunday,
10 a.m. to 3 p.m. Residents who
wish to obtain a membership
must present two satisfactory
proofs of residency, one contain-
ing a photo such as a driver's
license plus a car registration
form, tax or utility bill.

Councilman Clark noted that
while a photo identification is
required for all members, resi-
dent non-members might also
consider acquiring one for a fee
of \$2.50. "Rather than having to
produce proof of residency each-
time a resident non-member
plays, the photo identification
card will save time," Council-
man Clark stated.

For additional information
call the Town's Golf Course at
364-1105.

Feb. Children's
Programs At
Bethpage Library

Special for Washington's
Birthday! A Wonderful
World of Magic with Marc
Schussmann - Monday,
February 15, at 2 p.m.

The magic show to end all
magic shows, with exciting
large illusions, levitation, and
breath-taking Houdini-like es-
capes! Grades K-6. Register
from January 26.

Fun With Animals - Animals
on Wheels with Hans Van
Braukelen, Wednesday,
February 17, at 2 p.m.

See live snakes, turtles,
lizards, a ferret, raccoons,
goats, ducks, lambs and more!
Hold and pet the animals and
learn about where they live,
what they eat, what they do!
Grades K-5. Register from
January 26.

Meet Robby the Robot! -
Thursday, February 18, from
1-4 p.m.

Robby is five feet tall, plays
music and can talk too! If you
check out a book and show it to
Robby along with your Beth-
page Library Card, he will
make you a cotton candy cone.
For Preschoolers through sixth
graders. Please pick up your
cotton candy as you leave the
library.

Sunday Family Special -
Sneakers in Concert - A Pop
Rock Musical with Sneakers
Music, Inc. - Sunday, February
21, at 2 p.m.

A lively jivey, upbeat show
for parents and children that
deals with issues confronting
all of us - self esteem, knowing
who you are and that you can
make a difference. With colorful
90's costumes and plenty of
audience participation, espe-
cially in the "Groove Move" and
the "Kindergarten Boogie."
Preschoolers through grade 5
and parents. Register from
January 26.

All programs are open to
youngsters who reside in Dis-
trict No. 21 only. For further in-
formation please call 931-3907.

Health Care



Complete Directory of
Health Care Facilities



Preventing heart disease is easier than it's ever been . . . now that non-invasive (and painless) diagnostic technology can identify the beginnings of arteriosclerosis. And therapies of sensible diet, regular exercise, and a vitamin program can stop it before it becomes a life-threatening health problem.

Get to know your cardiovascular health status. Start by having your cholesterol and blood vessels checked!

Cardiovascular Wellness Center

55 Bryant Ave. Roslyn, NY 11576
800-371-VAGNini
Call for a FREE information packet.

Dr. Frederic J. Vagnini MD, FACS

Listen to Dr. Vagnini's
"Cardiovascular Health"
SATURDAYS 6 PM on TALK RADIO
770AM WABC NEW YORK

- Special Features In This Issue**
- Alzheimer's Disease ravages brain...4B
 - Dental Implants
alternative for dentures.....5B
 - Nassau-Suffolk Hospital listings.....2B
 - Health Related Agencies
 - Drugs, Alcohol.....3B
 - Handicapped.....3B
 - Mental Health.....6B
 - Special Services.....7B

- Advertising Messages
In This Special Edition**
- Mercy Hospital (Accent on Women)..8B
 - Great Neck Women's Medical Care...3B
 - Dr. Frederic Vagnini.....1B
 - Holliswood Hospital.....7B
 - MRI At Garden City.....5B
 - Radiological Associates of L.I.....5B
 - Omni Athletic Club.....2B
 - Kimberly Quality Care.....4B
 - Grace Plaza.....5B

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

Hospitals

NASSAU AND SUFFOLK

Courtesy of **Yellow Book**
 500 No. Conna Avenue, Rosville Centre, N.Y.
 516-786-1900



Special Health Care Pages

Brookhaven Memorial Hospital 654-7100
 Patient Information 654-7102
 101 Hospital Rd., Patchogue 11772
 Brunawick Hospital Center 789-7000
 Patient Information 789-7485
 366 Broadway, Amityville 11701
 Central General Hospital 681-8900
 888 Old Country Rd., Plainview 11803
 Central Islip Psychiatric Center 234-6262
 Carlton Avenue, Central Islip 11722
 Central Suffolk Hospital 548-6000
 1300 Roanoke Ave., Riverhead 11901
 Community Hospital of Western Suffolk 879-9800
 Smithtown By-pass, Smithtown 11787
 Deepdale General Hospital 485-6285
 55-15 Little Neck Pkwy., Little Neck 11362
 Eastern Long Island Hospital 477-1000
 201 Manor Place, Greenport 11944
 Franklin Hospital Medical Center 825-6800
 900 Franklin Ave., Valley Stream 11560
 Freeport Hospital 378-0800
 (Drug and Alcohol Abuse Treatment)
 267 So. Ocean Ave., Freeport 11520
 Good Samaritan Hospital 661-3000
 Patient Information 657-4005
 1000 Montauk Hwy., W. Islip 11795

Hempstead General Hospital 560-1200
 800 Front St., Hempstead 11551
 Huntington Hospital 351-2000
 270 Park Ave., Huntington 11743
 Kings Park Psychiatric Center 544-2957
 Route 25A, Kings Park 11754
 Long Beach Memorial Hospital 432-8000
 455 East Bay Drive, Long Beach 11561
 Long Island Jewish Medical Center (718) 470-7000
 Patient Information (718) 470-7710
 New Hyde Park 11042
 Massapequa General Hospital 520-6000
 Patient Information 520-3201
 750 Hicksville Rd., Seaford 11783
 Mather, John T. Memorial Hospital 473-1320
 N. Country Rd., Port Jefferson 11777
 Mercy Medical Center 255-0111
 Patient Information 255-2501
 1000 N. Village Ave., Rockville Centre 11570
 Mid-Island Hospital 579-6000
 Patient Information 520-2298
 4295 Hempstead Tpke., Bethpage 11714
 Nassau County Medical Center 542-0123
 Patient Information 542-2211
 2201 Hempstead Tpke., East Meadow 11554

North Shore Hospital at Glen Cove 676-5000
 (Formerly Community Hospital at Glen Cove)
 St. Andrews Lane and Walnut Road
 Glen Cove 11542
 North Shore University Hospital 562-0100
 Patient Information 562-4480
 300 Community Drive, Manhasset 11030
 Peninsula Hospital Center (718) 945-7100
 51-15 Beach Channel Drive
 Far Rockway 11691-1074
 Pilgrim Psychiatric Center 434-7500
 Box A, West Brentwood 11717
 St. Charles Hospital and Rehabilitation Center 474-8000
 200 Belle Terre Rd., Port Jefferson 11777
 St. Francis Hospital 562-6000
 100 Port Washington Blvd., Roslyn 11576
 St. John's Episcopal Hospital-South Shore (718) 868-7000
 327 Beach 19th St., Far Rockaway 11691
 St. John's Episcopal Hospital-Smithtown 662-3000
 Route 25A, Smithtown 11787

Smithtown General (See Community Hospital of Western Suffolk)
 South Nassau Communities Hospital 783-3030
 Patient Information 783-3640
 2445 Oceanside Rd., Oceanside 11572
 South Oaks Hospital 364-4000
 400 Sunrise Hwy., Amityville 11701
 Southampton Hospital 726-6200
 240 Meeting House Lane
 Southampton 11968
 Southside Hospital 968-3000
 Patient Information 968-3332
 301 E. Main St., Bay Shore 11706
 Syosset Community Hospital 496-6400
 Patient Information 496-6500
 221 Jericho Tpke., Syosset 11791
 University Hospital 688-6333
 Nicolls Road, Stony Brook 11794
 Veterans Administration Medical Center 281-4400
 Middleville Road, Northport 11768
 Winthrop University Hospital 663-6333
 Patient Information 663-2344
 259 First St., Mineola 11501

Special Edition Appearing In
 Nassau County News, Mineola Edition
 Suffolk County News, Riverhead Edition
 Southampton News, Southampton Edition
 South Shore News, Far Rockaway Edition
 The Great Neck News

Accent On Women At Mercy



Patricia E. Alcus, R.N.



Mary Conley, R.N.

Accent on Women provides services to those women who feel basically healthy, but are concerned by the physiological changes of their bodies. A diagnostic and treatment center staffed by women, exclusively for women, Accent on Women's services include physical exams and screening for breast and cervical cancers using mammography and PAP tests. Other services include breast self-examination classes, urinary incontinence assessment, referral services, and an on-going lecture series on topics pertaining to women. A complete lending library of books, magazines and health videos is also available.

Continued On Page 7B

CELEBRATE PRESIDENTS WEEKEND AT THE OMNI ATHLETIC CLUB

GIFT CERTIFICATE
 Entitles bearer to

1 FREE MONTH
 OR
 50% OFF INITIAL
 INVESTMENT

*Must be 18 years or older
 *Can not be combined with any other offer.

OFFER EXPIRES 2/15/93

Come In With This Gift Certificate and Enjoy The Benefits
 of The Most Complete Club On Long Island.



222-7900

333 Earl Ovington Blvd. Mitchell Field, NY
 (Located Adjacent to the Nassau Coliseum)

Health Related Agencies

NASSAU COUNTY DEPT. OF HEALTH

Provides therapeutic and preventive personal health services and also monitors and works to preserve and improve the environment for residents.
240 Old Country Road, Mineola 11501 535-3410

DRUGS & ALCOHOL

Alcoholics Anonymous Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
For A.A. meeting places and times, call 292-3040

Central Nassau Guidance and Counseling Services, Inc.

Nonprofit, community substance abuse facility. Serves children, adults and adolescents of all ages in Nassau County. Provides individual, family and group psychotherapy. Parenting skills workshops and groups and presentations to the community. Staff of psychiatrists and social workers. Funded by Nassau County Department of Drug and Alcohol Addiction.
248 Old Country Road, Hicksville 11801 822-4060

DACA-Department of Community Youth Services-Town of Oyster Bay

DACA concentrates on the development of wholesome values, attitudes and self-esteem as natural deterrents to negative behavior. Educational programs encourage positive alternatives to substance abuse. Drug related movies, literature, speakers bureau and referral services. Support programs for the traditional as well as the single-parent family structure are available.
977 Hicksville Road, Massapequa 11758 795-5943 Ext. 7719
Helpline, for confidential assistance 798-8656
Nightline 795-5433

Dorothy Young Recovery House

Halfway house for recovering alcoholics. Men over 18 years. Applicants must be detoxified, have completed a rehabilitation program and be screened. Work-oriented program for six month duration with vocational and academic counseling.
1425 Old Country Road, Building B, Plainview 11803 420-5110

Families Anonymous Meetings

Anonymous self-help group for families of drug and alcohol abusers and related behavior problems. Meeting places in Nassau, Suffolk, Brooklyn and Queens.
For information call (516) 221-0303; (718) 449-4778
Your call will be returned within 24 hours.

Family Service Association of Nassau County

Individual and family therapy for drug abusers and their families. Sliding scale fee.
Counseling Hours: Mon., Tues. & Thurs. 8:30 am-10 pm; Wed. & Fri. 9 am-5 pm.
126 North Franklin Avenue, Hempstead 11550 486-7200

Freeport Hospital Out Patient Services

Outpatient center for substance abuse offering individual, family and group therapy.
Hours: Monday to Thursday 9 am-5 pm; Friday 9 am-5 pm.
3601 Hempstead Turnpike, Levittown 11756 578-1162
Carol Mathias, Director

Long Island Council on Alcoholism

Voluntary health agency - information, consultation and referral service free of charge.
110 Main Street, Mineola 11501 747-2608

Nar-Anon Family Groups

Support groups for family and friends of those who are dually addicted to drugs and alcohol. Weekly meetings held throughout Long Island.
For information call (212) 498-4341

Narcotics Anonymous

Narcotics Anonymous is the society of men and women for whom drugs have become a problem.
Please call for meeting places and times 937-8262

Nassau County Department of Drug and Alcohol Addiction

Confidential help for residents and their families with drug-alcohol related problems.
Drug and Alcohol Helpline 481-4000 Case Management 542-3925
For general information call 560-1919

Plainview Rehabilitation Center

For Nassau County residents ages 18 and up. Inpatient 10 week program for men and women dependent on alcohol. Individual counseling, group psychotherapy, occupational and recreational therapy, family education and counseling services.
1425 Old Country Road, Davis Building, Plainview 11803 420-5032

HANDICAPPED

Early Childhood Direction Center

For those who live and/or work with Nassau County children from birth to 5 years with disabilities or who are at risk for developing disabilities. Free information matching children's needs to appropriate services and referral to community resources.
47 Humphrey Drive, Syosset 11791 364-8580

Easter Seal Society of New York

Serving all persons with disabilities in New York regardless of age. Educational, recreational and socialization services. Information & referral for stroke patients, post polio, children and adults with disabilities. Residential Camp and E.S.C.A.P.E. Mainstream Summer Recreation Program for ages 6-25.
845 Central Avenue, Albany, N.Y. 12206 (800) 727-8785

Family Residences and Essential Enterprises, Inc. (F.R.E.E.)

A voluntary (nonprofit) agency which provides community residence programs, respite services and a day treatment center for adults with psychiatric and/or developmental disabilities.
120 Plant Avenue, Hauppauge 11788 273-1300

Helen Keller National Center (HKNC) (Operated by Helen Keller Services for the Blind)

HKNC offers diagnostic evaluation, comprehensive rehabilitation training, job preparation and placement for youths and adults who are deaf-blind. Provides a network of field services through ten regional offices and thirty affiliated agencies. Headquarters in Sands Point includes client residence and training program. Other services: training seminars for professionals and/or parents; information and referral; community education; volunteer program national parent network and technical assistance for transitional services.
111 Middle Neck Road, Sands Point 11050 (TTD & Voice) 944-8900

Continued On Page 6B

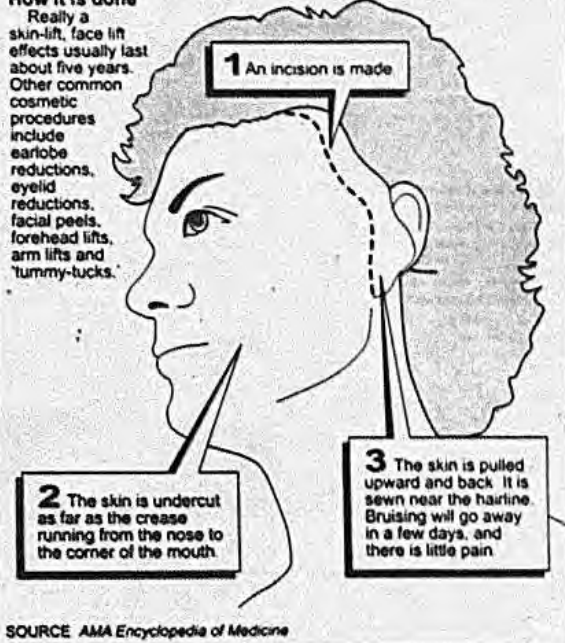
DISCOVERY

Only skin deep...

Face lifts and other aesthetic plastic surgeries are becoming more common. Serious physical complications are rare, but the outcomes do not always meet the elevated expectations of patients.

How it is done

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ALZHEIMER'S

By Gregg Howard

Disease ravages brain, impairs body

Most of us have heard of Alzheimer's disease — the organic brain disorder that begins with forgetfulness and causes a progressive and relentless loss of intellectual and physical functioning.

We used to think of Alzheimer's as senility — the inevitable result of growing old. Though some loss of intellectual alertness is normal with aging, this severe loss of mental function is not a normal consequence of age. And Alzheimer's does not strike only the elderly. Some victims have been in their 30s.

Almost 2 million American adults are afflicted with the disease. It kills about 120,000 of them each year, making it the fourth leading killer in the United States. It is responsible for more than 50 percent of all nursing home admissions. Alzheimer's is irreversible and incurable — and its cause is unknown.

But characteristic behaviors of Alzheimer's victims are known

and observable. Many sufferers shuffle, others fidget. They forget the most basic facts: the name of the president, what season it is, how to dress. They repeat the same questions incessantly. They do want to know, they do want to remember — but they can't. While they still can speak, they are proud to tell you what little they still remember. But they can't recall what they have just told you — so they tell you again and again.

As the disease progresses, memory loss increases, reasoning deteriorates and the individual becomes depressed, agitated, irritable and restless. Concentration, speech and handwriting deteriorate. In some cases individuals become violent, and in other cases they become placid and inert. In the final stages of the disease they may be totally unable to care for themselves.

"Some patients will absolutely need institutionalization," said Dr. Carl Eisendorfer, psychiatrist and president of Montefiore Hospital

and Medical Center in New York. "Some families hold on to the patients at home too long, and some dump them — but the tendency is to hold on too long."

He said families need to get help, from physicians and support agencies.

"Families are totally unprepared for the spontaneous outbursts of anger and abuse" typical of some Alzheimer's patients, he said. Suddenly they may wonder who their spouse of 45 years is, and order him or her out of the house.

Eventually, the disease is fatal. Because of the variety of symptoms, Alzheimer's is a disease not easily diagnosed. The physician must distinguish it from curable dementia caused by things such as vitamin B-12 deficiency. Several other diseases have symptoms similar to Alzheimer's. Depression can cause listlessness and forgetfulness. Alcoholism or drug use can impair memory. Strokes and other cerebral vascular accidents or malnutrition also can result in

memory disorders.

The most distinguishing feature of Alzheimer's is observable only after death through a brain autopsy. The disease "destroys certain vital cells of the cortex (gray matter) of the brain," said Dr. George Glenner, research pathologist at the University of California at San Diego. Researchers agree that a brain ravaged by Alzheimer's is decidedly abnormal in physical terms.

The brain becomes filled with what researchers call plaques and tangles. The plaques, made up of degenerated nerve cell tissue, are thought to block communication between nerve cells within the brain.

The tangles are composed of nerve cells containing a silklike fiber, which also is found within the vessels of the brain and may interrupt nerve signals and, according to one theory described by Glenner, blood flow within the brain.

Some researchers have equipment that attempts to analyze

brain changes in live Alzheimer's victims. These machines scan the brain to observe the degree of physical and metabolic change.

There are many theories as to why these changes — and the disease — occur.

One theory is that the disease is caused by a virus. Usually, when a virus enters the brain, white blood cells invade the brain to combat the virus. Because of their inability to distinguish the intruding virus from the host, the white blood cells may indiscriminately destroy brain cells, as well.

But there is no sign of an immune reaction in the brain of an Alzheimer's sufferer. Neither is there any evidence of the presence of a virus. Viruses usually are transmittable, but Alzheimer's disease does not appear to be.

It also is possible that Alzheimer's is genetic.

"There's a four times greater chance of a blood relation getting Alzheimer's disease than the general population," Glenner said. But there also are many cases that do not fit into this pattern.

Glenner said recent medical research has improved not only the understanding of the disease, but also how to treat its victims to lessen the effects.

Chemotherapy research has been conducted, but so far results are only experimental. Several drugs, including physostigmine and naloxone, have been reported as promising treatments. "Such drugs may help some patients, particularly in the early stages of the illness," said Dr. Donald Price of the Johns Hopkins Medical School, "but a cure for Alzheimer's disease probably is years away."

For more information about Alzheimer's disease, write: "Dementia-HL," Office of Scientific and Health Reports, NINCDS, Building 31, Room 8A16, Bethesda, Md. 20205; telephone (301) 496-5751. Or contact the National Institute on Aging, Information Office-AD, Building 31, Room 5C36, Bethesda, Md. 20205; telephone (301) 496-1752.

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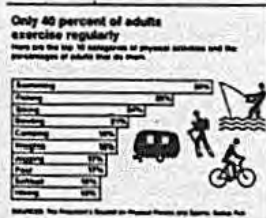
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DENTAL IMPLANTS

Alternative for denture wearers

By John M. Bogert

Though transplanting fake body parts is routinely turning a good number of us into cyborgs, there's still a chance that you've never heard of dental implants.

