

In Two Sections - Forty Pages

The Only Newspaper Printed and Published in Hicksville

Mid-Island Times & Levittown Times 35¢

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Friday, April 16, 1993

Howie Fund Donations



Supervisor Lewis J. Yevoll recently attended a ceremony recognizing donations from the "Howie Fund" to officials from the Interfaith Nutrition Network, Schneiders Children's Hospital and Long Island Jewish Hospital. The "Howie Fund" is comprised of 25 young adults from Plainview, who have raised more than \$10,000 for charity in the name of their good friend, Howard Goldstein, who died in 1991 at the age of 21. On hand for the occasion, L-R are: Secretary Jeff Hemley, President James Engel, Lydia Mariscal of the Department of Social Work at Bellevue Hospital, Diana Brown of the Department of Social Work at Schneiders Children's Hospital, Lynn Needleman of Long Island Cares, Irmgard Teuchles of Interfaith Nutrition Network and Tulene Pinaker.

Hippity Hoppity Bunny Day



On Thursday, April 1, the nursery children at Trinity Lutheran School celebrated "Bunny Day." The children made bunny ears and were eager to have their faces painted with pink noses and bunny whiskers, and then hippity hopped down the halls greeting the office staff with gifts of bunny carrots.

The day wouldn't have been complete without a visit from Flopsie and Mopsie, their pet bunnies. They talked about healthy bunny foods and kindness to animals. The children practiced imitating bunnies by wiggling their noses and doing the bunny hop.

Delicious fresh carrots and carrot cake were enjoyed at snack time. Remember - "somebunny loves you!"

Geriatric Medicine Discussion

Are you forgetting where you put things? Are the names of people close to you getting more difficult to remember? If you're worried that your memory is not what it used to be, come and hear Dr. Feldman discuss the problems of aging and how to

overcome its effects. He will be at the Jericho Public Library on Wed., April 28 at 1 p.m.

Dr. Feldman is local geriatrician and internist and is working on a research project which involves a drug for Alzheimer's disease.

Renew CPR Certificate

Is it time to renew your CPR Certification? Has your CPR Card expired? The Long Island Heart Council is offering Recertification Classes in all levels of CPR on Saturday, June 19, beginning at 9 a.m.

Class size is limited, call today for registration information, 932-9360.

The Cure For The Summer Time Blues

"Home Alone" again for the summer. That never ending question that seems to pop up as spring approaches. What are we going to do without children this summer?

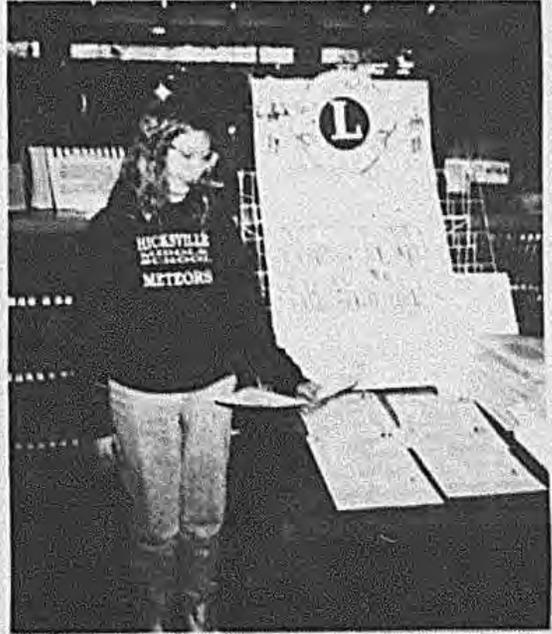
With increasing cost of summer camps, solutions to that question are becoming more and more difficult to answer. It seems as though our summer salaries will be signed over to day care or summer camps. If this is the case, wouldn't our children rather spend their time with us? From another perspective, if we could afford to stay at home with our children, why would we need day care or summer camps at all? It seems as though this is a never-ending cycle, and unfortunately our children often get the short end of the stick.

Holy Family Parish, Hicksville, has much concern for the youth and families of the community. For this reason, Holy Family is proud to announce the opening of Holy Family Summer Camp. Staffed by New York State certified teachers and trained counselors, this New York State approved program will provide an affordable, safe, exciting, and structured recreational environment, for all who attend. In addition, the program will generate summer jobs by offering our neighboring high school students the opportunity to apply and receive positions as counselors.

Swimming, bowling, picnics, sports, arts and crafts, great trips and theme days are just a few of the great activities planned. For less than the cost of a baby sitter, your child can catch the fun and excitement, and be part of Holy Family Summer Camp, and have happy childhood memories of summers past.

For registration information, please phone Holy Family Summer Camp, Gary R. Turnier, Director, at 937-0636.

Journey For Sight



Christine Marby picks up an application at the Hicksville Public Library for the 11th Annual Hicksville Lions Club Journey for Sight 5-K Run. Applications can still be picked up at the Hicksville Public Library. Further information can be obtained by calling 931-1417.

Eagle Scout Citation



Councilman Tom Hogan (third from right) recently presented a citation to Francis J. LaBarbera, a member of Scout Troop 170 in Syosset, who recently achieved the rank of Eagle Scout. On hand for the occasion L-R: were Scoutmaster Michael Nicoll, Anne and Thomas LaBarbera and Troop Committee Chairman Jack Keenan.

Children's Room Read Aloud

The Children's Room of the Hicksville Public Library will celebrate "The Great New York Read Aloud Libraries Change Lives" on Thursday, April 22, at 7:30 p.m. This annual event is designed to encourage family

literacy during National Library Week.

Hicksville PTA Unit Presidents and Library Trustees will read children's stories. This program is free and all are welcome to attend this special event.

Letters

To the Editor

I am not a newcomer to the Hicksville Library Board of Trustees with over 25 years of residence in the Community. I have witnessed this institution grow in excellence as a source of information, education and recreation. What has impressed me most since my first years as a trustee is the extent to which our library continues to fulfill its mission of expanding access to all our patrons, combined with quality serviceability. Our library is designed to accommodate all our patrons from the small ones to the senior citizens and this concern is reflected in our list of priorities, which include strengthening key programs and developing new projects and initiatives. The fact is that our library has an excellent county reputation due to our remarkable achievements. But there is still much to be done as we advance into the 21st century. We are in the process of developing a five year plan which includes reorganizing and consolidating the many areas and sections of the library into a more useful and cohesive facility. Something we shall all be very proud of. The atmosphere of the library is positive and uplifting.

Although I am running unopposed as trustee this year, I wish to thank all those organizations in the community who have endorsed me and will continue to support and assist me in this election. With deep gratitude, I am most appreciative of your backing. Furthermore, I am very positive and optimistic about the future of our library. As the incumbent trustee, I will continue to serve to the best of my ability and to avail myself in the best interest and to the benefit of all our patrons. I am very proud of the staff and employees at the library who have a deep concern to provide the very best service to all.

I ask all eligible patrons and my friends to vote on Wednesday, April 21, from 10 a.m. to 9 p.m. and to approve the library budget for the ensuing year. My sincere thanks to all.

Anthony Previte
Library Trustee

To the Editor

Ask Long Islanders what they like most about Nassau County and most will say it's the quality of life, beautiful beaches and parks and accessible cultural opportunities.

Ask Long Islanders what they dislike about Nassau County and many will refer to taxes.

While I wholeheartedly endorse the concept that government must do more with less, we must also commit ourselves

Letters

to change an antiquated, outdated, and unfair taxing system.

In short, the present system of real property assessment in Nassau County is both inequitable and indefensible.

State Supreme Court Justice Leo McGinley's ruling declaring the County tax system both unconstitutional and illegal is correct. He has given the County one year to implement the reassessment of all property.

Leadership requires tough decisions in tough times. Instead of spending thousands of dollars of county time and resources on legal fees to appeal the Judge's decision, let us attend the funeral of a tax assessment system that hurts so many of our citizens. Only then can we look to the future to correct our current system.

Leonard B. Symons
Councilman

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
HOME SAVINGS OF
AMERICA, F.A., Plif. vs.
STEVEN J. HUNT, et al
Defts. Index #16117/90.**
Pursuant to judgment of foreclosure and sale dated Feb. 5, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Apr. 26, 1993 at 10:30 a.m. prem. k/a 56 Melanie Lane, Syosset, NY A/K/A Lot No. 25 in Block No. 135 on a certain map entitled, "Map of Woodland Manor, Section No. 3, situated at Syosset, Town of Oyster Bay, Nassau County, N.Y., surveyed by Teas & Steinbrenner, Surveyors, 125 Church St., Malverne, N.Y., and Rt. 111, Hauppauge, N.Y., May 16, 1955", and filed in the Office of the Clerk of the County of Nassau on Oct. 24, 1955 as Map No. 6544. Sold subject to terms and conditions of filed judgment and terms of sale.

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New Officers For Conservative Club

Nassau County Conservative Party Chairman John O'Leary (left) of Plainview joins Mid Island Conservative Club outgoing President Patricia McKenna (right) of Levittown and newly elected President Ralph Groves of Bethpage at the Mid Island Club's March meeting, where the annual election of officers was held at Peppercorns Restaurant in Hicksville.

The remaining slate of officers elected includes First Vice Chairman Danny Pileo, Second Vice Chairman Patricia McKenna, Third Vice Chairman James McKenna, Recording Secretary Michele Land-

man, Corresponding Secretary Vinny Ciccolella, Treasurer Carol Fallon, Sgt.-At-Arms Bob DiNucci and Club Counsel Joe Spinola.

Ralph Groves works at Grumman and is a Naval Reserve Officer. He has been an active Conservative for many years: He was Vice Chairman of the Young Americans for Freedom at Queens College, was a member of the Major Daniel Keating Conservative Club, was the Conservative candidate for Congress against Gerladine Ferraro in 1982 and is a Nassau County Conservative Committeeman.



John O'Leary (left), Ralph Groves, Pat McKenna.

LEGAL NOTICE

NOTICE OF SALE

**SUPREME COURT:
NASSAU COUNTY. THE
GREEN POINT SAVINGS
BANK, Plif. vs. DAVID
TAND, et al Defts. Index
#1202/92.** Pursuant to judgment of foreclosure and sale entered Dec. 2, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Apr. 28, 1993 at 9:15 a.m. prem. k/a 5 Center Dr., Syosset, NY. Said property located on the easterly side of Center Dr., 156.63 ft. southerly from the southerly end of a curve which connects the southerly side of Marlene Dr. to the easterly side of Center Dr., being a plot 107.71 ft. x 100 ft. x 60 ft. Approx. amt. of judgment is \$96,749.43 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale. **GEORGE P. MCPHILLIPS, Referee. CULLEN & DYKMAN, Attys. for Plif., 100 Quentin Roosevelt Blvd. Garden City, NY.**

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Students Win History Awards



Joaquin Ecurra, Judy Woo and Michael Chang with principal Richard Hogan and teacher Dr. Lemmey.

The Hicksville High School National History Day team received five awards at "Communication in History" competition at Hofstra University. Judy Woo received first place for the best project for her work "Communicating by Cartoons." Third place for senior media was awarded to Joaquin Ecurra for his work "Communications Through Film."

Michael Chang received an honorable mention for his work on "Alexander Bell and the Telephone," and teammates Pretti Tewar and Laura Iovena also received honorable mentions for their works on "The History of Writing."

The students will go on to compete in Albany at the State Championships on May 9. Their coach is Dr. William Lemmey.

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!

Storytelling With Face Painting

On Sunday, April 18, actor Christopher Agostino will present "Animal Heads and Tales," an amazing combination of storytelling and face painting for young people and parents at the Bethpage Public Library, Bethpage.

Actor Christopher Agostino literally transforms audience members into fantastic animals in wonderful folk tales from world cultures. He presents the magic of theater in a celebration of animals and stories - with lots of audience participating. Mr. Agostino has performed throughout the metropolitan area for many years in theaters, colleges, schools, and libraries.

Non-toxic makeup washes off with soap and water. Children aged five and up and their parents are invited. Register now. For further information, please call 931-3907.

LEGAL NOTICE

NOTICE is hereby given that Ralph Diamond and Gloria Keenan, Esquire, are seeking leave to withdraw as attorneys of record for the petitioner, Anita Mehra, in pending Suffolk County Family Court matters under docket number 0-2383-92, V-4649-92, V-4650-92 and V-4651-92, the hearing in that regard is scheduled for the 20th day of May, 1993 Part 2 at 9:30 a.m. in the Suffolk County Family Court located in the John P. Cohalan Court Complex, 400 Carleton Avenue, Central Islip, N.Y. 11822.
MIT2699
1x/16

Welcoming Spring

Pre-Kindergarten children anxious for Spring colored eggs delighted in the activity conducted by their fourth grade

partners from Miss Staab's class. The activity was part of an ongoing program between the two classes.



Keith Apfel, intent on Sean Curran's directions for coloring eggs, is anxiously awaiting the results.

Parents As Partners



Parents at Leo Avenue School have been enjoying regular "Coffee Hours" with the school's principal, Kathy Catania. The principal has scheduled these meetings in keeping with the district philosophy that parents and educators must work together to ensure success for our children's future. Each meeting focuses on a topic of interest to parents that will be beneficial to their children. Pictured is Mrs. Catania discussing "How to Understand Your Child's IOWA Scores." Previous coffee hours dealt with Parent/Teacher Conferences and teaching children to be responsible students.

Photos For Publication

Photos submitted for publication must include identification of people in picture. Photos with unidentified people will not be considered for publication because of the large quantity of photos available.

Photos can be picked up after publication but publishers take no responsibility for lost or mutilated photos.

There is no charge for printing photos as a public news service.

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Support Local Merchants

Oyster Bay Town Clerk Carl Marcellino recommends that residents purchase items, such as bouquets of flowers, from local merchants rather than from street corner vendors.

"Oyster Bay Town merchants are members of our community who contribute to the local economy by paying rent, mortgages and utility bills," Mr. Marcellino said. "They also support various organizations, sponsor local activities and generally broaden the resources available to all of us. Street corner peddlers, on the other hand, have not established roots in the community. Their financial commitment is limited and, therefore, they are able to sell items at a cheaper price than community merchants."

Mr. Marcellino added, "It's natural to look for the bargain, but in this case is it such a bargain? Choosing to purchase from street vendors could drive local merchants out of business."

"I strongly recommend that residents support the stable businesses that, in turn, support our communities. They are the backbone of our local economy and can only flourish if we bypass the quick transient bargain in favor of the business that enhances our Town."

Mr. Marcellino added that in the 1970's the town of Oyster Bay instituted specific ordinances to regulate peddlers and vendors. "Our Town policy requires that peddlers and vendors are registered with the State for tax purposes before they are issued permits. In order to prevent peddlers from setting up mini-outdoor stores, we also require that they keep moving. They are not permitted to remain at the same location for more than ten minutes, unless they have a customer, and that location cannot be within 200 feet of a private or public school. It is also unlawful for a peddler to enter or try to enter any premise posted with a sign prohibiting soliciting or peddling."

According to Mr. Marcellino, when applying for a Pedlers license at the Oyster Bay Town Clerk's office, individuals must present an original Certificate of Authority from New York State with a tax identification number. Applicants must be fingerprinted by the Nassau County Police Department. Each fingerprint card is forwarded to the New York State Division of Criminal Justice as a means of determining New York State Division of Criminal Justice as a means of determining if the applicant has a criminal record. Upon receipt of an individual's criminal history from the State, the Town Clerk's office reviews the application and makes a determination.

Town Clerk Marcellino advised that violations of the Town ordinance governing peddling and soliciting should be reported to both his office and the police department in order to facilitate coordination of services.

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Laura Monegan Student of Month

Laura Monegan, who is Bethpage High School's Student of the Month, can best be described as a warm and caring person who always thinks of others before herself. In school, of course, she has been a strong student who embraces challenges, taking three Advanced Placement courses and one college course.

But outside of school she shines in many activities such as being a Counselor at the Koinonia Wilderness Camp, working with inner city children, including many from foster homes. She has served as Vice President of the Metropolitan Squad of the Lutheran Youth Organization and meets monthly with other students from throughout the metropolitan area to plan retreats

and activities, culminating with an annual outing in Bear Mountain with 800 students. She has regularly volunteered to teach Sunday School and Bible School. Her take-charge personality and her willingness to work for her goals has enabled her to be very effective in reaching them.

Mature beyond her years, Laura is respected and admired by her peers and her teachers. She has been chosen treasurer of the Student Council, the Spanish Club, the Outdoors Club and the National Honor Society. At the same time she has managed to work 10 to 15 hours a week at a graphic design firm.

Her goal is to study both education and business and is currently pinning her hopes on Wagner College, a small school

on Staten Island where she has been awarded a presidential scholarship of \$25,000 over 4 years. It is also close enough to home to allow her to continue her involvement in the L.Y.O. A wonderful person!

LEGAL NOTICE

Notice of Application for Authority of SEAGOLD PARTNERS, L.P., a foreign limited partnership (LP). Appt. for Auth. filed with Secy. of State of State of New York (SSNY) on 3/15/1993. LP Organized under the laws of Delaware on 3/3/1993. NY office location: Nassau County, SSNY is designated agent of the LP upon whom process against it may be served. SSNY shall mail a copy of any process against the LP served Jericho, NY 11753. Office ad-

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 dress of LP in jurisdiction of its organization is: Prentice-Hall Corporation System, Inc., 32 Loocherman Square, Suite L-100, Dover, DE 19901. Name and address of each general partner is available from SSNY. Copy of Cert. of LP is on file with Secy. of State of Delaware, Townsend Bldg., Federal & Duke Sts., Dover, DE 19901. Purpose/character of LP: to acquire certain mortgage notes and certain mortgages securing same which encumber various real properties in NY, NJ, and CT and to pledge, sell, collect or otherwise realize upon the mortgage notes and mortgages for investment purposes

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Former Grumman CEO John Bierwirth Is Still Taking Care of Business on Long Island

For 16 years, Jack Bierwirth ran the Grumman Corporation, Long Island's largest employer and a major economic force. In his "retirement" Jack is busier than ever, although every now and then he finds time to fish. He is deeply involved in a cause that is just as important as maintaining Long Island's economic well-being: restoring and preserving our unique environment.

Today Jack is Chairman of the Board of Trustees of the Long Island Chapter of The Nature Conservancy. For 40 years, The Nature Conservancy has been in the business of saving land all over the world — more than 6 million acres in the United States alone. And on Long Island we've protected more than 30,000 acres, including the 19-acre remnant of the Hempstead Plains.

We Long Islanders can still fish for trout, we can still walk in the woods, lie on the beaches, swim in the bays. But make no mistake, the quality of life here is under threat. We urge you to

make it your business to help preserve Long Island's magnificent natural heritage by becoming a member of The Nature Conservancy. For further information, call (516) 367-3225, or write to us at our Long Island Headquarters, 250 Lawrence Hill Road, Cold Spring Harbor, NY 11724.

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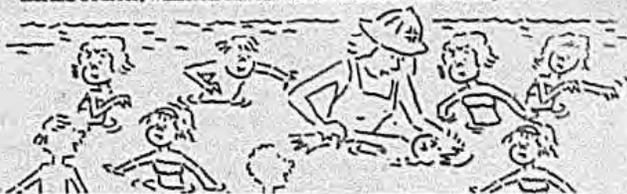
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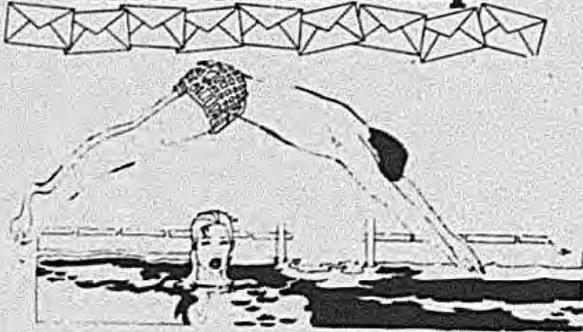
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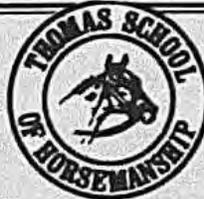
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OF GOD FREE
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TO:
Marjorie Adel Fischer
Roy Waltz
Jack Black and any other
and all unknown persons
whose names or parts of
whose names and whose
place or places of residents
are unknown and cannot
after diligent inquiry be as-
certained, distributees,
heirs-at-law and next-of-kin
of said Ruth A. Laffler, de-
ceased, if any of the said
above distributees named
specifically or as a class be
dead, their legal repre-
sentatives, 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.

**GREETINGS: WHERE-
AS,** Paul A. Wallace who is
domiciled at 24 Elizabeth
Street, Chappaqua, New
York and Chemical Bank
whose principal office is lo-
cated at 270 Park Avenue,
New York, New York have
lately applied to the Sur-
rogate's Court of our County
of Nassau, to have a certain

LEGAL NOTICE

instrument in writing bear-
ing date the 11th day of
June, 1991 relating to both
real and personal property
duly proved as the Last Will
and Testament of Ruth A.
Laffler, deceased who was at
the time of her death
domiciled at 351 Chapel
Road, Manhasset 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, at the Surrogate's
Court, Nassau County Court
House, at Mineola in the
County of Nassau, on the
13th day of May, 1993 at
9:30 A.M. of that day why
the said Will and Testament
of Ruth A. Laffler should not
be admitted to probate as a
Will of real and personal
property.

**IN TESTIMONY WHERE-
OF,** we have caused the seal
of the Surrogate's Court of
our said County of Nassau to
be hereunto affixed.
L.S.

Witness,
Hon. C. Raymond
Radigan, Judge of the Sur-
rogate's Court of our said
County of Nassau, at the
Surrogate's Office at
Mineola, in the said County,
the 10th day of March 1973.

