

In Two Sections - Forty-Eight Pages
The Only Newspaper Printed and Published in Hicksville

Mid-Island Times

& Levittown Times 35¢

Vol. 51 No. 18

USPS 346-760

Friday, April 30, 1993

Golf Classic Committee



Hicksville resident Anthony Bellacera, center, was recently named to the committee for the ninth annual Golf Classic, sponsored by the Nassau County Council, Boy Scouts of America. The tournament, which has raised more than \$245,000 for Scouts in its previous eight years, will be played on May 18 at the Meadow Brook Club in Jericho. Also pictured are committee co-chairmen Rusty McCormack, left, a vice president with Cablevision and Rason Asphalt president Thomas J. Hendrickson, right.

St. Paul's Part Of Prayer Day

St. Paul Lutheran Church will be participating in the National Day of Prayer on May 6.

The church, located at 449 Stewart Avenue, Bethpage, will be open for prayer and meditation from 3 p.m. to 4:30 p.m.

People of all ages are invited to come and pray to the Lord for our country, community, families and churches, as well as to pray for peace, love, harmony, healing, praise and thanks and whatever else may be in your heart. Come when you can and leave when you must.

At 7 p.m., a service of prayer and praise will be conducted and will last approximately one hour. Everyone is welcome. Please join us in thanking our Lord for His many blessings on our nation and to seek His guidance for the future of our country, peace in the world and harmony in the community.

If you are unable to participate in either of these, please remember to pray wherever you may be!

TEQR Comm. Meets Apr. 30

A meeting of the Town of Oyster Bay Environmental Quality Review Commission (TEQR) has been scheduled for 9:30 a.m., on Friday, April 30, in the Environmental Control Division Conference Room, 150 Miller Place, Syosset according to Oyster Bay Town Clerk Carl L. Marcellino. The agenda for the meeting will include discussion of pending projects and other general business.

Established in 1977, the TEQR Commission is authorized to study, analyze, investigate and report on all environmental impacts of applications submitted to, or actions contemplated by, the Town Board or other Town agencies.

Homemakers Meet

The Homemakers Council of Nassau County, Hicksville Chapter will have their May business meeting on May 6, between 10 a.m. and 2 p.m., at the Community Church on Stewart Avenue in Hicksville. May 13, is their Achievement Day. Guests are welcome between 11 a.m. and 1 p.m.

T.O.B. Stickers Go On Sale

Town of Oyster Bay residents can get a jump on the beach season by taking advantage of the opportunity to purchase their beach stickers before opening day, according to Town Councilman Leonard Kunzig.

"Beginning Saturday, May 8, and continuing through Friday, May 28, beach stickers will be on sale at John J. Burns Town Park, Merrick Road, Massapequa; Theodore Roosevelt Memorial Beach, Oyster Bay; and Tobey Beach," Councilman Kunzig stated. "All three locations will be open seven days a week from 9 to 11 a.m. and 1 to 3 p.m., especially for the sale of the stickers."

To obtain a sticker, which costs \$20 and entitles the holder to use any of the Town beaches for the entire 1993 season, residents must provide proof of residency (a driver's license or property title) and proof of ownership of their car (vehicle registration).

Councilman Kunzig also announced that Centre Island, Florence Avenue, Theodore Roosevelt and Tobey Beaches will be open weekends beginning Saturday, May 29, not May 22, as printed in the Town Calendar. All Town beaches will be open 9 a.m. to 6 p.m., daily beginning Saturday, June 19.

Gardening Workshop At Bethpage Library

How does your garden grow? Is it a random mixture of flowering plants? Would you like to fill it with colorful perennials that will provide continuous beauty and bloom?

Join Sara Annunziata of Forever Perennial at the Bethpage Public Library on Tues., May 4, 7:30 p.m. for a slide presentation and workshop all about these flowering plants. She will discuss the season of bloom, proper sun and soil conditions, and will advise which plants will provide continuous bloom. Ms. Annunziata will also provide helpful suggestions for setting up a perennial garden.

Transform your garden into the showplace of your neighborhood this year, and every year to come!

PTA Council Hosts Candidates Forum

The Hicksville Council of PTA's is sponsoring a School Board Candidates Forum at 8:30 p.m., on Wednesday, May 5, in Cafeteria A of the Senior High School.

Three seats are up for election on Hicksville's School Board this year. Each seat is a three-year term, beginning July 1, 1993 and expiring on June 30, 1996.

Richard Pfaender and Gary R. Lewis have filed petitions for the seat currently held by Mr. Pfaender. Nancy Callari and Mary E. Carton are vying for the seat now held by Arlene Rudin. Mrs. Rudin has not filed petitions for reelection. Carole R. Wolf and Raymond Manzo are seeking election to the seat currently held by Mrs. Wolf.