What's most amazing about the lack of knowledge on the subject of nearly permanent, almost natural-feeling false teeth — the kind that won't pull out when the wearer is eating — is that the process has been around for nearly three decades and currently is used by millions of people.

Furthermore, with 40 million Americans wearing dentures and with one in three suffering some ill effects from their use, you might think dental implants would be more popular. Why are they still relatively unknown?

"Mainly because the making of false teeth still is part of the dental school curriculum and also because if a dentist doesn't have the product on his shelf he doesn't sell it," says Dr. Leo Ward, former president of the American Academy of Implant Dentistry and director of the dental implant seminar at the University of Southern California's school of dentistry.

Of course, there are those in the dental profession who would tell you that dental implantation is good only for certain people under certain circumstances. They'll also tell you that it's expensive — which it is, costing from hundreds to thousands of dollars, depending

on what's done and who is doing it.

On top of that, there's a good chance that it won't be covered by a dental plan.

So why, then, do people pay the price?

"It's simple," says Ward, who has installed implants in people of all ages. "This is a great step forward for people unable to wear conventional dental prostheses."

Unlike normal dentures, which rest on the gum and reduce chewing power by as much as 75 percent, implants are designed to anchor false teeth to the jawbone itself, thus increasing chewing power and reducing the range of psychological and physical problems normally associated with dentures.

Though there now are more than 100 types of implants available, they basically still fall into two categories, endosteal and subperiosteal.

Generally speaking, an endosteal implant is a biocompatible blade, screw- or pin-shaped root that is inserted directly into the bone to provide support for existing teeth or for one or more artificial teeth.

A subperiosteal implant is a lightweight metal framework that rests on top of the jawbone and provides multiple tooth roots. This implant is used for people who, through disease or aging, no longer have enough jawbone left to support an endosteal implant.

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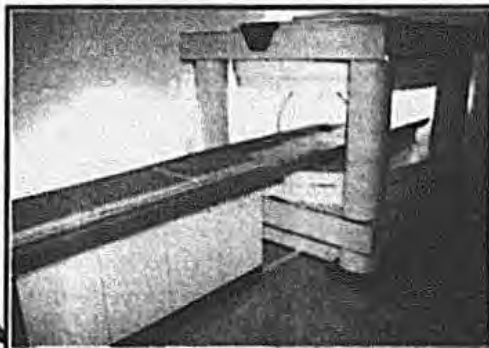
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Health Related Agencies

HANDICAPPED Continued From Page 3B

Long Island Center for Independent Living for the Disabled

Provides an open forum for all disabled, visually and hearing impaired in Nassau County at no charge. Advocates for the disabled with Social Security Administration, County Department of Social Services. Coordinates all rehabilitation information and keeps a directory of suppliers, equipment, aids and services. Holds workshops on benefits, legislation, college and school related problems and independent living skills. Hours: Monday to Friday 9 am-5 pm. 3601 Hempstead Turnpike, Levittown 11756.....796-0144/5; TTY 796-0135

Mill Neck Manor-Lutheran School for the Deaf

A private, state supported special educational day school servicing the needs of severe to profound hearing impaired children from birth to 21 years of age. Services children from Nassau and Suffolk Counties. Frost Mill Road, P.O. Box 12, Mill Neck 11765.....922-4100

Nassau County Department of Health Physically Handicapped Children's Program

Provides a diagnosis and evaluation program and a treatment program for children from birth to 21 years of age who have physically handicapping conditions. The diagnosis and evaluation program provides services to potentially handicapped children at approved specialty centers or by medical specialists. The treatment program makes available financial assistance for comprehensive medical, surgical, rehabilitative, orthodontic and other related services to handicapped children in Nassau County who meet medical and financial eligibility requirements. Orthodontic Program: 240 Old Country Road, Mineola 11501.....535-3443
Diagnosis and Evaluation Program.....535-3279
Treatment Program.....535-3446

Variety Pre-Schooler's Workshop

Twelve month school for children ages birth to 7 years with learning, language and/or behavior problems. Offers support services, including respite to families. 47 Humphrey Drive, Syosset 11791.....921-7171

V.E.S.I.D.

Counseling, training and placement for the mentally and physically handicapped, and learning disabled. 50 Clinton Street, Hempstead 11550.....483-6510

MENTAL HEALTH

Ambulatory Mental Health Services Nassau County Medical Center

Comprehensive range of mental health services to residents of Central Nassau. Outpatient Department: comprehensive diagnostic evaluations, individual and group psychotherapy, marital counseling, family therapy, pharmacotherapy. Patients seen on a scheduled basis. Insurance or sliding scale fee based on ability to pay. Medicaid and Medicare accepted. Hours: Monday to Friday 9 am-5 pm. "J" Building, 2201 Hempstead Tpke., East Meadow 11554.....543-2822

Central Nassau Guidance and Counseling Services, Inc.

A nonprofit community mental health facility. Serves children and adults of all ages in Bethpage, Farmingdale, Hicksville, Jericho, Old Bethpage, Plainville and Plainview. Provides individual, family and group psychological testing, psychiatric evaluation, chemotherapy and substance abuse. Community residences and supported apartments program is available. Professional staff of paraprofessionals. Funded by Nassau County Department of Mental Health. Qualified volunteers welcome to perform various non-professional services. 246 Old Country Road, Hicksville 11801.....622-6111

Ecumenical Consultation Center

A nonprofit, nonsectarian agency offering comprehensive mental health services for individuals and families of all ages. "Sensitive to the religious needs of our clients". Counseling provided by only licensed/certified professionals. Individual, marital and family therapy, premarital counseling, crisis intervention, counseling for school problems, parent-child difficulties, speakers bureau. Home visits available, where appropriate. Specialties include geriatric evaluation and counseling, family consultation services, family life education, work with blended families, and bi-lingual counseling. Sliding scale fee. No waiting list. 147 Broadway, Hicksville 11801.....935-6179

Family Service Association of Nassau County

Family counseling services for people who live and/or work in Nassau County. Individual and family therapy, family financial counseling, senior financial counseling, bereavement center, senior citizen services, special programs for parents and/or youth and families in crisis. Sliding scale fee. Counseling Hours: Mon., Tues. & Thurs. 8:30 am-10 pm; Wed. & Fri. 8:30 am-5 pm. 129 Jackson St., Hempstead 11550.....485-4600
397 Willis Avenue, Williston Park 11596.....741-4806
Senior Citizens Services
336 Fulton Avenue, Hempstead 11550.....292-2600

Jewish Community Services of Long Island, Inc.

Individual, family and group counseling, walk-in center, psychological testing, psychiatric services, consumer education, drug abuse unit, family life institutes. Staffed by psychiatrists, psychologists and professional social workers. Qualified volunteers welcome to perform various non-professional services. Hours: Monday & Wednesday 9 am-9 pm; Tuesday, Thursday & Friday 9 am-5 pm. 50 Clinton St., Hempstead 11550.....485-3710
175 Jericho Tpke., Syosset 11791.....364-8040

Lutheran Family and Community Services, Inc.

Professional counseling for individuals, couples and families. Information and referral service. Educational programs, seminars and workshops available to pastors, congregation and community groups. 103 Mead Street, just off Fulton Avenue, Hempstead 11550.....483-3240

Nassau County Medical Center-Rehabilitation Counseling

The goal of this service is to maximize the patient's vocational potential. Rehabilitation counseling is given to persons with emotional and/or physical problems who need assistance in formulating plans to return to their occupation or train for a new one. Vocational evaluation, work adjustment training and appropriate referral service. 2201 Hempstead Turnpike, East Meadow 11554.....542-2523

Nassau County Runaway Hotline-(Middle Earth)

Free and confidential. Twenty-four hours, seven days a week for runaways, homeless, throw away and maltreated youth ages 10-21 and their families. Crisis counseling, assessment for emergency housing. For information and referrals.....781-9800

North Shore Child and Family Guidance Center

Mental health services to children, adolescents and their families. Clinical services include psychodiagnostic assessments, psychoeducational assessment, individual, family and group therapy, parent counseling, crisis intervention, short-or-long term therapy, Early

Childhood Study Center. Comprehensive services for adolescents at risk for substance abuse. On-going educational counseling groups. Full array of clinical services for Spanish speaking families. Staffed by psychiatrists, psychologists and psychiatric social workers. Main Office: 480 Old Westbury Road, Roslyn Heights 11577.....626-1971
The Place (for youth at risk): 50 Sylvester St., Westbury 11590.....997-2929

North Shore University Hospital Outpatient Psychiatric Clinic

For residents of northern Nassau County. Crisis intervention, individual short and long-term psychotherapy, marital, family and group therapy, psychological testing when indicated. Diagnostic and referral services. Sliding scale fee based on ability to pay; third party insurance, Medicaid and Medicare accepted. Staffed by psychiatrists, psychologists and psychiatric social workers. Hours: Monday to Friday 9 am-5 pm; Evening hours by appointment. Gerald Breznanoff, Ph.D., Chief of Adult Outpatient Clinic.....562-4927

Child and Adolescent Psychiatry Division:

Provides consultation, evaluation and treatment services for children and adolescents through age eighteen and their families. Individual psychotherapy and family therapy provided where indicated. Fees for clinic visits are determined by a sliding scale. Hours: Monday to Friday 9 am-5 pm. 400 Community Drive, Manhasset 11030.....562-3005
Weekend & Evening Emergencies.....562-0100

Recovery, Inc.

Recovery, Inc. is a community mental health organization that offers a self-help method of will-training. The Recovery Method is a system of techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms and fears. Free will donation. P.O. Box 576, Plainview 11803
For further information call.....333-8500

TRI-The Rehabilitation Institute

Comprehensive vocational rehabilitation services for the emotionally handicapped, learning disabled and physically handicapped persons aged 16 and older. Helps individuals return to the community as competitive workers. Intensive program of vocational evaluation, training and job placement. Psychiatric, psychological and social services at no cost. For information call.....741-2010
Sheltered Workshop: 971 Stewart Ave., Garden City 11530.....222-2092

MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

Association for the Help of Retarded Children

Comprehensive services for the mentally retarded of Nassau County. Diagnostic and therapeutic clinic, pre-school program, school-aged children who are excluded from public school facilities, vocational training and sheltered workshops, occupational day treatment for adults too handicapped to qualify for vocational training, summer resident camp, after-school and evening recreation programs; family counseling, community residences, information and referral service. 189 Wheatley Road, Brookville 11545.....628-1000
Vocational Centers: Larry Daniels, Director
230 Hanse Avenue, Freeport 11520.....546-7700
115 East Bethpage Rd., Plainview 11803.....293-1111

Center for the Developmental Disabilities, Inc.

A voluntary agency serving Long Island and the metropolitan area providing for children and adults excluded from other programs and identified clinically as suffering from autism, pervasive development disorders, chronic organic brain syndromes and/or mental retardation. Complete clinical diagnosis and treatment procedures for social, intellectual and emotional disorders. Medical, psychological, social, remedial, educational, rehabilitative services and residential placement. Full day activities for adults and children. Support services available. 72 South Woods Road, Woodbury 11797 (3-21 yrs.).....921-7650
101 New South Rd., Hicksville 11801 (over 21 yrs.).....433-8300

SPECIAL SERVICES

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Nassau County.....365-2437
AIDS HOTLINE is toll free and confidential.....(800) 541-2437
(8 am-8 pm Monday to Friday; 10 am-6 pm Saturday & Sunday).

Alzheimer's Disease and Related Disorders Association, Inc. Nassau/Suffolk Chapter

Nonprofit organization dedicated to family service, education and research. Provides support groups for family members of Alzheimer's Disease patients. The disease, which is the main cause of memory loss in older adults, is a progressive degenerative brain disease for which there is no known cause or cure. For information throughout Long Island.....935-1033

American Association of Kidney Patients of Long Island

AAKP of Long Island is a nonprofit kidney organization and agency dedicated to promoting interest and welfare of the kidney patient. It functions in all areas of the renal field and educates both the public and patients about kidney disease, care and rehabilitation. 2 Maplewood Avenue, Farmingdale 11735.....750-8128

American Cancer Society, Long Island Division, Inc.

Services for patients and their families; information; referral and guidance; group counseling; limited financial assistance; free loan of sickroom equipment; transportation within certain areas; speech therapy for laryngectomies, rehabilitation visitation programs for mastectomy laryngectomy, and colostomy patients. Laryngectomy and colostomy clubs in both counties. Public education programs for adults and youth; film showings. Cancer Information Service.....(800) ACS-2345
75 Davids Drive, Hauppauge 11788-2004.....436-7070

American Diabetes Association - Long Island Chapter (NYDA)

Voluntary health agency provides programs of patient education and service, public information, detection and research support. Youth programs combine education, recreation and counseling. Operates Camp NYDA, camp for diabetic children. Hours: Monday to Friday 9 am-5 pm; evening hours for diabetes clubs as scheduled. 150 Motor Pkwy., Hauppauge 11788.....348-0400

American Heart Association

The American Heart Association is a nonprofit health agency providing community and professional educational programs aimed at reducing the risk factors for heart disease and stroke. Volunteers are needed to help conduct the educational programs and services. 365 Willis Avenue, Mineola 11501
Memorial donation or information about services, call.....741-6522

American Liver Foundation-Long Island Chapter

The American Liver Foundation, is a voluntary, nonprofit, national health agency, dedicated to providing education and support to patients and their families, to increase public awareness, to raise funds for research to help solve the mysteries of liver disease. Regular monthly meetings. For information call.....543-3700

Health Related Agencies

Continued From Page 6B

American Lung Association of Nassau-Suffolk

A nonprofit voluntary health organization dedicated to the prevention and control of lung disease, including emphysema, asthma, tuberculosis, bronchitis and health hazards related to smoking and environmental and occupational issues.

214 Marcus Blvd., Hauppauge 11788 231-5864

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422 Conklin Street, Farmingdale 11735 293-5999
10 Audrey Avenue, Oyster Bay 11771 822-2642

Nassau County Coalition Against Domestic Violence

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Nassau County Medical Center, Nurses Residence, Box 265, East Meadow 11554
Crisis Hotline 24 hours, 7 days per week 542-6404

National Association of Anorexia Nervosa & Associated Disorders (ANAD)

Nonprofit organization that helps anorexics, bulimics and their suffering families.

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Hotline number (Home) 883-4473

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Accent On Women

At Mercy

Continued From Page 2B

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Patricia E. Alcus, R.N.C., has been employed in the women's health field for over twenty years. She has worked with women of all ages in various stages of their lives. Pat was certified as a nurse practitioner in 1986 by the Nurses Association of the American College of Obstetrics and Gynecology (A.A.C.O.G.). she has taught childbirth education to many women in the community and is an advocate of women being informed about their bodies and taking responsibility of their own care.

Mary Conley, R.N., F.N.P., has been a registered nurse for 20 years. She received her Bachelor of Science degree from Molloy College in 1972, and joined the staff of Mercy Medical Center at that time, working in the medical-surgical, critical care, and emergency departments. She completed her graduate degree at SUNY-Stony Brook in 1988 and is certified by the American Nurses Association, and New York State as a Family Nurse Practitioner. Mary treats and counsels women at all stages of their lives, and also lectures to the community on women's health issues.

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540 Fulton Avenue, Hempstead 11550 483-3033

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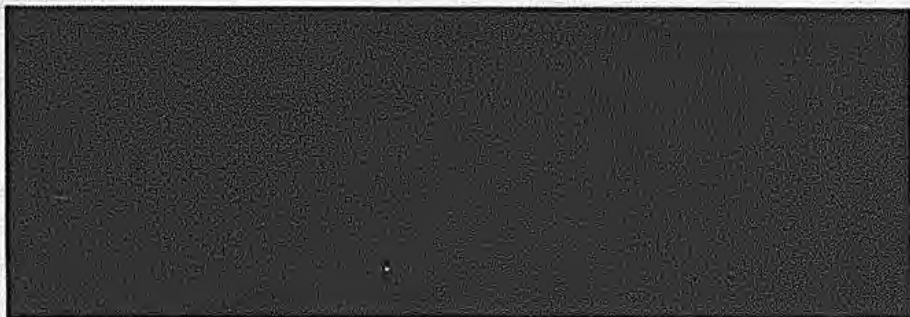
Visiting Nurse Association of Long Island, Inc.

V.N.A. of Long Island is a voluntary, nonprofit home health care agency providing Visiting Nurse services in Nassau County for over 75 years. Services include professional nursing care, physical, occupational and speech therapy, medical-social workers and home health aides. Recognized by Medicare, Medicaid, Blue Cross and other health insurance.
225 Community Drive, Lake Success 11021 829-8110

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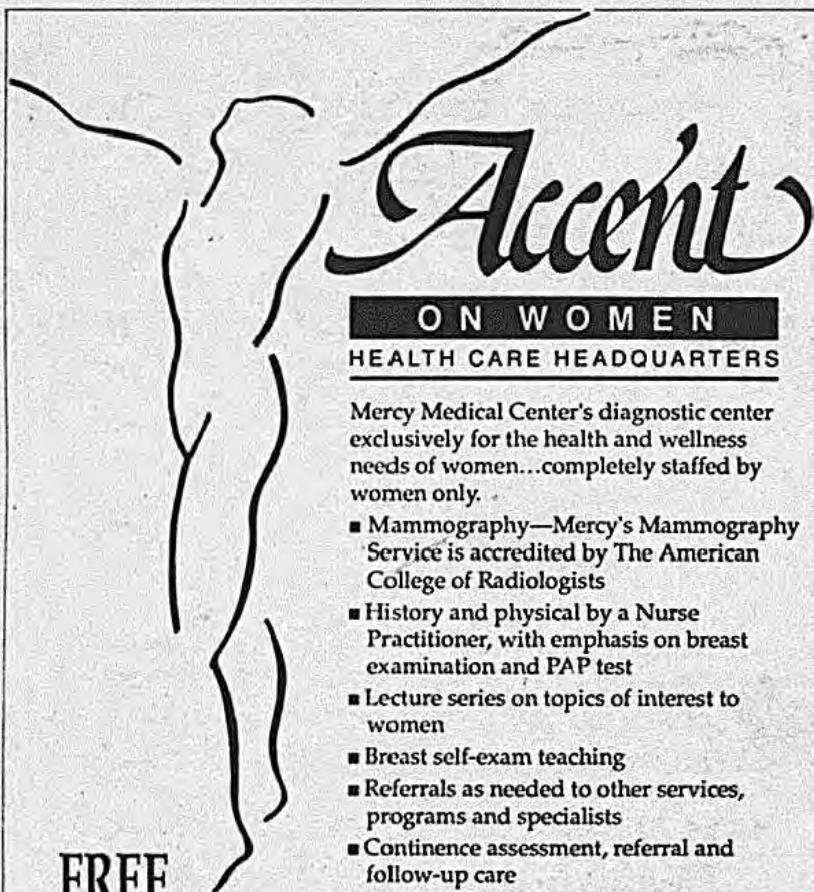
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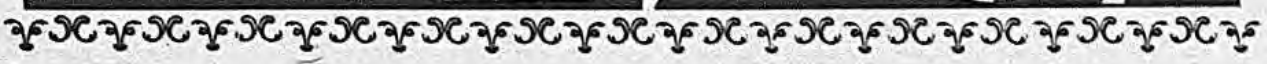
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"Daisies" Invested At Fork Lane



Fork Lane Daisies proudly display their scouting certificates. Pictured L-R are: Front, Voule Kordara, Theresa Billello, Lauren Sala, Deana Kani, Stefanie Szczesniak, Souzanna Themella, Katie Cline, Kristy Niltzel. Back Row: Erin Granville, Heather Mahn, Keri Wunderlich, Lisa Colton, Kristina Noce, Jaime Sorrentino, Joanna Szczesniak, Stephanie Trapani, Lisa Costa. Absent: Randi Gustitus.