LEGAL NOTICE

S/ Albert W. Petraglia
Clerk of the
Surrogate's Court
This citation is served
upon you as required by
law. You are not obliged
to appear in person. If
you fail to appear, it will
be assumed that you con-
sent to the proceedings,
unless you file written
verified objection there-
to. You have a right to
have an attorney-at-law
appear for you.

Paul A. Wallace, Esq.
19 North Moger Avenue
Mount Kisco, NY 20549
MIT 2693
4X 4/2, 9, 16, 23

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NOTICE OF SALE**

**SUPREME COURT
NASSAU COUNTY
THE GREENPOINT
SAVINGS BANK,
Plff. vs.
J O H A N N A M A Y
GRAYSON
et al, Defts.
Index #17322/91**

Pursuant to judgment of
foreclosure and sale entered
July 3, 1992, I will sell at
public auction at the North
front steps of the Nassau
County Courthouse, 262 Old
Country Road, Mineola, N.Y.
on May 19, 1993 at 8:30 a.m.,
prem. 1/a 27 Barry Drive,
Westbury, N.Y. Said prop-
erty located on the Nor-
theasterly side of Barry
Drive, 459.37 ft. Southerly
and Southeasterly as
measured along the Easterly
and Northeasterly side of
Barry Drive from the ex-
treme Southerly end of the
arc connecting the Southerly
side of Hunters Lane with
the Easterly side of Barry
Drive, being a plot 100 ft. x
70 ft. Approx. amount of
judgment \$200,200.50 plus
costs and interests. Sold sub-
ject to terms and conditions
of filed judgment and terms
of sale.

RENEE G. MAYER
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CULLEN & DYEMAN,
Attya. for Plff.
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Garden City, N.Y. R102
MIT2697
4x4/16,23,30;5/7

**LEGAL NOTICE
NOTICE OF SALE**

**SUPREME COURT
NASSAU COUNTY
THE GREEN POINT
SAVINGS BANK
Plff. vs.
MARC LERNER
et al, Defts.
Index #32179/91**

Pursuant to judgment of
foreclosure and sale entered
Oct. 17, 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 May 19, 1993 at 9:00 a.m.
prem. 1/a 102 Cedar Dr.
West, Plainview, N.Y. Said
property located on the
southerly side of Cedar Dr.,
240 ft. easterly from the
corner formed by the inter-
section of the southerly side
of Cedar Dr. and the easterly
side of Oak Dr., being a plot
140 ft. x 80 ft. Approx. amt.
of judgment is \$79,355.14
plus costs and interest. Sold
subject to terms and condi-
tions of filed judgment and
terms of sale.

EDWARD J. EILEY,
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The Great Neck News



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Before Summer Gets Started**

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LEGAL NOTICE

**NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY**

HOME SAVINGS OF AMERICA FSB formerly known as **HOME SAVINGS OF AMERICA, F.A.**, Plif. vs. **STUART SZPICEK**, et al Defts. Index #21766/91. Pursuant to judgment of foreclosure and sale dated Feb. 10, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Apr. 27, 1993 at 9:00 a.m. prem. 1/4 340 Woodbury Rd., Hicksville, NY a/k/a part of Lots numbers 17, 18, 19, 20, 21, 22 and 26 in Block B, on a certain map entitled, "Map of No. 2 of property belonging to John J. Pollok, situate at Hicksville, Queens County, N.Y., surveyed August 2, 1885 by Wm. E. Hawxhurst, Surveyor," filed in the Queens County Clerk's Office on February 24, 1889, under File No. 401, and subsequently filed in the Nassau County Clerk's Office as File No. 86, Case No. 1006. Sold subject to terms and conditions of filed judgment and terms of sale.

MICHAEL MIROTNICK, Referee
GOLDEN, WEXLER & BARNES, Attys. for Plif.
377 Oak St., Garden City, NY

MIT 2689
4X 3/26, 4/2, 9, 16

**LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY**

THE FIRST NATIONAL BANK OF LONG ISLAND, Plif. vs. **FRANK V. JONES**, et al Defts. Index #18145/91.

Pursuant to judgment of foreclosure and sale dated July 23, 1992, I will sell at public auction at the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY, on Apr. 19, 1993, at 9:30 a.m., prem. 1/4 10 Dale Ct., Hicksville, NY. Also known as and by Lot #8 in Block 571 on a certain map entitled "Map of Hicksville Homes Section 3, situated near Bethpage, Town of Oyster Bay, Nassau County, NY, owner by Belmart Homes Inc., 179-26 80th Rd., Jamaica, NY, William H. Parry Inc., land surveyor, 2/16/53" and filed in the Office of the Clerk of the County of Nassau on 7/10/53 under file #5880. Sold subject to terms and conditions of filed judgment and terms of sale.

EDWARD J. MCGOWAN, Referee
JEFFREY MINTZ, Attys. for Plif.
270 Madison Ave., New York, NY

MIT 2685
4x3/19, 26; 4/2, 9

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First Woman President



Nassau County Executive Thomas Gulotta is joined by Nassau County Federation of Republican Women (N.C.F.R.W.) President Annette Ferrara (right) of Hicksville, in congratulating N.C.F.R.W. North Hempstead Chairman Angela Powers on her election as the first woman President of the Greater New Hyde Park Chamber of Commerce. Fanny Corsetino, N.C.F.R.W. Town of Oyster Bay Chairman announced that the Federation, hosted by the Tobay Committee, will hold a Chinese Auction on Tuesday evening, April 20, at 7 p.m., at the Villa Victor, Jericho Tpke., Syosset. Corsetino said, "All are invited, members and non-members, to join us for an evening of fun and great raffia, prizes and delicious desserts." Admission is free.

AHRC To Hold Fashion Show

The Levittown-Hicksville-Wantagh Auxiliary of the Association for the Help of Retarded Children (AHRC) will hold its 27th Annual Fashion Show and Dinner Wednesday April 21 at the Huntington Town House. Cocktail hour is from 7 to 8 P.M. followed by dinner. Fashions will be by Omnibus of Deer Park and The Mad Hatter of Cold Spring Harbor. Catharine Zuri is Chair-lady, Dorothy Schauss, Sweepstakes; Muriel Haber, Raffles; Nancy Guadagno, Tickets; GES-8629. Drawing is for "Escape Weekend For Two" at the Marriott Marqua, plus two tickets to a Broadway Show. Tickets at \$35. Proceeds from this affair help provide the many services and programs provided by AHRC for Nassau County's mentally retarded.

Jottings From Yesteryear

By Bill Clark
While going down to the cellar for an item, I was distracted, then forgot what I went down to get. I then realized people in Levitt homes never have that problem with no cellars.

While addressing a few Easter cards, I realized my address book covers former relatives & friends of Hicksville that cover fifteen states. I wonder how many of the 50 states Hicksvillites have moved to, even some Bethpage former residents.

Many of us will recall walking in the road and sometimes during hot summer days, stepping on the occasional tar bubbles while wishing sidewalks were available. Now we have the walks, why do they still walk two and three abreast on the road with a lot of fast traffic?

Our folks raised various vegetables including eggplants. But this past week I find many homes have egg trees in their front yards. I guess that is "Egg-asky" a novelty these days for Easter. We hid real hard boiled colored eggs throughout the house and garage.

Do you recall the Hub Diner and Pearl across from the theater and Ella's Diner on Broadway opposite E. Barclay, the Fleetwood on N. Broadway, plus the Family Diner next door to Smith's drug store, now business offices. Or the Empire Diner when it was located sideways between Jerusalem Ave. and Broadway just behind a gas station on the triangle. Then the diner was moved to its present location with many changes after the house on the corner burned and was removed. Hope your Holidays were fine.

PAGE THIRTEEN Friday, April 16, 1993 MID-ISLAND TIMES



Birthday And Anniversary Club

HAPPY BIRTHDAY

<p>April 1 Sandy J. Jones Christopher Rapuzzi John Maguire</p> <p>April 2 Nicole Lovisek Matthew R. Juvet Lisa Russo</p> <p>April 3 Philip Catern Colleen Chase Sven Germer Ken Klein Mario Malconet Harry Petersen Florence Shaw Frances Thomas Wahlen Bob Winter</p> <p>April 4 Jo-Ann Broeka Kathleen Doyle Norman Duffy Lauren B. Kurtska Lisa Menzies Jeff White</p> <p>April 5 Robert & Janet Connolly Mary & Charles Goederer</p> <p>April 6 Bill & Clara Bennett James & Patricia Healy Ruth & Bill Robeson</p> <p>April 7 Alan & Carol Steinmark</p> <p>April 8 Barbara & Channing Baker</p> <p>April 9 Glenn & Judy Cisek Joyce & John Swidzinski</p> <p>April 10 Alicemary & Earl Clark John & Gloria Letini</p> <p>April 11 William & Susan Sanderson</p> <p>April 12 Michael & Theresa Tisdell</p> <p>April 13 Dennis & Ellen Mulligan Mike & Jane Murray</p>	<p>April 6 Jessica Agosto Cynthia Gaylor David Hadsack Brent Harrison Bill Levine Judi Adler Platt Sue Powell Brent Rodgers Pat Shortt</p> <p>April 8 Rudy Kasimakis Esther Palladino Darren Sadowaki</p> <p>April 7 Maria Krobeth Nicole Peterson Andy Schaeffler</p> <p>April 8 Michael Cerlini Sharon Edwards James Sanderson</p> <p>April 9 Michael DePalma Charles Milone John F. Rooney Keagan Shaw Kimberly Spiegel Cathy S. Johnson (Wahlen)</p> <p>April 10 Timothy Breuer Ralph D'Avino Art Germer Nancy Hogan</p>	<p>April 11 Terry Hess Roberta Obermeyer Michael Schnipper</p> <p>April 12 Mike Cerullo Dawn Curran Nick D'Antuono Susan Sullivan Gottridge Erin Karl Lou Neumann, Jr. Gene Olafsen Leonard Zielinski Heab Zinzi</p> <p>April 13 Joanne Burd Patricia Ciccura Annmaria Hawkins Jim Tringali</p> <p>April 14 Anthony Cordero Thomas Snadecky Eric Trongone</p> <p>April 15 Michael Anderson Herb Goerke Thomas Morillo Phillip Seeger</p> <p>April 16 Sue Cuoci Rebecca Crown Diana D'Avino Danny McGovern Tom Scannapieco</p>	<p>April 17 Erin Matlock Jimmy Neumann Ronald Platt</p> <p>April 18 Stacey D'Amelia Jennie Morillo John Pietzak John J. Sheppard</p> <p>April 19 Claire Cerullo Earl R. Clark, Jr. Dorothy Conte Andrew George Syrett Chick Jabour Andrew Syrett</p> <p>April 20 Russell Matlock Jennifer Mulligan Jennifer Snadecky</p> <p>April 21 Keith Carsten Blanche Edwards Jason Pellicano Ryan Thomas</p> <p>April 22 Colleen Heller Leonard Zielinski</p> <p>April 23 Michael Burwasser Dorcen Greggo Peter Massocchi Tommy O'Connor Rosemary Olesius</p>	<p>April 24 John Becker Martina G. Doherty Steve Heinbrockel Phil Russomano</p> <p>April 25 Elizabeth Di Paola Greg Blind Judy Goederer Amanda Karman Pat Lovisek Conrad Schlauch Edward Sheppard</p> <p>April 26 Michael Pellicano</p> <p>April 27 Bill Bennett Gary R. Lewis II Arlene Neumann Kristin Sciafani</p> <p>April 28 Michael McGovern Helen Noto Carolyn Swier Michelle Carson William Grundel</p> <p>April 30 Edolph Antonetto Francis Broeka Mark Goldstein Kathleen Kern Ashley Smith</p>
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from This Day forward

HAPPY ANNIVERSARY

<p>April 13 Michael & Ann Trongone, Sr. Audrey & Harry Peterson</p> <p>April 14 Mary Ellen & Richard Hudson</p> <p>April 15 Lou & Donna Neumann</p> <p>April 16 Mr. & Mrs. Frank Jopp Patti & Tom Sergi</p> <p>April 17 George & Alice Banes John & Blanche Edwards</p> <p>April 18 Donald & Catherine Buckley Terri & Fred Hess</p> <p>April 20 Pete & Lois Scally</p> <p>April 22 Gene & Joanne Pietzak</p> <p>April 23 Bernard & Gertrude Paul</p>	<p>April 24 Helen & Joe Behan Joseph & Patricia Ciccura</p> <p>April 25 Wendy & Phil Girma Mary & Patrick Gully, Sr. Lorraine & Bill Koch</p> <p>April 26 Mr. & Mrs. Keith Shaw Linda & Jeff White</p> <p>April 28 Donald & Alicia Anglin Richard & Dorothy Heideman Pat & Vinny Lafaro Helen & Tom Scannapieco Mr. & Mrs. John Vassar</p> <p>April 29 Chris & Ray Auer Tom & Corinne Clark Don & Jeanne Houser Danny & Betty Rodgers</p>
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60's before Broadway Demolition and road widening. Note wooden Catholic School, Flags, and West side between Carl St. and Cherry St. area once Larsen-Brendel Liq., Ray's T.V., Western Union.

Photo Loaned by Mr. Kutner



1980, same area, West side torn down, now South Bound traffic lanes.

Photo by Bill Clark

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Gregory Museum's Annual Science Fair

By Deborah Weintraub
On Saturday, March 20, the Hicksville Gregory Museum held its annual Science Fair in the Community Room of the Hicksville Public Library.

This year, students in grades 1-8, attending public and private schools, and residents of Hicksville and surrounding areas were eligible to participate. All experiments were extremely informative as well as sophisticated in nature.

Once again, the judges had a difficult time determining the winners. The Museum would like to thank them for their time and effort that was given. They were:

Mrs. Mary Eileen McCafferty - School nurse at Brentwood West Middle School
Mr. Vincent Schifano - 6th and 7th grade English and Reading teacher at St. Pius X School in Queens

Mr. Garry Fippinger - adjunct instructor at New York Institute of Technology

Mr. Lawrence Weintraub - Deputy Superintendent of New York City Board of Education

As in the past years, the Science Fair could not have been a success if not for many staff and volunteers. The Gregory Museum would like to thank:

Donald Curran - Curator of the Museum, for his advice and help to the students by giving a series of workshops in February.

Joan Kaweckl - Director of the Gregory Museum

Gail Hofer & Kathleen Young - Board of Trustees
Dick Evers - Historian
Deborah Weintraub - Photographer & Board of Advisors

Pam Durkin - Science Fair Coordinator

All students that entered the Science Fair received a participation certificate. Monetary prizes were sponsored by National West Bank of Hicksville. A special thank you goes to Ms. Debbie McBride, manager of the bank.

The Gregory Museum would also like to thank Science Fair Coordinator, Pam Durkin, for all the direction, advice and countless hours and dedication to the children.

The winners were:

Grades 1 & 2:

1st: Joseph Motroni (Mc Vey/E.M.) "Why Do Things Float and Sink?"

2nd: Corey Rudin (Woodland Ave.) "In What Place Will Mold Grow First?"

3rd: Brian James Becker (Old Country Rd.) "Brian's Moo Glue"

Honorable Mention: Brittany Ann Zanzonico (Lee Ave.), Deborah Hecht (GA/L), Evan Schutzman (SSDSSC)

Participants: Danielle Kaszuba (Burns Ave.), Mark Kyscaik (HF), Christina Bungaro (Burns Ave.), Alexis Tobin (Fork Lane), Nicole Desimone (Fork Lane).

Grades 3 & 4:

1st: Ian Fields (Trinity Lutheran) "Elements of Water"

2nd: Daniel Hecht (GA/L) "Separation of Plant Pigments by Chromatography"

3rd: Joseph Ostrom (Burns Ave.) "Switches"

Participants: Jared Moretti (P/PD), Peter Skcesan (Fork Lane)

Grades 5 & 6:

1st: Jody Durkin (HMS) "Egg Hatching"

2nd: James Tobin (Fork Lane) "The Eclipse"

3rd: David Rudin (Woodland Ave.) "Which Detergent Works Best?"

Honorable Mention: Michelle Kaszuba (HMS)

Participants: Sanjit Tewari (Fork Lane), Kate Hofer (HMS), Robert Becker (OCR), David Hecht (GA/L)

Grades 7 & 8

1st: Elisa Lie (HMS) "Musical Effects"

2nd: Anthony Bianco (HMS) "Air Pollution at Different Elevations"

3rd: Shirin Odar (HMS) "Home Remedies vs. Commercial Cures"

Honorable Mention: Ian Rasmussen (HMS), Diana Fong (HMS), Janice Pfeifer (HMS)

Participants: Kevin Chester (HMS), Janice Hofer (Rosemary Kennedy)

Once again, the Hicksville Gregory Museum thanks everyone connected with this event for their time, effort and dedication. We extend an extra thanks to Pam Durkin.

The Museum will be holding its 30th Anniversary Dinner on Friday, April 23, at the Knights of Columbus Hall at Heitz Place. The Museum's Annual Mineral Sale will be held Saturday and Sunday, May 1 and 2, on the Museum's grounds. For more information on these events, please call 822-7505.



Winners: 1st & 2nd Grade: Top left to right, Nicole Desimone, Alexis Tobin, Mark Kyscaik, Danielle Kaszuba, Christina Bungaro. Bottom left to right, Deborah Hecht, Evan Schutzman, Brittany Ann Zanzonico, Brian James Becker, Corey Rudin, Joseph Motroni.



3rd & 4th Grade: Top left to right, Peter Skcesan, Jared Moretti. Bottom left to right, Joseph Ostrom, Daniel Hecht, Ian Fields.



5th & 6th Grade: Top left to right, Sanjit Tewari, Robert Becker, Kate Hofer, David Hecht. Bottom left to right, Michelle Kaszuba, David Rudin, James Tobin, Jody Durkin.



7th & 8th Grade: Top left to right, Kevin Chester, Ian Rasmussen, Diana Fong, Janice Pfeifer. Bottom left to right, Shirin Odar, Anthony Bianco, Elisa Lie.



Christina Bungaro explaining "How to Split Water" to Mrs. McCafferty.



Judges: Left to right, Lawrence Weintraub, Gary Fippinger, Vincent Schifano, Mary Eileen McCafferty.



Brittany Ann Zanzonico explaining "How Electricity Works" to Mr. Fippinger.



Danielle Kaszuba telling Mr. Weintraub about "Fun with Magnets."



Science Fair Coordinator Pam Durkin and Curator Donald Curran.



Michelle Kaszuba explaining "How Microorganisms Cause Infection" to Mr. Schifano.



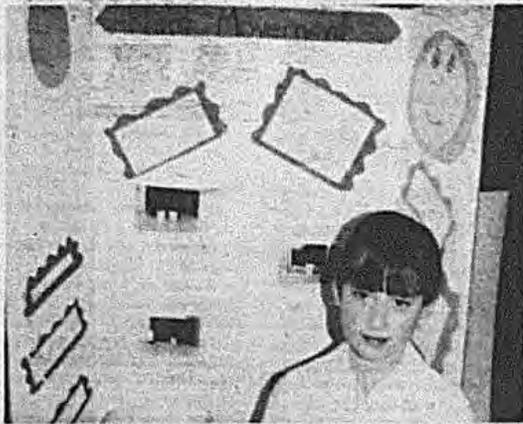
Joseph Ostrom showing Mr. Fippinger "Switches."



Ian Fields explaining "Elements of Water" to Mr. Weintraub.

Gregory Museum's Annual Science Fair

Continued From Page 14



Alexia Tobin with her experiment on "Plant Movement."



Ian Rasmussen and "How to Design a Modern Skyscraper."



Jody Durkin and his "Egg Hatching."



Curator Donald Curran.



Danielle Kasruba explaining "Magnet Fun" to Mr. Schifano.



Evan Schutzman with his experiment on "Insulator or Conductor."



Daniel Hecht with his experiment on "Chromatography."



Sanjit Tewari with his experiment on "Compositing."



Michelle Kasruba with her experiment on "How Microorganisms Cause Infection."



Anthony Bianco with his experiment on "Air Pollution."



Diana Fong with Museum Director Joan Kawecki.



Elisa Lie with her experiment on "Musical Effects."



David Rudin explaining "Which Detergents Work Best" to Mr. Weintraub.

Symons Helps Clear The Air

Oyster Bay Town Councilman Leonard B. Symons says residents in Plainview and Old Bethpage will, hopefully, be able to breathe easier before long.

According to the Councilman, in recent weeks a foul smelling odor was detected in the vicinity of Round Swamp Road. Following an investigation by the Town's Department of Public Works Environmental Control Division, it was determined that the odors were emanating from the privately owned 110 Sand and Gravel Landfill in Huntington.

"This facility is located on Bethpage Spagnoli Road, approximately 1/4 mile east of the Oyster Bay/Huntington border," Councilman Symons explained. "Any landfill gases that are vented are carried by the prevailing winds in a westerly direction, causing them to impact on residents in Oyster Bay Town communities."

Town officials contacted officers of the 110 Landfill to request immediate remediation of the problem. "We learned that they were in the process of installing a landfill gas collection system to prevent the gases from migrating off-site," said the Councilman. "Delivery of the systems' blower mechanism, however, without which it is inoperable, had been delayed."

The Town happened to have an extra blower mechanism on hand. "And," said Councilman Symons, "we offered to lend it to the 110 Landfill until the expected six to eight week delivery date of their part."

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY

ANCHOR SAVINGS BANK F.S.B. P.A. vs. KENNETH A. GELLER, et al Defts. Index #13945/91. Pursuant to judgment of foreclosure and sale dated Feb. 17, 1993, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Apr. 23, 1993 at 9:00 a.m. prem. k/a 1 Radcliffe Court, Syoset, NY a/k/a Lot 1 in Block 631, on Map No. 9163 entitled, "Map of Campus Estates at Syoset, situate at Syoset, Town of Oyster Bay, Nassau County, New York, surveyed by Teas, Barrett, Lanzisera and Frink, July 1985", filed in Nassau County Clerk's Office on May 15, 1986. Sold subject to terms and conditions of filed judgment and terms of sale.