Representatives from Nassau District PTA, who do not reside in Hicksville, will serve as moderator and timekeeper for the forum. The candidates will be given time to make opening statements. Members of the audience may ask questions of the candidates on index cards which will be distributed throughout the meeting. At the

end of the program, each candidate will give a closing statement.

Hicksville's PTA's do not endorse any candidate, which would be a violation of our non-partisan policy. We believe School Board Members should represent the interests of the community at large, have a broad background of experience and knowledge or the willingness to learn quickly, and make the welfare of our children and community the basis for all decisions. Among other things, we believe a School Board Member should be able to communicate effectively with professional staff, community groups and others.

The Hicksville Council of PTA's encourages all Hicksville residents to become better informed by attending our Candidates Forum on May 5, which is also the date for voter registration from 3 p.m. to 8 p.m. at local polling sites. In order to participate in the Annual Budget Vote and Election of Trustees on Wednesday, May 19, residents must be registered voters.

Candidate's Cocktail Party Planned

Gary Lewis, Mary Carton and Carole Wolf will be present at a Cocktail Party planned for their supporters for Friday, May 7. The Cocktail Party will be held at the Knights of Columbus Hall on Heits Place in Hicksville from 8 p.m. to midnight.

This social event, for the "B" Team, will feature a cold buffet, cake and coffee, and conversation. A cash bar will also be available.

Gary, Mary and Carole will be available to answer your questions about their platform, the budget, or anything that pertains to the school district.

Tickets are available at \$15 per person. If you would like to purchase a ticket, or if you would like to help by selling tickets to your neighbors or friends, contact the candidates for tickets. Gary Lewis can be reached at 681-6947; Mary Carton can be reached at 935-3488; Carole Wolf can be reached at 938-6401.

The "B" Team would also like to remind you that if you are not registered to vote you may do so Wednesday, May 5, from 3 p.m. to 8 p.m. at your local school.

Middle Age Is The Rage

You've certainly heard the expression "You're not getting older, you're getting better." Here's Dr. Spencer's point of view - "You're not old... you're ripe!" Mid-life can offer an individual a vista for second chances and self-realization. Join Dr. Duffy Spencer on Tues., May 18, at 7:30 p.m. at the Bethpage Public Library for the second of her two-part workshop on middle age. Find out why it's never too late to have a happy adulthood!

Kiwanis Club Spaghetti Dinner

The Kiwanis Club of Hicksville will present its fifth annual spaghetti and meatball dinner on Friday, May 7. The dinner will be held at the Holy Trinity Episcopal Church, Jerusalem Avenue and Old Country Road, from 5:30 to 8 p.m.

Admission is \$6 for adults, children 10 and under \$4. For tickets and information call 822-5437.

Letters

To The Editor:

I have submitted my petition as a candidate for School Board Trustee in the May 19 vote.

As a Hicksville School Board Trustee for 6 years (1986-89) (1990-1993), I offer the following qualifications for another three year term to serve the students, parents and taxpayers of Hicksville:

- President of the Board of Education from December 1990 to June 1992.

- Current Chairman of the Finance Committee and Deputy District Treasurer.

- Appointed Federal Relations Network Delegate January 1992 and January 1993 by New York State School Board Association; lobbied Representatives King, Levy, and Ackerman, and Senators D'Amato and Moynihan to support educational issues, such as Chapter I, A New Partnership for Children and Arbitrage Rebate Relief and to oppose Unfunded Federal Mandates.

- Awarded Certificate of Recognition "In grateful appreciation for dedicated service to the school children of the nation" by the National School Boards Association.

- Appointed Alternate Delegate, State Legislative Network, March 1993; lobbied Senator Tully, Assemblymen Parola, Sidikman and DiNapoli to reverse the governor's proposed \$500,000 decrease in state funding. Hicksville will be receiving over \$100,000 in increase aid for 1993-94.

- Awarded Certificate of Achievement for Training and Development by the New York State School Board Association.

- Member of the Nassau School Board Association President's Council 1991-93 and served on the Shared Services Committee.

- Secretary of the Hicksville School Board 1987-1989.

- Chairman of the Curriculum, Facilities and Policy Committees of Hicksville. Served as Chairman of the Reorganization Committee.

- Organized and led the search for a new Superintendent, Spring 1991.

- Attended numerous events at all schools to offer support for students' achievements, not just this year but over the six years of my term. These events include National, Foreign Language and Fine Arts Honor Society Induction, Elementary School Open Houses, all Elementary School Concerts, Science and Art Exhibits, Cabaret night, Middle and High School Musicals and Concerts, Scholar's Night, Sporting Events and Marching Band Competitions.

Please review my qualifications, and if you believe in my

Letters

long-term dedication to children and to education, then vote for me on May 19.

Carole Wolf

To The Editor:

Our School Board candidates have legally filed, and are now presenting themselves to the community for the final judgment as to their fitness to serve on our Board of Education.

Having served fourteen years on the Board, it allows me to make some judgements as to the fitness of three candidates that I feel meet the test of qualification and temperament to serve.