The Daisy Troop 3556 recently held an Investiture Ceremony at Fork Lane School. Each of the girls was given a Daisy pin and certificate. The Daisy Kindergartners, the youngest members of Girl Scouts, meet once a week to learn about scouting and enjoy arts and crafts activities. The girls recently learned about "The World of Well-Being" a lesson on safety, nutrition and fitness. Troop Leaders Joan Kani and Dorinda Cline plan to introduce the World of People, a lesson and activities on relating

to others. On Thinking Day, which will be held on Feb. 24, the youngsters will receive their World Association Pins.

LEGAL NOTICE PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, February 23, 1993, at 8 o'clock p.m., prevailing time, in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering an application for a Special Use Permit pursuant to the Code of the Town of Oyster Bay, Chapter 246, Zoning, as follows: **PROPOSED SPECIAL USE PERMIT PIZZA TIME, INC., and DELCO DEVELOPMENT COMPANY OF HICKSVILLE** to permit the operation of a restaurant with a seating capacity exceeding 200 persons and a kiddie amusement center in a "G" Business District (General Business), on the following described premises: ALL that certain plot, piece or parcel of land situate, lying and being at Hicksville, Town of Oyster Bay, County of Nassau, State of New York, which is bounded and described as an irregularly shaped parcel located south and east of the intersection of Old Country Road and New York State Route 107 (Broadway) approximately 383 feet east of the intersection of Broadway-State Route 107 and Old Country Road, and having a frontage of approximately 263 feet along the south side of Old Country Road; and a westerly line along Broadway-State Route 107 beginning at the intersection of Hanover Place and Broadway-State Route 107 and extending along the easterly side of Broadway-State Route 107 approximately 425 feet, which premises are known as Delco Plaza, Hicksville. Said premises are further described as Section 48, Block 276-1, Lots 9, 15, 16, 553, 572, 573 and part of lot

LEGAL NOTICE

565 on the Land and Tax Map of Nassau County. The above mentioned petition and maps which accompany it are on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the Office of the Town Clerk at Oyster Bay and Massapequa. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

**TOWN BOARD OF
TOWN OF
OYSTER BAY
LEWIS J. YEVOLI,
Supervisor
CARL L. MARCELLINO,
Town Clerk**

Dated:
December 15, 1992
Oyster Bay, New York
MIT 2659
1X 2/12

First Place Winner



Rick Nolan (right) head coach for Our Lady of Mercy track team in Hicksville along with Linda Strongin, public relations for EAB, pose with first place winners of the 330 yard medley relay at a recent track meet sponsored by EAB.

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.

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4x1/29;2/5,12,19

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Birthday And Anniversary Club

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February 9
Chris Hogan
Keith Jones
Edward Lopes
Jane Murray
Heidi O'Connell
February 10
Cathy Doyle
Cathy Johnson
Kenneth Lewis
Amy Przybyzowski
Dan Scapperotti
Clo Squillante
February 11
Christopher Carsten
Len DeStefano
Tony Giansante
Margaret A. Kern
Bill Robeson
Robbie Walker
Frank Webber
February 12
Elizabeth Karl
Gregory Latini
Theresa Moehringer
February 13
Joanne Crown
Stephanie Kern
Sharon Korman
Valerie Lopez
February 14
Joey Agosto
Marc Gottridge
Bill Knudsen
John Latini
Faustino Maisonet
Joseph Russo
Matthew Scally
Joan Weber
Jacquelyn Yonick



February 22
Christopher F. Doyle
Susan Beuleman
Virginia Bradley
Frank Bubenik
Loretta Clark
Maura-Leigh Heller
Chris Macioch
Alan Roth
February 23
E. Dolores Crawford
Mary Gully
Audrey Tallman
Kathy Thurnbuecher
February 24
Bob Abrahamson
Paul Willi
Peter Willi
February 25
Ed Conte
Fred Freyzeisen
Katy O'Connell
Kristen Riccardi
February 27
Betsy N. Chayka
Leslie Daub
Jaclyn Ford
Mary Ann Perchinsky
Peter Willard
February 28
Gregory Briggs
Phil Girma
Molly Walker
February 29
Elizabeth Koehler
Ida Antonetti



from This Day forward

HAPPY ANNIVERSARY

February 1
Betty & Bill Levins
February 3
Paul & Sharon Korman
February 6
Ellen & Frank Riccard
February 8
Paul & Camille Hauf
Carmen & Janet Palmese

February 11
Peter & Clara Mazzocchi
February 13
Leroy & Marilyn Edwards
Marylou & Tom Sullivan
February 16
Joe & Erika Pedone
Roalyn & David Schnipper

February 17
Mr. Mrs. Michel Greggo
February 18
Jennifer & Rob Abrahamson
February 23
Mr. & Mrs. Francis P. Lambert





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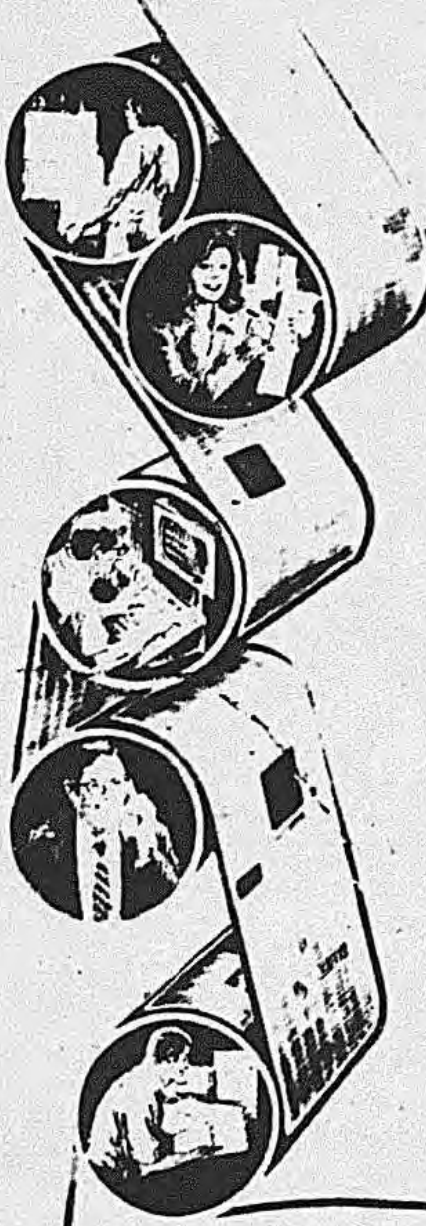
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Focus On Harmony And Community Pride

Dedicated to making Hicksville Schools the best they can be and embracing the adage "It

takes the whole village to raise a child," the Hicksville Board Of Education recently formed a

Task Force to focus on harmony and community pride.

The Task Force, comprised of representatives of the Board of Education, administrators, teachers, students, civic groups, community organizations and businesses, held the second in a series of meetings designed to develop a plan to present to the Board of Education. Presentations for the evening included a Middle School presentation by Principal Marie Marshall and school administrators, Elementary school presentation by Geraldine Silver, OCR Principal, PTA Council presentation by President Nancy Callari, business community presentation by Harvey Brittan and Joe Jannace, and Hicksville Community Council presentation by Joe DePompa. Board Trustee David Staton provided an overview of the first meeting and discussed various ideas presented to date to the Board. Voley Martin, Task Force Chairperson and Board Trustee, asked participants to outline their ideas in a written narrative. In addition, he announced plans to Task Force Subcommittees to ensure as wide a representation as possible. A subcommittee will represent each of the following groups: students, businesses, teachers, and PTA.

The next meeting of the Task Force will be held on March 3 in the Administration Building.



Board Trustee David Staton presents ideas to Task Force: Focus on Harmony and Community Pride while Task Force Chairperson Voley Martin and members listen attentively.



Geraldine Silver, OCR Principal presents student projects from the "World of Difference" curriculum to the Task Force.

Pre-K Hat Day

The Pre-K children at St. Ignatius Loyola School had a Special Hat Day celebration on Jan. 26. They paraded in a variety of colorful and imaginative creations for some of the classes and their parents.

The award winners were: Most Creative: Katie Costello and Jenna Saletto
Funniest: Thomas Maler and Daniel Sheridan
Prettiest: Katie Crayne and Rose Fandaccone
Original: Steven Monette and Kathleen Huber

Handyman Special: Vincent Panarelli and Joseph Cseto
Most Delightful: Julia Lambert
Alphabet Hat: Christopher Heller
Met Fan Hat: Sam McNicol
Valentine 1993 Hat: Kaitlin Moore
Miss High Society Hat: Jerusha Saladino

Congratulations to all the Pre-K children and their parents for their wonderful creations!



Pre-K Hat Day winners Front, L-R: Thomas Maler, Vincent Panarelli; Back, Steven Monette, Katie Costello, Julia Lambert, and Katie Crayne show off their winning hats.

8th Grade Remembrance Day



On Fri., Feb. 5, the eighth grade students at St. Ignatius Loyola School had a day they will always remember, appropriately enough it was called Remembrance Day. The eighth grade students received their school rings at a special ceremony during the First Fri. Mass. Father Edward Tarrant, the Pastor, addressed the future graduates. He then blessed and presented them with their rings. After the Mass the students, their parents, and grandparents returned to school for a reception to celebrate this happy occasion. In Photo eighth graders pose with Father Tarrant and their teacher, Mrs. Weisel.

Bd Of Ed Round Table

This past summer, in setting their goals for the 1992-93 school year, the Hicksville Public Schools Board of Education established as a goal plans to hold two meetings for the purpose of bringing forward representative students to discuss the school program.

The first of these meetings was held on Feb. 3 with ten High School students. Board President Helen Lafferty invited the students to "talk about anything that concerns you and to ask questions about anything you would like to know."

Throughout the course of the evening, a free-flowing discussion and exchange of ideas took place among the Board members and the students. Topics during the evening included reaction to the new school lunch program, improving the image of the High School, the use of the security guards at the school, clubs and activities; how to increase participation; how to assimilate new students and make them comfortable, courses for non-college-bound students, student issue related assembly programs and areas for socializing after school.

Students responded to a wide range of questions from Board members and openly related to ideas and suggestions presented. They in turn, made many recommendations regarding the topics presented. Mr. David Staton and Mr. Voley Martin suggested that the students write out their many recommendations and ideas regarding the High School and

give them to Chris Boukas, student representative on the Task Force: Focus on Harmony and Community Pride. In addition, they encourage the students to participate in the various subcommittees of the Task Force.

All involved not only felt the evening was a success but were anxious to set another meeting date. In conclusion, Mrs. Lafferty reminded students that the Board "wants to work with you for a better school district." The next meeting will be held on March 8 at 8 p.m. in the High School Cafeteria.

Attempted Gas Station Robbery

The Eighth Squad is investigating an attempted robbery that occurred at the Amoco Gas Station located at 606 Old Country Road, Hicksville, on February 4, at approximately 1:10 a.m.

William Jackson, 34, was on duty in a fully enclosed attendant's booth which was locked, when a male black approached him, acting like a customer. The male inquired about purchasing cigarettes and then produced a handgun, demanding money. Jackson ducked down below the counter and then heard the male attempting to enter the booth through the locked door. Jackson then heard the male running away. He looked up and observed the male running westbound on Old Country Road until he lost sight of him. There were no injuries.

LEGAL NOTICE

NOTICE IS HEREBY GIVEN that a resolution was duly adopted by the Board of Commissioners of the Hicksville Fire District, Town of Oyster Bay, County of Nassau, State of New York, on the Tenth day of February 1993, subject to a permissive referendum, as provided for by Sec. 6-G of the General Municipal Law.

An abstract of the resolution is as follows:

The Hicksville Fire District maintains a Capital Reserve Fund for Buildings and Grounds under Sec. 6-G of the General Municipal Law in which account there is sufficient funds to accomplish the purpose herein set forth, namely, the design fees, architectural fees, engineering fees, legal fees, and consulting fees for the Renovation of Station Three Firehouse located on Strong Street in Hicksville. The resolution further provides that there be transferred from the present Capital Reserve 6-G fund of the Hicksville Fire District not to exceed One Hundred Thousand Dollars (\$100,000.00) and the District Treasurer is authorized to effect such transfer.

The resolution shall not take effect until March 12, 1993, unless in the meanwhile, a permissive referendum as provided for in Sec. 6-G of the General Municipal Law is required to be held.

**BOARD OF
FIRE COMMISSIONERS
HICKSVILLE
FIRE DISTRICT**
Dated: February 10, 1993
Attest: John Knight
District Secretary

MIT 2061
1x2/13

Observation Day



It was "Observation Day" at Mid-Island Gymnastics in Hicksville, and parents were allowed to visit and take pictures. Little Shari (Syosset resident) had a great time with her teachers, Maria, Brenda, and Patty.

Photo by Dale A. Simons

Character Day



As part of the 85th Anniversary celebration of St. Ignatius Loyola School, the children in grades K to 2 celebrated Character Day on Feb. 3. Each child came to school dressed as a favorite character from a book. The children in grades 1 and 2 wrote a description of their character. They made booklets, mobiles, and dioramas of their characters. Each class gave a presentation for parents and other guests. They also paraded through the school so that the older children could enjoy their characters. The students depicted a wonderful variety of characters from Snow White, Alice in Wonderland, Huckleberry Finn, Annie Oakley, and Pinocchio to Madeline, the Cat in the Hat, and Aladdin. The parents did a great job with the costumes. All of the children did a terrific job with their projects and presentations!

Coach Receives National Recognition



Coach Bill Meyer

Bill Meyer, Hicksville High School Lacrosse coach, has received the Country Club 300 Victories Award. Mr. Meyer was honored by the United States Lacrosse Coaches' Association for his achievement of 300 victories as head coach of lacrosse. This distinction has been granted to only sixteen coaches in the nation.

Mr. Meyer has coached lacrosse in Hicksville for thirty years. He served as assistant coach for the Long Island Regional team at the Empire State games last summer. He has been selected as head coach

for the games for this coming summer. In addition, Mr. Meyer has previously been named Nassau County Lacrosse Coach of the Year in 1983. Under his expert direction, with the assistance of coach Chuck

Arnone, the Hicksville High School lacrosse team has risen to the upper level of lacrosse in Nassau County. Last year, the team reached the semi-finals at Hofstra. The team ranks 4 for this upcoming season.

Long Island's Future Boom Or Doom?

Continued From Page 1

negativism toward school districts. Not to allow Hicksville to be lumped with those lacking in initiative, Trustee Carole Wolf pointed out that Hicksville has taken steps to reorganize its administrative staff. Mrs. Wolf said that per pupil cost is usually devised by taking the school budget and dividing it by the number of enrollees. She said that this is not truly reflective of actual costs, since school districts are required by the State to provide books and services to non-public schools in their communities and to students attending non-public school.

Trustee Rich Pfaender remarked that the school board has approved the closing of two buildings and that those buildings will be rented in order to reduce the tax rate and reduce the burden on the taxpayers. "We are committed as a board," he added, "to doing what has to be done in this community for people to live here."

One resident asked Mr. Townsend if he favored changing the financing of school budgets to an income tax system where residents would pay according to their ability. Mr. Townsend responded that he would be in favor of such a change.

In keeping with Mr. Townsend's news coverage policy, he invited the trustees to put their facts in writing and he promised to print them.

The next meeting of the Hicksville Community Council will be on Thursday, March 4, at 8 p.m. in the Library Community Room. The agenda will include discussion of New York State matters in line with the State Legislature's budget adoption. Local legislative representative will be invited to speak and answer residents' questions.

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT:
NASSAU COUNTY
CITIBANK, N.A., Plt.
vs. JOHN B. BEUT-
LEMAN
et al, Defts.
Index #15844/91**

Pursuant to judgment of foreclosure and sale dated July 29, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y. on Mar. 8, 1993 at 10 a.m. prem. k/a 27 Fireplace Lane, Hicksville, N.Y. said property located on the easterly side of Fireplace Lane, 245.49 ft. southerly from the corner formed by the intersection of the easterly side of Fireplace Lane with the southerly side of Cloister Lane, being a plot 100 ft. x 60 ft. Approx. amt. of judgment is \$102,441.24 plus costs and interest. Final bid is \$123,000. Sold subject to terms and conditions of filed judgment and terms of sale.

**HAROLD S. MELTZER,
Referee
GREENBURG & POS-
NER,
Attya. for Plt.
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White Plains, N.Y.
MIT2656
4x2/5,12,19,26**

LEGAL NOTICE

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: \$241,512.67 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

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College Notes

A local resident was accepted for admission in August to the State University College of Technology at Delhi, N.Y.

Steve Kourkoumelis of Grant Court, Hicksville, will major in Electrical Construction and Maintenance.

**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,

Happy New Year Long Island Seniors!

Good News for 1993!

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Friday, February 12, 1993

A Valentine Bouquet



SEE PAGE 3

Many Callers Against Gays In Military

Most callers to Input had strong opinions against gays in the military in answer to this question: "Do you think gays will adversely affect the military if admitted?" Here are some of the answers:
DIFFERENT PROBLEM

The problem of gays in the military is far different from the way it is being presented. Proponents are fond of saying that gays are already in the military and that they can do a good job. This, though, is the same as gays in the St. Patrick's Parade. There were always some gays in the parade but when they start calling attention to themselves and act as the separate unit they change everything and they cause the trouble. If gays get in the army and navy and they get together and flaunt their gayness they will be a destructive force that will hurt the country and its dependence on the military. Because gays are different they could only be of help if they had separate units, the same as women have different units from men.
B.G.

I am a former supervisor for gay rights. I am extremely upset about the behavior of the militant gay groups. I am offended by the assault on the parents in the Queens School Districts for having to receive a curriculum they do not approve of for children's reading. If school is not the place for religion it is not the place for politics. It's the place where our children are supposed to be educated and prepared for the world with reading, arithmetic and social skills, respect and kindness and goodness towards others is the basis of our whole American way of life. It should be sufficient to condense that into one course, but to present one extreme opinion is going to cause a lot of unrest. I have never served in the military. If the men

in the military are separated by sex what kind of confusion will be caused if men who are attracted to one another are not separated. There could be another uprising for women to come into the dorms so that is something that could adversely affect the military and the fear of AIDS would be deeply in the minds of men although they may fear to admit that phase of attacks by the militant gay groups.
E.S.

DIFFERENT QUESTION

I think the question should be rephrased to "Will the military be affected by knowing gays have been admitted into the service. The key word is knowing. Obviously there are already gays in the service. Ten percent of the general population is gay. Supposedly some percentage of the military population is too. The American military accepted gays during Operation Desert Storm while there was a need and dumped them as soon as the crisis was over. The military in many other democratic countries accept gays and find it doesn't have any negative impact on the morale or morals of the forces. They believe also that a study by the American military shows there would be no negative impact if gays were admitted. It is just homophobic.
P.J.

OLD HISTORY

Back in the 1860's there was an uprising over letting the Irish into the army. In my own time I have heard similar screams over letting the blacks in which would destroy our morale and letting women in would make it a den of iniquity. Now the Southern boys have expressed horror at the idea of sanctioning the fact that there are gays and lesbians in the military. It won't make the slightest change if more go in. What is needed is a clear code of conduct which will stop overt sexual activity.
C.C.

DIFFERENT ASPECTS

There are two aspects to the question of homosexuals in the armed forces. 1. Should homosexuals per se, those who have not revealed their sexuality be banned? I have no problem with this category and feel they should not be denied the opportunity to serve their country. 2. What about those who have publicly proclaimed their sexual orientation. I believe they should be banned because the obvious reason for going public is to seek approval of their sexual activities. The question turns on sexual orientation and sexual behavior. There is a distinct danger that homosexuals in the military could increase the spread of AIDS. The latest figures show that two-thirds of all AIDS cases are attributable to homosexual conduct. Their presence in the armed forces would cause severe discipline problems because of the traditional antipathy towards homosexuals who would be assigned to units among the personnel who would be ordered to accept them. The rights of heterosexuals would be violated to promote homosexual rights.
A.B.