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Photos by Deborah Weintraub

JFK At Odyssey Of The Mind

On March 4, twenty Challenger students represented John F. Kennedy Middle School at the annual regional problem solving competition, "Odyssey of the Mind," at the Brookside School in Merrick. Two teams placed sixth in their "longterm" problem solution by effectively resolving their challenges to dramatize an original folk tale incorporating several famous given quotes and to present a parody based on the Hemingway classic, "The Old Man and the Sea." The "folk tale" group whose western tale depicted a reversal of the "Beauty and the Beast" theme were thrilled to learn that they had scored first place in the "spontaneous" problem-solving

event that day. Unfortunately a third team of boys were disheartened to hear that their entry of a balsa wood and glue structure was six grams overweight and a last minute effort to lighten it weakened its stress points irrevocably.

One of the true highlights of the day, however, proved to be the impressive "save" made by Meredith Wong as her team members in "The Old Man and the Sea" presentation became stumped by a tape recorder that refused to play their background music. In the true spirit of O.M. she picked up her violin and accompanied the aging ice skating star's performance with a lovely rendition of the song, "Memories." Her quick improvisation earned her a special

award from the judges.

Their coaches, Mrs. Maryann Reilly and Mrs. Rose O'Neal, expressed gratification for the many hours of effort their students were willing to devote in preparation for this event and great pride in their exceptional performances.

Heart Council CPR Courses

The Long Island Heart Council, located in Hicksville, will be holding an 8 hour Community Cardiopulmonary Resuscitation (CPR) Course on Saturday, June 5, from 9 a.m. to 5:30 p.m.

For additional information and/or registration forms, call 932-9360.

Storytelling With Face Painting

On Sunday, April 18, actor Christopher Agostino will present "Animal Heads and Tales," an amazing combination of storytelling and face painting for young people and parents at the Bethpage Public Library, Bethpage.

Actor Christopher Agostino literally transforms audience members into fantastic animals in wonderful folk tales from world cultures. He presents the magic of theater in a celebration of animals and stories, with lots of audience participation. Mr. Agostino has performed throughout the Metropolitan area for many years in theaters, colleges, schools and libraries.

Non-toxic makeup washes off with soap and water. Children aged five and up and their parents are invited. Register now. For further information, please call 931-3907.

'Nickelodeon' Stars Here

On Sunday, April 25, Squeaky Clean, a musical trio appearing on TV's "Nickelodeon," will present "The History of Rock and Roll" for parents and children at the Bethpage Public Library, Bethpage.

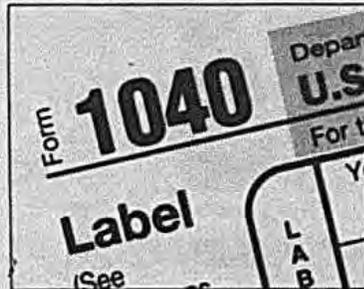
At this Sunday Family Musical, Suzanne Smithline will play electric and upright basses, Glenn Marion will play guitar and 5-string banjo, and Chris Patti will play drums and acoustic guitar. The artists will sing and use anecdotes as well as music to tell the upbeat story of the birth of rock and roll and the music of the 50's and 60's. Grades K and up and parents. Register at the Bethpage Public Library from March 25. For further information, please call 931-3907.

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LEGAL NOTICE THE PEOPLE OF THE STATE OF NEW YORK BY THE GRACE OF GOD FREE AND INDEPENDENT

TO:
Marjorie Adel Fischer
Roy Waltz

Jack Black and any other 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 Ruth A. Leffler, 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.

GREETINGS:
WHEREAS, Paul A. Wallace who is domiciled at 24 Elizabeth Street, Chappaqua, New York and Chemical Bank whose principal office is located at 170 Park Avenue, New York, New York have lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 11th day of June, 1991 relating to both real and personal property duly proved as the Last Will and Testament of Ruth A. Leffler, deceased who was at the time of her death domiciled at 351

LEGAL NOTICE

Chapel Road, Manhasset in said County of Nassau, THEREFORE, you and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, at the Surrogate's Court, Nassau County Court House, at Mineola in the County of Nassau, on the 13th day of May, 1993 at 9:30 A.M. of that day why the said Will and Testament of Ruth A. Leffler 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.

L.S. WHITNESS,
HON. C. RAYMOND RADIGAN, Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office, at Mineola, in the said County, the 10th day of March 1973.

Albert W. Petraglia
Clerk of the Surrogate's Court

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

Paul A. Wallace, Esq.
19 North Moger Avenue
Mount Kisco, NY 10549
MIT 2693
4X 4/2, 9, 16, 23

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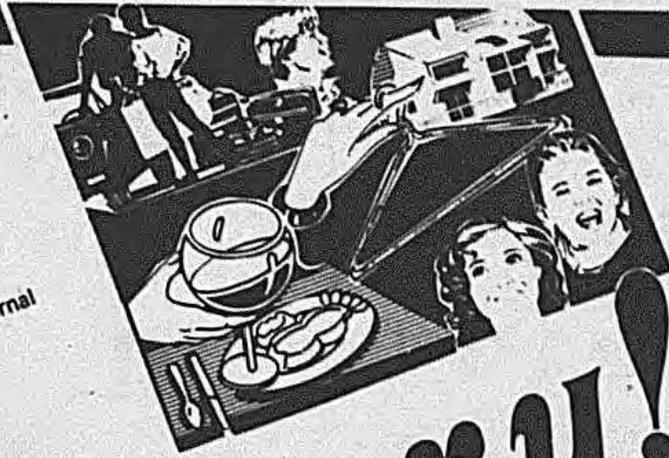
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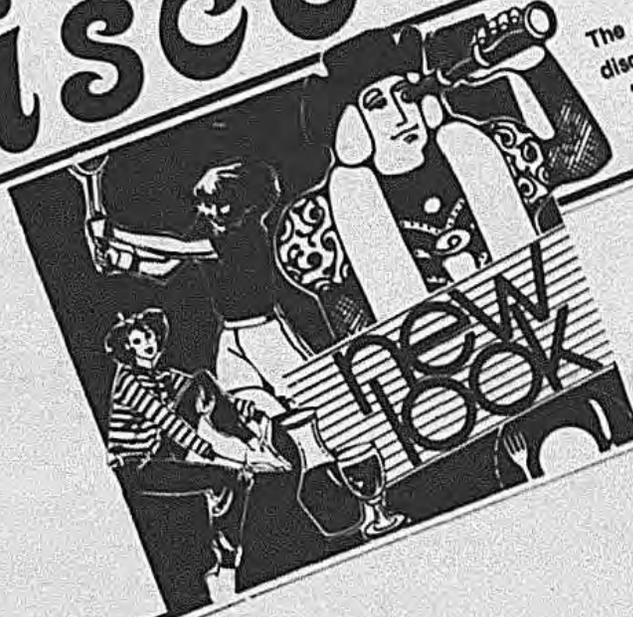
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Syosset Advance, Williston Times,
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Bethpage Newsgram, Jericho News Journal
and The Garden City News



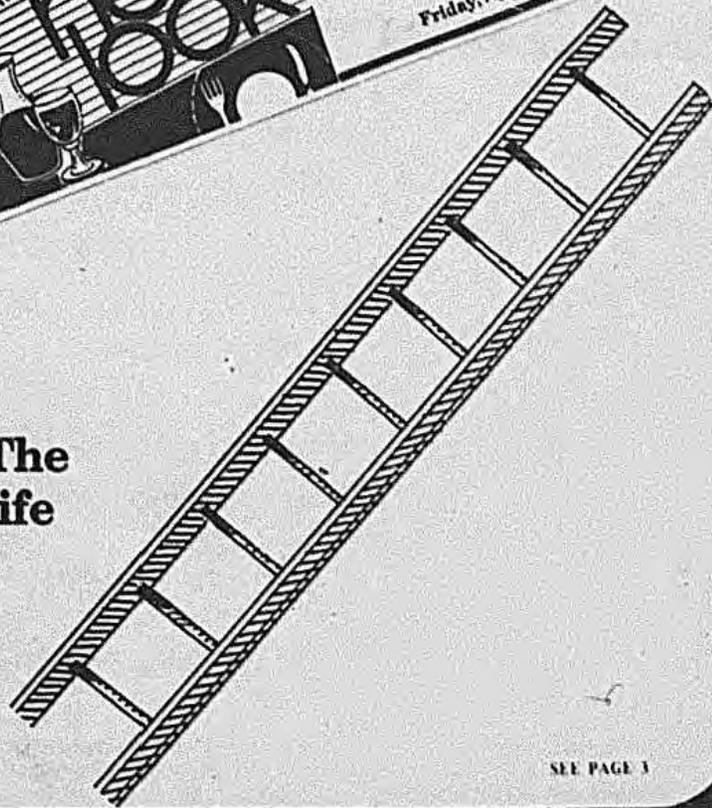
Discovery! Magazine

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

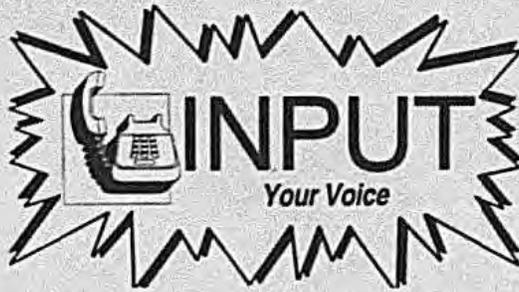


Friday, April 16, 1993

**Climbing The
Steps Of Life**



SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think the recently unfavorable publicity about Woody Allen will hurt his career?



Call 931-0027



a Day

Ground Rules:
You are not limited to the above but may talk on any subject of interest to readers.

• One subject to a caller per week •

Simply dial 931-0027 - 24 Hours a Day and follow these simple rules:

1. Wait for the beep.
2. Confine your INPUT to one subject.
3. Limit your opinion to five minutes (make notes before calling).
4. Leave your name and telephone number, or simply use a pen name (your message can be anonymous).
5. Publishers reserve the right to edit, modify or omit any and all material.

Input Callers Against Criminals Selling Stories

Most callers to Input believe that convicted prisoners should not be allowed to profit from writing books on their crimes in answer to this question: "Do you think convicted prisoners should be allowed to write books or make deals with TV producers which would profit them from their crimes?" Here are some of the answers:

MOCKERY

I think it is a mockery to see Amy writing and selling her story to TV. This is cashing in on the crime she was convicted for in shooting Mrs. Buffaloco. It doesn't matter whether Joey is innocent or guilty of other crimes. She admitted doing the shooting and any story connected with that crime should not be sold to profit her. TV made a spectacle of the entire crime and Joey was not very good either in selling his part. Now I hear there is a magazine article by Amy again which will bring in more money. This is wrong. K.B.

CONVICTS PROFIT

The courts ruled in the "Son of Sam" case that the money made in writing or publishing things could not be taken away from the author and therefore convicts can now profit from writing about their crimes. We must make a strong law which would uphold the idea that criminals cannot in any way profit from their crimes. Otherwise this whole criminal justice system will be a farm system for getting TV stories that in turn will bring in big revenues. G.V.

ENTERTAINMENT

The June Harris shooting of her doctor friend was an example of the story being used for entertainment. Harris said that she gave her money to a charity to benefit prisoners but the story still lightened the idea that a murder had been committed. I think there should be a law of silence on people who have been found guilty of major crimes. We are now making the criminals into media stars. Things have gone too far and a strong law should put an end to it. J.F.

FREE SPEECH

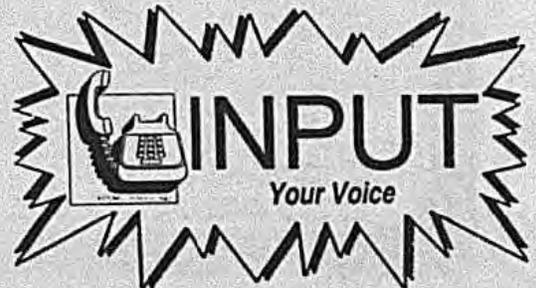
I suppose that most people will say that the perpetrators of crimes should not benefit from telling their stories but the problem is that we still have free speech laws and if we make restrictions on who can say what, we might do more damage than allowing TV, newspapers and magazines to make stories out of violent crimes. The big answer would be for the general public to stop pandering to these situations and to stop tuning in or buying the stories. The Amy stories, even when it was apparent that three different stories were all about the same crime but different. The stories got some of the highest audience ratings for stations carrying them. It is not simply the media it is the public that encourages the media by tuning in. F.V.

DON'T WATCH THEM

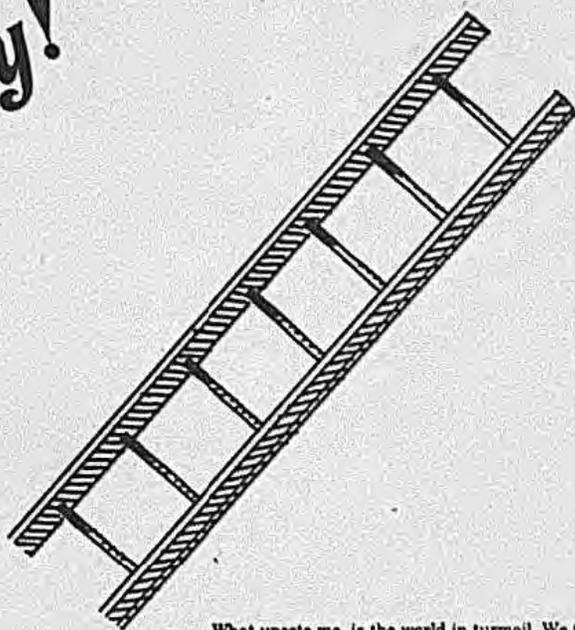
Except where a third person writes the details of a crime such as "In Cold Blood" most of the stories about escapades of people who have been in crime situations are poor creations, thrown together to entertain and often to deceive the reader or viewer. I make it a point to avoid being sucked in by these fakes and do not watch those stories. If everybody else did the same there would be no profit from the stories and they would soon go away. N.G.

SHOULD NOT BENEFIT

The reason convicted prisoners are spending their time in jail is to respect law and order and how to live in peace and harmony with their neighbors. It is not intended that they devote their time to writing books and making deals with TV producers which, in turn, would deprive the prison personnel of some of their energy and attention, a loss to the rest of the prisoners. After they have been tried and adjudged guilty convicted prisoners are sent to jail to learn how to live in an organized society. That is the main objective, to make the prisoner a law-abiding citizen. It certainly was never intended to teach them how to get rich at the public expense which would be completely unfair to the rest of us. P.G.S.



Discovery!



Climbing The Steps Of Life

By Mollie Gussow

Climbing up the steps in life, starts when we are very young. Every step we take to reach the top, we make plans for the future. Suddenly, we reach the top, and have to start coming down, and examine the plans we made, and learn to face the world on our own.

Coming down, we walk a little slower, as we have a lot to think about. We are older, sometimes uncertain, or concerned, and sometimes even frightened. Where did the years go? We are fully grown, and ready to make our own decisions, face the problems in life, and the responsibilities that go with it, and there are many. Life is complicated all the way, and changing constantly.

What accomplishments were made walking up those steps? What future was I planning?

Did I accomplish what I went up for?

Did I prepare for the future ahead?

Did I make a dent in life?

Did I help others climb, and share another's load?

Did I make friends on the way up or down?

Did I help people less fortunate than myself?

Did I show compassion to the friendless?

The above thoughts is life in a package.

It's what we give and learn, that makes the difference in life. The past, the present, and the future, somehow melts together, and it becomes the story of our life. It's sad when we think back, and find there are some things, we could have or should have done a different way, or wasted time that was precious.

Time moves very quickly, as we get older, and slower, trying to catch up with the world. Sometimes these are the reasons that makes us grow old faster. Sometimes, we grumble, and wish our circumstances were not so modest, but we really should be thankful, for the gift of life. Everybody gets older, we are not alone, and we are all going in the same direction.

There are many steps left in life, while we are still alive, and correct the mistakes we made. We don't have to feel old, because the calendar says so. We can stay young at heart forever, and be in step with our children, and grandchildren, and the changing times.

Everyday is a day in our favor. During the years we learn to bear disappointments in life and learn to accept what cannot be changed. This doesn't mean we have failed, it's just another challenge to work out. We are constantly climbing. I'll be celebrating my 84th birthday in a couple of months, and find myself thinking back of yesterday.

When your children or grandchildren look for your advice from experience, and find you have the patience and knowledge to teach them, they love you all over again. It's a warm wonderful feeling. Through experience in years, I find that a perfectly happy family is a Hollywood myth. A typical family has problems to solve, and life can't be solved with a yes or a no. I found we can create life from what we love. Life becomes more meaningful all the time. We talk about the past, living the present, and still planning for the future.

I found opportunities knocking on the door, and the rainbow in our heart, teaches us to give, to smile, to heal, and to love. We even find a lighter side of life too, and learn to enjoy many things, while we touch lives all around us. We constantly take one step at a time.

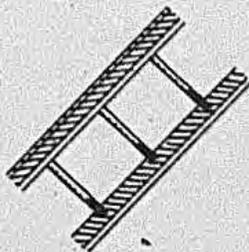
What upsets me, is the world in turmoil. We take one step at a time, and they cannot even do that, or know if there is a tomorrow. We in America can plan happy events. How fortunate for all of us. We get the opportunity to smile, and know what peace is.

Someday, our children and grandchildren, will write a story of their generation climbing the steps in life, and compare it with the last. Each generation will need help and advice, as the world will keep changing, and will continue that way.

Life suddenly grows short. I feel that what I gave, money couldn't buy. I touched so many lives all around. I helped so many people during my years. It warms my heart that I was able to do so.

Isn't it strange
The view we see,
When gazing back in memory?
Time touches up the faded scene,
Blots out the ugly, and the mean."
"Paints it all bright,
Fun and laughter,
Never a history of
The morning after.
Life starts with a smile,
And can end with one.
And when we are gone,
It will be remembered by everyone."

And now I'm ready to celebrate my 84th birthday. I still remember so much to write about, maybe next time.



ABOUT THE AUTHOR

Mollie Gussow lives in Great Neck. She is a frequent contributor to Discovery on a variety of subjects culled from her life observations.

DINING GUIDE

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Where Our Readers Have The Last Word

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

Through a special 24 hour phone system, readers will be asked to call in their assessment of 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)

TRAVEL TIPS

Questions to ask when renting a car while traveling

Asking the proper questions when renting an automobile can save money and avoid problems later.

1. What discounts are available?
2. Are there unlimited mileage rates?
3. Is there a mandatory fuel charge?
4. Is there a charge for an additional driver?
5. Is there an extra charge for extended liability coverage?
6. If the loss/collision damage waiver is declined, what is your maximum liability?

RENT-A-CAR



READER RATINGS



Q. My wife and I have a large house in the mountains, which we love to share with our skiing friends. Over the past years, they have become increasingly lax about pitching in and helping with the work entailed in keeping the place going — whether it's a question of cleaning their own bathrooms, bringing in firewood, offering to do a marketing errand, helping prepare or clear up after meals or even offering to change the beds when they leave.

My wife and I have become household drudges, with no time for skiing ourselves. Since we're expecting mobs for the spring skiing season, I'd appreciate some advice.

A. All you need is one neat, very well-mannered guest in each house party. Take him or her into your confidence before the weekend and, then, when everyone has finally assembled, that person can say, "I'd like to know what my chores will be for the next few days. How about letting me do all the marketing? Or have you already figured out what each of us is supposed to do to help out?"

You'll find that your guests will receive their assignments cheerfully. As a gentle reminder, you might post everyone's duties on a big bulletin board. You probably are so capable as hosts, your guests have not been realizing how much work goes on behind the scenes. Their lack of help in the past has stemmed surely not from meanness, but from a lack of awareness of how hard you have been working for them. Turn the tables — start them to work for you!



YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-6277 at any hour and tell your ideas. We want you, the reader to be our critic. Your message then can be printed in this space.

Wine Talk



Red star rising: Merlot

By Richard Nalley

Like a star's understudy who blossoms with a turn under the spotlight, Merlot has stepped onto the stage. Though a diva in France already as the main grape of glamorous, expensive Bordeaux reds from Pomerol (Chateau Petrus, for instance), in California Merlot has long filled out the chorus.

It is the blending grape best known for giving roundness and a juicy, black cherry fruit quality to Cabernet Sauvignon. Today, more and more wine drinkers are discovering that those qualities can make Merlot a stellar wine on its own.

If you were to imagine the quintessential Merlot, it would be supple, rich and intense, with a touch of velvet. This, or something like it, is the aim of most winemakers who try their hand at Merlot, often as in Bordeaux, with a pinch of Cabernet Sauvignon and/or Cabernet Franc to give it bit more structure and perfume.

When a Merlot comes close to fulfilling this potential, it is one of the fine, seductive pleasures of wine. In California tasting rooms, it has long been axiomatic that many customers ask for Cabernet Sauvignon, but actually leave with a case of Merlot once they're given it to taste.

The fact is, however, that plantings of Merlot are still relatively scarce compared to Cabernet Sauvignon, and wineries do not have nearly the same amount of experience with the grape. The learning curve has already risen high enough to make these wines extremely popular and to give their prices a boost.

With more vines bearing Merlot and more Merlots on the market, the wines are still affordable, largely falling into the \$7-\$10 and \$12-\$18 price ranges, with a few Mondavis and Stag's Leaps in the over-\$20 bracket. So far there are no super-Merlots in this country to compete with the Cabernet-based Opus 1's and Cask 23s at the luxury-priced end of the market. But as more winemakers find the range on this luscious grape, you can stay tuned for the announcement. Like any new star, Merlot is probably due for a raise.