Rich Pfaender: An incumbent, and seeking re-election, deserves our support, Rich has involved himself over the years to community service, and continued to do so, while a member of the Board of Education. Displays a keen understanding of his role as a Board member, and is a man of high principle, dedicated to our children's needs in education, mindful of the burden of our taxpayers, and caring towards the employees of our School District. They say he questions everything on the public agenda, and in executive session, is another Bill Bennett, Well! If you take that as a positive attribute, then you will agree that Rich Pfaender deserves three more years!

Nancy Callari: President of the PTA Council of PTA's also a familiar face in Hicksville Community functions, and a strong advocate for curriculum development as it relates to your children's education and welfare. Like Rich Pfaender, Nancy, has an independent nature, which is tempered by a reasonable approach to solve the many problems that confront a Board of Education.

Ray Manzo: President and founder, of the Southwest Civic Association, and a familiar face at School Board meetings and Board Committee meetings, an obvious indication that Ray cares about our youth, and the actions of our Board of Education. I have heard Ray, at the public microphone during my time on the board, making clear relevant statements on many issues that affected our community and School District. He has a strong business and professional background. A keen intellect, and with his background and talent will bring to the current board a calmness, and dignity, that we expect in a Board of Education.

If you elect these three outstanding School Board candidates, we would have here in Hicksville one of the finest boards in the State of New York. You the voters, now have an opportunity to give our children, parents, teachers, ad-

Letters

ministrators, employees, and taxpayers, the most balanced and professional board that we have seen in many years. Lafferty, Black, Pfaender, Station, Martin, Manzo & Callari, what a board, what an opportunity!

Bill Bennett
Former Member
Bd. of Ed.

To The Editor:

I have known Mary E. Carton for more than 30 years, and I believe she would make an excellent School Board Member in the up-coming elections in May.

Many years ago there was an organization called "Life In Hicksville" or "League for Intelligent Financing of Education in Hicksville" which sought to keep taxes down without jeopardizing the education of children. Mary E. Carton was a part of that group and still has the same ideas today as "Life In Hicksville" had 27 years ago. Charles Fetta was the President of Life back then, and if he were here today he would also ask you to support Mary E. Carton.

In conclusion, I believe the senior citizens of Hicksville would be fortunate to have Mary E. Carton as a member on the Board of Education.

Please join me at the polls in May and give your vote to Mary E. Carton.

Betty Fetta

To The Editor:

I would like to announce my candidacy to seek re-election to my seat on the Hicksville School Board. For those of you who don't know me, I would like to give you a brief introduction into my background and qualifications for this position.

1993 marks my 40th year in Hicksville. I am a 1968 graduate of Hicksville High School and I hold a Bachelor of Arts degree in communications from Hofstra University. I have been employed for the past 18 years as a sales representative for one of America's leading fortune 500 companies. I am married to a lifelong Hicksville resident who also graduated from Hicksville High School. I have three children in the Hicksville School system. My oldest son attends our Middle School and will be entering our High School in the Fall. My daughter is in the 4th grade and my youngest son is in kindergarten at the Woodland School. As a home owner, taxpayer and parent the quality of life in Hicksville has always been important to me.

I have been very active in community affairs for many years. As a officer of the Midland Civic Association I have fought, together with members of other civic groups in Hicksville, to make our community a better place to live. This past year I have spoken out at public meetings on our opposition to the proposed cablevision tower on New South Road and to the continued operation of the Twin County facility on West John Street.

Prior to my election to the School Board I chaired the Willet Ave. Leasing Committee. As a member of the School Board I have been the past chair of the facilities committee and I am

Letters

the current Board Secretary.

Two years ago I asked for your support and your trust. I pledged to do the following:

- Provide a quality education for our children at a price this community can afford to pay, while at all times considering their safety and well being.

- Negotiate a teachers contract in a fair but firm manner that reflects the economic hardships faced by this community now and in the future.

- Deal with massive State Aid cuts

- Streamline and consolidate the district to improve education while easing the tax burden. Close buildings... trim staff... improve efficiency.

- Challenge our students and staff to be the very best they can be and to work at that process on a continuing basis.

- Recognize problems, seek input from other sources to help solve the problems and then act on a solution.

My record of the past two years I hope reflects a commitment to the pledges I made to this community. I hope that I have earned your trust and that this community can again support my re-election. We still have so much to do. Together we must look to do the following:

- Continue to seek ways to ease the tax burden.

- Improve public relations within the district to get the message out about all the good things that Hicksville is doing.

- Explore a Pre-K Program as a self sustaining program.

- Enhance the before and after school care program.

- Promote a proactive roll involving parents in the educating of their children.

- Provide an environment that insures the success of the con-

Letters

cepts of the compact for learning, making it a true teamwork approach.