WILL MAKE PROBLEMS

I think gays in the military will cause an adverse affect. Homosexuality is not normal and will upset discipline, good order and efficiency. If a gay develops AIDS will he be entitled to a disabled pension? They would overburden the military medical service. Will the military blood supply get tainted by AIDS carriers? The dangers would be to our people in combat. Some say with the close quarters there should be gay only bathrooms and barracks. This would entail additional unnecessary expense. They want to join to get in on the excellent benefits. They want to join the military to be in your face.
G.K.

WRONG PRESIDENT

I think the problem with homosexuals in the military is one created by electing a President who never served in the military, who wants to do everything that sounds liberal. The end result will be that our armed forces will be ruined by someone who did everything to stay out.
F.C.

ONE STEP BEHIND

Why is it that the military establishment is always one step behind the social changes that must inevitably go on in our society. The most obvious example was their resistance during World War II to blacks as active and integrated members of the armed forces. It took an executive order by President Truman following that war to overcome that bias situation, just as President Clinton will inevitably do away with the military ban of gays in the armed forces today. While we all know that there is good and bad behavior amongst all classes, colors, races, religions and sexes, common sense should tell us that we cannot allow the military establishment to arbitrarily ban any group of American citizens of their right to serve in the military simply based on sexual orientation. This does not say that the military should lower its strict physical, mental and moral standards, but that gays (closet) have already proven their ability to pass these standards with flying colors.
C.K.

DON'T ADVERTISE

I don't know enough about gays to render a sensible opinion on the "Question." However, I believe I have seen enough to develop a feeling on the subject. Most men in our armed forces outwardly display a masculinity which, in a sense, is a badge of pride in their ability to meet the enemy head on and full recognition of this feeling in actual encounter. If there are any gays already in the military, they apparently don't advertise the fact. However, with the attention being given currently to their recognition and admission into the military, it's a completely different ball-game and clearly highly respected General Colin Powell is finding it difficult to accept. We have seen what has happened with the demand on the part of the gays to be recognized and admitted into the St. Patrick's Day Parade and I don't think we can afford to risk the consequences of officially welcoming them into the military.
P.G.S.

THE QUESTION OF THE WEEK

Do you think Hillary Clinton should be given governmental powers?



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Discovery!



A Valentine Bouquet

By Paula Freda

They say truth can be stranger than fiction, and in some instances much more interesting. Bookstores carry hundreds of romances, author's fantasies given free reign. But there are true stories, like roses in a valentine bouquet, that need no doctoring. My own story, how I met my husband, for instance.

I was 25, on the rebound from a broken engagement. Lonely, eager to find that special someone that would rekindle my belief that true love would finally find me, I took a chance on a blind date.

For several years I had belonged to a junior order of the Knights of our Blessed Lady of Trapani. We were a happy-go-lucky group of young people. We ran processions, dinners, dances, Halloween parties, with most of the proceeds going to The Little Sisters of the Poor Nursing Home in our area. Congressional candidates had heard of us as well. If we backed a candidate, he would get his backing's worth of campaigning and fliers tacked to every spot permitted, and some not permitted.

Of our group, it was the most avid and wild one who became the priest. I would never have met my husband if it wasn't for him.

Dom and I must have been fated to marry, because it seemed in the beginning that we were not destined to meet. When my friend, the priest, suggested the date with a friend of his friend, a blonde, blue-eyed handsome young man, I sent my girlfriend to meet him, as I was dating someone else. She went in my stead, but refused further dates with him. Dom was a cook and she did not care to pursue a relationship with someone who worked the long hours he did.

Again my friend the priest asked me to meet Dom. Well, I thought, why not. I would meet him, and nothing would probably come of it. I was young, slender, pretty and looking for romance. The young man I was seeing on the rebound was not right for me. So I agreed to the date. Again we must have been fated, because again it seemed we were not meant to meet. My friend, who I will refer to as "Father," brought me from Brooklyn to Freeport, on a Wednesday evening, to the restaurant Dom and his brother owned at the time. Down Woodcleft Canal, Father sped the car at 90 miles an hour, while I silently prayed the "Act of Contrition" - Frankie hadn't changed, despite the collar. He was still the wildest one of the group. When he skidded to a halt in front of the restaurant next to the bay (in whose icy waters I had envisioned us ending up), lo and behold, the restaurant was closed and Dom was nowhere around. Now I was sorry I had agreed. What a wasted trip!

Again Father interceded, and the following week, this time on a Thursday (I learned, as I have come to regard as dogma these past 22 years, that Wednesday night is Dom's Bowling night, and nothing short of the "Terminator" stops him from going bowling), we repeated the trip. This time the restaurant was open and Dom and his brother and the entire staff were waiting for this blind date.

The first time I saw Dom, my heart literally plummeted. I didn't like him at all. I remember the words that played in my mind at first sight. "Oh God, another wasted date. Oh well, get it over with," I thought, shrugging.

They wined me and dined me. Dom made polite conversation. The food was delicious, too delicious; I overate. I got sick to my stomach.

When it was time to go home, Father, the matchmaker, suggested that Dom take me home so that he could learn the way to my house in Brooklyn. With Father leading, Dom drove me home. I didn't say a word to him during the whole 40 minute trip. I was car sick. I wore my beige artificial fur coat and kept my head buried in the folds of its collar the entire trip, praying that I made it home

before my dinner did.

I was certain now that tonight had been a total waste. What must he have thought of me, this silent bear seated beside him. When he let me off in front of my door, I smiled weakly, and thanked him for a pleasant evening. He said, "I'll call you." Sure, I thought, when hell freezes over. I really didn't care. I just wanted to get to the bathroom.

"Good night," I said, and then he kissed me, just a light peck on the lips. "Odd," I thought. I didn't feel repulsed. Actually, it felt nice. I smiled again, gave a little sigh as I turned to go in. Too bad, I mused. He really wasn't that bad looking.

I honestly didn't believe he'd call, but a few days later, he did. And we set up a date.

Because he was new to Brooklyn, we arranged to meet half way at Supthin Blvd. in Jamaica. Again we must have been fated, because it seemed we were not meant to meet. Every street has two corners, at least the one we had chosen. However, we neglected to identify which corner, and for one hour I waited at one end, and he waited at the other end. Both of us were certain the other had stood us up. Dom was just about to leave. Perhaps the angels, or was it cupid, inspired me to walk down the street, I had this uncanny suspicion.... Well, there he was.

Said I to my boyfriend on a moonlit eve:

A gentle man is what I seek; yet one that can be firm, or lenient, as the occasion requires. And if he be timid and meek, I will not turn away, so long as his heart be filled with truth, for I will not bear with falseness or the uncouth. To such a man I will bend. To one whose sincere concern with whether I laugh or cry, portrays him as my friend. To this gentle man I will pledge my truth, and staunchly stand beside him through thick and thin. To this gentle man I will give my heart, and all my love, until death do us part.

Said I to my husband on our first anniversary:

Roses in the dark will not unfold, their precious cargo to bloom. Without the sun's delightful touch they live in dismal gloom. Before the comforting rays of dawn, their fragile petals cry with dew. Like the roses in the dark, I ache to know the touch of all that is you. For without the warmth of your tender love, each and every day, whatever is beautiful within me, droops, shrivels and withers away.

Said I to my son on my 10th anniversary:

Dare I call your father my Harlequin hero? He is not a giant among men. He has been known to fumble and fall and score a zero. Yesterday he was impossible to live with; stubbornly insisted he was right, when he knew he was wrong; near drove me into a fit. But last night, taking me into his arms, he whispered, "Honey, I'm sorry, forgive me, I was wrong." Then kissed our children, hugged them and tucked them in bed. Dare I call my husband my Harlequin hero? Yes, there beneath the pellicle of human faults I see him clearly, my Harlequin hero.

Said I to my husband on our 20th anniversary:

Senseless thing this emotion called love. Look how it blinds you! I have wrinkles on my cheeks and my brow; yet, to you I am as lovely as when first we said hello. See how it has me convinced that the white in your hair, makes you appear distinguished and debonaire. It will not let the years lessen my need for you, nor yours for me. It makes a farce of reality. See how it turns heroes into fools, and fools into heroes.

ABOUT THE AUTHOR

Paula Freda is a Hicksville resident and housewife. She is a free-lance writer, publishes a small press, and coordinates a writer's club in the Hicksville Public Library.

DINING GUIDE

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KITCHEN KIDS

Fresh cakes, warm hearts

By Rena Coyle

It will always remain easy to reach into a cupboard and pull out a box of cake mix, but that cake will never taste as good as homemade.

I grew up baking boxed cake mixes, and it wasn't until I went to the Culinary Institute of America did I make my first cake from "scratch."

To this day I remember my surprise as I measured out the various ingredients and discovered how utterly simple cake baking is and that all the ingredients were common and had always been in my cupboard.

There are several different cake-baking processes, some requiring more skill than others. It is the mixing process that determines the cake's denseness.

The simplest and most straightforward mixing process is done by creaming the butter and sugar first, then slowly adding eggs, dry ingredients and finishing off with a touch of milk. This process is used when making poundcake, carrot cake, apple cake and many breakfast cakes.

Since this basic blending method does not beat air into the mix, you generally will find the addition of baking powder and sometimes baking soda for leavening and lightness.

When children are doing the cooking, recipes using the basic creaming method are the best one to choose. The kids can leisurely measure out the ingredients and then begin mixing.

The poundcake and Carrot Cake can be made by all ages. Young kids can do all the steps with direction, while older children can bake on their own with an adult's permission. As always though, it is best to have an adult take the cake in and out of the oven and, no matter your child's age, an adult should be in the house while pretens and teen-agers are baking.

Once your family tastes the difference of homemade, nothing else will do when making cakes.

CARROT CAKE

- 1 teaspoon margarine or butter
- 5 medium carrots
- 1 1/2 cup flour
- 1 1/2 teaspoons cinnamon

- 1 teaspoon ground ginger
- 1 1/2 teaspoons baking soda
- 1/2 cup oil
- 1/2 cup sugar
- 2 eggs
- 1/2 cup milk
- 1 cup chopped walnuts or pecans

Yields 1 8 1/2-inch square cake. Preparation time: 20 minutes. Baking Time: 60 minutes.

Utensils: 8 1/2-inch square baking pan, paper towels, vegetable peeler, cutting board, hand grater, wax paper, 3 large mixing bowls, measuring cups and spoons, electric mixer, rubber scraper, oven mitts, cooling rack, knife.

Rub margarine evenly around sides and bottom of baking pan using paper towel, set aside. Preheat oven to 325 F.

Scrape peel off carrots. Put grater on sheet of wax paper and rub carrots over largest hole. Put carrots into first mixing bowl, you will have about 1 1/2 cups, and set aside.

Measure flour, cinnamon, ginger and baking soda and put in second mixing bowl. Toss with fork and set aside.

In last mixing bowl, combine oil and sugar together. Blend with electric mixer. Add eggs and blend. Add flour mixture in two parts and blend on low speed until mixed thoroughly. Add milk and blend. Add carrots and nuts, blend.

Scrape batter into baking pan with rubber scraper. Put pan in oven with mitts and bake for 60 minutes. Once baked, turn oven off and remove with mitts. Cool slightly and then cut into squares.

Rena Coyle is a mother and professional chef. Her cookbooks include: "My First Cookbook," "Baby, Let's Eat" and "My First Baking Book," published by Workman.

KITCHEN KIDS



READER RATINGS

Q. When dining out I have often seen women wearing their coats to the table, then depositing them on the back of their chairs. However, I have never seen a man do the same thing with his overcoat. Is there really a difference in etiquette for men and women in regard to checking coats?

A. Yes, a man always checks his coat in a restaurant. But a woman has the option of checking her coat or bringing it to the table.

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READER RATINGS



Q. When a restaurant serves coffee or tea in a mug, where is the spoon left after it is used? I just can't bring myself to put a dirty spoon on the table!

A. If the restaurant objected to having a dirty spoon on the place mat or table, it would not serve beverages in a mug. But please don't ever attempt to drink your coffee or tea with the spoon left in the mug as I saw someone do recently! Not only is that the height of bad manners, it could also cause an eye injury.

Q. Today most restaurants serve sugar in paper wrappers. Frequently jelly and butter are also pre-packaged. What is the proper way to dispose of those wrappers?

A. Sugar papers may be put in an unused ashtray. Butter and jelly wrappers may be left in the bread and butter plate.

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Home entertaining



Buttering up for Lent

By Carol Cutler

Russians have always had many reasons to celebrate Easter with extra zest. Perhaps the biggest of all is the end to the long, cold, dark winter. During these frigid months daylight is very brief. This is the other side of the coin that brings white nights in the summer.

Another, cheerier reason is the pre-Lenten festival *Maslenitsa*, or Butter Week. Other people approach Lent with a single blowout at Mardi Gras (Fat Tuesday), but in Russia the tradition had been to celebrate for a whole week. In recent times this feast has been somewhat restrained, but with good fortune one hopes that will soon change.

In Orthodox ritual, Lent was marked by a very rigorous fast. In the old days neither meat nor animal products of any kind could be eaten. So in addition to meat itself, eggs, lard, butter, milk and cheese also were forbidden.

In a way of preparation for this deprivation, Russians feasted on blini (raised pancakes) for a whole week, beating plenty of butter into the batter, then pouring more melted butter over them. The root of the name of the celebration is the word for butter — *maslo*.

With today's health concerns about overindulging in rich foods, it seems prudent not to emulate the old-time pattern and butter up for a whole week. But what a great single Mardi Gras party can be created around blini.

These rich and flavorful pancakes are not difficult to make, but plenty of time is necessary. This is not working time, however. The span of preparation time al-

lows for the slow rising of the yeast batter — twice. Slowly puffing up with millions of trapped yeast bubbles, the batter emerges very tender and light.

At a real *Maslenitsa* celebration the whole meal involves blini; they provide a base for the various courses. The first-course selection for the blini includes smoked sturgeon, pickled herring, salmon roe, black caviar and smoked salmon. In the next course the blini are bathed with melted butter and sour cream.

What about vegetables, you ask? The next service brings blini stuffed with finely chopped mushrooms and onions. For the dessert finale, the blini are smeared with jam and sour cream. And remember, at one time this went on for a week.

For today's more restrained eating habits, consider blini for the main course only and provide whatever toppings your budget can stand. In addition to the various fish preparations, you can also serve smoked meats, thinly sliced ham, a paste made of sun-dried tomatoes, sauteed onions or scallions or whatever ideas you fancy.

Melted butter is a must. Do suggest that guests try one topping at a time and not pile on flavors. There should remain a delicate balance between the blin (the singular) and its garnish.

A cup of good, hot consommé is the perfect prelude to the luxurious blini feast. Follow the pancakes with a large mixed salad; the crisp crunch will feel good in the mouth after all the richness. Complete the meal with a fresh fruit salad, or perhaps a picture-

pretty plate of sliced kiwi sprinkled with kirsch. Lemon or pineapple sorbet could accompany either dessert.

There is a misconception that blini must be made with buckwheat flour. Not so. That is one kind, but Russians make several variations on this theme. It's the yeast batter that defines the blini.

For this main-course purpose, I prefer all-purpose flour. And please, do not fry them into tiny 2- or 3-inch rounds. Russians would never do anything as cute as that.

BLINI

- (RUSSIAN RAISED PANCAKES)**
- 1 package dry yeast
 - 2 cups milk, scalded and cooled to 85 F
 - 3 cups sifted all-purpose flour
 - 2 tablespoons sugar
 - 3 eggs, separated
 - 6 tablespoons butter, melted and cooled
 - 1 teaspoon salt
 - Butter for frying pancakes
 - Yields 14 5-inch blini.

Sprinkle yeast over tepid milk and put aside for few minutes. Stir, if necessary, to dissolve granules. Stir in 1 1/4 cups of sifted flour and sugar. Beat until this sponge is well-blended. Cover bowl and place in warm place to rise for 1 1/2 to 2 hours. Sponge will have increased in volume and there will be bubbles near surface.

Beat together egg yolks and melted butter and stir in remaining 1 1/4 cups of flour and salt. Beat ingredients into sponge, cover and place in warm spot to rise for another 1 1/2 to 2 hours or until almost doubled in bulk.

Beat egg whites until stiff and fold into batter. Melt a little butter in 5-inch crepe pan, preferably cast-iron, and ladle in 2 or 3 tablespoons of batter, just enough to cover bottom of skillet. Fry on medium heat until bottom is golden brown and bubbles appear on top. Turn over and fry second side. Keep warm while frying rest of blini.

Carol Cutler is the award-winning author of eight cookbooks, including "Catch of the Day."

DINING GUIDE

READER RATINGS

DINING GUIDE

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Q. At a table with others we don't know at a banquet, what do you do about tips-if anything?

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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 each 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 messages will be sent through to the restaurant management.

(Guide to Good Dining)

READER RATINGS



Q. I notice that some people pick up wine glasses by the bowl. However, I think it looks more elegant to pick them up by the stem. What is your opinion?

A. I agree with you that it is more attractive to pick wine glasses up by the stem. In the case of white wine, it also keeps the wine cool for a longer time!

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

A. Certainly that would be proper. Social obligations do not have to be repaid on a strictly tit-for-tat basis. Your friends would enjoy a delicious dinner in a relaxed restaurant atmosphere more than an at-home meal served by a hostess whose sense is harried and exhausted.

Q. Recently I attended an elegant wedding and I noticed that the champagne was served in a tulip shaped glass rather than the traditional brimmed type. Is this something new?

A. It is a fairly new idea. The theory now is that a tulip shaped glass preserves the effervescence (bubbles) of champagne longer than a wide brimmed glass.

Q. If two women dine out together, and neither is the guest of the other, what is the best way for them to pay the bill?

A. The best way I know is by asking the waiter to bring separate checks, and why this is not done more often I cannot understand. The second best plan is having one woman pay the check, then settling the bill afterwards with her companion.

Q. What do you do with the wrapper on a lump of sugar when you are dining out in a restaurant? Do you put it on the tablecloth, in the saucer of your cup, or in the ash tray?

A.M. A. This is one of those things for which there is no real rule. You just use common sense. I would say put it on the tablecloth, for if you put it in the ash tray it may start a fire, and if you put it in your saucer, it may cause the cup to tip over when you put it back in the saucer.



After Work Gourmet



Saroe Achatz

Sizzling pancakes make for standout suppers

A quick and easy way to enliven winter fare is by serving up breakfast for dinner.

Eggs are by far the favored breakfast-for-dinner fare, whether served up scrambled or in an omelet or quiche. Meat-and-potato hashes come in a close second.

For something truly different, however, consider pancakes. While basic baking-mix flapjacks will do for dinner, a standout supper calls for a from-scratch recipe that offers up a stack of something special.

Ricotta Pancakes With Blueberry Sauce are as simple to make as standard cakes, yet — with their cheesy richness and warm blueberry sauce — offer a flavor reminiscent of labor-intensive blintzes.

Pumpkin Pancakes are a colorful change of pace served up sprinkled with cinnamon-sugar rather than syrup.

For a hearty meal, pair either recipe with a side of sausage, slice of ham or dish of scrambled eggs.

Corncakes With Bacon stand well on their own, with a side of eggs or layered with slices of ham for an eye-catching and mouthwatering meal. Add liqueur-laced Elegant Oranges as a side dish, and it's a supper worth celebrating.

RICOTTA PANCAKES WITH BLUEBERRY SAUCE

For Sauce:
 1 cup frozen blueberries, thawed
 ¼ cup orange juice concentrate
 1 tablespoon sugar

For Pancakes:
 2 eggs, separated
 ¾ cup ricotta cheese
 ¼ cup milk
 6 tablespoons flour
 2 teaspoons sugar
 ¼ teaspoon baking powder
 1 tablespoon vegetable oil

Yields 12 pancakes.
Preparation time: 25 minutes.
 To prepare sauce, place blueberries, orange juice concentrate and sugar in medium saucepan. Cook over medium heat, stirring frequently, until thick and syrupy, about 5 minutes; keep warm.

Meanwhile, prepare pancakes. In food processor or blender, combine egg yolks and ricotta until smooth. Add milk, flour, sugar and baking powder and process until completely blended.