Top Merlots previously reviewed:

\$10 and under: Chateau Souverain 1990, Columbia Crest 1989, Buena Vista 1990, Bel Arbers 1990.

\$12 to \$18: Hogue Cellars 1989 Reserve, Franciscan 1989, St. Francis 1989, Merryvale 1990, Chateau Ste. Michelle 1989, Murphy-Goode 1990, Clos Pegase 1989, Hogue Cellars 1989 (non-reserve), Benziger 1989, Gundlach-Bundschu 1989.

Over \$18: Shafer 1990. Wines reviewed this week: \$10 and under: For around \$7 the

M.G. Vallejo 1991 Merlot, California, provides some true Merlot cherry savor along with notes of clove spice and vanilla. It's fairly light, but has the stuffing to stand up to, say, a burger or sausage pizza.

For around \$5 you can find at least two delicious imported Merlots. The Michel Cravate 1990 Merlot from France has a spicy, oaky character to set off its ripe cherry fruitiness. The Coacha Y Toro 1990 Merlot from Chile is a soft, easy-drinking wine that emphasizes fresh, juicy varietal fruit.

Two wines priced at \$10 that I'd recommend more highly in the \$6-\$7 price range are the soft, medium rich Chateau Julien 1991 Merlot, Monterey County, and the Stevenesot 1991 Merlot, North Coast, which has a fine varietal flavor in a lighter-bodied style.

\$12-\$18: The first choice in this price range is the Dry Creek Vineyard 1990 Merlot, Dry Creek Valley, a seductive wine with an arresting aroma of allspice and vanilla and a rich, full-bodied savor. Like most of the quality 1990 Merlots I've tasted, this has a significant tannic background that suggests a couple of years' cellaring at least, but this wine is agreeable enough now, especially if matched up with a fatty meat like steak or lamb.

Two wines that may not be readily available but are worth tracking down or asking for: Kathryn Kennedy Winery's 1990 "Lateral" is a silky, elegant Merlot-based California blend from a super-quality Cabernet winery. The Gordon Bros. 1990 Merlot, Washington state, comes from one of the top-quality vineyards in that excellent Merlot-producing state. I have a very high opinion of the Gordon Bros. wines I've tasted, and this one's a beauty: supple, with a broad, soft texture and a lingering flavor of juicy black cherry.

Smith & Hook's 1989 Merlot, Santa Lucia Highlands, is moderate in alcohol at 12.5 percent, but tastes much richer, thanks to the loads of extract that give it almost a "tarry" quality (I mean this in a good way — it's another one of those wine words). It's not classically structured Merlot, but it's awfully tasty, especially if you drink it with a good steak.

An antidote to all this richness can be found in a reasonably priced Italian wine, the Santa Margherita 1990 Merlot, which goes for about 12 bucks. It's leaner and higher in acid than most of the California wines reviewed here.



DINE OUT
This Season

DINING GUIDE

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READER RATINGS



Q. We know of at least 89 people who are coming to our housewarming on a Sunday afternoon, and many are bringing little kids. We don't have any children, and we're very worried about what to do with those children who are coming. I wish I could have put on the invitations "Don't bring your kids."

A. On Sundays people like to be with their children, so if you had put that phrase on your invitations, you might not have had many guests! Hire a couple of baby sitters to organize games for the little ones — even to read them stories. The older ones should have balls to play with in the back yard.

Then there's always the tube. If you have a "TV room," complete with popcorn and sodas, the younger generation will stay put happily for a while and allow their parents to socialize in peace.

DINING GUIDE

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PAGE 5A Friday, April 16, 1993 READER RATINGS

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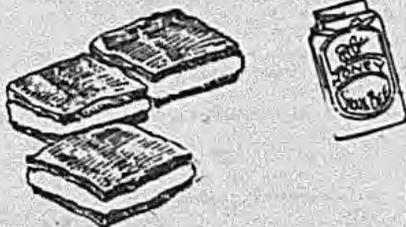
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Quick cookies.

Use graham crackers and frosting to create cookie sandwiches.

1. Spread crackers with canned or leftover homemade frosting.
2. Spread with warm honey mixed with dry milk powder.
3. Mix ½ cup powdered sugar with milk to make your own cookie filling.



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

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READER RATINGS



Q. Is it allowed for a restaurant to include a tip, automatically, on the bill for food ordered? A friend and I had that happen recently and resented it because the service was very poor and we felt a tip was not in order. Please answer.

A. No. In this country the custom is not to add any tip to the bill and unless the menu stating the prices clearly says that this will be done it is not correct. Most people would not be happy with that system in the U.S. because diners have always had a flexible tip system in which they could give a better tip for better service and if this is not kept then the tip is just a fee.

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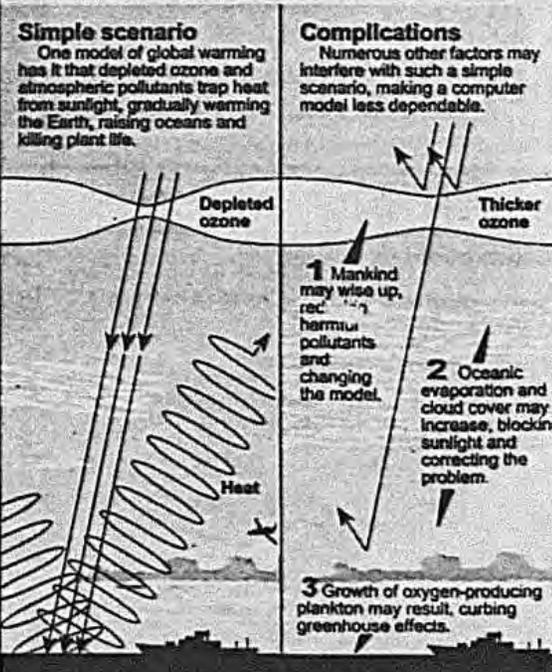
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DISCOVERY

What's a computer model?
Computer models are programs that try to predict the outcome of a given situation or catastrophe — such as the greenhouse effect. But numerous variables often make predictions difficult.



DINING GUIDE

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After Work Gourmet



A quick-fix taste of Italy's best

By Sharon Achatz

Boneless chicken breasts are one of a hurry-up chef's best friends. Quick-cooking and versatile, they serve as the basis for a myriad of marvelous meals.

Dressed in a flavorful tomato sauce and melted cheese, chicken breasts take on an Italian flavor as Chicken Parmigiana, a variation of the veal classic.

The chicken is perfectly complemented by Zucchini and Fusilli, a pasta-and-veggie combination. This dish tastes great simply seasoned with margarine, basil and Parmesan or lightly drizzled with extra tomato sauce from the Chicken Parmigiana.

For dessert, pick up a pack of pre-made cannoli shells from the market — look near the ice cream cones or in the specialty dessert section — and fill with an ever-so-easy mixture of ricotta cheese and chocolate chips.

Game plan for preparing the meal in about 35 minutes:

- Make the cannoli and refrigerate.

- Heat water for cooking fusilli; julienne squash for Zucchini and Fusilli. Place fusilli in boiling water; set to simmering the tomato sauce for Chicken Parmigiana.

- Bread and fry chicken; set aside.

- Stir-fry squash. When cooking is nearly complete, drain fusilli and set aside, cover chicken with tomato sauce and mozzarella slices and microwave.

Toss together fusilli and squash. Serve dinner.

CHICKEN PARMIGIANA

1 (16-ounce) can stewed tomatoes

1 teaspoon dried minced onion

1 teaspoon dried oregano

¼ teaspoon minced garlic

¼ teaspoon sugar

¼ cup bread crumbs

¼ cup Parmesan cheese

1 teaspoon dried basil

1 pound boneless chicken breasts, pounded to ¼-inch thickness

1 egg, lightly beaten

1 tablespoon oil for frying

4 slices mozzarella cheese

Yields 4 servings.

Preparation time: 20 minutes.

In saucepan, combine tomatoes, onion, oregano, garlic and sugar; simmer.

Meanwhile, combine bread crumbs, Parmesan and basil on large plate. Dip chicken in egg, then Parmesan mixture to coat. Heat oil in skillet; fry chicken pieces over medium-high heat un-

til golden and nearly cooked through, about 1 to 2 minutes per side. Remove from skillet and place on microwave-safe serving platter.

Spoon tomato sauce over chicken, then place slice of mozzarella cheese on each piece of chicken. Heat on HIGH in microwave 2 minutes or until cheese has melted.

ZUCCHINI AND FUSILLI

2 zucchini

1 yellow crookneck squash

1 pound fusilli pasta

3 tablespoons margarine

1 tablespoon olive oil

1½ teaspoons chopped garlic

1 teaspoon dried basil

Parmesan cheese to taste

Pepper to taste

Yields 4 servings.

Preparation time: 15 minutes.

Cut zucchini and squash into julienne strips. Cook fusilli according to package directions.

Meanwhile, in medium skillet, heat together margarine and oil. Add garlic, zucchini, squash and basil; cook over medium-high heat until vegetables soften, approximately 7 minutes.

Drain pasta and place in serving bowl with vegetables and their cooking juices. Gently toss and serve warm. Pass Parmesan and pepper at table.

CHOCOLATE CHIP CANNOLI

1 (15-ounce) container ricotta cheese

3 tablespoons confectioners' sugar, divided use

¼ cup mini chocolate chips

1 (3-ounce) package prepared cannoli shells

Yields 6 cannoli.

Preparation time: 10 minutes.

In medium bowl with electric mixer, beat ricotta cheese and 3 tablespoons confectioner's sugar about 5 minutes, until smooth. Stir in chips. Evenly divide cheese mixture by spooning into each shell. Sprinkle all with remaining 2 tablespoons confectioner's sugar

QUICK TIP

Use a coffee filter over food in the microwave. It prevents splattering and doesn't stick to the food.

Sharon Achatz is a free-lance writer.



DINING GUIDE

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Chefs break bread to help others

By Carol Cutler

What a party! More than 5,000 chefs will be cooking. There will be more than 100 events stretching coast to coast and beyond. That's a lot of fajitas, agnolotti, foie gras and barbecued ribs, and it will all be consumed to help feed the hungry.

This monumental effort is the sixth annual Taste of the Nation organized by Share Our Strength. This year's goal is \$3.5 million, which shouldn't be too big a stretch from last year's total of a bit over \$3 million.

So start planning your own party now. Taste of the Nation 1993 takes place the week of April 25 through May 2. Gather together some friends and instead of just going to any restaurant, call SOS and find out which are participating in the drive.

There is a new ticket line — (800) 955-TAST(E). Through this number you can get information about your city and even buy tickets for the event. In fact, you could buy tickets for friends in another city and send them as a gift.

One of the reasons this annual eating feast has gained such support is because 100 percent of your ticket price goes to hunger relief. Not a penny is taken out for administration, logistical support or even phone bills. The chefs provide all the hard kitchen work and the food. American Express picks up all other bills.

American Express is doing even more. Every person participating will receive the inaugural issue of *In Good Taste*, a journal that celebrates the joys of good food and wine. Articles and drawings have been contributed by prominent writers, chefs and artists.

Every city will be doing its own thing. Once again, San Diego will put on a super-big bash with more than 100 restaurants participating. New York's splash will take place on the World Yacht. In between will be big and little observances, each with the flavor of its own locale.

In addition to the ever-growing Taste of the Nation, each year SOS expands its hunger-relief programs. More than 250 groups will be helped this year in many different ways. Aid will reach out from organizations like food banks, right down to job training to help someone help himself.

Chefs across the country have probably done more than any other single professional group to reach out and help. Their love of feeding others stretches from those who pay to enjoy the fruits of their talented labor to those who can't afford anything at all.

There always are many ways we

all can help. Go out and have a good time eating well and enjoying it more because you know someone else will not go hungry because of your contribution.

You can do even more right in your own back yard. Look around your community for some direct way to reach out. And the recipients of your generosity don't necessarily have to be hungry.

Perhaps there is a retirement home where residents could use some cheering up. Bake a chocolate cake that everyone likes and take it over. This really large Texas Sheet Cake cuts very nicely into small squares and is easy to serve. If you could spare a little time to chat with these lonely people, those minutes would no doubt mean even more than the cake.

TEXAS SHEET CAKE

2 sticks plus 2 tablespoons butter

1 cup water

4 tablespoons cocoa

2 cups granulated sugar

2 cups flour

1 teaspoon baking soda

1/4 cup sour cream

2 eggs, beaten

Yields 20 servings.

Preheat oven to 375 F. Select heavy, 4-cup pot and put in 2 sticks of butter, water and cocoa. Bring these ingredients to boil.

Meanwhile, use remaining 2 tablespoons of butter to grease 11x16-inch cookie pan with edges. Measure into mixing bowl sugar, flour and baking soda. Stir these dry ingredients.

When mixture in the pot comes to boil, immediately pour it over dry ingredients. Beat batter well for about 30 seconds. Stir in sour cream, and finally beat in eggs.

Pour batter into greased pan and spread into smooth layer. Bake for about 20 minutes, or until toothpick plunged into center comes out clean.

Note: Texas Sheet Cake is moist and keeps very well. It can easily be made a day or two before serving. It also freezes well.

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





Desiree Vivena

Eggs have long been symbolic of spring, a food associated with new beginnings and rebirth. Many centuries before the Christian era, people decorated and exchanged eggs as one of the annual rites of spring.

Nowadays, many kids love to color hard-cooked eggs as part of the yearly Easter ritual. It's lots of fun to dip them into bowls of food coloring, draw on them with crayons or paste paper bunny faces onto them.

But while they're eager to find as many eggs as they can in the annual Easter egg hunt and delight in piling them into colorful Easter baskets, the only "eggs" most kids can be bothered to actually eat are of the chocolate variety.

So what to do with all those leftover purple-pink streaked hard-cooked eggs with the paper bunny ears? Here are some ideas:

Make hard-cooked eggs into deviled eggs, or use chopped hard-cooked eggs as a garnish for microwaved vegetables (like asparagus or broccoli), soups and casseroles. Use in potato salad or slice atop a tossed green salad. And, of course, they make tasty egg salad sandwiches.

There are also many creative ways you can make use of those extra Easter eggs in microwave recipes.

Don't worry if hard-cooked eggs have a greenish or grayish ring where yolk and white meet. The color is due to a chemical reaction during cooking and does not indicate spoilage.

Hard-cooked eggs may be refrigerated for up to one week.

RICH TOMATO HALVES

2 large, ripe tomatoes
2 teaspoons granulated sugar
2 teaspoons dried basil
2 hard-cooked eggs, sliced
1 teaspoon dried chopped chives
¼ cup crushed potato chips
¼ cup shredded Cheddar cheese
Yields 4 servings.

Preparation time: 5 to 10 minutes.

Cooking time: 3 to 5 minutes (plus 3 minutes standing time).

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

Wash tomatoes and remove stems; slice each in half crosswise. Arrange, cut side up, on microwave-safe plate.

Sprinkle each tomato half with ½ teaspoon sugar and ¼ teaspoon basil. Add ¼ of egg slices, then sprinkle with ¼ teaspoon dried chives. Top with 1 tablespoon each crushed potato chips and shredded cheese.

Microwave, uncovered, 3 to 5 minutes, or until tomatoes are tender and cheese bubbles. Let stand 3 minutes before serving.

SUNDAY BRUNCH CASEROLE

1 (10-ounce) package frozen chopped broccoli
¼ teaspoon salt

¼ teaspoon pepper
1 cup chopped cooked ham
1 dozen hard-cooked eggs, sliced
½ cup chopped green onion
1 (10½-ounce) can condensed cream of mushroom soup
¼ cup milk
1 (3-ounce) jar chopped pimento, drained
1 tablespoon chopped fresh parsley OR 1 teaspoon dried parsley flakes
¼ teaspoon dried basil
¼ cup seasoned dry bread crumbs
¼ cup shredded Cheddar cheese
Paprika
Yields 6 to 10 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 10½ to 16 minutes (plus 5 minutes standing time).

Oven setting: HIGH (100 percent power).

Turn broccoli into colander and rinse under cold water to separate; drain well. Spread evenly in 11x17-inch microwave-safe baking dish. Sprinkle with salt and pepper.

Spread cubed ham over broccoli, then arrange egg slices over ham. Sprinkle with chopped green onion.

In small microwave-safe mixing bowl, combine cream of mushroom soup, milk, pimento, parsley and basil. Stir well. Microwave 2½ to 4 minutes, or just until mixture boils, stirring halfway through cooking time. Pour over ingredients in casserole.

Cover with vented plastic wrap and microwave 5 to 7 minutes. Sprinkle with bread crumbs, then top with cheese and dust with paprika. Microwave, uncovered, 3 to 5 minutes longer, or until cheese is melted and casserole is heated through and bubbly. Let stand 5 minutes before serving.

SPINACH SALAD

5 cups torn, clean spinach leaves
2 cups sliced fresh mushrooms
3 hard-cooked eggs, chopped
¼ cup sliced green onion
3 slices bacon
¼ cup mayonnaise
2 tablespoons granulated sugar
2 tablespoons red wine vinegar
¼ teaspoon dried tarragon
Yields 6 servings.

Preparation time: 10 minutes.

Cooking time: 3 to 6 minutes.

Oven setting: HIGH (100 percent power).

In salad bowl, combine spinach, mushrooms, eggs and green onion; toss.

Microwave bacon between double slices of paper towel at HIGH (100 percent power) setting for 2 to 4 minutes, until crisp. Set aside.

In 1-cup measure, combine mayonnaise, sugar, vinegar and tarragon; stir to blend. Microwave at HIGH (100 percent power) setting for 1 to 2 minutes, or until dressing boils. Pour over salad; toss. Top with crumbled bacon and serve immediately.

By Willard Abraham,
Ph.D.

Compulsive repeater

Dr. Abraham: My boyfriend is a nice enough guy, I guess, but it would be better if he broke one miserable habit he has.

He doesn't listen very well because he talks so much, and always keeps repeating the same garbage. Whether it is something about school, his car, the weather, or almost anything else, he just goes on and on endlessly. It is so boring and unnecessary, and usually something I don't want to hear even once.

Gosh forbid, I'd never marry this guy. I think I'd die if I ever did.

I guess there is no solution, but I feel better just sharing his stupidity with you. — Bored Silly

Bored Silly: A close relative of mine has at least a partial solution. She silently, but conspicuously, holds up two or more fingers when a person repeats something two or more times. If an individual is a compulsive repeater who doesn't take the obvious hint to break the boring habit, she ends the relationship.

"Life is too short for that kind of boredom," she says.

You might want to try the finger exercise. I hope it works for you.

Dr. Abraham: I read a letter that you received from an unhappy teen who resents the fact that her mother got married again after her father died. She said she would never accept a new father because she loved her real one so much.

My situation was like hers, and my resentment was very deep. But time has a way of helping overcome the pain. It takes time and a desire to have a home and family as pleasant as possible.

Although she will never have "another father," it is important that she try to give her mother's husband a chance to become a friend of hers. He isn't her father, but he obviously was her mother's choice, and deserves an opportunity to help the family be as unified as possible.

It will take the effort of all of you, including your mother, stepfather, and all siblings if there are any. Time does have a way of healing wounds based on the loss of a loved one, but not quickly and not totally.

Believe me, I know because it took me two years to even be civil to my mother's husband. Finally I realized how futile it was to be stubborn and that there is good in everyone if they are given the chance. — Patient Girl

Patient Girl: Your reactions are certainly within the normal range, and your ideas seem to make good sense. Thank you very much for sharing them.

Dr. Abraham: I'm a 13-year-old boy whose parents disagree on something that is very important to me. My mom is tough on curfew because her parents were tough on her. My dad says that she should relax because we are good kids, so why get so upset?

Mom is hard on my two sisters, too. They are 11 and 14 years old. Dad has his same easygoing curfew attitude toward them as he has about me and my curfew.

In by 9 p.m. on weeknights (no exceptions) and 10 p.m. on weekends (no exceptions) is what Mom insists on for me and my older sister. My little sister can't be out at all after dinner.

Do you think that's fair? — Curfew Upset

Curfew Upset: Maybe it's time for a family council to get all the facts on the table, as well as the reasons for the rules.

No exceptions, regardless of the reasons for sometimes wanting to relax them, may be a little harsh.

There could be a fair middle ground that will perhaps tighten up your dad's attitude and also loosen up your mom's firmness, at least a little bit.

Please let me know how the family discussion goes.

Dr. Abraham: I always thought that fathers had special places in their hearts for daughters, but that isn't true in my family. I have two older brothers, and my father is so much closer to them than he is to me that I could cry.

I don't know why that is, but it is so obvious to me, and it really hurts. My mom and I get along great, but he and I just seem to have a cool relationship.

He isn't mean to me or anything like that, but I wish that sometimes he would talk to me as he does with my brothers, and also would laugh and have a good time with me as he does with them.

I think I could like him a lot more than I do now, but I'm not sure.

What can I do to bring us closer together? — Want Closeness

Want Closeness: Generalizing about relationships (like dads liking daughters more than sons) doesn't apply to all fathers and the family's siblings. Personalities, needs and other concerns might get in the way.

One factor that may be at work in your family could be that the boys and your father may have more in common than you do with him. However, that doesn't mean that either you or he should consider faking interests to be on the same wavelength.

A more practical approach may be to identify interests that you and he could share. With the boys he may share sports. With you it might be in other directions, like movies, exercise, books or hobbies.

Another source that could lead to closeness might evolve from your showing an interest in his work. It may help open the door to his comments, questions, and concerns closing in on your school work or special interests of yours.

The more you can discover to talk about with each other the more chance there is that the coolness you sense may eventually melt away.