This year I ask your support for the team of Richard H. Pfaender, Nancy Callari, and Raymond Manzo. Together we can all give the Hicksville School Board honest, responsible leadership. Please vote for Row A on May 19, 1993.

Richard H. Pfaender

To The Editor:

As one of Hicksville's Senior Citizens I am proud and honored to support my son, Gary R. Lewis in his campaign to seek election to the Hicksville School Board on May 19. I encourage all of Hicksville to vote, Gary R. Lewis Row 1B as well as his two running mates, Mary E. Carton Row 3B and Carole Wolf Row 6B.

His hard work and dedication to the community of Hicksville through the endless hours he devotes to the St. Ignatius Catholic Youth Organization (CYO) has made me very proud of him. He is very concerned for the youth and senior citizens in our community. He supports our Superintendent, Mr. Sal Mugavero in keeping our budget on line while not decreasing our educational programs. He is delighted with the new programs for the senior citizens, the Senior Prom and luncheons. He feels we must not give to one and take away from another to satisfy one's needs, we must all work together and bring harmony to all in our community.

Come out and support the "B" line at their fundraiser on May 7, from 8 to 12 p.m., at the Knights of Columbus, Heitz Place. Call Barbara Lewis: 681-6947 for tickets.

Marie Lewis

Language Arts Topic



"Cooperative Learning in the Language Arts" was the topic of the presentation given by teachers from John F. Kennedy Middle School in Bethpage at the Association of Compensatory Educators Conference held in Huntington on March 25. The teachers described the literature-based reading-writing program that they have developed utilizing cooperative learning strategies. A reading specialist works with the classroom language arts teachers to work with students in need of reading assistance.

Pictured are the program presenters, from left to right, sixth grade teachers Frances Arcuri and Lisa Ann Hill. Reading Specialist Hyman Fryluck, and Director of Reading for the Bethpage Public Schools Regina Cohn.

Doug Cushman Captures Campaign Sch

On March 22, author/illustrator Doug Cushman visited Charles Campagne Elementary School in Bethpage. The students were captivated by his illustrations. He'd place a dot on his drawing sheet and in no time at all, it was transformed into various animals or figures, all of which were related to the story he was reading.

He also signed copies of his books and visited individual classrooms from Kindergarten through grade 2 where the children were able to ask him questions.

This program was coordinated by Eleanor Engel, a teacher at Campagne, and was supported by the Bethpage School District as well as the Campagne PTA.

Mid Island Times & Levittown Times

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Jottings From Yesteryear

By Bill Clark

Watching an old black and white TV movie showing a steam train which many have never experienced commuting on one of them. I remember arriving at good ole Hicksville where the conductor would raise the trap door to the stairs for you to get off at the ground level platform. You rushed hopeful to get across the tracks before the engine bell would clang and the train would start moving. You passed the locomotive as a cloud of steam would fill the air and your nostrils, on the side track next to Sutter's Monument and Duffy's Seed and Coal business a train for Speonk would stand waiting for some to make another change besides the one made in Jamaica. The Railway Express

wagon would take any packages to be delivered. Depending on the time of day some newspapers would be dropped off from the city for Beatty and other stationary stores to be picked up by them. You always hoped you did not sleep through the station and end up in Syosset or Bethpage. I know I have done it and was late for supper.

Just watched Call Of The Wild by Jack London. Another version of his book. In the early 1900's he stayed in Hicksville and his family and two daughters and grandson was here in the 1920's. Well time to mow the lawn again. The only difference then and now is today you use gas or electric power while then you pushed a muscle powered narrow mower. Happy Mowing.



1978 - Looking east on Woodbury Rd. from E. Barclay and Bay Ave. Former Brigandl home and store. Mid-Island Times office just to right of photo.



1993 - Same corner, new stores, same RR trestle, trees, signal lights, Gregory Museum is one block to the right.

Photos by Bill Clark

Eight Couples Wed 50 Yrs.

Bishop John R. McGann, Diocese of Rockville Centre, will honor eight Hicksville couples, married 50 years, Sunday, May 2, at a special ceremony taking place at St. Lawrence the Martyr Church, Sayville. They are: George & Susan Baird, Frank & Nancy Bove, Edward & Alice Brennan, Henry & Helen Cieraki, Joseph & Ann Gardner, Frank & Rita Maier, Robert & Eileen Nankerville and John & Rose Wenck.

College Notes

Melissa Master of Hicksville, will perform in a recital of woodwind instruments in Miller Recital Hall at Franklin & Marshall College on Tuesday, April 27.

The concert serves as a final project for students of Doris Hall-Gulati. Compositions studied during the semester will be performed.

Master, a first-year student, is a 1992 graduate of Hicksville High School. She is the daughter of Diane and George Master, 87 Cherry Lane.

Young People's Art Winners

Winners of the annual juried Young People's Art Show for the town of Oyster Bay were announced during a ceremony at the Hicksville Public Library on Sat., April 17.