In mixer bowl, beat egg whites until stiff but still moist. Fold gently into batter.

Heat oil in large non-stick skillet over medium heat. Spoon batter by ¼-cupfuls onto skillet. Cook until tops are bubbly; turn and cook second side until golden, about 2 minutes per side. Repeat with remaining batter.

Serve pancakes hot topped with warm sauce.

PUMPKIN PANCAKES

1½ cups canned pumpkin
 1 egg, lightly beaten
 ¼ cup flour
 ¼ teaspoon baking soda
 Vegetable oil for frying pancakes

¼ cup sugar
 1 tablespoon cinnamon
 Yields 14 pancakes.
Preparation time: 15 minutes.

In large bowl, combine pumpkin and egg. Slowly stir in flour and soda, mixing well.

Heat half-inch of oil in large skillet over high heat. Drop about 2 tablespoons batter per pancake into hot oil and brown on both sides, about 2 minutes per side, turning once only.

Meanwhile, in small bowl, mix together sugar and cinnamon; set aside.

Drain pancakes on paper towels and sprinkle with cinnamon-sugar mixture just prior to serving.

CORNCAKES WITH BACON

1 cup cornmeal
 1 teaspoon baking powder
 ¼ teaspoon salt
 1 (8¼-ounce) can cream-style corn

4 crisply cooked bacon slices, crumbled
 1 cup milk
 1 egg

Yields 12 pancakes.
Preparation time: 15 minutes.

Heat griddle over medium-high heat; grease lightly.

In medium bowl, combine cornmeal, baking powder and salt. Add remaining ingredients, stirring just until dry ingredients are moistened.

Pour about 2 tablespoons batter per pancake onto hot griddle and brown on both sides, about 2 minutes per side, turning once only.

Serve layered with slices of ham and topped with maple syrup, if desired.

ELEGANT ORANGES

1 tablespoon sugar
 ¼ teaspoon cinnamon
 4 oranges
 2 tablespoons orange-flavored liqueur

Yields 4 servings.
Preparation time: 40 minutes.

In cup, combine sugar and cinnamon; set aside.

Peel oranges, then thinly slice crosswise into circles, removing any seeds. Spread orange slices in bowl.

Sprinkle evenly with sugar mixture, then with liqueur. Let stand uncovered at room temperature 30 minutes before serving in small bowls with juices poured over.

QUICK TIP

Keep a list of things stored in the freezer. This will save time by sparing you from having to search for a bag of blueberries or a leftover chicken breast that just might be lurking there.





Desiree Viven

A new year, a new administration and a new vice-president who presumably knows how to spell America's favorite vegetable. Change is in the air.

One of the first things a new microwaver learns is how to bake a potato. It's easy, and it's one of the microwave's most impressive feats — doing in six minutes what used to take 60.

In case you need reminding, here's how to microwave whole potatoes.

Choose good Idaho potatoes, 7 to 8 ounces each, with no blemishes. Wash and pat dry. Pierce each in several places with a fork and arrange on a paper towel on oven floor. (If baking more than 1 potato, arrange spoke fashion at least 1 inch apart.) Microwave at HIGH (100 percent power) setting according to the following chart:

- 1 potato: 4 to 7 minutes
- 2 potatoes: 7 to 11 minutes
- 3 potatoes: 10 to 16 minutes
- 4 potatoes: 15 to 20 minutes
- 5 potatoes: 19 to 24 minutes
- 6 potatoes: 22 to 28 minutes.

(Microwave time will vary according to size and age of potatoes and wattage of microwave oven.)

While micro-baked potatoes are great and very convenient for busy cooks, there are a number of other ways your microwave can cook this inexpensive and versatile tuber.

To microwave cubed potatoes for potato salad, mashed potatoes or use in other recipes, wash (and peel, if you prefer) four 6- to 8-ounce white potatoes. Cut into 1-inch cubes and place in a 2-quart container with ½ cup water. Cover and microwave at HIGH setting 12 to 16 minutes, stirring every 6 minutes, until potatoes are tender. Let stand, covered, several minutes, then drain and use as desired.

For small (new) potatoes, gently scrub 1½ pounds (12 to 16 potatoes), and pierce each several times with a fork. Or pare a narrow strip of peel away from around center of potato. Place in a 2-quart microwave-safe casserole with ½ cup water and a dash of salt, arranging so that larger potatoes are around edges of dish. Cover and micro-steam at HIGH setting 10 to 17 minutes, stirring to rearrange every 5 minutes, until potatoes are tender. Let stand several minutes, then drain and season with butter, salt and pepper to taste.

Cheap eats, foods costing less than about 40 cents per pound, are generally very healthy choices: among them are carrots, bananas, rice, dried beans—and potatoes.

The last are a good source of many important nutrients: fiber, iron, calcium, phosphorus, zinc, potassium, B vitamins. Leaving the peel on potatoes is a good idea, since the peel contains a higher concentration of nutrients than does the flesh. Avoid, however, skins with a greenish tinge (trim away any green portions and discard).

Americans eat an average of 126 pounds of potatoes in a year, and no wonder. They're good for you, and they can be enjoyed in so many delicious ways. Remember that your microwave can do far more than simply bake potatoes for you. Here are a few ideas:

FARMHOUSE POTATOES AU GRATIN

- 5 or 6 large russet potatoes (about 2½ pounds), peeled and sliced thin
- ½ cup hot tap water
- ¼ cup butter or margarine
- 3 tablespoons flour
- 1½ cups milk
- 2 teaspoons prepared mustard
- ½ cup diced sweet red onion
- 1½ cups shredded longhorn Cheddar cheese
- 1½ cups diced cooked ham
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup seasoned dry bread crumbs

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

Cooking time: 26½ to 36 minutes.

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

Arrange sliced potatoes in a 2- to 2½-quart oblong microwave-safe casserole. Pour water over potatoes and cover tightly with plastic wrap, leaving 1 corner open to vent. Microwave at HIGH setting 10 to 12 minutes, gently stirring to rearrange halfway through cooking time. Let stand, covered, 5 minutes. Turn potatoes into colander to drain.

Add butter or margarine to casserole dish. Microwave at HIGH setting about 1 minute, to melt. Blend in flour to make smooth paste, then blend in milk and mustard. Microwave 3 minutes at HIGH setting, stir.

Stir in onions and microwave at HIGH setting 1½ to 4 minutes longer, or until sauce thickens.

Add 1 cup of cheese and stir until melted, then fold in diced ham, salt and pepper. Microwave at MEDIUM-HIGH setting 10 to 15 minutes longer or until potatoes are tender and sauce bubbles. Sprinkle with remaining shredded Cheddar and top with bread crumbs. Microwave at MEDIUM-HIGH setting about 1 minute longer, to melt cheese topping. Let stand on heat-proof surface 5 minutes before serving.

MICRO-TIP OF WEEK

Raising whole potatoes on inverted glass custard cups while cooking allows microwaves to reach bottoms of potatoes, so they cook more evenly.



By Willard Abraham, P.D.

Book of girls

Dr. Abraham: I'm a pretty well-organized kind of guy 17 years old, and I've had a good time with all the girls I've liked, doing something that may seem kind of strange to you. No, it's not related to sex.

I write down, actually in two columns, "what I like" and "what I don't like" about a girl I'm spending time with. I even play around with "weighting" the items I list (from one to 10) because they aren't all of the same importance. Then I add the points and decide whether I should keep on with her.

But now I've hit a problem I don't understand. There is this girl for whom I list just a few items in the like column and a whole bunch of them in the don't like column, but still she is special to me. I just don't understand why I'm so crazy about her. It's a mystery I can't figure out. I really need your help. — Puzzled

Puzzled: It sounds like an undefinable something related to words like fascination, attraction, allure, captivation, glamour, charm or other appeals that are hard, maybe even impossible, to identify.

Perhaps it is a quality that "turns someone on," but the ingredients can't be fully described, and maybe one shouldn't try to describe them. Sometimes such efforts at analysis are both futile and useless, even destructive.

A classic case of infatuation was described in detail in W. Somerset Maugham's famous book and movie (produced three times, in fact), "Of Human Bondage." I hope the character in it, Mildred, isn't at all similar to the girl with whom you seem to be enraptured!

Dr. Abraham: A buddy of mine talks like AIDS will practically take over the world in the future. He's a real "doomsday" sort of guy.

I haven't read anything like that. Have you? — Ozzie, Green Bay, Wis.

Ozzie: Maybe your friend read something scary that was recently reported by the World Health Organization: By 2000 (like almost right around the corner) 10 million or more children will have contracted the AIDS virus, and most will have died. That is a huge increase from the 700,000

AIDS-infected babies who have been born around the world over the last decade.

No cure yet and many people ignoring the warnings and precautions that can be taken are reasons to view this potentially large increase seriously.

If your interest in this subject continues, Ozzie, tune in once in a while with your family physician's current knowledge on it and perhaps even the reading he (and you, too) might check with in reputable medical publications like *The New England Journal of Medicine*. Their articles are frequently more readable than many teens may realize.

Dr. Abraham: I have a teacher who drives me nuts with one of her ideas. She insists that we spell everything right, and if we can't, she always says, "Look it up in the dictionary."

Now I ask you, how can I do that if I don't know how to spell the darned word? Will you please tell me? — Danny

Danny: If you know the first letter and can sound out the next one or more, you might have a good start toward solving the problem. But because English is sometimes confusing, your search may take longer with some sounds like "t" (that can be either "t" or "ph" in a dictionary), the "c" sound (under either "c" or "s" in the dictionary), and "g" (which might be found under "g" or "j").

Another way to cope could be by going occasionally to a classmate or family member who is a spelling whiz rather than to your teacher or the dictionary. However, dictionary usage usually does pay off.

Cooking Corner



Making couscous the right way

By Charles Britton

Recipes undergo a curious sea-change when they travel from one culture to another. Couscous provides a case in point. From its North African home, this form of pasta that looks like a grain has made inroads into the American consciousness, to the point that you might find it on a party buffet or commercial salad bar, served cold, moistened with salad dressing and studded with crunchy vegetables. In its homeland, couscous would never be given such a treatment.

Rather, it would be served hot as the primary starch of the meal, like pasta in Italy.

Another strange thing about couscous: The package instructions for making it are all wrong. Well, maybe not wrong but certainly a shortcut designed for mass consumption. These directions call for a quick soaking in hot water, and the result, while perhaps acceptable, is a sodden mass, a far cry from tender, light, delicate texture of couscous made according to the true method.

The difference is rather like that between instant rice on the one hand and properly cooked rice on the other. The texture of a fine couscous is particularly seductive, reminiscent of the crumb of a good corn bread, but lighter and more separate.

Like many traditional recipes, true couscous does require some time. It's a process of moistening, steaming and working the grains with your hands. That's why we propose it as a weekend project.

The key to the traditional method is the handling of the grain.

It is repeatedly rubbed through the hands with a gentle pressure. The effect is to separate the grains and to aerate the texture. Primary rehydration is by steaming rather than soaking; this gives the couscous a dry yet tender feel, the North African equivalent of *al dente*.

The couscous grain is in fact made of a paste of semolina flour and water, much the same as for pasta. But in this case, the paste has been worked into small particles.

In traditional households, this is still done by hand, the kind you see in the store is machine made. You will find it on the shelves of most supermarkets these days, usually imported from France, where the dish is widely popular, a culinary relic of that country's imperial

past in North Africa. There is also a whole-wheat version, but this is less broadly distributed.

Most couscous seems to be medium grain (*moyen* in French), which somewhat resembles cornmeal. You might also come across a larger form of it, with spherical grains about the size of a BB shot.

All couscous we have seen has undergone a steaming stage that precooks the grains. This makes it possible to use the shortcut method of rehydrating the grains familiar to most American cooks.

In North Africa, couscous is served with a savory stew and a bowl of hot sauce; the whole assembly also is given the name of "couscous." We offer some recipes for the stew, too, including a classic that calls for seven vegetables (more or less, depending on how you count them).

Couscous goes particularly well with highly seasoned gravies, as, for example, in goulash. As a Mediterranean foodstuff, it goes quite well with many Italian and Spanish dishes, and some New World preparations are candidates, too.

Try it sometime with your favorite chili recipe. It's great that way.

Preparing couscous grain is simple enough, but the steps are unusual. We begin with some preliminary considerations. (For those who wish to use it, the shortcut method is included at the end.)

• **Equipment.** Besides everyday items, the cook will need some means of steaming the couscous. Traditionally, this is accomplished in a double-chamber cooking pot called a *couscoustier*. The stew simmers in the lower half. The upper half has a perforated base to allow the steam to rise through the couscous.

The grain can be cooked just as well over simmering water as in any kind of similar steaming apparatus. Another choice would be a wok with a steamer insert. You will need cheesecloth to spread over the holes to keep the couscous from dropping through.

• **Timing.** It takes two or more hours to prepare couscous in the classic manner, but the cook is actively involved only now and then. About the same time is required for making the accompanying stew.

The following method for preparing the couscous is adapted from Paula Wolfert's "Couscous and Other Good Food From Mo-

rocco" (Harper), still the best treatment of the subject. The recipe does not depend on the amount of couscous you prepare. One cup of the grain (about 6 ounces) yields around 2 cups of finished couscous.

• **Moistening and drying.** Measure the couscous in a large bowl. Add 3 parts cold water for each part of couscous: for example, 6 cups water to 2 cups of the grain. Immediately stir and drain.

Spread the couscous in a large flat pan. Allow to stand 10 minutes, then rake through the grain with your fingers to lighten it and break up any clumps. Pick up small handfuls of the grain and rub it gently between your hands, allowing the grains to fall back in the pan.

• **First steaming.** Set up your steaming apparatus. If using a wok, for example, place water in the wok and bring to a boil. Insert the steaming rack, making sure the water does not touch it. Arrange a layer of cheesecloth over the holes.

Using the same rubbing action as in the previous step, drop about a third of the couscous onto the cloth, allowing it form a soft mound.

Steam for 5 minutes, uncovered, over brisk heat. Then add the remaining couscous in the same manner. Over moderate heat, steam the couscous, uncovered, for 20 minutes. Be careful not to allow the steamer to boil dry.

• **Second drying.** Dump the couscous back in its pan, spreading it out with a large spoon. Sprinkle a few tablespoons of cold water over the grains. When the grain is cool enough to handle, rake through it with your fingers and then rub it to loosen the texture as in the first step. This time, though, oil your hands.

If the couscous seems excessively dry, sprinkle on a few tablespoons more water and rake it again.

• **Holding for later service.** You can prepare the couscous ahead to this point. Cover with a damp cloth; it can remain several hours.

• **Final steaming.** Replace the cheesecloth on the steamer and, using the rubbing action, return the couscous. Steam 20 minutes, uncovered. The couscous is now ready to serve.

Traditionally, it is mounded on a platter and the elements of the stew are arranged on or around it. If you like, you can sprinkle the couscous lightly with cinnamon.

A good reason for the popularity of the shortcut method of preparing couscous is that it is very fast. You can have a pot of couscous ready in less time than it takes to make the dishes that go with it. In general, the procedure is this:

Couscous (Shortcut Method): For each cup of couscous, bring 1½ cups of water or stock to the boil. If you like, add 2 or 3 tablespoons butter or olive oil. Add 1 cup couscous, stir quickly and immediately turn off the heat. Set the pot aside, covered, for 5 minutes. Fluff with a fork to break up lumps.

The couscous grain can be used as a starch in any menu, particularly as an accompaniment to a stew with a savory gravy. In North Africa, any number of preparations have been evolved to ac-

company the grain.

Many of the recipes produce enough food for a small crowd; the following, adapted from Paula Wolfert, is sized for a smaller household.

COUSCOUS WITH CHICKEN

- 1 pound couscous made according to instructions for the grain
- 1 chicken, cut up, with or without giblets as you choose
- Salt, pepper to taste
- ¼ teaspoon ground ginger
- 3 pinches saffron powder (be more generous if using saffron threads)
- 1 onion, sliced
- Several sprigs parsley
- About 3 cups chicken broth
- ¼ pound black raisins
- 1 pound red onions
- ¼ cup unsalted butter
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 2 tablespoons honey
- ¼ pound blanched almonds, toasted or sauteed until brown

Yields 4 to 5 servings.
Prepare couscous in time to be ready when stew is finished.

Trim chicken pieces of excess fat and skin; trim giblets, if using.

In large saucepan, place chicken, salt, pepper, half the ginger, saffron, sliced onion and parsley. Add chicken broth. Simmer about 20 minutes, until tender.

Soak raisins in water to cover. Slice red onions; place in heavy-bottom pan with butter.

Cook, covered, for 10 minutes; add remaining ginger and pepper to taste. Stir in cinnamon and sugar. Cook another 15 minutes, covered, then add about ¼ cup of chicken cooking liquid. Cook, uncovered, until thick and syrupy.

Drain raisins and add to onions. Reserve.

Preheat oven to 450 F. Remove chicken from its cooking liquid and allow to drain. Brush chicken with honey and set in the oven for a few minutes to glaze.

Arrange couscous on platter. Arrange chicken over grain; pour onion-raisin sauce over chicken. Sprinkle with almonds.

Serve broth separately for each guest to spoon over the couscous as desired.

•••

Many people, particularly the Tunisians, like a fiery condiment with their couscous. The following is a North African favorite. Or try a spicy salsa.

HARISSA

- 1 ounce dried hot chili peppers
- 1 clove garlic
- 1 teaspoon caraway seeds
- ¼ teaspoon ground cumin
- ¼ teaspoon coriander seed
- Salt to taste
- Olive oil

Cover peppers with hot water; soak 1 hour. Drain well, remove stems and cut into small pieces. Place in blender or food processor container. Wash hands well; do not touch your face when working with hot peppers.

Add garlic, caraway, cumin, coriander and salt. Process with enough olive oil to form thick paste. Place in jar that has a lid. Cover surface of paste with olive oil, close jar. Harissa can be kept in the refrigerator for a long time.

By C.Z. Guest

Four new All-American roses

Four new rose varieties have earned the All-American Rose Selections badge of excellence for 1993. The winners — Rio Samba, Sweet Inspiration, Solitude and Child's Play — boast qualities that rose buyers need for success in the garden.

These roses will stand out in almost any garden, thanks to their fabulous coloring and fine flower form and substance, and since the winners range in size from a miniature to a hybrid tea that reaches 5 inches, they can be planted in a variety of garden settings.

The four new winners will be available to gardeners in the spring (earlier in warm-winter areas). Like all previous award winners, each of these rose bushes will wear the familiar green-and-white AARS tag.

RIO SAMBA

Rio Samba is a hybrid tea being introduced by Jackson & Perkins. Its brilliant yellow flowers shade into orange. The color seems to intensify in sunlight; the orange on the petal edges becomes more prominent as it ages. Its exotic coloration makes Rio Samba a standout in the garden.

Rio Samba was named for the brilliantly dressed samba dancers who add color and spectacle to carnival in Rio. Like its namesake, Rio Samba is a true attention-getter.

This rose also boasts good flower form as well as a gentle perfume. Flower buds are a handsome pointed oval and flowers open with 25 to 30 petals. Like all hybrid teas, its flowers grow one to a stem, making it excellent for cutting.

SWEET INSPIRATION

Sweet Inspiration, a floribunda with exceptional form, has already been honored with a silver medal in Japan. It stays compact and dense, giving it lots of uses outside the traditional rose garden. With its pleasantly pink flowers, Sweet Inspiration makes a wonderful addition to a sunny flower bed, perennial or shrub border.

Sweet Inspiration is a very productive rose; it flowers in rich, beautiful clusters, and each flower is shaped like an elegant hybrid tea rose.

Sweet Inspiration will delight the many rose buyers who want to add pink roses to their landscape.

SOLITUDE

Solitude is a radiant orange grandiflora with orange-gold reverse. Solitude's unique coloring is a blend of all the colors of the sunset. Who could ask for more?

A vigorous plant, Solitude promises lots of blooms with scalloped outer petals for an elegant old-fashioned look. And Solitude's buds are attractive even before the flower opens, thanks to beautifully shaped red-green sepals.