Cooking Corner



Traditional wok yields Asian fire

By Teresia d'Elgin

Texture, spice and color seem to erupt out of fine Asian cuisine. If there were a single secret for producing these sensational results, it would be the wok. Cantonese for "cooking vessel," the wok has changed little over the centuries, and for millions of cooks of the world, it is indispensable.

Even with its ancient history, wok cooking is particularly suited to contemporary cooking concerns: low-fat, low-calorie, low-cost ingredients, and speed and ease of preparation. Moreover, the food pyramid trend that emphasizes the presence of vegetables and carbohydrates over proteins and fats (new in the West) is second nature to Asian cooks. The wok is an ideal addition to the vegetarian kitchen.

The wok's shape, originally dictated by the Chinese stove, has remained constant for centuries. The constant, even heat afforded by the shape assures the very short cooking times crucial to good results.

Nowadays one can either purchase a metal ring to adapt a round-bottomed wok to a gas or electric range or buy a flat-bottomed wok. The best woks are made of light iron manufactured in Asia. However, high-quality spun-carbon steel woks are efficient and respond well to temperature adjustments. Stainless steel, cast aluminum and non-stick finish woks are less useful.

"Wok hay" is the special fragrance and flavor exuded by a well-seasoned wok. Scrub a new carbon-steel wok thoroughly inside and out with hot water, mild soap and a steel-wool scouring pad. Rinse thoroughly with hot water and dry.

Heat the wok over medium heat until a few drops of water sprinkled in it dance across the surface. Pour in 2 tablespoons vegetable oil and rub with paper towels over the entire inside surface. Reduce the heat to low and let the lightly oiled wok heat for 15 minutes. Remove from the heat and cool, then repeat the process without scouring.

After using, never scour clean or use dishwashing liquid on a wok. Rinse only with hot water and use a dish washing brush, not a scouring pad to remove cooked-on food. If food is burned on, use 3 tablespoons salt in a dry wok and scour with paper towels.

The most popular use for the wok is stir-frying. In most mani-

festations of Oriental culture, a specific ritual is crucial to the process. Stir-frying is no exception. Food flavor, nutrients and texture are assured by very brief exposure to high heat, usually only three to five minutes.

This can only be achieved by keeping the prep work and cooking separate. No chopping as you fry. Everything must be pre-prepped, laid out and ready to be popped into the wok at its turn. Always pat ingredients dry before frying. Food can be easily turned along the steeply sloping sides and evenly covered with oil as it falls back into the bottom.

Once parts of the ingredients are cooked, they can be moved up the sides of the wok while the rest of the ingredients are fried at the center. Wait until both the oil and wok are hot before adding additional food. When adding liquids, splash them against the sides of the hot wok so they sizzle. If too much liquid accumulates, push the food up the sides and reduce the liquid in the center of the wok before continuing.

A few tips on stir-fry ingredients:

- Seasoned oil is added to the wok after it's hot enough that a few drops of water dance on the surface.

- Preheat over a medium, not high, heat to avoid scorching the oil.

- Coat the entire surface with oil.

- Adding a bruised ginger slice suppresses the oily smell.

Press the ginger, garlic, green onions and salt against the sides of the wok to extract their juices and warm them gently for about 30 seconds. Then turn up the heat for the meat, if that's part of your recipe.

Soybeans have been called the cows of the East, so reliant on them for protein are the Chinese. Bean curd or tofu is used in a variety of dishes but must not be overcooked or stirred or else it will fall apart. The thickened curd skin is another form of soybean milk that appears in some dishes.

Noodles symbolize longevity in the East. Egg noodles, bean thread noodles, flat rice noodles and rice stick noodles can be prepared in a wok in a wide variety of ways. Rice, though most commonly boiled, is also a tasty addition to

stir-fry cooking.

Condiments, such as salted black beans, bean sauce and chili paste are the bases of Asian sauces. So are reconstituted dry ingredients like mushrooms, lily buds and shrimp. Activate their flavors by frying them in hot oil for a few seconds.

Vegetables are either hard like broccoli, carrots and cauliflower or more fragile like sprouts and peas. Hard vegetables should be pre-steamed prior to stir-frying. Again, add vegetables only about 1 cup at a time to avoid reducing the temperature in the wok.

As a versatile culinary utensil the wok is pretty much unsurpassed. Although it is essential for stir-frying, there are few cooking methods for which it cannot be used, either Asian or Western.

The wok can be used for making those deep-fried specialties that are such a presence in the Orient. In the following recipes from California Culinary Academy's "Wok and Stir-Fry Cooking," we experience part of the Thai tradition.

These recipes are from *The Cole Group's California Culinary Academy Series* cookbook "Wok & Stir-Fry Cooking at the Academy," available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95408; (800) 959-3717, or your local bookseller (\$11.95).

Wherever you wander in Indonesia, you never seem to escape the tantalizing and seductive aroma of frying fritters. This corn fritter with shrimp and Indonesian spices makes an exciting appetizer.

INDONESIAN CORN-SHRIMP FRITTERS (Perkedel Djagung)

3 large ears corn, scraped and coarsely chopped (about 2 cups) OR 1 (10-ounce) package frozen corn, defrosted

½ pound shrimp, shelled, deveined and cut into ¼-inch pieces

¼ teaspoon chopped garlic
4 green onions, chopped (about ¼ cup)

2 stalks celery, finely chopped (about ¼ cup)

1 teaspoon ground coriander
¼ teaspoon ground cumin

2 tablespoons chopped fresh coriander

3 tablespoons flour
1 teaspoon salt

2 eggs, beaten
Peanut or vegetable oil, for deep-frying

Sriracha chili sauce or other hot sauce, for dipping

Yields 12 (2½-inch) fritters; serves 6 as an appetizer.

In large bowl, combine corn, shrimp, garlic, green onion, celery, ground coriander, cumin, fresh coriander, flour, salt and eggs. Mix thoroughly.

Preheat wok over medium-high heat until hot. Pour in oil to depth of 1 inch; heat oil to 375 F. Add corn mixture in ¼ cup batches, leaving ¼-inch space between fritters.

Fry until fritters are golden brown and crisp (about 2 minutes per side). Remove, drain on paper towels, and keep warm while frying remaining mixture.

Serve hot or at room temperature with chili sauce.

Try this hot dipping sauce with grilled or fried foods.

THAI HOT SAUCE

2 tablespoons hot water
2 tablespoons Thai fish sauce
4 tablespoons lime juice
1½ tablespoons sugar
2 teaspoons finely minced garlic
2 teaspoons finely minced green onion

Yields ¼ cup.

In small bowl, combine water, fish sauce, lime juice, sugar and garlic. Let cool, then add green onion.

Serve in shallow dipping bowl.

In this variation of the classic Szechuan *kung pao* chicken, jumbo cashews are used in place of the traditional peanuts, and shrimp are substituted for the chicken. When charring the chilies, be sure your exhaust fan is on and avoid breathing the strong chili fumes.

KUNG PAO SHRIMP WITH CASHEWS

1 cup jumbo raw cashews
1½ tablespoons dark soy sauce
2 tablespoons red wine vinegar
2 teaspoons sugar
1 teaspoon Asian sesame oil
2 tablespoons peanut or corn oil
¼ teaspoon salt
8 small dried red chilies
2 teaspoons minced fresh ginger
2 cloves garlic, minced
1 green or red bell pepper, seeds and ribs removed, cut into 1-inch squares
1 pound medium shrimp, shelled, deveined and patted dry

Yields 4 to 6 servings with other dishes.

Preheat oven to 325 F.

In flat pan, spread cashews in single layer; roast until golden brown (about 10 minutes), stirring occasionally. Remove and set aside.

In small bowl, combine soy sauce, vinegar, sugar and sesame oil; set aside.

Preheat wok over medium heat until hot, then pour in peanut oil. Add salt and chilies; cook until chilies are charred (about 15 seconds). Add ginger and garlic; stir-fry until fragrant and lightly browned (about 30 seconds).

Increase heat to high; add bell pepper and stir-fry until pepper is seared (30 seconds). Add shrimp a handful at a time and stir-fry until shrimp are pink and feel firm to the touch (about 2 minutes total).

Add reserved sauce mixture; toss and stir until sauce thickens to a glaze (about 30 seconds). Remove wok from heat. Gently stir in reserved roasted cashews. Serve hot.



Garden Talk

By C.Z. Guest

The signs of the zodiac were devised by the ancient astronomers, who divided the heavens into 12 equal segments called "sigris." They named the signs after living things. Thus, they were called signs of the zodiac, which means "Zone of Animals."

As the moon circles the Earth once every 29½ days from new moon to new moon, the it passes through each sign in sequence once every two or three days. Do not confuse the moon's place in the zodiac with the sun signs — the zodiac sign for the calendar year.

Centuries ago, wise men believed that there was a relationship between the heavens and mankind, and they associated various areas of the body with certain signs. They used the principles of astronomy concerning the phases of the moon and the moon's place in the zodiac to make astrological predictions for the best times to garden and other projects.

Some people dismiss the idea of planning activities in this manner, but there are many believers who hold that the best time to conduct any activity is when a day falls on both an ideal sign, the moon's place and the appropriate phase of the moon.

THE MOON'S PLACE

For those who believe in gardening by the zodiac, the timing of tasks is based on the moon's place and the moon's phase. The fruitful and semifructful signs of Cancer, Scorpio, Pisces, Taurus, Capricorn

and Libra are best for planting.

But very little should be planted in the barren signs of Leo, Aquarius and Gemini. However, these signs are perfect for cultivation and weeding, especially if the moon is in the last quarter.

Garlic and onions may be planted in the less-barren signs of Aries and Sagittarius, and the latter is also a good sign for sowing hay crops.

THE MOON'S PHASES

The moon is said to be light or new (increasing) in the first and second quarters, and dark or old (decreasing) in the third and fourth quarters.

Generally, crops that produce their yield above ground (cauliflowers, broccoli, peppers, to name a few) should be planted in the light of the moon, whereas those whose yield is below ground (beets, carrots, asparagus) should be planted in the dark of the moon, but not during the last quarter.

The fourth quarter is a good time for weeding, destroying pests and tilling the soil.

ACTIVITIES BY THE ZODIAC

Here are a few miscellaneous hints based on the moon's place or phase.

- Dig root crops for seed during the moon's last quarter so they'll dry better and keep longer.

- Plant potatoes in the dark of the moon or they'll produce more vine and less potato.

- For tighter fence posts, dig and set them in the old of the moon.

Our Children

By Willard Abraham



Keeping poisons out of children's reach

Q. I'm constantly worried about poisons in our home that might fall into children's hands. I try in my amateurish way to keep them away from the kids, but I'm afraid that I'm not doing a good job. My husband doesn't help me at all because he is a laid-back person who thinks that whatever will be will be.

So the burden is on me. Do you mind if I share it with you, for your help?

A. A call or visit to your family physician, a nearby hospital or your local pharmacy may result in your finding advisory materials that might be helpful to you and important to your children.

Try to get your husband involved in the calls and visits. He may become aware that there are severe dangers and that this issue is among his most threatening responsibilities in your home.

In a pharmacy that I go to occasionally, I picked up a useful (free) item called "Home Poison Prevention Guide," which could be right on target for you. It was shelved with many other family guides. Your pharmacy may have copies of it, too.

This one consists of a series of dos and don'ts for medications, insecticides, paints, gasoline, anti-freeze, oil, perfumes and colognes, alcohol, toxic plants, peeling paint, detergents, bleaches and cleaning products. The more accessible they are, the more dangerous such products might be. Locked cabinets, high shelves beyond children's reach or climb and marked stickers on worrisome items are all well worth considering.

Prevention is still the major procedure to protect our children, both in our homes and outdoor danger spots.

Q. Our 7-year-old daughter is upset because a good-girlfriend of hers has stopped seeing her. There seems to be no reason for that, but perhaps it relates to something that our girl doesn't want to talk about or can't figure out, so it is difficult for me to help her.

One thing she did say to me caused me to think that maybe I could help, perhaps offering her something that might bring them

back together. She told me, "I wish I could say something to her that would make her like me again."

If you have some thoughts along this line, please let me know. I hate to see her moping around like this.

A. Perhaps the other girl's parents have some inkling what caused the split. With that information, you and they could discuss ways to overcome the problem.

A fine little book I recently came across might also be helpful. It is called "The Friendship Book" (Chronicle Books), written and illustrated by Woodleigh Hubbard.

The words are sensitive, and the colorful illustrations can be a delightful attraction for young children (and perhaps some older ones, too). Each double spread in this brief publication carries a message that may help bring these youngsters together again. Here are a few of them:

- "Friends don't always agree."
- "Friends are never far apart."
- "Friends make each other laugh."

It may also intrigue your little girl because of its unique packaging in a thin beautifully illustrated container.

You could consider it as a gift for her friend, as an item that you and her parents may share with the two girls or for the other parents and you to read to them on an individual basis.

Totally different but especially appealing for children the age of your daughter is another new book that is attractive in content and with gorgeous artwork (prepared by the author, Tetsuya Honda). It is titled "Wild Horse Winter" (Chronicle Books).

Because your daughter and her friend might be able to share this treasure, maybe with one or more parents, it may help strengthen their relationship.

It would be difficult for any animal lovers, especially young ones, not to be fascinated by its true story of survival during blizzard conditions.

The book's paper cover gives you a brief introduction to its charm and why children up to the age of 8 could be spellbound by the story it tells. "The powerful paintings bring a vanishing breed vividly to life... a must for horse lovers... perfect for story time sharing." It is translated from the Japanese.

GARDEN TIPS

Zodiac gardening

- Plant during the fruitful or semifructful signs of Cancer, Pisces, Scorpio, Taurus, Capricorn and Libra.
- Weed crops during the barren signs of Leo, Aquarius, and Gemini.
- Plant garlic, onion and hay crops during Aries and Sagittarius.
- Plant cauliflower, broccoli and peppers when the moon is waxing, plant potatoes, beets, carrots and asparagus when the moon is waning.

The zodiac

Astrology was invented 3,000 years ago in Babylon (Iraq). The sky was divided into twelve sections along the line of the sun's movement, but because of the Earth's precession on its axis the constellations now lag behind the signs and have shifted eastward.



Aquarius
Jan. 20 to Feb. 18



Pisces
Feb. 19 to March 20



Aries
March 21 to April 19



Taurus
April 20 to May 20



Gemini
May 21 to June 20



Cancer
June 21 to July 22



Leo
July 23 to Aug. 22



Virgo
Aug. 23 to Sept. 22



Libra
Sept. 23 to Oct. 22



Scorpio
Oct. 23 to Nov. 21



Sagittarius
Nov. 22 to Dec. 21



Capricorn
Dec. 22 to Jan. 19

Moon phases

A waxing moon is one that is approaching fullness — a waning moon the opposite. Crescent and gibbous describe the 1/4- or 3/4-full states.



Waxing crescent



Waxing gibbous



Full



Waning gibbous



Waning crescent

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Fitness Forum

By Mary Curran-Downey

Three new books on children's health

We threw away the old couch this week. The one that has followed me from my single days to the early married years in and now back to the married-with-kids-and-a-mortgage life. This is the same couch that friends crashed on when they couldn't afford hotel rooms; the same couch that I dozed on when the boys were newborns and didn't sleep more than 45 minutes at a stretch.

We tossed it, not only because it was long past its prime, but also because as a haven for dust and mold, it was making life miserable for my 5-year-old and his newly diagnosed allergies.

We've made many changes in our home to deal with this new aspect of our lives, which brings me to this crop of books, all dealing with your children's health.

SPECIFIC SUGGESTIONS

"When Do I Call the Doctor?" by Loraine M. Stern, M.D. (Doubleday) is one of the best of the new bunch in the bookstores. It's easy to read if, like many first-time parents, you actually take an entire day to go through the whole thing, page by page. But, if you are a veteran of the parenting wars or simply don't have unlimited time, it is a great help when calamity strikes.

Like many books on the subject, it answers your questions about rashes, runny noses and stomachaches. But what makes this such a handy reference is the way the material is presented. Chapters focus on ear, nose and throat, or skin problems or lungs and chest.

There is also information about when to call your doctor and when to handle the problem at home. Included is a pull-out emergency chart (that looks good with any

kitchen decor) that provides quick-response information on treating everything from snake bites to splinters.

STAYING HEALTHY

A picture may be worth a thousand words, but when it comes to explanations on complicated subjects, I prefer a good anecdote. Dr. Bruce Taubman's book — "Your Child's Symptoms" (Simon & Schuster) — is packed with them. Taubman's book is a friendly chat with parents about what they and their doctor can do to help children stay healthy. His book also contains some very helpful, basic information, such as describing the difference between a virus and a bacterial infection and why antibiotics are not the cure-all for every childhood disease.

Taubman's book seems especially helpful after a child has left infancy behind but before he or she can really explain what hurts.

ALL THOSE ALLERGIES

I didn't find "Is This Your Child?" — Discovering and Treating Unrecognized Allergies in Children and Adults" by Dr. Doris Rapp (William Morrow & Co.); my mother did. Thanks, Mom.

You may have seen Rapp on Phil Donahue or Oprah, showing a dramatic video that pointed out how allergies can have an impact on every aspect of a child's life and behavior. Or you may have flipped through the book at the store if you had the nagging feeling that your child's behavior was something more than just a stage or "acting out," as we like to say these days. And you might have put it down, because at more than 600 pages, it's a pretty daunting volume.

THE HEALTHY GOURMET

By Kit Saedaker



SPANISH CHICKPEAS
1 teaspoon olive oil
1/4 cup each finely chopped onion
1/4 cup finely chopped green bell pepper
2 garlic cloves, minced
1 medium tomato, blanched, peeled, seeded and finely chopped
6 ounces canned chickpeas drained and rinsed
2 ounces cooked ham, diced
1/4 cup water
1 teaspoon chopped fresh cilantro or Italian parsley
1 teaspoon rinsed drained capers
1 1/2 cups cooked rice
Yields 2 servings.
Each serving has 335 calories, 7 grams fat, 17 milligrams cholesterol and 760 milligrams sodium.

Heat oil in large saucepan. Add onion, bell pepper and garlic, and cook over medium heat, stirring frequently until vegetables soften, a minute or two. Add tomato and cook, stirring for another minute or two.

Add rest of ingredients except rice and stir just to combine. Reduce heat and simmer, stirring from time to time for about 15 to 20 minutes.

Serve over rice.

CHICKPEAS WITH SWEET POTATOES
2 teaspoons margarine
1 cup chopped onion
6 ounces sweet potato, peeled and cut into 1/2-inch cubes
1/4 cup canned low-sodium chicken broth
1 teaspoon freshly squeezed lemon juice
4 ounces canned chickpeas, rinsed and drained
Pinch thyme
Pinch grated lemon peel
Freshly ground black pepper
Yields 2 servings.

Each serving has about 240 calories, 6 grams fat, no cholesterol and 500 milligrams sodium.

Melt margarine in large skillet. Add onions and saute over high heat until translucent, about 1 minute. Add sweet potato and cook over medium high heat, stirring from time to time for a couple of minutes. Add chicken broth and lemon juice and stir to combine.

Reduce heat to medium. Cover and simmer for about 5 minutes. Add chickpeas, thyme, lemon peel and pepper, and stir to combine. Cover and simmer until mixture is heated through and liquid is absorbed, about 5 minutes. Serve at once.

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HEALTH WATCH

How to eat more, but weigh less

Many diet doctors now advocate that trading types of foods, from high-fat, low-fiber choices to low-fat, high-fiber foods, is the secret to successful weight loss. Fat is a dense 9 calories per gram, and simple changes in food choices can eliminate much fat intake.

Recommended
collings for fat
in diet

30%

10%

New
colling

Current
colling

Ways to substitute food choices
from high-fat to low-fat foods

Old choice

Substitute choice

■ French fries
■ Potato chips
■ Chocolate cake
■ Glazed doughnut
■ Ice cream
■ Creamy Italian dressing
■ Chocolate-chip cookies
■ Cream of chicken soup
■ Apple pie

Baked potato
Pretzels
Angel food cake
Fat-free muffin
Fruit sorbet
Fat-free dressing
Animal crackers
Chicken gumbo
Mixed fruit cup

SOURCE: Family Circle magazine

Lower Your Cholesterol in Just 10 Minutes a Day Without Drugs!



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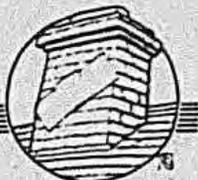
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Blood Pressure Screening

REMEMBER...

Lower your cholesterol by 30% and you'll reduce your risk of heart attack by 60%.

Here's How

By Gene Gary



Q. We want to do some painting in our 15-year-old home, which is in good condition with the exception of some wall cracks in the plaster. What causes this and what is the best method of repair? — L.N.

A. Wall cracks are caused by shifting and settlement, the unavoidable effects of gravity on a house. They also can occur when building materials dry out. But considering the age of your home, the cracks are probably from settlement.

Plaster is more prone to cracking because it is less flexible than drywall. To fix cracked plaster, use fiberglass mesh tape (sold at hardware stores) applied with joint compound so it covers the crack.

After the tape and compound dry, sand and apply two more coats of compound. For this job, a 6-inch or larger drywall knife is the best tool. It lets you apply compound in wide strokes, and when joints are wider, the less noticeable the repair will be.

When you have finished patching, let the wall thoroughly dry and then apply a good primer before you proceed with the final coat of paint. Be sure to use a quality primer and paint for a durable, long-lasting job. The extra expense is worth it. Your paint dealer can make recommendations.

Q. For several years now, I have had problems with moisture in the

attic. Each time I inspect the area during the winter months I find the undersurface of the roof all wet. I have consulted a contractor who said I needed more ventilation in the attic.

I am uncertain that this is the problem. Perhaps I just need better insulation up against the roof or a vapor barrier. What is your opinion? — C.H.