In the Senior Division (grades 10, 11 and 12), cash 'Awards of Excellence' were presented to Allison Rappaport of Westbury and Jaime Boyle of

Hicksville. Their awards were donated by the Cameo Gallery and the Independent Art Society respectively. In addition, awards in the senior Division were presented to Theresa Hung of Brookville (awarded by the Hicksville Public Library); Pam Rothfeld of North Massapequa and Danielle Monsees of Hicksville (both awarded by the Town of Oyster Bay); as well as Sara Rice of Massapequa, Jamie Durkin of Hicksville and Joshua Waldman of North Massapequa (selected by the Independent Art Society).

Cash 'Awards of Excellence' in the Junior Division (grades 7, 8 and 9) went to Tina La Bua of Hicksville (from the Hicksville Chapter of the American Legion) and Jessica Palladino of Oyster Bay (from Pearl Paint). Also receiving awards in the Junior Division were Gina Martinez of Farmingdale (courtesy of the Town of Oyster Bay), Toni Ann Marcaluso of Massapequa from the Hicksville Public Library) and Bobby Bedford of Farmingdale and John Kerekes of Massapequa Park (presented by the Independent Art Society).

The popular exhibit at the Hicksville Public Library was sponsored by the Town of Oyster Bay Department of Community & Youth Services Cultural and Performing Arts Division, the Independent Art Society and the Library.

LEGAL NOTICE NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with Section 103 of Article 5-A of the General Municipal Law, hereby invites the submission of sealed bids on **Clipper Shelving System 1992/93:19**

AV Supplies/Equipment & Art Photography 1993/94:12

for use in the Schools of the District. Bids will be received until 2:00 P.M. on the 10th day of May, 1993, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

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

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

**BOARD OF
EDUCATION
HICKSVILLE
UNION FREE
SCHOOL DISTRICT**
Town of Oyster Bay
Nassau County, New York
Stuart A. Opdahl
Asst. Supt.
for Business Management
Dated: April 22, 1993
MIT 2703

LEGAL NOTICE

Notice of Application for Authority of **SEAGOLD PARTNERS, L.P.**, a foreign limited partnership (LP). Appl. for Auth. filed with Secy. of State of New York (SSNY) on 3/16/1993. 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 upon him/her to: Jeffrey A. Goldberg, 49 Hunt Drive, Jericho, NY 11753. Office address of LP in jurisdiction of its organization is: Prentice-Hall Corporation System, Inc. 32 Lockerman 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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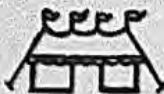
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MAY 1 & 2

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Sunday, 11 AM to 3 PM



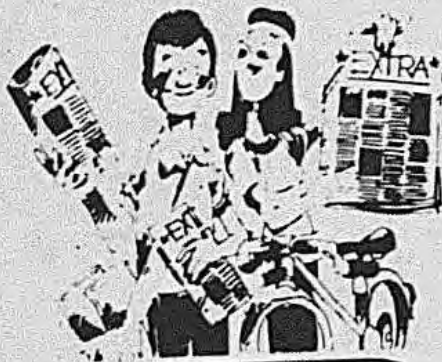
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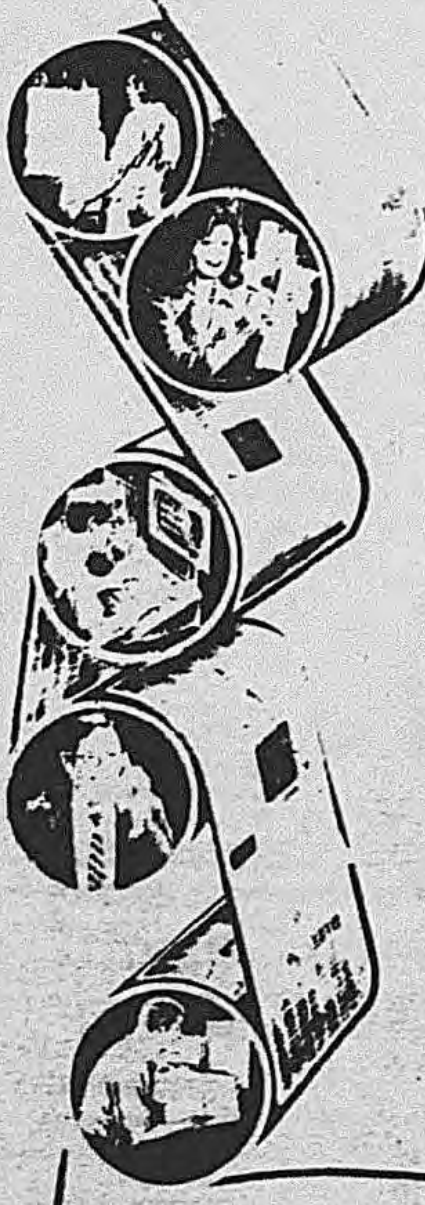
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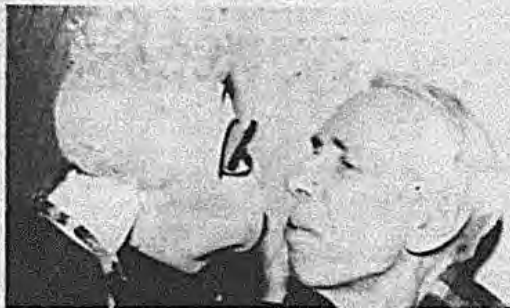
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A 'Living Doll'