CHILD'S PLAY

Child's Play, a miniature, is as easy to grow as its name suggests. The vigorous little plant grows to almost 2 feet in height and produces a dense, well-branched bush. But, according to my spies, the elegant little flowers are what really won AARS honors for Child's Play.

Child's Play opens with classic pointed bud form, revealing white petals edged with pink. As the flower opens fully, the white becomes more pronounced, with the pink remaining at the very edges of each petal for a picotee effect unusual in roses.

AARS CHOOSES EXCELLENCE

Like all AARS winners, the roses honored for 1993 have completed a rigorous two-year test program. Each cultivar was planted in test gardens all across the United States and then evaluated by rose experts for two growing seasons.

In AARS competition, roses are scored for bud and flower form, vigor, hardiness, growth habit, disease resistance, foliage and fragrance. Only truly outstanding introductions can win high marks in all of these areas and be named AARS award winners.

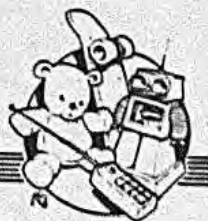
All AARS winners have already proven themselves in just about every area of the United States and are all ready to thrive in your garden come spring.

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

Garden Talk

Our Children

By Willard Abraham



Babies should be supervised at all times

Q. I am a working mother who earns enough money so that my husband can stay at home with our 8-month-old baby and also shop, do the laundry and all the rest. He is a good cook, too, but not a very good wage earner, so this plan seemed like a good idea, except for one important thing.

He doesn't take seriously the fact that our baby must not be left alone, ever. He thinks I'm worrying too much and that going on a quick errand to a store won't do any harm if the baby is left alone napping.

That gives me the creeps. I told him I'll quit my job and live on his income if he really insists on taking off like that, even infrequently.

He says he feels strongly about that "little bit of freedom" but is willing to put our conflict in your hands, subject to your common sense.

So that is where it stands — he stubbornly accuses me of "over-protection," and I believe he has "lack of concern."

Please let us have your opinion quickly.

A. I agree with you all the way. A baby's total safety is about as essential a responsibility as a parent can have.

A possible solution might be the employment of a competent baby sitter or housekeeper who can cook and take care of some other household needs but primarily will be there every minute with your baby, providing safety and TLC. That person would have to be on-hand unless one of you is at home. Then your husband would be able to go back to work, and as much of his earnings as needed could be used toward paying the baby-care employee.

There is a need, of course, to check into the experience and capabilities (through carefully selected references) of the individual hired for this vital role.

Q. If a child is in second grade and not reading up to expected grade level, should he or she be

held back to repeat the grade? My husband says, "Yes," but I'm not so sure. This question relates to our 7-year-old son.

We have only had quiet conversations so far, but I have a feeling that they are on the verge of heating up.

A. As in so many matters related to children, it really depends on many variables, like these: the specific child being considered; his teacher's recommendation and your opinion of his or her ability to evaluate your son's needs; the school's rules (if any) regarding retention; the reasons for thinking that he is lagging in academic progress, and how well he is performing in areas other than reading.

Because some children begin to catch up in reading and other subjects a little later than others, there may be no reason to hold them back.

If the current teacher wants to retain him, feels that he or she is beginning to succeed with your son and believes that he or she might be more successful than a different teacher who has had no experience with him, then retention now may work out well in the long run. However, repeating a grade won't necessarily ensure more learning and better school progress in all cases.

Emotional factors might also step into the picture. What effect will a possible sense of failure have on your son? How well would you parents be able to handle the holding-back factor?

If retention is the consensus, generally it is better if it is done in the early school years, but on the other hand, doing it early may provide less evidence of a need for taking that step.

Wouldn't it be pleasant if the answer could be a firm "yes" or "no" rather than "it all depends"? Dealing with the many human variables involved sometimes forces an individualized approach in developing the best plan for each child. But that isn't all bad by any means.

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Fitness Forum

By Lou Marra

Enjoy a chuckle and extend your life

Being dead serious all the time can kill you, but humor can help you through tough times.

That's what C.W. Metcalf preaches in his book "Lighten Up" (Addison-Wesley), which he wrote with the help of his wife, Roma Felible.

Responding to pressure by being serious aggravates the problem, they claim.

"Throwing more time, money, muscle and energy at the problem can quickly wear us down," they write. "It's like trying to cure a brain tumor by beating the patient's head against the wall."

To deal with one's problems, Metcalf champions the development of humor skills, which he bills as survival talents for people under pressure.

Metcalf, a former television writer and performer, consults worldwide on the role of humor in managing oneself and others. He has lectured at Fortune 500 companies, small businesses, social clubs, recreation groups, rehabilitation centers and hospitals.

"Humor skills aren't about telling jokes," he notes, explaining that there are three such skills:

- The ability to see the absurdity in difficult situations.
- The ability to take yourself lightly while taking your work seriously.
- A disciplined sense of joy in being alive.

The book also gives guidance on dealing with the "humor impaired" and ways to avoid offensive humor.

Metcalf also outlines simple techniques to help you stay cool and calm when, for instance, a motorist dents a fender of your car.

"By the time I stumbled on the need for humor skills in my life, I was already in my 30s," writes Metcalf. "What's more, I'd been working as a comedy writer — which is one of life's cuter ironies."

Although he played Drucro the clown on the television show "Happy Days" and worked as a scriptwriter and actor for children's television, Metcalf failed to capture much of Hollywood's imagination or cash.

"Lighten Up" draws heavily upon his experiences and those of his clients. Part of his prescription has to do with adopting attitudes that will help you thrive in crisis.

"When the dive-bombers of change are strafing your decks," he quips.

Most people respond to pressure by tensing up, gritting their teeth and getting serious, notes the author. Metcalf offers an alternative

of keeping things in perspective while under pressure.

And the key to the alternative, he contends, is an attitude.

"After years of being told to 'get serious,' to 'be professional' and to 'grow up,' we are naturally resistant to lightening up.

"Our perfectly normal fear of foolishness is also the No. 1 barrier to lightening up," writes Metcalf. "We dread making fools of ourselves, because foolishness can lead to ridicule, and ridicule to loss of status.

"Foolishness, embarrassment and failure cause the average human considerable stress."

Metcalf offers exercises and insights that can show a person how to roll with punches, for instance, when dealing with an out-of-control boss.

"Everyone can be more relaxed, resilient, productive and creative in the face of crisis, change and chaos by taking a lighter look at themselves and the stressful situations they face," suggests Metcalf.

To improve a failing sense of humor and lighten up even the most cynical, the writers recommend that you:

- Schedule minivacations.
- "Even if it means sitting in a kiddie swimming pool and pretending you're in the tropics. Relax."
- Keep a weekends-only calendar. Use it to list leisure activities just for Fridays, Saturdays and Sundays.
- Keep a humor inventory. Write down things you consider funny and collect books that lighten you up.
- Dare to be foolish. For instance, wear a clown nose while driving your car on the expressway.

Why does a person tighten up, instead of lighten up, at the first sign of trouble?

"The answer and the point of the book is that humor, which gives us grace under pressure, isn't a quirk but a set of learned skills," replies Metcalf, adding that the skills have to be practiced.

"When I first became aware that humor could serve as a survival tool, I spent a lot of time feeling inadequate because other people found it seemingly so easy to lighten up ... I was suspicious of people who were laughing and having a good time.

"Now it may be that what we need to do most is to learn to laugh a little more, take ourselves — even our pain — a bit less seriously."

THE HEALTHY GOURMET



By Kit Saedaker

This time of year citrus crops come into their own. Florida, in particular, is making much of what it calls its T-fruit crop — meaning tangerines, tangelos and temples. They are all hybrids of other varieties. Each is sweet, juicy and easy to peel. All three will be with us until March.

Tangerines are called "zipper-skin" because they are so easy to peel and come in four different types. Robinson are large ones with a pebbly peel and few seeds. Sunburst, medium-size, have a deep color and few seeds. Dancy, the small ones, are seen most often. Their skin is loose, almost falls off. Honey are smallest of all, maybe green or russet with smooth peel and great fragrance.

Tangelos are a combination of grapefruit and tangerines, large with a sweet/tart flavor. Orlandos are oval to round, medium to large, deep orange and pebbly peel. Minneola comes medium to extra large, slightly bell-shaped. They are deep orange to red, smooth skin and few seeds.

Temple oranges are medium size with deep orange color and pebbly skin. They peel and section easily, are also good for juicing, aromatic with deep flavor.

All of these are perfect snacks or lunch box additions. Keep at room temperature for a few days, in the fridge for longer. All of

them carry lots of vitamin C, potassium and fiber with few — about 50 — calories.

You can also use them in recipes. Like this:

TANGELO AND TOASTED WALNUT SALAD

- 3/4 pound mixed baby greens, such as lamb's lettuce, bibb, red oak and dandelion
- 1/4 cup toasted walnuts, coarsely chopped
- 2 tangelos, peeled and separated into segments

Dressing:

- 3 tablespoons freshly squeezed tangelo juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon grated tangelo rind
- Salt and pepper to taste
- 1 tablespoon canola or olive oil
- 2 tablespoons fresh chives, snipped

Yields 4 servings.

Each serving has about 130 calories, 8 grams fat, 0 cholesterol and 55 milligrams sodium.

In salad bowl combine greens, walnuts and tangelos. Squeeze tangelo juice. In small bowl, whisk together juice, vinegar, mustard and grated rind, adding salt and pepper to taste. Add oil, whisk dressing until it is well combined. Stir in chives and toss with salad. Serve at once.

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Here's How

By Gene Gary



Q. Some time ago, I read about a method of refinishing furniture that did not require stripping off the old finish. I believe this was in your column. Is it possible to send me the information?

A. I do not recall covering this subject. However, there is a refinishing method using Gillespie's Furniture Refinisher and Tung Oil (manufactured by Klean-Strip, Division of W.M. Barr & Co. Inc., P.O. Box 1879, Memphis, TN 38101).

This restoration method does not require stripping or sanding. This is not a method to be used on painted furniture, but it can be used on furniture that has original clear finishing in varnish, shellac or lacquer.

If the wood is in good condition

and has a nice grain, this method can be very successful. If the wood is seriously damaged with dents and gouges, this finishing method is not recommended.

Start by using Gillespie Old Furniture Refinisher. Pour a small amount (approximately 2 cups) into a metal pan or glass bowl (do not use plastic). Saturate a piece of No. 0000 steel wool with this mixture, squeezing out excess so that it does not drip.

Start refinishing at the top of the piece of furniture by gently rubbing the dampened steel wool in a circular motion. Work a small area of about 1 foot square. Rinse and squeeze steel wool frequently in refinisher while continuing to rub in circular motion.

The refinisher liquefies the old

finish and in part reconstitutes original stain color. The color tone of the final finish can be controlled to some degree by the amount of rubbing done with the steel wool and frequent rinsing and squeezing in refinisher. The more rubbing with clean refinisher, the lighter the wood tone becomes.

After the initial coat of refinisher has been applied to the entire piece, use a clean piece of No. 0000 steel wool dipped in fresh refinisher. This time, apply the liquid with long strokes going "with" the grain. This will even the finish.

When dry (20 to 30 minutes), buff thoroughly with a clean, dry pad of No. 0000 steel wool. Buffing should be firm, but not hard. After removing dust from the surface with a clean, dry cloth, you are ready to apply the finish.

When the surface is dry and dust free, Gillespie's Tung Oil can be applied with either a lint-free cloth or bare hand. Use sparingly, as a little goes a long way. Cover the entire piece and allow to set for approximately 15 minutes. Then wipe off any excess tung oil that has not penetrated the finish.

Additional coats may be applied after four to six hours of drying time. Each coat will produce a higher luster finish. A light buffing with No. 0000 steel wool between coats adds rich-textured smoothness to the final finish.

Once the refinishing is complete, pure lemon oil should be used to clean the finish and maintain the natural patina without any wax buildup, which tends to produce dullness.

When working with these products, be sure and wear plastic gloves to avoid prolonged contact with the refinishing product. Protect the flooring with heavy paper or plastic from possible damage by dripping refinisher and work in a well-ventilated area. Follow manufacturer's directions carefully.

Decor Score

By Rose Bennett Gilbert



A kitchen fit for company

Q. We're going to move into my in-laws' big house when they retire to their Florida condo. My husband is delighted, but I want to make some changes, especially in the kitchen (a relic from the 1950s).

I want to take down the breakfast room wall so we can entertain in there — I'm much more casual than my in-laws. My husband says *too casual*, and hates the whole idea. What advice can you give me? — P.O.R.

A. Consult a professional kitchen designer — the initials CKD behind a name stands for "Certified Kitchen Designer," some assurance that they meet the industry's standards for integrity in design and business practices.

Then both you and your husband should sit down and discuss your points of view. Chances are an experienced designer will offer a choice of cabinet styles and configurations that will not only function efficiently, but also look handsome — even "formal" — in the process.

Take the kitchen in the photo we show here for inspiration.

Designed by a pro, Morton M. Block, who's a CKD, the kitchen features a polished hardwood

floor and fine wood cabinets so beautifully made you could almost use them in your living room.

A couple of other "formal" ideas to consider:

- The camouflaged refrigerator: It has been covered in paneling to blend in with the cabinets.

- The soft, rounded edges on the countertops (a handsome marble look-alike) that are angled to create a graceful transition between the work and dining areas.

- Attention to details: Lighting is recessed (so you can effectively block out the kitchen when you move to the table). Display shelves hold dressy accessories.

Walls are hung with "good" art. It all adds up to a kitchen that looks company ready even when it's working.



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POLISH WOMAN LOOKING for housekeeping job, experienced, good references and own transportation. 538-6738. gcM1

EXPERIENCED IRISH LADY available as nurse's aide/companion/housekeeper. Kind and considerate. Days or nights. Recent references available. Call Anne 437-5320. gcM1

HONEST, RELIABLE HARD Working nurse/companion seeks position with elderly. References available. Call 328-6980. gcM1

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. 747-6893. gcF2

GARDEN CITY WOMAN seeking employment cleaning your home or office. Honest, strong, reliable, moral and experienced with own transportation and references. Call 742-4809. Leave message. gcF2

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

ELDERLY CARE AVAILABLE. Mature, female student available for part time days or nights position. Excellent references. Call 516-873-0516. W-F-4

MY RELIABLE, HONEST, excellent day cleaning lady has available days. Phone me at 487-8216. wf6

EXPERIENCED IRISH WOMAN available as nurse's aide/companion for elderly. Kind & considerate. Day or night duty. Reasonable rates. Call Mary 354-1938. gcF4

GABRIEL THE MIRACLE Worker - Painting, wallpapering, carpentry, decks, basement renovation, all types of handiwork. No job too big or too small. Prices are almost a miracle. (516) 742-1615. gcF4

AIDE, COMPANION, CERTIFIED I take interest in my job, very pleasant, easy to get along with. I can work day or night shifts, have transportation. Excellent checkable reference. (718) 949-2120. gcF4

HOUSECLEANING AVAILABLE 4 days a week. Good references, experience & own transportation. Call 338-4306. gcF4

EUROPEAN MATURE WOMAN looking for babysitting. Will care for elderly or loved one. Call 783-4143. gcM1

BABYSITTER, GARDEN CITY mother with older children wanting to babysit occasionally in your home, daytime. 248-5896. gcF4

HOUSEKEEPER, CHILD CARE, office cleaning, experienced, Monday to Friday. References. 747-9237. gcF4

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. gcM1

OFFER DAY TO DAY housecleaner and also office maintenance. Full references and experience. Flexible hours, please call Elisabeth 486-3411. gcM1

CALL MARCUS THE BEST handyman. Asbestos removal, painting, cleanups, cement work, housekeeper, chauffeur, travel interpreter, Portuguese and Spanish. Free Estimates. Work guaranteed. Lawn Services 747-7988. gcM1

HOUSECLEANING AVAILABLE, experienced. 484-3800 Ext. 441. gcM1

BOOKKEEPING, WORD PROCESSING Insurance Reimbursements - all types of paperwork. Your office or mine. Per diem rates. Computer or manual. 922-9079, or leave message 922-9398. hf64

HOUSECLEANING AVAILABLE, DAYS. Honest with own transportation. Good references. Please call 483-4721. Ask for Miriam. gcF4

CERTIFIED NURSE'S AIDE, mature, reliable, honest. Love working with the elderly. 5 days - 6 hrs. Own transportation. 485-6276. W-F-4

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

HOUSECLEANING WITH GOOD experience and references available. Honest, own transportation. Please call 877-0630. Ask for Cida after 7 p.m. gcm1

HOUSECLEANING \$10 AN HOUR with experience & references. Own car & driver's license. Dependable. Call 873-0704. Ask for Costa. gcm1

HOUSECLEANING JOB WANTED, available every day. 333-5732, please call afternoons or evenings. gcm1

MATURE IRISH MALE available as companion or to give T.L.C. in your home. References if needed. call Tom 775-0624. gcm1

MALE SEEKS POSITION as electrical apprentice & maintenance. Non-smoker. Excellent reference. (718) 464-5439. gcf4

PART TIME CHILD CARE available. Mature responsible female student available, Monday, Wednesday, Fridays and weekends. Excellent references. Call (516) 873-0516. W-F-4

EXCELLENT HOUSE-CLEANING AVAILABLE for houses, apartments or small office. 5 years experience, good references, own transportation. Please call after 8 p.m. or leave message on machine 741-8149. gcf4

YOUNG POLISH WOMAN looking for cleaning job. Trustworthy - Please call (516) 746-7929 between 9 a.m. - 2 p.m., on weekdays and anytime on weekends. W-F-4

HOUSECLEANER AVAILABLE. Eight years experience and excellent references. Own transportation. Call 742-8666, leave message. gcm1

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

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

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. gcf3

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. gcf2

Situation Wanted

LOOKING FOR HOUSE-CLEANING job. I have good experience and reference. 489-4634. gcf2

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. gcf2

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) 327-4614. gcf2

EUROPEAN WOMAN IS looking for housecleaning job. Good experience and reference. For additional information call 486-4228. gcf2

HOUSECLEANING, REFERENCES & EXPERIENCE, own transportation. Please call in evening 783-5520. gcf2

HOUSECLEANER AVAILABLE. Live out, experience & reference. Own transportation. 486-7118. gcf2

EXPERIENCED BABYSITTER SEEKING FULL TIME JOB, Mon-Fri. Flexible with excellent checkable reference. Call any time 481-0320. gcf2

DEPENDABLE PERSON SEEKING job to take care of elderly or babysitting. Contact Edna at 271-8149. gcf2

MATURE, EXPERIENCED WOMAN available to babysit on Fridays. Please call after 8 p.m. or leave message. 741-8149. gcf2

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. gcf2

HOUSECLEANER AVAILABLE, MONDAY to Saturday. Own transportation. References. Call 565-2119. gcf2

RECEPTIONIST, EXPERIENCED, FULL TIME. Excellent management, organizational and office skills. Warm, friendly, good front desk appearance. Efficient telephone personality, non-smoker. Adaptable, quick learner. P.O. Box 364, Williston Park, New York, 11596. W-F-4

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. gcf3

Situation Wanted

MATURE WOMAN SEEKS job as companion for elderly. Also babysitting, it housekeeping, experienced, excellent references. Please call 489-8032. gcf3

GOOD HOUSECLEANER, looking to work Wed. & Fri. Reliable, experienced, reference. Bertila 481-7570. gcf3

EXPERIENCED IRISH GIRL seeks nurse's aide position. Day, nights, week-ends available. Excellent references. Please call Mag (718) 343-2218. gcf3

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. gcf3

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. gcf3

HOUSECLEANING JOB WANTED for 3 days. Experienced with good references. 486-5394. gcf3

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

Real Estate for Sale

MATTITUCK HILLTOP PRIVACY - Sedately set atop wooded hill off private road. This gorgeous Post Victorian on 2 plus acres offers suburban living at its ultimate! 8 truly spacious rooms, 4 BRs, 3 Baths, Fireplace, 3 car garage, deck-lined in-ground pool. Price just reduced \$170,000 to \$425,000. Bookmilller Realty 722-4423. gcf2