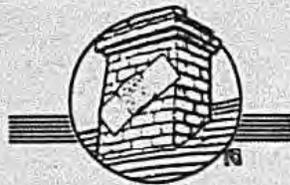
A. Your contractor is correct. The condensation is caused by warm, humid house air coming in contact with the colder roof. Ample air circulation and ventilation should be provided in the attic space.

Louvers should be installed at opposite ends of the roof, as high as possible, of a size sufficient enough to allow 1 square foot of louver opening to each 300 square feet of attic floor space.

You are also correct to consider insulation. To prevent the escape of house heat into the attic, it would help to insulate the ceiling or attic floor, either with batt-type

insulation or the blown-in kind, including a vapor barrier.

Also, clipping the nails projecting through the roof, if there are any, close to the underside of the roof, will help prevent moisture.



Decor Score

By Rose Bennett Gilbert



Q. Our bedroom has a peaked ceiling with two little alcoves at the ends where the roofline comes down to small dormer windows. I'm really at a loss about where to paint or put wallpaper. I mean, do I stop the color or pattern at the ceiling line, or should it come all the way down in the dormers? Help. — L.C.

A. You have a number of options, depending on the effect you want to achieve. In the bedroom itself, you can paint or hang wall coverings to the ceiling line, then paint the ceiling itself light.

In the alcoves, you might consider painting or wall covering the walls and the ceiling. Or, you could handle the alcoves separately, as Decorating Dan designer Kathryn Dyer of Cincinnati has done in the photo we show here.

She has treated a bedroom alcove as a separate little seating area, tying the two spaces together visually with fabric that matches the bed comforter and curtains.

Q. I'm getting married in two months and we are planning to buy a house, which means we also need to buy a lot of furniture. We know what we want — casual country, maybe Southwestern style — but neither of us has a clue about what to look for in terms of quality.

Furniture is so expensive, we want to be sure we're getting our money's worth. Can you give us any guidelines? — M.T.

A. The best advice when you're laying out dollars: Shop with your senses, all of them, including the sixth. Quality is manifested in the way a piece of furniture looks, feels and sounds.

The overall workmanship should look fine, backs should be neatly finished, drawers and doors should be smooth, sturdy and quiet, and the wood finish, deep, clear and rich.

On quality upholstered furniture, fabric patterns will match, even across the cushions, welting will be straight and tightly sewn, the seat deck (beneath the cush-

ions) will be covered in matching fabric, and there will be a muslin dustcover under the bottom of the piece.

Since it's difficult to judge the inside construction of a sofa or chair, ask about the number and type of springs, and the stuffing material (dense, hand-tied coil or metal s-curve springs are top of the line; so is down, often combined with a foam core wrapped in polyester fiberfill).

Sitting is still the best way to ascertain both the comfort and quality level of upholstered furniture.



POSITIVE ACCENT A wallpaper border that plays back to the bed and window fabric traces the angles in a master bedroom.



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

Help Wanted

Typist Wanted

If you are a good typist and want permanent part-time work, approx. 24 hours a week, and are available at once, we may have the job for you. Call 931-0012. Located in Hicksville.

EXPERIENCED FEMALE BABYSITTER & Tutor for all subjects wanted. Non-smoker, 11:30 a.m. to 7:30 p.m. Monday to Friday to take care of 3 children, 8, 3 & 1 years old. Driver's License and references required. Call 627-8403, 7:30 p.m. to 11:30 p.m. wap4

MOTHER'S HELPER. Three small children in my Garden City home. Perfect for college student. Call 739-1610. gcA4

LEGAL SECRETARY - CONGENIAL Williston Park two-girl office, zany and hectic at times; real estate and computer experience preferred, client contact essential. Salary open. 746-2072. wap3

P/T VETERINARIAN AIDE feeding and cleaning cats only. Must love cats and people. Will train. 944-7730. wap3

YOGA INSTRUCTOR NEEDED to teach 10 year old at your home or mine. Call 741-6753. gcA5

CUSTOMER SERVICE REPRESENTATIVE Garden City law firm. Full time temporary position with permanent possibilities. Must be reliable, take initiative and eager to learn. Call 357-3700 - ask for Donn Leake. gcA3

Help Wanted

EXPERIENCE CHILD CARE provider needed for 4 year old & 1 year old in my home beginning of May. Mon-Fri, 8-6, English speaking, non-smoker, driver's license. References required. 328-8250. gcml

MOTHER OF FOUR SEEKS babysitter two days a week from 2 to 5 p.m. Please call 747-7371. ha2

MAJOR BRAND NAME COMPANY is expanding. We need nine people to work with locally. If big money and hard work don't scare you, call 1-800-350-6856. hap2

TRUCK DRIVER FOR 10-Wheeler. Small asphalt company. Certified license. 621-5427. hml

LEGAL SECRETARY P/T, WP5.1, dictaphone, very pleasant office in Garden City. No smoking. FAX resume to 742-6871.

CHILD CARE PROVIDER needed, one child, in my Garden City home. Mon-Fri, non-smoker, English speaking; live-out or live-in. References required. 877-5902 after 6 pm. gcM1

SECURITY GUARD P/T, Pleasant surroundings. Ideal for senior citizen. Midnight & weekends, all others need not apply. Day - 585-6932, evenings and weekends. 549-9094. wap3

FRENCH TUTOR WANTED A professional musician seeks a French Tutor for diction, basic grammar, reading and conversation. Prefer a French native with teaching experience. Please call 483-5206. gcA3

R.N. FOR BUSY PEDIATRIC office, P/T. Experience preferred. 228-6560. gcA3

Help Wanted

CHILD CARE, LIGHT HOUSEKEEPING for home with three children. Monday to Friday, noon to 6 p.m. Own transportation. 746-2582. wap3

LEGAL SECRETARY P/T Garden City. Salary open. 746-3340. gcM4

REAL ESTATE SALES Position - Well established Realty office serving the area for 78 years has openings available. Call R. Valentine for details. Valentine Agency. 746-7200. wjn4

GAL FRIDAY P/T. Garden City law office. 746-3340. gcA3

BUSY, LOCAL LAW FIRM seeks energetic, self-starter. Excellent typing skills required. Send resume to P.O. Box 119, Williston Park, N.Y. 11596. wAp3

ENERGETIC CAREER-MINDED person needed as independent beauty consultants full time or part time. No experience needed. Will train. Management positions available upon qualification. Call (718) 474-2658. gcA4

IMMEDIATE JOB OPPORTUNITY plus residual income plus benefit package. A major regional company looking for 2 or 3 aggressive people that can communicate with clients and looking for a real opportunity. An aggressive incentive and benefit program for those that qualify. An equal opportunity employer. For a one on one interview call Joel Cohen at 1-800-927-6527 and Fax resume to (908) 780-6340. gcA3

Situation Wanted

HONEST & RELIABLE PERSON looking for live in/out housekeeping position. Tues thru Saturday. Experienced with excellent references. Call Rose - 718-296-8697. W-Ap-5

2 NURSES AIDES, FULLY experienced in hospital, home or nursing home. Private duty. One available 11 p.m. to 7 a.m., other available 9 a.m. to 5 p.m. Call Anne at 868-3040, or Kathy at 798-0652. ha2

CARING, LOVING, CERTIFIED AIDE seeks job to care for elderly, sick or handicapped, night or day. Excellent references. 223-9064. gcA5

MATURE WOMAN SEEKS job as companion for elderly 3 days a week. Monday, Wednesday, Friday, reasonable. Call Mary at 248-0681. gcA5

Situation Wanted

LET YOUR CHILD Shine: P/T day care in my New Hyde Park home. Individual attention, educational environment, lots of TLC. Meals/snacks. References. Call Lillian - 516-352-8375. Listed with Daycare Council. W-Ap-5

CERTIFIED NURSE'S AIDE wishes to work with sick or elderly, 8-12 hours a day. Will do chores and make meals. References and own transportation. 223-4929. gcA5

CARING, AFFECTIONATE NURSING Assistant with excellent references seeks position to take care of elderly or geriatric person five nights a week. Lives very close to Garden City. Please call (516) 292-3913 or 565-0959. gcA5

CHILD CARE AVAILABLE. N.Y.S. 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. wap4

NICE POLISH LADY seeks housecleaning job. Very reliable, experience with good references. Please call 481-9611. gcA4

STATE CERTIFIED N.A. will take care of your sick or elderly including housekeeping weekdays, weekends. References available. Please call 481-1953. gcA4

OFFICE SERVICES SPECIALIST - Bookkeeping, Word Processing, Insurance Reimbursements - all types of paperwork. Your office or mine. Per Diem. Computer or manual. 922-9079, 922-9396, or leave message. haA4

CHILD CARE OR COMPANION AIDE will watch in my New Hyde Park home. Flexible hours, reasonable rates. Good references. 516-354-8158. W-Ap-5

PAINTING, WALLPAPERING, carpentry, decks, basement renovation, all types of handiwork. No job too big or too small. 742-1615. gcml

HOUSECLEANER - EXPERIENCE, Excellent references non-smoker, own transportation. Available to clean or iron. Tues. mornings \$50. 742-1615. gcml

HOUSECLEANING AVAILABLE Days. Honest with own transportation. Good references. Please call 483-4721. Ask for Miriam. gcml

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. gcMy4

AIDE OR COMPANION mature, reliable, honest, loves working with elderly. Five days. Live-in. 485-8276. wap5

IRISH WOMAN AVAILABLE to take care of your sick, bedridden or elderly. Please call 741-8819. wmv1

CUSTODIAL CARE - IF YOU can't take care of your loved ones and don't want to put them in a nursing home, we can take care of them for you. Fully experienced in Alzheimer's and senility. 24 hour care in home environment. Call 868-3040, even. ha2

EXPERIENCED BABYSITTER seeking full time job, Monday-Friday. Flexible with excellent checkable references. Own transportation. Garden City area + Uniondale, Hempstead. Call any time. 481-0320. gcA4

MATURE WOMAN LOOKING for ironing job. For information call Ms. Jones at (718) 658-3853. gcA4

LOVING AND CARING, experienced nurse's aide seeks position to work with the elderly, sick or young children. Available full time 5 days a week, living out or on weekends. References are available. can be contacted at 538-5072. gcM1

SEEKING HOUSECLEANING POSITION. Willing to work 6 days a week. Own transportation. Speaks English. Reliable 538-3027. gcM1

CERTIFIED NURSE'S AIDE seeking full time position. Experienced, references, own transportation. 565-1416. gcM1

MOTIVATED, ENERGETIC, HONEST, Reliable young lady who loves children would like to offer you peace of mind and the best growing motivation for your child. Own transportation. Good reference. 239-7484. gcA3

COLLEGE GRAD, GARDEN CITY mom will take care of your child in my home. Reasonable rates. Excellent references. Monday-Friday. Please call before 6 p.m. 739-3525. gcA3

Situation Wanted

EUROPEAN WOMAN (from Croatia) looking for position as a housekeeper or companion for the elderly, days or nights. Call Floria at 485-7017. gca4

HOUSECLEANER &/OR BABYSITTER available on Mondays. Excellent Garden City references. Own transportation, fluent English. Call 873-6105 or 747-4931. gca3

A NURSE'S AIDE WITH hospital and private duty experience would like to take care of elderly and sick person P/T or F/T. Very kind personality. 248-4029. gca3

EXPERIENCED AIDE AVAILABLE to work part time from 8:30 a.m. - 1:30 p.m., 5 days a week. Call at night (718) 468-5632 from 6:30 - 10:30 p.m. gca5

WOMAN LOOKING FOR housecleaning job. Experience and transportation. Good references. 564-8315. gca5

MATURE, EXPERIENCED WOMAN seeks job as a companion. Nurse's Aide or baby care taker, references available. Call 379-4677. Ask for Rose night or day. I also will work night or day. gca5

HOUSECLEANER, GOOD REFERENCES, experience, own transportation. Call 333-6571. gca4

NURSE'S AIDE & HOME Health Aide, mature woman seeks job to take care of sick or elderly. Mon-Fri. Live-in or out. Reference on request. 485-2073. gca3

SECRETARY &/OR BOOKKEEPER, Manager, seeking full time position. References furnished. 746-2029. wfh

HIRE OUR NANNY! DEPENDABLE, loving, experienced. Non-smoker. Live out only. Available Mid-April, full time. Call us after 8 p.m. for info. and excellent references. 873-9151. wap3

EXPERIENCED HOME HEALTH AIDE seeks five, six or seven day live-in job caring for the elderly. \$6.25 hour C. Seifert, 753-2094. gca3

BABYSITTER, GOOD REFERENCE, own transportation. Call Anna, 935-4959. gca3

RELIABLE POLISH WOMAN looking for housecleaning or housekeeping job. Experienced, with transportation and references. 538-6738. gca3

POLISH WOMAN LOOKING for housecleaning job. Experienced with references & own transportation. 681-6709. gca3

NURSING ASSISTANT WITH 10 years nursing home and hospital experience and good checkable references available to work 5 hours mornings. (718) 978-3285. gca3

Situation Wanted

CHILD CARE - STEWART Manor - Garden City Area. Very nurturing, loving and energetic college graduate Mom will care for your child in my home. Sunny playroom, cheery backyard and warm nursery. Excellent references. Full time/Part time. \$5/hr. 328-8250. gca4

ARE YOU LOOKING FOR someone to clean your home. If so, I'm looking for homes to clean. Monday through Thursday, plus Saturday. Please call Margarita at 483-2455. References will be furnished upon request. I have experience and transportation. gca4

BABYSITTER, GARDEN CITY mother with older children wanting to babysit occasionally in your home, daytime. 248-5886. gca4

VERY NICE EUROPEAN West Indian young woman seeks to be a companion to an elderly lady or a couple. Very nice personality and has her own car. Please call 746-6569, Monday-Friday and Friday night to Sunday. Please call 536-1678. gca4

EXPERIENCED HOUSECLEANER for offices at night available, or babysitter weeknights only. Call 868-4790. gca4

SUMMER BABYSITTER, EXPERIENCED. Mature mother. Outdoor activities including picnics, swimming instruction, woodland walks, beach excursions. Children over 3 1/2 preferred. Please call Sandra Braden. 741-1358. gca4

EXPERIENCED DAY CLEANER, own transportation. 944-6519. gca4

RECEPTIONIST/LIGHT TYPING. Experienced woman seeks full time receptionist position in Nassau County. Salary negotiable. Reply to P.O. Box 281, Garden City, N.Y. 11530. gca5

Real Estate for Sale

CATHEDRAL GARDENS BRICK Colonial, 3BR, 2 1/2 Baths, 70x125 corner property. \$210K. Owner. 538-2082. gca4

WINDHAM, N.Y. - MUST SELL. Windham Ridge Townhouse. 3BR, Fpl, 2B, Patio, Club House with Pool & Tennis Courts. \$115,000. neg. (718) 634-5738. gca4

GARDEN CITY CONTEMP. Bright & spacious 3 BR, 3 Bths., study/TV RM., & garage on ground level, finished Bmt., underground sprinkler system etc. Reduced asking price to \$352,000 by owner. 437-7934. gca4

GARDEN CITY/HEMPSTEAD Fieldstone & brick Colonial 3 BR, LR/Fpl., DR, EIK 1 1/2 Bths., Fin. Bmt., 2 car garage, new roof, 100x100. \$219,000 neg. by owner. 483-8189. gca4

Real Estate for Sale

GARDEN CITY ESTATES Ranch. Immediate sale. Owner relocating. 4 BR's, 3 New Baths, New Country Kitchen, 2 Car, Sprinklers, Alarms. Price reduced \$425,000. No brokers. Days, evs. & weekends - 741-5477. gca4

GARDEN CITY PRIME Estates. center Hall Dutch Colonial, completely renovated in and out. Traditional and spacious interior with parquet oak floors, large moldings, chair rails and French doors throughout. 19' new oak EIK, maid's room with new full bath on first, 3 large BRs with new full bath on second. All amenities. Low taxes and room to expand. The beauty is within. Neg. \$549,000. 741-7378. gca5

MATTITUCK MINT CEDAR Shake Ranch features LR/Fpl, DR, EIK, Master BR & B, plus 2BRs & B, new OHW heat, basement, garage \$149,000 Southold Waterfront Custom Home on private setting. LR, FDR, EIK, Lg. Fam. Rm/Fpl, Sunroom, 3BRs, 2 1/2 Ba, finished basement, extensive decking, pool, dock, deeded sandy beach \$349,000 New Suffolk Waterview, renovated Country Cape, LR, FDR, Fam. Rm/Fpl, Exercise Room, 4BRs, 2Ba. A Must See. \$214,900 Laurel Bayfront Country Home completely renovated features, Great Room/Fpl, Den, Master BR & B plus 3BRs, 1 1/2 Ba, large private Deck, separate deeded lot, sandy beach, spectacular views. \$495,000 Lewis Realty, 765-5810, 734-5533, 298-4600. gca3

SKI WINDHAM, N.Y. ON the mountain. No more parking lot hassles. Steps to lift. 3BRs, 1 1/2 Ba Condo, fully furnished, Fpl in LR. Sleeps 10-12 comfortably. By owner \$110,000. 747-3729. gca1

STEWART MANOR DUPLEX Move in condition. 3BRs, 1 1/2 Ba, LR/Fpl, FDR, EIK, TV room, finished basement, deck. Walk to all. Principals only. Owner. 326-7847. gca1

GARDEN CITY MINT THROUGHOUT 3 BR Colonial, 1 1/2 Ba, LR/Fpl, DR, Fam. Rm., EIK, partially finished basement, patio, attached garage, many extras. Reduced \$339,000. Principals only. No brokers. 747-3604. gca1

SOUTHOLD CEDAR BEACH UNIQUELY LOCATED ON A peninsula in a private executive community, this 4BR, 2B Contemp. has marvelous water views and is being offered for the first time by its original owners. Our exclusive \$495,000. First Towne Realty, 765-2288, 734-6687. gca3

NORTH FORK SUMMER PARADISE is yours in this cozy 3BR seaside cottage (short walk to private beach/boating). Sleeping porch, Fpl, appliances. Just reduced to \$99,000. Exclusive Bookmill Real Estate, 722-4423. gca3

Real Estate for Sale

GARDEN CITY - SUPERB Estates location. Close to schools/park. Walk to 2 LRR stations. 3 BRs, 2 new Baths, immaculate Split Level with mod. EIK, large Fam. Rm., Fin. Rec. Rm. complete with pool table, bar and built-ins. New gas heat. 2 car garage. By owner. \$389,000. Call 747-6250 for appointment. gca3

GARDEN CITY VICTORIAN Colonial 5 BRs, 4 Bths, near transportation. Partially restored. Potential with TLC. Reduced \$75,000. Now \$279,000. 747-6420. gca3

GARDEN CITY ESTATES Section Georgetown CH Brick Colonial in prime location. 3 1/2 BRs, 3 Bths, 2 car gar. Must see. By owner \$469,000. 741-3656. gca3

GARDEN CITY CENTRAL Ranch, 4 BRs, 2 1/2 Bths., contemp. FDR, LR/Fpl., sunken den, mod. EIK, CAC, central vac., alarm, 1/2 acre on golf course. Very private yard. High \$500's by owner. 294-7434. gca3

GREENPORT - TERRIFIC CIRCA 1900 Victorian. Historic district, side hall entrance, stained glass, diamond window, wooden stair rail, New Post, original wide molding, pine board floors, parlor bay window, FDR. Wall china closet, pocket doors, high medallion ceilings, 3BRs, 2 Baths, Decks. Restored Barn, 6 skylights, block to Sterling Harbor. \$179,000. Owner. 271-7532 after 1 p.m. wap3

MINEOLA/WHEATLEY SCHOOLS. Expanded Cape for sale. Move-in condition. 4 BRs, 2 Bths. carpeted, finished bmt., detached garg. closets galore. 50x100. Low taxes. Low \$200's. No fee. 746-3141. wap4

CUTCHOGUE - JUST LISTED 3BR, 2 Bth Contemp. Wonderful Family Room/fpl, new kitchen, all renovated in good taste. \$220,000. Marilyn Lang R.E., 734-6472, 734-6690. gca3

CUTCHOGUE, NASSAU POINT waterfront, cozy and charming retreat on boating water with glorious open views. 3 BR, 1 1/2 Bths., our exclusive. \$310,000. Cutchogue Exclusive. Unique fieldstone manor home on large private estate. Winding drive, granite pool, waterviews, deeded dock, spacious rooms, prestigious area. \$750,000. Cutchogue, Contemporary Cape on shy acre. Bi-level deck with hot tub. Park-like setting. 3 BR, 2 Bths., CAC, Oversized two car garage, \$215,000. Southold Waterfront, stunning all cedar 2400 s.f. contemporary w/large deck & deep water dock, and easy bay access. Drastically reduced to \$399,000. Southold - 4 BR Dutch Colonial, EIK, Fm. Rm/Fpl., formal DR, LR/Fpl., 2 1/2 Bths., 2 car garage, in-ground pool. Beautiful professionally landscaped setting. Mint condition. Excellent walk to each location. \$349,900. Marion King Realty, 734-5657. gca3

Real Estate for Sale

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 \$334K neg. Offers considered. 747-6386. gca4

HUNTINGTON, FANTASTIC BUY, 5BR, 3B, heavily wooded 1/2 acre inprime neighborhood, 1 1/2 miles to beach. Asking \$274,000. By owner. 549-8409. gcap3

ESTATES 2000 + SQ. FT. Cape. Great House \$325K. Principals only. 873-8654. gca4

SOUTHOLD: ONE ACRE LOT, waterfront, beautiful view. Private road with permit and plans. \$195,000. One Acre Lot, walking distance to beach. Owner \$72,500. 746-8023. wM1