With her witty banter and social commentary, "Sydelle" chats with Carl Nehrba, a long-time Bethpage resident, at the Central Island Nursing Home. With a "hand" from puppeteer Paul Weinstein, Sydelle is a frequent visitor to the facility in Plainview, where she and the ladies talk about everything from hair styles, and the latest fashions, to favorite TV programs. Rumor has it that on occasion, she has been known to flirt with some of the gentlemen residents. The Central Island staff love Sydelle because she brings out the best in the residents.

LEGAL NOTICE

PUBLIC NOTICE

PLEASE TAKE NOTICE, that the Town Board of the Town of Oyster Bay, New York, shall hold a regular meeting to conduct the public business of the government of the Town of Oyster Bay, on Tuesday, the 11th day of May, 1993, at 8 o'clock P.M., prevailing time at the Hearing Room, Town Hall, East Building Audrey Avenue, Oyster Bay, New York. All interested members of the public are invited to attend. Pursuant to law, a public hearing will be held at the aforesaid time and place, or as soon thereafter as practicable, to consider the following amendment to Chapter 233 "Motor Vehicles and Traffic" of The Code of the Town of Oyster Bay, New York. **STOP SIGNS** shall be **ADDED** to SECTION 17-25 in the hamlets of Bethpage, Hicksville, Jericho and Locust Valley. **STOP - SCHOOL CROSSING** shall be **DELETED** from SECTION 17-26 in the hamlet of Oyster Bay. **LEFT OR RIGHT TURNS SHALL OR SHALL NOT BE MADE OR MUST TURN AS THE CASE MAY BE**, shall be **ADDED** to SECTION 17-44 in the hamlet of Massapequa. **PARKING METER ZONES** shall be **ADDED** or **DELETED** from SECTION 17-119 in the hamlet of Hicksville. **NO STOPPING ZONES** shall be **ADDED** or **DELETED** from SECTION 17-152 in the hamlets Hicksville and Plainview. **NO PARKING ZONES** shall be **ADDED** to SECTION 17-165 in the hamlets of Glen Head and Hicksville. **PARKING PROHIBITED ON CERTAIN DAYS OR HOURS**, shall be **ADDED** or **DELETED** from SECTION 17-166 in the hamlets of Bethpage, Hicksville and Massapequa.

LIMITED PARKING ZONES ON CERTAIN DAYS OR HOURS, shall be **ADDED** or **DELETED** from SECTION 17-168 in the hamlets of Glen Head and Hicksville.

The following mentioned amendment to Chapter 233

LEGAL NOTICE

"Motor Vehicles and Traffic" is on file and may be viewed daily (except Saturday, Sunday and Holidays) between the hours of 9 A.M. and 4:45 P.M., prevailing time at the Office of Town Clerk. Any person interested in the subject matter of said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated.

**BY ORDER OF
THE TOWN BOARD
OF THE TOWN OF
OYSTER BAY**
Lewis J. Yevoli,
Supervisor
Carl L. Marcellino,
Town Clerk

Dated:
April 13, 1993
Oyster Bay, New York
MIT 2702
IX 4/30

Local Teacher Awarded Fellowship

A local teacher has been awarded a fellowship by the National Endowment for the Humanities (NEH), a federal grant-making agency, to participate in the 1993 Summer Seminars for School Teachers program. Chryseis Corson of Bethpage High School will be an NEH Summer Fellow in a seminar entitled "Melville's *Typee* and *Moby Dick: The Growth of an Artist*." The director is Melville Society editor and English Professor John Bryant of Hofstra University.

The six-week seminar beginning on June 28, will be held on the Hofstra University Campus on Long Island.

Elementary and secondary teachers and administrators throughout the United States are eligible for the highly competitive program. The sixteen teachers selected for the Melville Seminar (including one participant from Russia) receive a stipend of \$3,200 to cover travel, study and living expenses. They will gather for intensive discussion, research, and writing on two major works by American author Herman Melville: *Typee* (his first book) and *Moby Dick* (his well-known masterpiece).

Sixty-eight other Summer seminars, each covering different topics, will be held at separate University campuses this summer across the country.

In Service

Marine 1st Lt. Christopher E. Tiernan, son of Frank E. and Jane R. Tiernan of 85 Dean St., Hicksville, recently returned with Marine Expeditionary Unit Service Support Group 15, Camp Pendleton, CA. from a six-month deployment to the Western Pacific as part of the USS Tripoli Amphibious Ready Group.