GARDEN CITY ESTATES Mint CH Colonial. Completely renovated in and out. 4 BRs, 2 baths. Old World Charm. Reduced \$549,000. 741-7378. gcm1

RIDGE, 3 BR Colonial, EIK, LR, DR, Large Den, 2 car garage, 2 1/2 baths. \$149,900. owner 929-3497 gcm1

EAST MARION WATERFRONT Cottage located on beautiful Gardner's Bay, 3 BRs, 1 1/2 baths plus deck to relax & enjoy the fantastic view \$199,900. Wine Country Realty, 734-7760. gcm1

ATTENTION GARDEN CITY Real Estate Agents: Inquire today to find out about the rewards of our "Listing Incentive Program." Add to your income by doing what you are already doing for free at your present office. Please call 739-1703, today. Only if you leave a message with your name, address and phone number will your call be returned. All inquiries held in strictest confidence. gcm1

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. gcf2

GARDEN CITY WESTERN Colonial. 4 BRs, 3 Baths, fully renovated, large kitchen. Low taxes. for sale by owner. Please call evenings 775-3751. gcf2

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. gcm1

G.C. NEW EXCLUSIVES 4 BR, 2 baths, with den \$180K; Western Section, 4 BR Col with den, only \$324K; Estates Section - 3 BRs with den, sun-room, large lot \$385K; Prime Location - 4 BRs, 3 baths, new kitchen, large lot \$425K; Your choice - Homes from \$179,000 - \$2,000,000. Fennessy Realty, 746-6245. gcf3

CUTCHOGUE / NASSAU point Waterfront - Panoramic bay views and magnificent sunsets. Large Ranch on lovely landscaped, wooded acres. OHA heat, CAC, excellent swimming and boating. Reduced to \$675,000

Cutchogue - Exclusive, Beautiful new 2,300 sq. foot custom built Colonial on 2 acres with vineyard vistas. Light and bright, amenities galore. A quality home. \$269,000 Southold Bayfront, 4 BRs, large LR/fpl, DR, decks, 2 car garage. Top condition. Sandy beach. Spectacular views. \$395,000

Southold Exclusive - Best of both worlds, views of sound and large lake plus walk to sound beach. Tastefully furnished, 3BRs, 2 Baths, like new, wrap around deck, great room, OHW heat \$249,000

Southold - Private beach and boating community. 3BRs, 1 1/2 Bath Ranch w/waterview. Freshly painted inside and out. New well, OHW heat. Ready for year round enjoyment. Reduced to \$159,000 New Suffolk - Sparkling 2 BR Country home with potential for expansion. Perfect for year round or vacation. Nicely landscaped w/private yard. Walk to beach. Too good to last! Our exclusive \$159,000 Marion King Real Estate, 734-5657 gcf2

GARDEN CITY ESTATES 4BR, 2Bth, Immaculate, 2,000 sq. ft. Cape, all ultra modern, Anderson windows & new systems - low energy costs, low taxes, alarm, superior craftsmanship, and much more. Unequaled value, priced to sell. \$335K, Principals only. 873-8654. gcf4

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. gcf3

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) 485-0377. gcf4

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. gcf4

GARDEN CITY EXCLUSIVES

Mint Western Ranch - 3 BRs, 2 1/2 baths, modern EIK, over 1/4 acre, landscaped property \$300's. CH Colonial 4 BRs, 3 baths, large EIK, great location \$400's. Central Section Brick & stone Ranch 4 BRs, 2 1/2 baths, modern EIK, family room, CAC, 2 car, 1/2 acre. \$500's. Central Section Classic Tudor, beamed ceilings, winding staircase, 4 BRs, 3 1/2 baths, large EIK, family room, 2/3 acre \$800's. **Garden City South/GC Border, Brick & Stone, 3 BRs, 2 baths, modern EIK, rec room. Motivated owner \$200's. Vera Atamian, 354-1994. gcf2

GARDEN CITY SOUTH, 3/4 BR Colonial, low maintenance, mint condition, oak moldings, study, office, new roof, \$265,000. Owner 292-2112. gM1

GARDEN CITY MOTT Colonial - 3 BRs, 1 1/2 baths, large family room, new kitchen, new windows. Mint condition. Low taxes. Must see. Principals only. \$389,000. 294-4951. gcf2

SHELTER ISLAND - VACATION - Retirement 4 year old Ranch. 3BRs, 2 Bths, deeded private beach, CAC, sprinklers, full basement, 2 1/2 car garage, 5/8 acre. Low maintenance, deck and outdoor shower. \$239,500 Owner. 328-1188. gcf4

GARDEN CITY ESTATES Center Hall Cape, 3 BR, den, 2 baths, LR/fpl, DR, EIK, gas/hot water heat, all appliances. Walk LIRR, all schools. \$365,000. Principals only. 294-0124. gcm1

MINEOLA / E. WILLISTON Schools. Expanded Cape for sale. Move-in condition. 4BRs, 2Bths, carpeted, finished basement, detached garage, closets galore. 50x100, low taxes. Low \$200's. Call owner, 746-3141. wf4

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. gcf3

GARDEN CITY COUNTRY Life Press area. 3BR, Colonial, 1 1/2 Bths, DR, LR/fpl, Fam. Rm., oak & ceramic custom Kitchen, skylit breakfast area, partially finished bmt, patio, alarm, inground sprinklers, garage, Principals only. No brokers. Reduced \$339,000. 747-3604. gcf4

Real Estate for Sale

GARDEN CITY ESTATES
English Tudor, Split layout,
LR/fpl, DR w/built-ins, EIK for
2, 3-4 BRs, 1 1/2 Bths, Fin. Bsm't,
1 car garage, screened porch,
nice yard, excellent closets /
storage, easy maintenance.
40x100' plot. Top location, near
schools, trains, stores. Owner
anxious for quick sale. Make
offer! Asking \$330,000. Principals
only. Call now 747-4572.
gcF4

GARDEN CITY PRIME OFFICE
space available. Immediate oc-
cupancy. Approximately 2,000
square feet. Will divide. Fen-
nessy Realty, 746-6345 gcF2

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. gcF3

EAST WILLISTON - N.E.
Section: Wheatley Schools,
super Colonial Split. 4BRs,
Maid's Room, Cathedral LR &
DR, den with fpl, three new
baths, 2 car garage, CAC,
beautiful property on 1/2 acre,
upper \$400's. No brokers.
248-4359. wf4

GARDEN CITY BEAUTIFUL
spacious home, 5 BRs, 3 Bths,
screened porch, finished Rec
Room, 80 x 100. Walk RR. Ask-
ing \$315K. By appointment.
Principals only. 775-5974. gcF4

NORTH FORK - TWO Story
Dutch Colonial, 3 BRs, 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. gcF3

GLEN OAKS, 1BR, Garden
Apartment. Lovely location
near North Shore Towers. Con-
venient commute, modern EIK,
W/W, low maintenance. Safe, no
fee. \$60,000 747-0535 hf3

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. gcF3

CUTCHOGUE RANCH - 3
BRs, fireplace, LR, DR, EIK,
patio, wooded 1/2 acre, oil heat,
dry basement. Walk to beach,
mooring rights. Owner (718)
454-8134, \$165,000. gcF4

Open HOUSE

GARDEN CITY - SUNDAY,
Feb. 14th, 170 Willow St., 2-4
p.m. Ask only \$249,000. Don't
miss. Molloy Realty,
747-3010. hf2

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

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. 742-8659. gcF4

GARDEN CITY CO-OP, 2 BR,
second floor, center of Village. 1
Block to LIRR & all shopping.
Refinished floors, new windows.
Owner 873-9469. \$114,000
gcml

ATTENTION GARDEN CITY
Real Estate Agents: Inquire
today to find out about the
rewards of our "Listing Incentive
Program." Add to your in-
come by doing what you are al-
ready doing for free at your
present office. Please call 739-
1703, today. Only if you leave a
message with your name, ad-
dress and phone number will
your call be returned. All in-
quiries held in strictest
confidence. gcM1

CO-OPS & CONDOS
All PRU/TW Exclusives
GC & Vicinity

#24 Prime 1 BR, rent with op-
tion to buy \$62,900
#30 Supermint 1 BR, GC Co-
Op, stained doors/baseboard
ht \$78,000

#15 1 BR, priced to sell walk to
RR \$85,000

#10 Mint 1 BR, parquet floors,
ultra mod. kit/ceramic
tile \$99,000

#13 Spotless GC 2 BR Co-Op,
great EIK, Move In Condi-
tion \$119,000

#11 2 BR, 2 B w/balcony, near
RR, top security \$135,000

#12 Glamorous Penthouse, 3
BR, 3 1/2 Bth, new kitchen, golf,
pool, tennis, marble floors,
whirlpool, anxious owner. Make
offer! \$595,000

#34 Newest Co-Op Exclusive:
Unique 1 BR Seventh Street
Co-Op, private 1 car, garage-
elec. door, low maintenance,
Easy Living! (Owner/
Broker) \$89,500

#36 Harrison House Condo -
for sale or rent - call for details
The Prudential Taylor
Warner Realty Co. 741-4422. gcF2

FLORAL PARK RENOVAT-
ED 1 BR Co-Op. Walk to
LIRR/bus/stores. 35 minutes to
NYC on LIRR. Low main-
tenance. \$80,000. Owner,
775-7820. gcF4

GARDEN CITY, 2 BR, second
floor. Best location facing 15th
Street. A/C, washer/dryer, wall
to wall, attic, garage \$106,000.
294-0269. gcF4

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. gcF3

GARDEN CITY CO-OP, 2 BR,
second floor, center of Village. 1
Block to LIRR & all shopping.
Refinished floors, new windows.
\$116,000 Owner 873-9469. gcF3

MINEOLA 1 BR Co-Op. Per-
fect condition, excellent loca-
tion. Will finance. Horton
House. \$79,000 neg. after 6 p.m.
248-2139. gcF3

Co-Op For Sale

MINEOLA HORTON HOUSE
Co-Op: Front apartment, 1BR,
new kitchen, updated bath,
loads of closet space, air con-
ditioning. Parking available on
and off premises. Principals
only. \$79,900. 741-3210. gcml

CO-OP & CONDO
ATRIUM PLAZA

1 BR, 1 B Duplex, EIK, 1 gr.
rent/buy

Birchwood Ct. 2 BR, 2 B,
sunny, maint. \$606 \$117,000

Carlisle - 2 BR, 2 new Baths &
Kit + Gar \$275,000

Cherry Valley - 2 BR, 1 B, LR,
EIK, CAC \$89,000

1 BR, 1 B, Great area \$57,500

2 BR, new bath \$115,000

1 BR, 1 bth, Mint Condi-
tion \$69,500

Harrison House - 2 BR, 1 B,
CAC, lndry, 1 gar \$140K

Horton House - 2 BR, 1 new;
Bth Maint. \$491 mo. \$79,900

Mulford Place - LR/fpl, DR,
den, 1 BR, 1 B, corner \$85,000

Stewart Franklin - 2 BR, 1 B,
LR/fpl, DR, rent/sale \$149,000

LR/fpl, DR, EIK, 3 BR, 2 B, rent
or \$225,000

All New 3 BR, 2 B, LR/fpl, DR,
EIK \$300,000

Dougall Fraser Realty, 248-
6655. gcF2

UNIQUE 1 BR CO-OP on 7th
Street, includes private garage
w/electric door. Low main-
tenance, convenient to every-
thing. Asking \$89,500. Ask for
Mary or Bob (Owner/broker)
The Prudential Taylor
Warner Co. 741-4422. gcF4

GARDEN CITY, HAMILTON
House, 101 Second Street, Uni-
que 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. gcF3

ALBERTSON; LARGE AIRY
STUDIO Apt., full bath &
kitchen, carpeting, private
entrance, parking, utilities in-
cluded. Single person, no pets.
Byowner - \$575. 747-1895. wf2

GARDEN CITY STUDIO
room with private bath avail-
able. Private entrance, parking,
refrigerator, microwave. Excel-
lent location. 741-3791. gcF4

WEST HEMPSTEAD,
SECOND FLOOR, private
entrance, large BR, LR, DR,
EIK, full bath. Walk to LIRR,
near parkway. Working couple
preferred \$700 all. (516)
489-1781. gcF4

BELLEROSE - 3 1/2 ROOMS,
ideal for newly weds. Move in
condition, private entrance.
Call 747-2225. Available Feb.
15. gcF4

MINEOLA-WESTBURY-
GARDEN CITY SOUTH,
Franklin Square and others.
Beautiful Apartments Avail-
able Now: Studios - \$450 to
\$600 a month; 1 BR \$575 a
month; Large 1 BR \$775 a
month; 2 BR \$850 to \$900 a
month; Large 3 BR Apt. \$1,100
a month. Royal Int'l.
742-3355. W-F-1

Real Estate For Rent

FLORAL PARK APART-
MENT. New 1 BR bsm't apt.
All new everything, large, fully
carpeted, all new appliances,
convenient to all, walk-in-
closets, EIK, private entrance,
very bright, no stucco or panel-
ing here. Singles only, no pets,
no smokers. \$ 5 9 0 .
775-4256. gcF2

W. HEMPSTEAD - SECOND
floor apt. 2 furnished rooms,
bath, separate entrance. Non-
smoking, working, single male
preferred. Convenient to all.
\$625 includes heat. Security &
references. 489-5941. gcM1

MINEOLA/OFFICE SPACE
for rent - Willis Avenue, 2nd fl.
(1400 Sq. Ft.) Could be divided.
Parking. Owner 746-
8023. W-M-1

APARTMENT FOR RENT.
Bellerose - sunny 3 rooms,
privater entrance, 2nd floor of
legal two family, 2 BR, EIK, LR,
lg full bath, immaculate, heat
included. \$625. Owner (728)
343-3520. gcM1

HOUSES FOR RENT: Garden
City, 6 BR, Hi-ranch, 2 baths,
EIK, \$2,250; 4 BR Tudor
Colonial, 2 new baths, EIK,
\$2,100; E. Rockaway - SD #20, 3
BR Col. new Kitchen, \$1,100;
Garden City Park, 3 BRs, 1 1/2
baths, \$1,500; Garden City So.,
Cape, 4 BRs, 2 bath, \$1,500;
New Hyde Park - 5 BRs, 2
baths, Hi-Ranch, \$1,900; North
Hills, 2 BR Townhouse, 2 1/2
baths, cathedral ceilings, 2 car
garage and amenities, \$3,000;
Sea Cliff - 2 BR Ranch, \$1,300;
W. Hempstead, 3 BR expanded
Cape, fpl., 2 car, \$1,800; Wood-
bury - 3 BR Condo - 3 1/2 baths, 4
years young, fin. bsm't, 2 car,
\$3,850; Woodmere: 6 BR, ex-
panded Ranch, 3 baths, EIK,
den fpl. \$2,200. Elaine J.
Nolan-485-7054 - 292-
9749. W-F-2

FIRST STREET - 4 ROOM
apartment, private entrance,
wall to wall, washer/dryer, ther-
mostat. Mint condition. One
person only. \$700 all. 481-
2884. gcM1

ROOM FOR RENT IN
Franklin Square. Convenient to
transportation and shopping.
Kitchen privileges available,
share bath. Mature employed
person preferred. 352-6726.
Please leave message. gcml

NASSAU POINT BAY -
FRONT Custom home features
LR/fpl, 3BRs, 2Bs, 200 feet
sandy beach private 1.5 acres.
Forever views. Reduced to
\$675,000.

Mattituck Traditional Com-
temp. - LR/Cathedral Ceiling,
Family Room, Master BR &
Bath plus 2BRs, 1 1/2 Baths, IGP,
private community \$215,000
Mattituck Soundfront
Country home features large
great room/cathedral ceiling,
5BRs, landscaped for privacy,
endless views. \$489,000
Cutchogue Mint Cedar Shake
Ranch on pastoral setting.
LR/fpl, DR, 3BRs, 1 1/2 Baths,
enclosed porch, basement, 2 car
garage, shy acre. \$169,000
Lewis Realty, 298-4600, 765-
5810, 734-5533. gcF2

BELLEROSE 1 BR APT com-
pletely renovated. New
bathroom, hardwood floors
EIK, good location. Near RR &
stores. Move-in condition. \$625.
292-0484, 292-0302. Leave
message. gcF3

FRANKLIN SQUARE APT.
for rent. Cozy 1 BR, second floor
apartment, private entrance,
EIK, new carpeting, large full
bath, very bright, plenty of win-
dows. Walk to transportation
and stores. Single, mature, non-
smoker. \$630 a month.
775-4256. gcF2

Real Estate For Rent**APTS FOR RENT**
GARDEN CITY
VICINITY

1 BR - \$1,295; Garden City
South - 2 BR, 1 bath - \$800;
Garden City line/Hempstead-
Prestigious 1 BR Condo, CAC,
\$1,400; 1 & 2 BR, elevated
building, \$875 to \$1,000; 1 BR -
\$825/\$815/\$875; Franklin Sq. -
2 BR attached deck, \$900;
Stewart Manor - 2 BR garden
Apt. \$925; W. Hempstead - 2
BR, children OK, \$595; 1 BR
Co-Op, garage, \$730; Studio
with pool, \$650. Elaine J.
Nolan - 485-7054 - 292-
9749. W-F-2

OFFICE SPACE - GARDEN
CITY, 647 Franklin Ave., near
7th Street. First Floor. Approx.
930 sq. ft. at \$15/sq. ft.,
\$1,162.50 per mo. A/C, daily
cleaning, free parking.
248-0327. hf2

BETHPAGE STUDIO PRIV-
ATE entrance, complete
renovations. Large room.
Kitchenette, new bath, near
shopping and RR. \$500 plus
utilities. 938-5201. hmar1

GARDEN CITY LOVELY
quiet furnished room. Private
entrance, bath. Mature, non-
smoker preferred. References
746-0018. gcM1

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.
354-1456. No smokers. gcM1

GARDEN CITY FUR-
NISHED room for rent. Private
entrance, non-smoker, share
bath, kit. privileges. Near RR.
742-7706. gcF3

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

GARDEN CITY FUR-
NISHED room, separate
entrance, private bath, non-
smoker. Mature business per-
son, male preferred. References
& security. 741-0535. gcF3

NEW HYDE PARK - 3 1/2
bright, large rooms, 2 family
house, private entrance, ap-
pliances, heat, hot water, full
bath. Quiet, residential area.
Walk to RR, buses, stores.
Professional, non-smoker,
References, lease.
488-4815. gcM1

BELLEROSE 1 BR APT com-
pletely renovated. New
bathroom, hardwood floors
EIK, good location. Near RR &
stores. Move-in condition. \$625.
292-0484, 292-0302. Leave
message. gcF3

FRANKLIN SQUARE APT.
for rent. Cozy 1 BR, second floor
apartment, private entrance,
EIK, new carpeting, large full
bath, very bright, plenty of win-
dows. Walk to transportation
and stores. Single, mature, non-
smoker. \$630 a month.
775-4256. gcF2

Real Estate For Rent

GARDEN CITY BORDER
Luxury apartment building. 1 BR Apt. + Den. Large bright rooms, A/C, new Kitchen & Bath. No fee. \$850. 489-3010 days. 453-7449 eves & weekends. gcF2

PROFESSIONAL OFFICE SPACE for rent. Mint condition. Available spring, 1993. Willis Ave. between Fordham & Harvard Sts. 2100 sq. ft. No fee. Contact owner. 746-3141. W-F-4

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. gcF2

ROOM FOR RENT in Garden City. Convenient to transportation and shopping. Kitchen privileges available, share bath. Mature, employed person preferred. 747-6589. gcF2

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

FLORAL PARK VILLAGE. New deluxe 3 room apt., patio, storage space, yard, LIRR, convenient to all. Single preferred. \$675 per month. Call owner 488-2314. gcF3

QUEENS VILLAGE SPLIT - 3 BRs, 2 Bs, EIK, FDR, LR, large private yard, garage, \$1,200 a month. One month's security and references required. (718) 327-4614. gcF2