GARDEN CITY, OXFORD BLVD. Colonial 5 BRs, 4 1/2 Bths., LR/Fpl, FDR, Den, High Mod. EIK, Full Bmt., attach. garage, 1/2 acre. Asking \$795,000. Flexible owner fin. to fit your needs. 248-2450. gca1

GARDEN CITY WESTERN Colonial updated. 3 BRs, LR, EIK, FDR, new windows/doors, garage, fenced in yard. Taxes \$2,300. Owner asking \$219,000. 354-1923. gca1

GARDEN CITY EXCLUSIVE. Western Ranch, 3 BRs, 2 1/2 Bths., Mod. EIK, oversized property \$349,000. Brick & Stone LR/Fpl, DR, EIK, 4 BRs, 2 Bths. Great construction. \$379,000. Contemp LR/Fpl, DR, Lg. Mod. EIK, Fam. Rm. room for Au Pair. golf course view. CAC, 2 Car \$425,000. Solid Brick Estates CH Colonial 4 BRs, 3 Bths., Fam. Rm., 2 car \$469,000. *** Garden City South, All Brick Contemp 3 BRs, 3 1/2 Bths, Mod. EIK, Fam. Rm., Rec. Rm., new windows, CAC \$289,000. Mint Ranch 3 BRs, 2 1/2 Bths., Mod. EIK, skylights \$195,000. Vera Atamian 354-1994. gca3

GARDEN CITY ESTATES. Mint Colonial, 5 BRs, 2 1/2 new Bths., LR/Fpl., FDR, EIK with super Fam. Rm. Possible professional office. New luxurious private Master BR & Bth. suite. CAC, large private back yard, 2 car with loft. New roof, siding, windows. 3 zone heat. Deep plot. Walk RR. Low taxes. Maintenance free. Must see to appreciate. On the prestigious tree lined Nassau Blvd. Best value in town. \$479,000. 742-1316. Principals only. gcap3

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. gca5

GARDEN CITY ESTATES Ranch, 3BRs, 1 1/2 Baths, FDR, LR/Fpl, EIK, CAC, partially finished basement. OHW heat, inground sprinkler system. Principals only. 741-3863. gca5

Real Estate for Sale

GARDEN CITY BEAUTIFUL spacious home, 5 BRs, 3 Bths, screened porch, finished Rec Room, 80 x 100. Walk RR. Asking \$315K. By appointment. Principals only. 775-5974. gca4

ENGLISH TUDOR - GARDEN City Estates. Split layout, LR/Fpl, DR w/built-ins, EIK for 2, 3-4 BRS, 1 1/2 Bths. Fin. Bsmt., 1 car gar. screened porch, nice yard, excellent closets/storage; easy maintenance. 40'x100' plot. Top locations; near schools, trains, stores. Owner anxious for quick sale. Make offer! Asking \$330,000. Principals only. Call now! 747-4572. gca4

GARDEN CITY COLONIAL 3 BR, 1 1/2 Bths., LR/Fpl, DR, EIK, Fin. Bsmt., Screened Porch, professionally landscaped. Low taxes. Red \$345,000. Principals only. 741-9262. gca3

GARDEN CITY - SPACIOUS 3 BR, 2 1/2 Bths., LR/Fpl, DR, EIK, Den, Fin. Bsmt., 2 car, fenced yard with patio. Walk RR, quiet area. \$299,000 Owner (212) 473-0526. gca3

SOUTHOLD WATERFRONT HOME 100 feet with deep water dock. Completely modern & newly decorated 3 double BRS, 2 full Bths., Fm. Rm/Fpl, oversized screened deck overlooking in-ground pool. Location! Location! Location! 741-2832. gca3

FOR A FAIR Market Analysis of your Garden City house call Jane Cuff Reynolds, Prudential Taylor Warner. Call 741-4422 or Beep 560-0661. gca5

FRANKLIN SQUARE, NEW Townhouse. 3BRs, 2 1/2 Bths, move-in condition, skylights, new carpeting and tiles, full basement, CAC. \$170,000, by owner, 488-3287. Neg. gca3

SOUTHOLD WATERFRONT YEAR round home on secluded Arshamogue Bay for sale by owner. 3BR Ranch, 1 1/2 Bths, Garage & Full Basement. 100' waterfront, \$239,000. Adjoining buildable lot available also. 746-0551. gca5

PT. LOOKOUT NEW exclusives, Prestigious Investment Properties 45 minutes to New York City Mint Beach House, 1 Car Garage \$223K 46' On Reynolds Channel w/bldgs. 298K Quality Cedar/Stone Contamp. \$345K Spacious 4BR Home, 2 Lg. Lots \$345K Rare Mineola Ave., 4BR Home \$385K Stately Home, 2 Car Gar., 3 lots \$425K Villa, Furn., pool, many amenities \$590K Hug Real Estate - 431-8000 gca3

CUTCHOQUE, FLEETS NECK. Like new 4 BRS, 3 Bths. LR, DR/Fpl, Kitchen, Bsmt. Decks, 1/2 acre. Walk marina & Beach. Extras \$250K 724-8917 or 742-2712. gca3

Real Estate for Sale

GARDEN CITY ATTACHED Colonial Northeast section, Raymond Court. Fully updated 2 BRS, 2 Bths., LR, DR, EIK, Rec. Rm. 1 car. Owner \$210,000. Low tax. 741-3156. gca4

BETHPAGE LEGAL MOTHER/Daughter. Country kitchen, 5 BRS., LR, DR, Den, garage. 55x165. School District 21. Must sell. Best offer above \$220,000. 931-6539. ha2

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. gca4

GARDEN CITY CO-OP. Sunny 2 BR, Second Floor, 1 Block LIRR & all shopping, refinished floors. \$116,000. Leave message. 873-9469. gca3

GARDEN CITY CHERRY Valley Co-Op, 2 BR, second fl., end unit. Owner relocated \$99,900. (301) 231-5262. Leave message. gca5

CO-OP & CONDO ATRIUM PLAZA

1 BR, 1 Bath, Duplex, EIK, 1 gar Rent/Buy CARLISLE HOUSE 2 BR, 2 new Baths & Kit + gar \$275,000 CHERRY VALLEY

2 BR, 1 Bath, LR, EIK, CAC \$89,000 2 BR, new Bath \$115,000 MINEOLA'S HARRISON HOUSE - BR, 1 Bath, CAC, Lndry, 10' ceiling \$129,000

2 BR, 1 Bath, CAC, Lndry, 1 Gar. \$129,000 MINEOLA'S HORTON HOUSE 1 BR, 1 new Bath, Walk All \$78,000

MULFORD PLACE LR/Fpl., DR, Den, 1 BR, 1 Bth., Cor. \$85,000 STEWART FRANKLIN 2 BR, 1 Bth., LR/Fpl., DR, EIK, Rent or \$129,000

LR/Fpl., DR, EIK, 3 BR, 2 Bths., Rent or \$225,000 MINT 3 BR, 2 Bths., LR/Fpl., DR, EIK \$250,000 STEWART HOUSE Lg. Studio in top Building \$79,900

DOUGALL FRASER REAL ESTATE 248-6655 GCA3

PORT WASHINGTON - GORGEOUS 6 sun-filled room corner apartment. "Reduced \$11,000," everything new, washer/dryer, full attic, garage. Walk RR, water, town. Estates area, beautifully landscaped, southwestern exposure. \$159K. 944-8210. gca4

GARDEN CITY MINT 1BR, Co-Op, second floor, separate entrance, walk to RR and stores. Asking \$65,900. Owner, 294-7496. gca5

FLORAL PARK CO-OP Floral Blvd., large renovated, 1 BR, EIK, walk in closet. Excellent location. Owner motivated. Asking \$69,000. 775-1353. gca3

Co-Op For Sale

EAST 56th STREET CO-OP \$81K, Spacious, bright, alcove studio, 24 hour doorman. CAC. Owner (516) 746-5194. gca3

ROCKVILLE CENTRE. VERY large 1 BR, FDR, 2 full Bths., new appliances, A/C, w/w lots of closets. Walk to LIRR/ALL. Principals only. Asking \$99,000. 678-8082. gca3

TWO GREAT NECK Co-op apartments for sale. 2 BR, Bath, LR/DR, Kit. Studio w/Kit & Bath. Close to LIRR, walk to parks & stores. Investment opportunity. Must sell. Reasonable offer. Day (212) 714-0244, Evenings (516) 487-5449. ha2

GARDEN CITY, CHERRY VALLEY 2BR Co-Op, 1st floor, new bath, modern. Washer, dryer, A/C. extras. \$125K. Owner. 746-5168, evenings. wap5

GARDEN CITY/MINEOLA Border, 120 Horton Hwy. Prime 2 BR Apts. in well maintained, attractive centrally but residentially located, financially secure. Co-Op. Buy as is, partially fixed up or totally renovated - Your choice, asking from \$64,900. Kent Management, 1-800-388-6394. gca4

GARDEN CITY, 2 BR, second floor. Best location facing 15th Street. A/C, washer/dryer, wall to wall, attic, garage \$106,000. 294-0269. gca4

MINEOLA HORTON HOUSE Co-Op: Front apartment, 1BR, New Kitchen, New Bath, loads of closet space, Air Conditioning. Parking available on and off premises. Principals only. \$78,000. 741-5210. gca4

MINEOLA, GARDEN PLAZA. Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330. gca1

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. gca4

1 BR CHERRY VALLEY Co-op, totally renovated, storage space, CAC, full amenities, must see. Will take any reasonable offer. Mid 80's. Owner anxious. 248-5347. gca4

Co-Op For Rent

WEST HEMPSTEAD - LARGE Studio Co-Op, separate kitchen, dressing room, and sleeping area. AC, pool, security, walk to LIRR & shops. \$650/mo. 420-4252. gca3

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012, 294-6900 or 746-0240 for rates and information.

OPEN HOUSE

GARDEN CITY ESTATES. Section at 111 Sackville Rd. Updated 4 BR Colonial, 3 Bths., EIK, CAC, low taxes. Reduced to \$399,000. Principals only 747-2794. Sun., April 25, 1-4 p.m. gca4

GARDEN CITY. 154 Kensington Road, April 18, 1-3 p.m. Heart of Estates, 21 years Classic CH Colonial, 4 BR, 2 1/2 Bths., gas heat, C/A. Fam. Rm/Fpl., \$525K. Exclusive Ultra Expanded Ranch. 5 BRS, 4 1/2 Marble Bths., A dream come true. Lg. glass Solarium/Jacuzzi, spa, gas heat C/A. Fabulous garden, 2 car. By appointment, \$500's. Wilson Realty, 746-1563. gca3

Real Estate For Rent

FRANKLIN SQUARE 3 ROOM apartment, \$650 a month includes utilities. No pets. Single person only. 354-1458. gca5

GARDEN CITY BRIGHT, sunny room with full private bath, furnished or unfurnished, private entrance, parking. Two blocks from RR, bus & stores. Female, non-smoker. Call after 4:30 p.m., or weekends. 354-8360. gca5

GARDEN CITY PRIME Location, house for rent. Sunny 3 BR's, 2 bths, modern EIK, large LR/Fpl, den, A/C, washer/dryer, large backyard. Near RR. \$1,800 a month. (212) 206-1317. gca5

C A T H E D R A L GARDENS/GARDEN CITY BORDER, 1 BR Apt. on quiet cul-de-sac, first floor, private entrance, w/w carpet, near RR, shopping & Adelphi/Hofstra. Non-smoker preferred. Single person. Utilities included \$650 per month 292-0302. Please leave message. gca4

SOUTHOLD WATERFRONT, 3 BR's, 1 1/2 bath Ranch, deck, 3/4 acre, \$1,500 monthly for May, June and Sept. \$2,000 monthly for July and/or August. \$7,000 a season. Available yearly. Call 746-0551. gca5

GARDEN CITY SOUTH - Adelphi Vicinity, 3 1/2 room apartment - \$700, utilities included. Top floor. Business single male or female preferred. Call Mrs. Marino. 486-1851. gca4

WEST HEMPSTEAD - LARGE Furnished Room w/w, large closet, Refrig/micro, A/C. Near Adelphi University. Non-smoker. Convenient to shops/trans. Overnight street parking. \$450 monthly includes heat. Sec/Ref. 489-5941. gca4

FURNISHED ROOM FOR RENT. Garden City, nice area. Female student, non-smoker preferred. \$85/week. 741-4865. gca3

NEW HYDE PARK - 5 1/2 Rooms plus Utilities. \$1100 per month. Principals only. No pets. 329-7059. hmy1

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, 483-7449 evns & week-ends. gca3

GARDEN CITY LOVELY quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References 746-0018. gca5

GARDEN CITY FURNISHED room for rent, private entrance, non-smoker, share bath, appliances available. Near RR. \$475. 742-7706. gca4

FRANKLIN SQUARE - 1BR, 3 rooms, second floor apt., private entrance in legal 2 family, \$690 plus utilities. Monthly terms. Own thermostat. One block north of Hempstead Tpke. Single or couple preferred. No pets. 489-0515. gca5

BELLEROSE 1 BR Apt completely renovated, new bathroom, EIK, new appliances, hardwood oak floors. Near RR & stores. Move in cond. \$595. 292-0302. gca4

STOREFRONT FOR LEASE - Mint condition. Available Spring 1993. Willis Avenue between Fordham & Harvard Sts. Perfect for retail store or professional office. 2100 sq. ft. No fee. Contact owner 746-3141. wap4

MINEOLA, TWO LARGE ROOMS for rent with closet. Share bath. Private entrance. Nice area. Near all transportation. Available April 1. Call 248-0596. Leave message. wa4

FRANKLIN SQUARE - 3 1/2 room basement apt, new carpeting, private entrance, new stove, freshly painted, cable. \$575 includes utilities. Working person with no pets or children. Available immediately. 483-0869. gca5

GARDEN CITY-HEMPSTEAD 1 BR Apartment for rent. EIK, LR, full bath, dishwasher, garage. Convenient location, walk to all, newly decorated. \$750/mo. 584-9887. gca5

BETHPAGE APARTMENT - 1 BR, Kitchen/LR combo, large bath, private entrance, bright & airy. Utilities included. 931-6090. ha4

SHARE HOUSE IN Garden City area. Female wanted to share 6 room house with one other. Washer/dryer, back yard in lovely residential area. \$476 a month includes all. Avail. April 538-3513. gca4

GARDEN CITY CONTEMP 3 BRS, 1 full Bth., 2 half Bths., new kitchen, den, walk-in cedar closet, dark room, A/C, patio, fin. Bsmt., gar. tool shed. No pets, no brokers. \$2,250. 747-4219. gca3

FLORAL PARK BUBLEASE 3 room apt. Immediately 80 Plainfield Ave. \$550 firm. (516) 249-8693 evns., (716) 430-2506 days. gca3

Real Estate For Rent

GARDEN CITY LARGE, QUIET room for working gentleman. Some partial use of kitchen. Telephone interview. References, security. Near bus. Walk to RR. 742-2728. gcm1

FARMINGDALE LOVELY 3 1/2 rooms. Ideal for newly weds or business persons preferred. Convenient location. Available May 1 \$ 750 Owner. 694-7379. gcA3

APARTMENT FOR RENT Bellrose - 3 1/2 Rooms. Ideal for newlyweds. Private entrance, 1 BR, EIK, LR, large full bath. Heat included. Immaculate move-in condition. \$625/month. Owner. (718) 343-3520. ha2

ROOMMATE WANTED TO share large 2 BR Apt. in downtown Garden City. Walk to stores, LIRR. Professional woman only. \$625. call 248-4328 Evenings. gcA3

NEW HYDE PARK - 3 1/2 bright, large rooms, 2 family house, private entrance, appliances, heat, hot water, full bath. Quiet, residential area. Walk to RR, buses, stores. Professional, non-smoker. References. lease. 488-4815. gcA5

FRANKLIN SQUARE ROOM for rent in private house with kitchen privileges. Walk to stores & transportation. Non-smoker, working female or student preferred. \$375 a month. Call after 6 p.m. except Mondays. 355-0610. Avail. immed. gcA4

WEST HEMPSTEAD LARGE furnished room, w/w/c, large closet, Refrig/Micro, A/C. Near Adelphi University. Non-smoker. Convenient to shops/trans. Overnight street parking. \$400 mo. includes heat. Sec/Ref. 489-5941 home, 783-2512 work. gcA4

WILLISTON PARK Apt. to rent, 51 Harvard St. 2 BRs, EIK, LR, full bath, gas incld. \$850. Working couple preferred. See Apt. all day Sat. & Sun. Please call (516) 746-4757 or (718) 381-6287. wM1

ROSLYN STUDIO APT. Full Bath, Kit., 1 BD, Private entrance, Parking. Single person., no pets. \$500 plus utilities. Owner. 746-8023. wM1

LYNBROOK APT/HOUSE. Large 2 BR Apt., EIK, Lg. LR, DR, Full Bath, New Windows, all hardwood floors, Fresh paint. Includes Lg. fenced in yard & Lg. Bsm. storage with laundry facility (new washer/dryer) Great location, off street parking. Available June 1. \$1,095 plus utilit. 746-6860. gcM1

GARDEN CITY NOR- THEAST. Contemp. 3 BRs. 1 Full, 2 Half Bths, New Kit., LR, DR, Den, Patio. Walk-in cedar closet, dark room, washer/dryer. Attic & Bsm. storage. A/C. No pets. Owner \$2,250. 747-4919. gcM1

Vacation Rental

MYRTLE BEACH, 2 BRs, 2Bths Condo near Restaurant Row. 1 1/2 blocks off beach, CAC, CTV, VCR, Washer/dryer, dishwasher, indoor/outdoor pools, 2 balconies. Sleeps 6. Reasonable rates. Call 294-6132. gcm2

MARCO ISLAND 2 br, 2 Bth., Condo on gulf beaches, tennis, pool. South Seas East Midrise, 271-6479. gcA5

MONTAUK SPRING Getaway special. 4 nights \$225 a couple. 2 rm. suite, neat, full kit. Sleeps 4. Walks, dining, shopping. Hundred feet to beach. Also for sale. \$38,500. Immaculate. Call 724-5572. gcm1

SOUTHAMPTON, 4 BR's, 2 1/2 Baths, pool, walk to Village, near ocean beach. Families only. July/August. \$8000/month. 283-2434. gcA4

MT. SNOW /HAYSTACK. Large fully equipped 4 BRs plus loft, 2 1/2 Bths. with color TV, VCR, microwave. Avail. by the week or week-end. Beautiful views, lots of privacy. Near golf courses & lakes. Call 466-6120. gcJ3

MONTAUK PT. 1 BR, Cottage, furn. Priv. 1 Block town beach. Avail. June thru Sept., monthly only. 354-0111. wA4

WEST HAMPTON CHARM- ING Older Country home. 3BRs, 2Baths, Fpl, enclosed front porch. Quiet neighborhood, fenced in back yard. (212) 988-8088 after 7 p.m. gcA3

SANIBEL ISLAND, FLORIDA. Tropical paradise Sundial Beach and Tennis Resort. Soft courts, golf, 5 pools, all sports, 2000' beach, restaurants, shopping. Complete Gulf-front resort. 1, 2 & 3 BR Condos, full kitchens. Rent daily or more. Special Packages/Low off season rates (516) 746-2211. gcJn2

SOUTH JERSEY SHORE, Sea Isle. 2BR, 2Bs, 1/2 block to beach. Balcony, CAC, Washer/Dryer, Dishwasher. Close to Atlantic City Casinos/Cape May. Monthly or seasonal. Ann 432-2917. gcm1

HAMPTON BAYS - NEW CO- OP overlooking Shinnecock Canal. Two blocks beach, dockage, boating, swimming, fishing. Dishwasher, microwave, washer/dryer, cable, VCR, Jacuzzi, two patios. Call 778-5943 or 723-0312. hmy1

SHELTER ISLAND MODERN Ranch, 1 acre water-view, 3BRs, 2Bs, full Kitchen with dishwasher, washer/dryer, Fpl, full deck. Walk to attended beach. Bright, sunny, breezy, perfect for family with children. Memorial Day - Labor Day \$8,000. 746-3358. gcm1

ENJOY YOUR SUMMER in Garden City. Lovely 3 BR, 1 1/2 Bths., home on quiet street. Available for July & August. \$3,500 for season. Gardner included. 328-7406 after 4 p.m. gcM1

Vacation Rental

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MATTITUCK LOVELY SMALL Colonial cottage, Fpl, heat, furnished & equipped. Suitable for couple. Private bay beach. July to October \$5,500. Wingate 477-2642. gcM2

Real Estate Wanted

PROFESSIONAL RESPON- SIBLE BUSINESS Woman seeking first floor apt. with yard. References furnished. 746-2029. WTFN

APT. WANTED: 2 BR needed for couple and 23 year old daughter. Central Nassau. Price range \$800 to \$850 a month. Please call after 5 p.m., 516-933-9833. W-Ap-5

GARDEN CITY FAMILY looking for Aug. rental North Fork only. Home or Condo OK but no sharing. 3 or more BRs, walk to beach a must. 294-8592 gcA4

RESPONSIBLE PROFES- SIONAL MATURE business woman seeks bright, 1 or 2 BR apt. in Garden City. Immaculate, non-smoker, no children. 248-0750. gcA5

BRIGHT GREAT NECK or Lake Success 4+ BR, 2 1/2 Bth. house; with back yard and bent., wanted by young family (with no house to sell). To low \$500,000's. (718) 459-3137. ha2

YOUNG COUPLE WITH Child seeks home in Garden City. Mid to high \$200's on quiet street. Have no home to sell. Principals only. 678-8082. gcA3

WILLISTON PARK VICINITY. Apt. wanted. 2 college females, 1 BR Apt. Immediate. Up to \$550 includ. utilities. 747-7751. wM1