A 1989 graduate of the University of Rochester, Rochester, N.Y., with a Bachelor of Arts degree, he joined the Marine Corp in May 1989.

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Contest Winner



Elizabeth Walsh (center), of Syosset, mesmerized both the crowd and the judges recently at "Pitchers" Beer Gallery at the Long Island Marriott Hotel & Conference Center in Uniondale. Her powerful rendition of "Killing Me Softly" in the hotel's "Sing Your Way to the Keys!" Karaoke contest earned her a trip for two to Key West, Florida. Pictured with Elizabeth are the competition's celebrity judges: Sports Channel's public relations veteran Diane Ferris (far left), New York Islanders broadcaster Jiggs McDonald (second from left), and former New York Giants star Lee Rouson (second from right). Also pictured with them are Michael McGuire, Pitchers' beverage supervisor (presenting Elizabeth with her prize) and Roberta Loew, karaoke emcee.

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SAVINGS BANK,
Plt. vs.
JOHANNA MAY
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. k/a 27 Barry Drive, Westbury, N.Y. Said property located on the Northeast side of Barry Drive, 459.37 ft. Southerly and Southeasterly as measured along the Easterly and Northeast side of Barry Drive from the extreme 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 subject to terms and conditions of filed judgment and terms of sale.

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Index #3217/91**

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. k/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 intersection 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 conditions of filed judgment and terms of sale.

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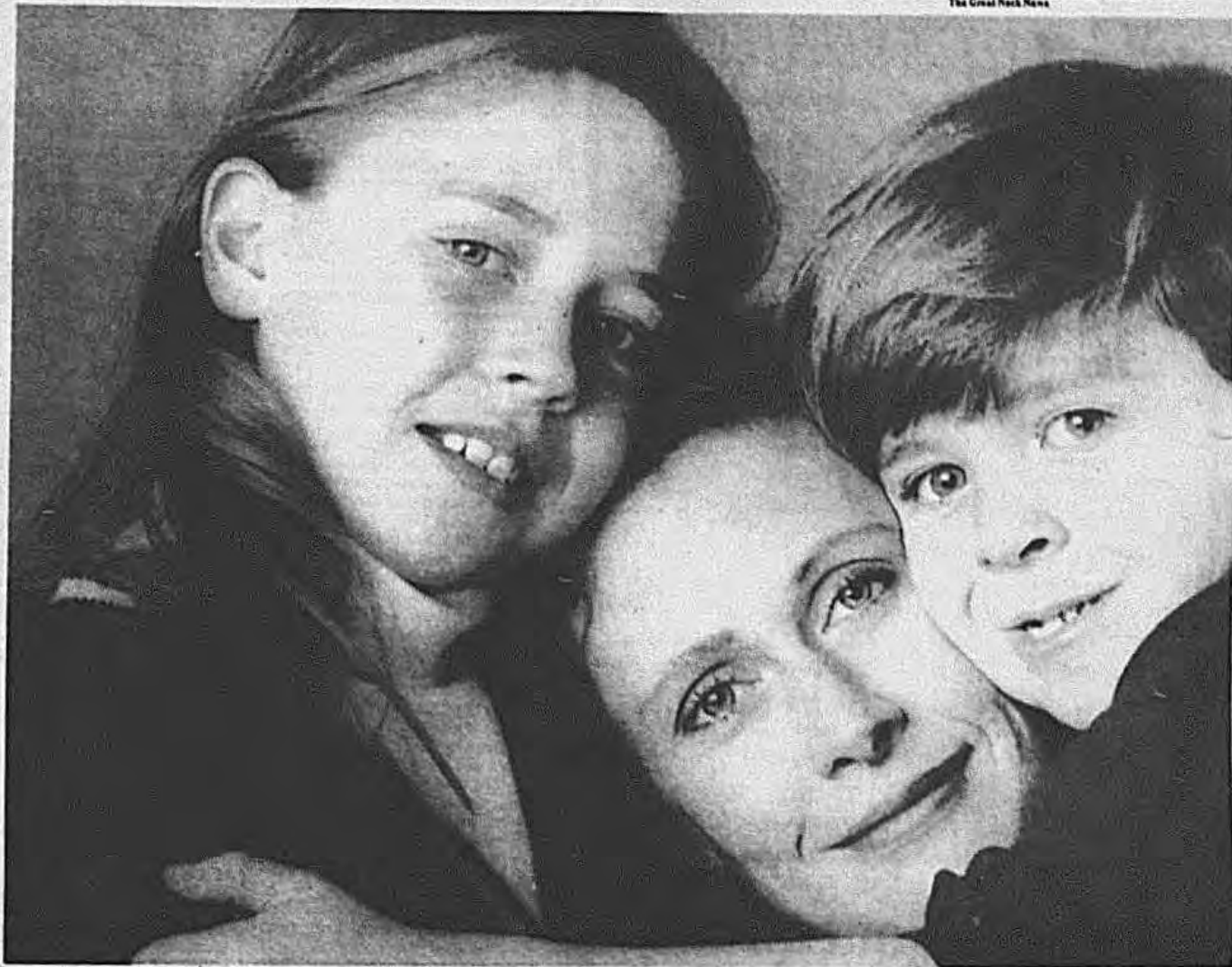
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WORKING MOTHERS

Careers that allow you to juggle

By Mike Dale

Remember the old days?