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. gcF2

CATHEDRAL GARDENS - LARGE 1 BR Co-Op, LR/DR Combo, new EIK, w/w, quiet building block. \$650 monthly. No fee. 783-3155. gcF2

FURNISHED ROOM FOR professional gentlemen. Telephone interview, references and security required. Share bath. Call 742-2728. gcF3

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. gcF3

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. gcF2

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. 741-8568. wf2

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. gcM1

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

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. gcM1

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

SHAWNEE, PA. 7 BR Inn for rent. Comfortably furnished & fully equipped. Scenic location. Just minutes from Shawnee Mt. Ski Slope. Weekend rentals or longer. Weekend \$700. 248-4963. gcF4

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

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 gcM2

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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

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

Vacation Rental

CATSKILLS - 2 1/2 HOURS from New York, 5 minutes from Hunter, Windham skiing. 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

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

Real Estate Wanted

WANTED: SPACE FOR STORAGE of household things anywhere in Nassau County. Could be garage, store, or space in building. Rent negotiable. (718) 468-4215. hf4

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 home in Garden City, \$295K - \$345K. Serious buyers, no home to sell. No Brokers. 326-7469. gcF3

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

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

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

LOOKING FOR HOME we can take care of like our own. Clean and neat. Three BR's, 1 or 2 Baths. House, condo, apartment. Call 589-5887 Lv message. gcM1

Real Estate To Share

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

For Sale

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

For Sale

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

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

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

NIKON CAMERA N8008S System with multi control back MF-21 with AF28-85mm and AF75-300mm, Nikon lenses. All in boxes with warranty cards. Used once. Cost \$1,850. Must sell \$1,250. 693-0042 gcM1

LARGE MAHOGANY DESK Approx. 51" x 26". Red leather top. Takes a high polish, suitable for home or office, needs some work. (516) 747-1038. gcM1

ETHAN ALLEN DARK pine coordinating units of chests, hutches, T.V. cabinet, corner desk and chair, eight pieces \$700, plus rocking chair \$95. Excellent condition. 935-7121 hmar1

PENNSYLVANIA HOUSE SOLID Pine 48" round dining table with two leaves and four matching country chairs. \$550. 742-0464. wf3

WALL UNIT - BEAUTIFUL THREE PIECE glass & white formica with bow corners. Excellent condition. 294-6773. wJ5

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

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

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. 746-3403. Leave message. gcF4

CHINESE ORIENTAL RUG. Royal blue/pink, green & taupe flowers with dragon in center. Size 9 1/2' W x 14 1/2' L. Asking \$750. 741-1429. gcF4

MOVING SALE - 8 x 9 Berber area rug, commercial freezer, exercise bike, small refrigerator, etc. Best offer. 741-3791. gcF4

DR SET - CONTEMP, 9 piece fruitwood with inlaid mirrored table top includes lighted hutch and 6 chairs plus matching chandelier. \$950. 775-7554. gcF4

For Sale

RARE 6 PIECE BEDROOM set. Pale pink/silver trim. Plus Venetian mirror. Pictures available. Call after 2 p.m. 239-1064. gcF4

SOLID OAK ROLL TOP desk with matching swivel chair, 3 piece ensemble, couch, chair and matching ottoman. Call day or night 741-9719. Leave message. gcF4

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

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

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

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

1986 CUTLASS SUPREME, fully equipped. Excellent condition, low mileage. Asking \$4,000. 746-4352. gcF4

'89 HONDA ACCORD LXI, black, 4 door, 5 speed, sunroof, loaded, 38,000 miles. One owner \$8,750. 489-0071. gcF4

'85 FORD MUSTANG LX, Original owner, 60,000 miles. Very good condition. \$1,900. 354-9155. gcF4

1987 OLDSMOBILE CUTLASS CIERA - V-6 engine, automatic, good condition. Asking \$3,500 neg. Call after 4 p.m. 621-3130. W-F-4

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!

Car For Sale

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

TOYOTA COROLLA '83. Great engine, many new parts, new brakes, 105K miles. Sacrifice \$1,200 neg. 877-2432. gcF4

'78 FORD STATION WAGON. Suburban, excellent condition. Very dependable many new parts. New radial tires, etc. \$925. 681-4414 Call anytime. hF4

1989 PLYMOUTH GRAND VOYAGER LE Black cherry with wood, mint condition, fully loaded, low mileage, 7 yr., 75,000 mile warranty. Must sell \$10,500. 248-2893. gcF4

1983 MAXIMA WAGON. Good station car, reliable. Asking \$1,500. Please call after dinner. 741-1052. gcM1

VOLVO 1990 740GLE - 16 valves, white with beige leather, sun-roof, every Volvo extra. 28,000 miles. New Volvo just arrived. Must sell \$15,500. Excellent condition. 593-0042. gcM1

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 For High Fashions
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 ALL AGE GROUPS
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 NERS**, intermediate & ad-
 vanced. All ages, 5 to adult.
 Learn how to read notes, theory
 and technique. Call Cindy or
 Peter. 437-6849 Ap6

Wanted

DOLLS WANTED
 I collect dolls and other doll
 memorabilia, new or old. What
 do you have for sale? Call me at
 747-8496 gcAp3

OLD GUNS, SWORDS,
 binoculars, old knives, hunting
 knives and pocket knives. Call
 825-0979 or 354-1943. gcAp4

**DINING ROOM FURNI-
 TURE** wanted. Mahogany,
 double pedestal table & 8
 English style chairs, good condi-
 tion. Wanted by local family.
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 shell cat. Very friendly. Call
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Fair



WANTED A SELECT
 GROUP of vendors for the first
 "Bunny Hutch Boutique" - St.
 Joseph's School, Garden City on
 Saturday, April 3, 10 a.m. - 1
 p.m. Number of vendors
 limited. For more information
 and application call 248-5598 or
 746-6760. gcF4

**FLEA MARKET, SATUR-
 DAY, March 13, 10 am-3 pm,**
 Our Savior Lutheran Church,
 Mineola, Jefferson & Willis
 Avenues. New and used bargains,
 plants, baked goods, no-
 velties, bric-a-brac, house-
 wares, jewelry. Refreshments
 available. hM1

Garage/Tag Sale

ESTATE SALE, ATTIC TO
BASEMENT: Saturday & Sun-
 day, February 13 & 14, from 10
 to 4 p.m. 221 Concord Ave., W.
 Hempstead off Mayfair Ave.
 Classic dining room set, master
 bedroom set, wrought iron table
 & chairs (porch set), 78 records
 and books. Antique camera.
 Much bric-a-brac. Much, much
 more. W-F-2

MOVING - TAG SALE: Sat.
 Feb. 13, 9 a.m. to 5 p.m. Furni-
 ture, books, jazz records, exer-
 cise equipment, lawn mower,
 tools, sewing machine, bike,
 bric-a-brac. 115 Wilson St.,
 Garden City, between Stratford
 and Clinch. W-F-2

An Experience in Good Taste

DINING GUIDE
 In the Discovery Section
 of this newspaper

PUZZLED?

 We've got the answers to your
 advertising needs.
 Call and let us put
 the pieces together
 for you today!
 Call 931-0012
 746-0240
 294-8900

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

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

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

Novenas

O, SAINT MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through the great Savior lodged in thy house. I beseech thee to have definite pity in regards to the favor (mention favor), intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet.

One Our Father and three Hail Mary's and a lighted candle every Tuesday and the above prayer made known with the intentions of spreading devotion to St. Martha. This miraculous Saint grants everything before the Tuesdays are ended. No matter how difficult.

D.G.
gcF2



Enjoy Yourself

What could be better than a great meal (at a great price!) Shared with that special friend?

The
DINING GUIDE

In the Discovery Section of this Newspaper

What makes a great Classified Ad?

RESULTS

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

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

"When results count," CALL

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Dig
Up
Buried
Treasure
With An
Ad In The
Classifieds!

It pays to advertise in the Classifieds, so clean out your attic and turn your old "collectibles" into instant cash today!

Call
931-0012
to place advertising or rate info



Vegetarian View

By Margaret Wing-Peterson



Breakfast - don't leave home without it!

Breakfast - or lack of it - can set the tone for the rest of the day. Many nutritionists believe that breakfast is the most crucial meal of all because the body needs good fuel after a night's fasting.

The healthfulness of breakfast deteriorates quickly, though, when the meal is a sugary cereal or eggs. Instead, try a variety of low-fat breads with different low-fat spreads.

For example, a dollop of apple sauce atop part-skim ricotta or low-fat cottage cheese on whole-grain toast makes a delicious "Danish." These cheeses can also substitute for fattier cream cheese and leave just enough creamy tang to make your bagel or English muffin interesting.

There are surprisingly large amounts of sodium in those instant hot cereals that are ready to eat with the addition of boiling water. Make hot cereal from "scratch" to control the sodium level more readily. To save time, two or three days' worth of hot cereal, such as old-fashioned oatmeal, can be cooked ahead and kept covered in the refrigerator. To be rewarmed by microwave oven as needed.

Soups, hot and cold, can start the day. Or, how about a sandwich or last night's leftovers? There's nothing wrong with a bean casserole or spaghetti and tomato sauce. Nutritious rice pudding, made without a lot of sugar and whole milk, is a tasty treat, as is a fruit cobbler or a baked apple served with low-fat yogurt.

The idea here is to eat something, and preferable are low-fat sources of protein and complex carbohydrates.

You wouldn't drive your car with an empty gas tank. Why should you skip breakfast? Missing the morning's fueling will leave you open to fatigue, lack of concentration, loss of productivity, headaches and extreme hunger later.

Getting too hungry can backfire on you, in the form of overeating when you finally stop to eat.

Breakfast - don't leave home without it.

FRUITED YOGURT SOUP

2 cups unflavored low-fat or non-fat yogurt
3 cups fruit pieces, fresh or frozen, without sugar (berries, peaches, bananas, pineapple, melon as desired)
1 cup orange juice
2 teaspoons honey
Yields 4 servings.

Puree all ingredients in blender or food processor. Chill at least 3 hours.

SUGARLESS BLUEBERRY MUFFINS

1 cup whole-wheat flour

¾ cup all-purpose flour
¼ teaspoon salt (optional)
1 tablespoon baking powder
¼ teaspoon ground cinnamon
¼ teaspoon nutmeg
2 eggs or equivalent of low-cholesterol egg substitute
¾ cup salad oil
¾ cup orange juice
1 teaspoon grated orange or lemon rind
1 cup blueberries, fresh or frozen, without sugar and lightly tossed with 2 teaspoons flour
Yields 12 muffins.

Preheat oven to 400 F. Place paper liners in 12 muffin tins or coat tins with non-stick cooking spray.

In large mixing bowl, stir together flours, salt, baking powder and spices.

In small bowl, beat eggs with oil, juice and grated rind. Add this mixture to flour mixture.

Before dry and liquid ingredients are fully combined, fold in blueberries, stirring gently. Fill tins about ¾ full. Bake 20 to 25 minutes until muffin center tests done.

Recipe from "Jane Brody's Good Food Book" by Jane Brody (Bantam).

FRUIT MUESLI

2 medium-size apples, cored and cut into chunks
1 cup raisins or pitted prunes
1½ cup water
2 cups regular rolled oats (not instant)
2 tablespoons honey
2 tablespoons lemon juice
¼ tablespoon ground cinnamon
Low-fat yogurt or 1-percent fat milk

Optional toppings: sliced almonds, chopped peanuts, sliced bananas, crushed canned juice-pack pineapple, berries

Yields about 10 servings, ¼ cup each.

Per serving (without toppings): 127 calories, 1 gram fat, 7 percent calories from fat, no cholesterol, 2 milligrams sodium.

In a blender or food processor, whirl apples, raisins or prunes and water, scraping sides often, until fruit is finely chopped. Pour into a bowl, stir in oats, honey, lemon juice and cinnamon. Cover, refrigerate at least 6 hours.

To serve, spoon muesli into bowl, add yogurt or milk and toppings to taste. Muesli keeps up to one week covered in the refrigerator.



Kids Home Newspaper



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

By J.R. Rose -

DRAW IT!

**DRAW A
MANE ON
THIS LION!**

I'LL BE YOUR
MANE MAN!



**FEMALE
LIONS
DO OVER
90% OF
HUNTING
FOR THE
PRIDE!**

SIGH: A WOMAN'S
WORK IS NEVER
DONE!



FIND THESE WORDS!

LIONS
JUNGLE
PRIDE
CUBS
EAT
MANE
CAT
HUNT

THAT IS
ONE
DANDY
LION!



T	A	B	Q	E	L	G	N	U	J
A	S	P	T	R	E	M	A	N	E
E	C	D	R	F	T	N	U	H	C
P	R	A	E	I	S	F	D	G	U
N	C	A	T	L	D	J	H	K	B
L	I	O	N	S	A	E	R	S	S

**THESE BIG CATS ARE VERY STRONG.
IN THE JUNGLE THEY BELONG!
SOLVE THIS GAME AND HURRY UP -
OR THEY'LL DINE ON ME AND PUP!**

FIND 6
WAYS
THEY'RE
NOT THE
SAME!



WRITE US!

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

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

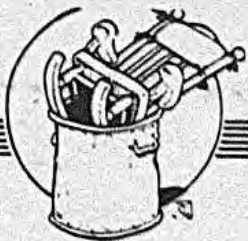
**WHAT ANIMAL SHOULD YOU
NEVER SIGN ON?**

A DOTTED
LION!



PUP THANKS NIKKI RANDOLPH OF BELTON, TX

ANTIQU OR JUNQUE



By James G. McColiam

These plates were made in the '20s

Q. Enclosed is a picture of one of four plates that were purchased by my grandfather many years ago. On the back they are marked "Saar Basin" with a coat of arms with "Villeroy & Boch" underneath.

Would you please tell me something about their vintage and value?



A. The Saar Basin was an area taken from Germany at the end of World War I and returned to Germany in 1935.

So your plates were made by Villeroy & Boch between 1918 and 1935, probably in the 1920s. They would sell for about \$75 to \$85 each.

Q. This mark is on the bottom of a tea set consisting of pot, waste bowl, sugar and creamer; each piece is in the form of a head of calliflower.

Can you identify the maker and tell me when these were made and the current value?



A. This majolica set was made by Griffin, Smith & Hill in Phoenixville, Pa., during the late 19th century. It would probably sell for \$800 to \$900 in good condition.

Q. I would like to know the value of a very beautiful five-piece silver service that I recently inherited. Etched and embossed flowers appear on front and back; each piece has Queen Anne legs.

On the bottom of each is marked "Fairpoint Mfg., New Bedford, Mass."

A. This silver-plated set was made in the early 1900s. It would probably sell for about \$365 to \$385 in good condition.

Q. I have a china jardiniere on a pedestal that is marked "Warwick China." It is 28 inches tall and decorated with a gold floral design.

I would like to know when it was made and how much it is worth.

A. Warwick China operated in Wheeling, W.Va., from 1847 to 1951. Your jardiniere on a pedestal was made about 1900 and would probably sell for \$500 to \$600.

Q. I have two Hummel figurines: "Brother" No. 95 and "Sister" No. 98. Both are marked "West Germany." The boy has a small chip.

I would like to know the going price on these and where to sell them.

A. These were probably made in the 1960s and are currently selling for about \$85 each in good condition.

I can't assess the diminished value because of the chip, and I do not have a list of buyers.

BOOK REVIEW

"Price Guide to American Country Antiques, 12th Edition" by Don and Carol Rayercraft (Wallace-Homestead, an imprint of the Chilton Book Co.) comprises more than 700 items illustrated, described and priced. Shaker furniture, kitchen tools, pottery, crockery, advertising, commercial packaging and the list goes on.

Both collectors and dealers will find this book a valuable addition to their reference libraries.

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Points on Pets

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

Q. Our dog frequently scoots along the floor. She also bites vigorously at her rear end. Sometimes she is completely exhausted after chasing and biting at her tail area. What is causing this strange behavior?

A. The behavior that you have described is typical of anal gland impaction or infection. All dogs are born with a pair of anal glands, or sacs, situated just under the skin on either side of the opening of the rectum.

The anal glands normally secrete a watery, brownish fluid which empties into the rectum. Occasionally, the openings from these glands become clogged and a very foul-smelling mass accumulates. The glands may appear to be enlarged because of the bulging from the accumulation.

Although anal gland impaction occurs in all breeds of dogs, it is more common in small dogs. Anal gland impaction often causes much pain and discomfort. Other signs besides scooting and nipping at the anal area include a foul-smelling rectal area, listlessness,

dull eyes, constipation and seboreh over the back.

Treatment of anal gland impaction usually involves manual expression of the glands. After expression of the gland contents, an oily solution containing antibiotics is infused into the sacs.

If left untreated, the anal glands may become infected and abscess. These abscesses are usually quite painful. They will eventually rupture if not treated.

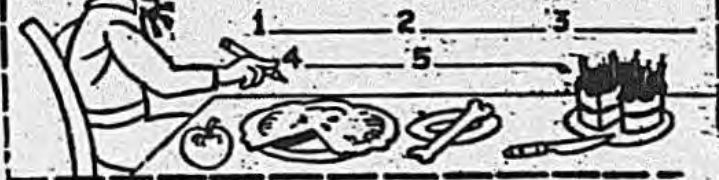
If improvement is not seen after several treatments, the anal glands can be removed surgically.



JUNIOR EDITION

WIN A BIG PRIZE!

LIST FIVE THINGS HERE THAT END WITH THE LETTER "E"
ALSO COLOR THIS CONTEST ENTRY.



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 19, 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

Aunt Tilly's Corner

This Sunday is Valentine's Day. I bet you were making lacey red and white Valentine's this week to give out to your favorite friends. If you haven't, you still have all day Saturday. Put a special message in each one, but don't forget, you're not supposed to sign your name. Put a question mark instead. Part of the Valentine fun is guessing who cared enough to send them.

Once while I was away at school, I received about ten Valentine's in my mail box with not even an initial on them. To this day I'm still guessing who my secret admirer is!
Happy Valentine's Day.

Your friend,
Aunt Tilly

YOUR SOCIAL SECURITY

Report changes in earnings to Social Security

By William M. Acosta

Q. I am working and receiving Social Security benefits. Besides working more hours, I just received a raise in my salary. Therefore, I will probably earn more than I had originally estimated.

Shall I report the increase now or, wait until the end of the year? — M.J.

A. When you work, you should save records of your earnings, such as pay stubs. At any time during the year, if you see that your earnings will be different from what you had estimated, you should call us to revise your estimate.

This will help keep the amount of your Social Security benefits correct.

Q. I am not eligible for Medicare on the basis of my employment. Will I be able to buy Medicare this year, when I reach age 65, even though I am an alien? — H.M.

A. To become entitled you must have attained age 65 and be an alien lawfully admitted for permanent residence who has resided in the United States continuously for the five-year period immediately preceding the month all other requirements are met.

The basic premium for hospital is \$192 a month in 1993, and the monthly premium for medical insurance is \$36.60 a month in 1993. Contact your Social Security office for complete information.

Q. If I should die, I know that Social Security pays benefits to young children. However, I am uncertain of the cutoff age. How long is a child entitled to Social Security survivor benefits? — Y.T.

A. Social Security survivors insurance can provide cash benefits on the earnings record of a deceased worker to unmarried children up to age 18 (or age 19 if they are attending an elementary or secondary school full time).

Children who were disabled before age 22 can continue to receive benefits at any age as long as they remain disabled.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



Meet Julia Ross, two months old, the precious daughter of Mr. and Mrs. Delpizzo from Springfield, Virginia. Her proud grandparents are Lazzaro and Sandy Leone. He is the proprietor of Edward Mitchell, custom tailors in Garden City.



Pictured: Dance Committee, left to right, standing: Maria McKenna, Ann O'Brien, Maggie Biggane (chairlady), Tina Miller (PTA Pres.), Debbie Hussey (chairlady). Seated: Maureen Routledge and Barbara Voulo.