CAN BUY YOUR House now. Young couple with 2 children. Must be prime location (Estates, Mott). Can go to contract immed. No Real Estate. Can spend high \$200's. Can be handyman's special. 561-3824. gcM1

For Sale

SMALL COUCH RUST COLORED very nice quality \$95, pair of white antique lamps \$125 for the pair. 352-0855. gcA3

EXPECTANT / NEW MOTHER'S delight. Half priced baby items. Playpen - \$35, Graco crank swing - \$10, Century infant car seat - \$30, Jolly Jumper - \$10, Sassy Seat - \$10, and more. Prices firm. Call 741-0121, leave message. wAp4

For Sale

QUEEN SIZE SOFA bed, Italian leather taupe color, mattress like new. Originally \$1,100. Call after 5 p.m. 742-5195. gcA5

HARDEN SOLID CHERRY drum table, excellent condition \$150, pair Steiffel lamps, solid brass \$50 each. 741-9659. gcA3

COUNTRY DINETTE SET. Rectangular table. Three ladder back chairs, bench w/back and 2 leaves. Excellent condition. Best reasonable offer. 822-4115. ha2

TREADMILL, GE-MODEL 2600, excellent condition. \$150. Beautiful Almond Closet, mirrored doors with shelves & drawers, like new. \$175. Woman's gorgeous ring, 83 white diamonds & onyx on 18K gold. Written appraisal \$6,000, \$2,700 firm. 352-6964 wA4

CONTENTS OF LIVING ROOM white velvet sofa/love seat, ornate oval table and matching end table. DR-Med. table and cabinet with 6 chairs (2 arm), velvet seats, and various items. 481-5487. Call weekends all day, evenings after 5 p.m. Reasonable. wAp3

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PATIO FURNITURE - Large table with 8 1/2' Textolite umbrella, 8 matching chairs, welded aluminum frames. All excellent condition. (516) 746-4109. gcA5

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MUST SEE SOLID OAK Roll Top Desk with matching swivel chair - \$1,200. Four piece ensemble: couch, 2 chairs with matching ottoman - \$800. Call day or night, 741-9719. Leave message. gcA5

FOUR CHILDREN'S 2- WHEEL Bikes plus one scooter. Prices and condition vary, \$20 to \$50. 741-8094 after 4 pm. gcM1

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For Sale

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Car For Sale

1988 HONDA ACCORD LXI, 4 door, black/tan, 74K. Excellent car. \$6,700. Dave. 747-4232. gcA5

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1986 FORD ESCORT - 4 speeds, low mileage, 40,000 miles. Original owner, mint condition. \$2,800. 746-0913. W-Ap-5

Car For Sale

1988 PONTIAC BONNEVILLE 38K - Excellent condition. Blue. 746-6530. W-Ap-5

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Moped For Sale

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DOLLS WANTED I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496 gcaP3

USED DOUBLE STROLLER. 746-2217. Please call before 9 P.M. gca4

RESPONSIBLE ADULT SEEKING to rent 1 or 2 car garage in Garden City. Please call 294-7759. gca5

OLD GUNS, SWORDS, binoculars, old knives, hunting knives and pocket knives. Call 825-0979 or 354-1943. gcaP4

Lost and Found

LOST KEYS, BACK OF Food Basket on Seventh St., Garden City. Set of keys with religious medal attached. Please call 294-4727. gca3

Bus. Opportunities

YOGURT & SUSHI CAFE for sale. Owner moving out of state. Call 433-9492. gcm1

Miscellaneous

FREE FIREWOOD. 294-6518. wA3

Garage/Tag Sale

GARAGE SALE - SATURDAY April 17th - 9 - 5 p.m., 169 Broad St., Williston Park. Wide variety, plus many new samples. Rainsdate - Sunday, April 18th. W-Ap-3

TAG SALE-GARDEN CITY: Sat., Apr. 17, 9-4 p.m. Estate Sellout! Entire contents of home. Loaded, 3 floors. LR, BR, & Fam. furniture, bric-a-brac, books, much more. 69 Vassar St., (btwn. New Hyde Park Rd. & Edgemere Rd.) wAp3

WILLISTON PARK GARAGE SALE. Multi-families. Cornwell Ave., btwn. Lafayette & Center St. Sat., April 17. Bargains Galore! wAp3

TAG SALE, GARDEN CITY Saturday, April 17, 9 a.m. - 4 p.m. Entire sellout, contents of home, 3 floors, Mahogany breakfast, Thomasville china cabinet, tables, chairs & server. Mint condition. Stuart LR & BR sets, iron porch set, china, silverplate, bric-brac. New & old items. Clothing, tools, lamps & more. 69 Vassar St. (between New Hyde Park Rd. & Edgemere Rd.).

Garage/Tag Sale

ESTATE SALE - SATURDAY, April 17 only, 10 a.m. - 4 p.m. 51 Birchwood Park Drive, Syoset (off South Oyster Bay Road). Thirty-five years of treasures. Cash only. hap2

TAG SALE, GARDEN CITY Relocating. Must sell contents of lovely House Tour home. Magnificent large antique French armoire, baby grand piano, antique Flemish wash stand. Decorative BRS, fabulous Ppl equipment. Boehm buffalo figurine, lovely old glass, stemware, china, decorator window treatments, oriental style rug, professional Hobart meat slicer, outdoor wrought iron furniture, a thousand and one books, records, cases of egg cream. Holiday decorations, ping pong table and much miscellaneous. Please join us at 122 Stratford Ave. (off Nassau Blvd.), Saturday, April 17, 9 a.m. - 2 p.m. gca3

An Experience in Good Taste.

DINING GUIDE
In the Discovery Section of this Newspaper

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, 61 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

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HAVE YOU A HIDDEN TALENT that has yet to be discovered in print? We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00. If you want to be published and be part of an issue of Discovery, you may submit your article to Litmor Publications, 61 East Barclay Street, Hicksville, N.Y. 11801.



Tarts are a special treat

By Rena Coyle

More and more children today are left to prepare, or at least begin, the family dinner. By age 9 or 10, children certainly can make steps in preparation with specific instructions by a parent.

Children find many different approaches to taking on this responsibility. Some phone the parent for step-by-step instructions. Others receive their orders in the morning or the night before. Some children even make their own recipe cards with instructions from the back of cans and boxes for guidance.

The one key to remember when kids are doing the dinner is to keep it simple, with as few separate steps as possible. The Flaky Onion Tart will surprise everyone by how sophisticated yet simple this dinner can be.

Preparing the Flaky Onion Tart is incredibly easy. Frozen puff pastry is available in the frozen section of any grocery store. Your kids need to be reminded, though, that the pastry must be completely thawed before using it. Left out, the pastry could take about 30 minutes to thaw; in the refrigerator, a day. The pastry makes a flaky, rich crust, holding the smoky, sweet flavors of the topping.

In France, this tart is made with a white cheese spread, much like today's *creme fraiche*. But the combination of cottage cheese and sour cream will give you both the substance and tart blend of the *creme fraiche*.

Combined with a salad, this tart makes a simple yet elegant dinner, one that your kids will have no problem impressing you with.

After eating a dinner of rich pastry, a dessert made with citrus makes the perfect complement to the meal. This Lemon Tart is a thin yet very dense citrus cake that is delicious eaten warm and is great the next morning with tea.

Young children will need some guidance making this cake; older children can follow the steps with ease. The egg yolks are beaten first into a dense pale-yellow mixture before being lightened with a soft meringue.

Remind the kids that the beaters and bowl must be perfectly clean before beating the egg whites. Any grease or trace of remaining egg yolk will spoil their attempts to beat their whites into a fluffy mass. The mixture is then folded, blended and baked.

Whether your child chooses to make just the Flaky Onion Tart, or go the full 9 yards and make the

FLAKY ONION TART

1 (8-ounce) box frozen puff pastry sheets, thawed
 1/4 cup cottage cheese
 1/4 cup sour cream
 1 egg
 2 tablespoons flour
 2 medium onions
 8 ounces sliced bacon
 1/4 teaspoon crushed rosemary leaves

Yields 4 servings.

Preparation time: 20 minutes.

Baking time: 20 minutes.

Utensils: 2 cookie sheets, food processor, rubber scraper, cutting board, knife, skillet, mixing spoon, measuring cups and spoons, oven mitts.

Lay two sheets of puff pastry flat on cookie sheets. Set aside. Preheat oven to 400 F.

Puree cottage cheese in food processor until smooth. Add sour cream and blend. Add egg and flour, blend.

With adult assistance, remove blade from processor bowl. Scrape down sides of bowl. Spread mixture evenly over puff pastry sheets, leaving 1/4-inch border around edges. Set aside.

Trim ends off the onions. Peel off outside skin. Cut onion in half. Place onion, flat side down on cutting board. Slice all onion halves. Set aside.

Cut bacon into 1-inch pieces and put them in skillet. Cook bacon over medium-high heat for 2 minutes. Add onions and continue cooking for 5 minutes, until onion begins to turn golden brown. Stir in rosemary and remove skillet from heat.

Spoon onion mixture over pastry.

Put your oven mitts on and carefully place cookie sheets in oven and bake for 20 minutes. Check tarts occasionally to make sure they are baking evenly.

Once baked, turn oven off and carefully remove sheets with mitts. Cut tarts in half and serve while hot.

QUICK LEAFY SALAD

1/4 cup balsamic vinegar
 1/4 cup olive oil
 1/4 cup vegetable oil
 1/4 teaspoon sliced basil
 1 clove garlic, peeled
 1/4 teaspoon sugar
 1/4 teaspoon salt
 4 cups clean leafy greens

Yields 4 servings.

Preparation time: 10 minutes.

Utensils: Mixing bowl, measuring cups and spoons, whisk, salad spoon.

In mixing bowl, combine vinegar and both oils. Whisk until they are blended. Add basil, garlic, sugar and salt. Let dressing sit until you are ready to serve tart.

When ready to serve, remove garlic clove. Add greens and toss.



Eat lean now for a fine summer body

By Margaret Wing-Peterson

Spring is here and another summer nears. Do you chafe at the thought of one more season of outdoor activities in those tummy-crunching shorts? Do you notice you need more time to catch your breath after only weeding the flower beds?

Now's the time to upgrade your fitness and lose some of that excess weight, whether it's for your peace of mind or physical comfort.

Extra pounds challenge the body — the risks for high blood pressure, diabetes, gallbladder disease and other major health problems increase with overweight. Recent evidence reconfirms this association and deepens the concern that excess weight can lead women to premature disability and death from heart disease.

These findings are significant because the people studied were relatively young — no older than 55 years — and because many Americans mistakenly believe only men suffer heart disease.

The leanest 20 percent of participants in this study weighed somewhat below the standards in the often-used "desirable weight" charts and suffered the fewest heart attacks. Compared to the thinnest women, women who were of average weight (according to chart values) had almost one-third more heart attacks or chest pain, and women only 15 percent to 29 percent above "desirable" weight had 80 percent more symptoms of heart disease.

The heaviest women, who were 30 percent or more beyond "desirable" weight, suffered three times the thinnest women's risks. The study also showed the danger of "middle-age spread" spares no one — women who had gained more than 20 pounds since age 18 doubled their risk for heart attacks.

Health specialists have long known ridding the body of excess fat and weight can reduce elevated blood fat levels, normalize blood pressure and improve the heart-health picture. However, we human beings opt for seemingly easier ways of reducing the chances for heart disease. We load up with foods we deem "magical," such as oat bran and psyllium seed. We thirst for artificially sweetened sodas to wash down high-fat meals. We throw money on quick-loss schemes like grapefruit fasts, skin patches and body wraps in hopes of melting problems away.

Limiting the amount of fat you

eat is a fundamental way to cut calories, help deter body fat deposition and, most importantly, maintain good health. Eating lean decreases the risk for developing certain types of cancer and, in fact, dietary guidelines from the National Cancer Institute echo those of the American Heart Association: No more than 30 percent of calories from fat, a reduction of about a quarter in the average American's intake.

GRILLED SHARK TERIYAKI

1 (20-ounce) can juice-packed pineapple chunks, drained (reserve juice)
 3 tablespoons reduced-salt soy sauce
 2 tablespoons dry sherry
 1 tablespoon grated fresh gingerroot
 1/4 teaspoon dry mustard
 2 cloves garlic, minced
 1 teaspoon brown sugar
 1 pound shark steaks or other firm-fleshed fish such as halibut
 1 large green or red bell pepper, cut into large pieces

Yields 4 servings.

To make marinade, combine 3 tablespoons reserved pineapple juice, soy sauce, sherry, ginger, mustard, garlic and brown sugar. Stir well; set aside.

Rinse fish with cold water; pat dry with paper towels and place in non-metal dish or plastic bag. Pour marinade over fish; cover and marinate in refrigerator for 1 hour, turning once.

Alternate pineapple chunks and bell pepper on bamboo or metal skewers to make kabobs; set aside. Drain fish, reserving marinade. Spray barbecue grill with non-stick cooking spray; place 4 to 5 inches from hot coals. Place fish on grill. Cook 4 to 5 minutes; baste with marinade and turn. Cook an additional 4 to 5 minutes or until done (shark should just begin to turn opaque, halibut or other fish will flake when pierced in thickest part).

Baste fruit and vegetable kabobs and place on grill; cook 20 to 30 seconds on each side or until just browned.



Kids Home Newspaper



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

By J.R. Rose -

DRAW IT!

DRAW THE FRONT OF PUP'S CAR SO HE CAN DRIVE TO FLORIDA!

LET'S GET MOVIN'!



FIND SOMETHING THAT RHYMES WITH SOUTH!

ANSWER: MOUTH

WE'RE ON OUR WAY DOWN SOUTH FOR FUN. ON BEACHES FILLED WITH SAND AND SUN! PLEASE TRY TO HELP MY PUP AND ME - DOWN SOUTH IS WHERE WE'D LIKE TO BE!

WHICH ONE IS THE FARTHEST SOUTH?

NEW BRUNSWICK, ONTARIO, VIRGINIA, OHIO, ILLINOIS, INDIANA, UTAH, MARYLAND, BRITISH COLUMBIA, CALIFORNIA, COLORADO, NEW YORK, FLORIDA

ROSE! ©1993 ORLEY NEWS SERVICE

WHICH ARROW POINTS SOUTH ON THIS CRAZY COMPASS?

WRITE US!

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

81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

WHY DO BIRDS FLY SOUTH FOR THE WINTER?

MIAMI, FL. 2,702 MI.

BECAUSE IT IS TOO FAR TO WALK!

PUP THANKS ALISON SCURTU OF GRIFFITH, IN.

ANTIQU OR JUNQUE

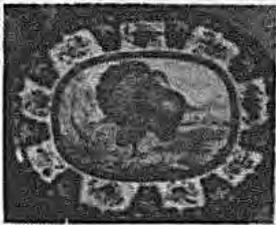


By James G. McCollam

This platter's no turkey

Q. Enclosed is a picture of a turkey platter. I also have 12 matching dinner plates, each with a picture of a different game bird. They are marked "Copeland — Spode — England."

I would appreciate any information you can provide.



A. Your platter and 12 plates were made in Stoke, England, by W.T. Copeland & Sons Ltd., about 1920. The set would sell for about \$325 to \$335.

Q. This mark is on the bottom of a 9-inch-diameter ironstone plate. It is off-white with a black scenic pattern.

Who made this, when and where?



A. This was made in 1850-51 when the firm of Charles Meigh, Sons & Pankurst was established in Hanley, England. From 1851 to 1901, the company was known as Charles Meigh & Sons.

Your plate would probably sell for \$35-\$45. "California" was the name of the pattern.

Q. Can you provide any information about a platter with eight matching dinner plates? They are decorated with underwater scenes depicting fish swimming amongst seaweed.

They are marked with an eagle and "C. Tielsch — Germany."

A. This fish set was made by the Tielsch company in Altwasser, Germany, during the early 20th century. It might sell in the \$325 to \$335 range.

Q. What can you tell me about a porcelain powder jar with a picture of an old-fashioned girl on the lid? It is marked "Erphila — Germany."

A. Your powder jar was imported from Germany in the 1920-40 period. It would probably sell for about \$125 to \$135.

According to noted expert John F. Hotchkiss, "Erphila" was an import trademark used by Ebling & Reuss in Philadelphia.

Q. I have an octagon-shape, hammered brass tray that has been in my family for generations. On the back of the tray is an unusual trademark. There is an "R" inside a circle, topped by a straight line about one-third from the top of the circle with a vertical line with two crossbars.

Would you be able to tell me the age, origin and value of this tray?

A. Your tray was made by Roycrofters, a company founded in East Aurora, N.Y., about 1900 by Elbert Hubbard. It would probably sell for about \$165 to \$185.

Q. I recently bought a Japanese woodblock print at a garage sale. I was told by a frame shop that it was an original. The following is printed on the back:

"Woodblock print, 'Kameyama, one of the tokaido 53 stations' by Hiroshige Ando — 1797-1858.

"No. 47 Kameyama (Kameyama City, Mie Prefecture).

"The morning has dawned on the snow covered Kameyama. The glowing eastern sky is beautiful in contrast to the silvery world. Travelers on horseback and on foot are going up the steep mountain road in a line."

Can you tell me the value of this woodblock print?

A. If this is authentic, the value would be at least \$1,000. Take it to a museum where they can actually examine it and perhaps authenticate it.



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Points on Pets

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

Q. Our 4-year-old Lhasa apso recently acted like she was going to have puppies. However, she is an indoor dog and has never been with a male dog. Why did she exhibit this strange behavior? Is there anything that we can do to prevent this in the future?

A. Your Lhasa apso most likely went through a false pregnancy, or pseudopregnancy. False pregnancy usually occurs two to three months following the dog's last heat period. The most commonly noticed signs include development of the mammary glands, actual milk secretion and personality changes.

In some dogs there are signs similar to those commonly observed just prior to normal whelping. These include nervousness, excitability, trembling, panting, restlessness and attempts to build a nest in a quiet place. Later behavior is that normally seen during the nursing period following whelping. Toys, bones and other objects are often mothered by the dog experiencing false pregnancy.

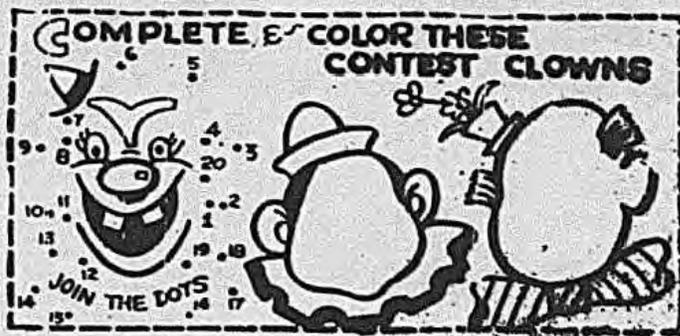
There is no breed of dog that is most likely to become pseudopreg-

nant. However, there seems to be some families of dogs that are more susceptible. False pregnancy has been observed in 6-month-old dogs following their first heat periods and in dogs greater than 7 years of age. It is not uncommon for dogs to have recurrences of false pregnancies after each heat period. Usually these bouts of pseudopregnancy do not affect later fertility.

Treatment of false pregnancy varies with the severity of each case. Most mild cases do not require treatment. Spaying is the best solution for dogs with recurring or severe false pregnancies. If you do not ever want puppies from this dog, you should have her spayed.



JUNIOR EDITION



Aunt Tilly's Corner

I wonder how many of you got to visit your grandparents over the holiday. I remember doing that when I was younger. Grandparents always let you do things that your parents never will allow, and somehow that's OK. They also give you lots of attention.

My son went to Virginia to visit his grandparents. They live in the country. Grandma made lots of cookies because she knew he was coming. Grandpa let him drive the tractor around his property and he got to visit with his favorite cousin who lives across the field. He was glad to get home to us, but he had a very good time while he was away.

Your friend
Aunt Tilly

RULES

BOYS AND GIRLS

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

Here's all you have to do:

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

Friday, April 23, 1983

3. Paint, watercolors and crayons must be used on the above.
4. Decisions of the judges will be final.

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

YOUR SOCIAL SECURITY

Parents must apply for child's SS number

By William M. Acosta

Q. My daughter was born in Florida. The hospital helped me complete an application for a Social Security number. I moved to Oklahoma and I'm expecting another child.

Will the hospital help me with obtaining a Social Security number when she is born? — T.L.

A. No. In most states, parents of a newborn child can fill out the necessary forms right in the hospital when they register the baby's birth.

Only five states are not offering the service at this time. They are Alaska, California, Connecticut, Oklahoma and Rhode Island.

My 65-year-old wife needs X-rays but she is very ill and unable to travel. I've been told that there are portable X-ray machines that can be brought to our home and used.

Will my wife's Medicare insurance pay for X-ray services performed in our home? — M.S.

A. Yes. Medicare will help pay for portable diagnostic X-ray services in your home if the services are ordered by a physician and provided by a Medicare-certified supplier.

Q. I recently got a job with an accounting firm. They wanted to see my Social Security card. Is this necessary? — H.U.

A. Yes. Employers are required to ask for your card to verify your number, and to make sure that you're eligible for work.

Q. I was 62 in September 1992. I only received a few checks in 1992. I told Social Security how much I was earning last year. Why do I have to fill out an annual report before April 15, 1993? — K.E.

A. The purpose of the annual earnings report is to enable us to compare your actual earnings with the estimate you provided when you applied for benefits, or when you filed last year's earnings report. The benefits you were paid in 1992 were based on that estimate.

If you earned less than you estimated, you may be due additional money. If you made more than you estimated for 1992, you may have to repay some benefits.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



Meet Danielle Auriemma! She is the charming daughter of Daniel and Mary Auriemma of Garden City. Her grandparents, Daniel and Marie Auriemma, and Charles and Ida Stehlin, all reside in Queens.

Danielle is five years old and she is especially fond of gymnastics.