The dinner plates hit the table at six o'clock just as Dad walked in the door. The house was spotless. Clothes were always clean. The bedrooms were tidy. And if you got sick at school, someone was there to pick you up.

All thanks to dear Mom.

Now women contribute directly to the Gross Domestic Product, even if the boardrooms of America are — and may continue to be — dominated by men.

Nowadays an estimated 21 million U.S. women have split the difference: They have children, love and jobs or careers. Sleep can wait.

NEW MOMMY TRACK

Succeder or breeder. Those were the choices Felice Schwartz, writing in a 1989 article for the *Harvard Business Review*, gave to women. She consigned professional women who want families to a slow, dead-end, "career and family track." Women who never planned to have kids were put on the fast "career-primary track."

Thus the controversial "Mommy Track" was born. The question was raised: Can women with children continue to be

strong corporate performers?

That answer is "yes," according to Trudi Ferguson and Joan Dunphy, authors of "Answers to The Mommy Track" (New Horizons Press).

They say the notion that women must choose between work and family is insidious and distressing. Women such as Supreme Court Justice Sandra Day O'Connor, astronaut Anna Fisher and television producer Marcy Carsey dispelled those misconceptions.

BEST OF BOTH WORLDS

More recently, highly visible television personalities such as Meredith Vieira, Deborah Norville and Katie Couric — not to mention "Murphy Brown" — decided to have their cake and eat it, too.

These are women who want it all. They refuse to give up their identity in the working world or their identities as wife and mother.

Coping with conflicts between work and family is one of the biggest employment challenges of the day.

A working mom's options include working from home, getting flexible hours at work, working part-time or starting a business at home.

Although the number of work-

ing women has shot up to nearly half the work force, corporate layoffs and relocations, long commutes to find affordable housing and the health care morass have added to family pressures.

THE CORPORATE FAMILY

During the recession, corporations have been laying off tens of thousands of workers and many restructured their businesses.

But according to *Working Mother* magazine, the policies, programs and benefits designed to support working parents not only escaped the ax, they have literally exploded.

Its survey of the best companies in America for working mothers reveals that more than half of 85 companies surveyed have their own child-care centers. Close to 20 either opened new child-care centers of their own or plan to do so soon.

Two of the nation's largest corporations — IBM and AT&T — have created funds, \$25 million and \$10 million, respectively — to start or expand child- and elder-care services.

THE QUIET REVOLUTION

Many women who were afraid to jump off the career track altogether to raise families have found new lives by working flexi-

ble hours for employers.

Susan Bacon Dyermerman and Lynn O'Rourke Hayes, authors of "The Best Jobs in America for Parents" (Random House), call it the "Quiet Revolution in American business."

"Flexibility is not an issue that affects only a handful of people," they write. And it's not just a women's issue. Nearly 40 percent of the labor force now consists of two-income households where nobody's home to meet the repairman, pick up the dry cleaning or cook dinner.

Some companies make flextime available. NCB Bank in Charlotte, N.C., for example, adopted a "SelectTime" policy that allows employees to work fewer hours and still have benefits and opportunities to advance.

In fact, more than 90 percent of 521 of the nation's largest corporations offer alternative work schedules. They include:

- Time off to care for sick children: Citibank allows employees to use sick days to take care of their ill kids. The Travelers actually offers additional paid days off.

- School-age parent program: Bruce Industries of Nevada lets parents work 10 a.m. to 3 p.m. dur-

Continued On Page 10

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A GREAT SOCIAL LIFE

Survival strategies on the meet market

By Debra Lee Baldwin

Are you beginning to despair that Mr. Right will ever come along?

Sweetheart, you need to circulate. Like your mother says, "You're smart, talented, pretty and have a great personality. But how's anyone to know if you don't get out there?"

Hold that sigh. There are more places to go than singles bars, ballgames and rodeos.

And once you do meet someone, simply heed the suggestions that follow.

MEETING MEN

Etiquette adviser Letitia Baldrige, in her "Complete Guide to a Great Social Life" (Rawson Associates), lists 39 ways to meet people. She does it alphabetically, from art interests to wilderness treks.

And in their book, "Love, Sex and Intimacy After 50: A Woman's Guide" (Fawcett Columbine), authors Matti Gershenfeld and Judith Newman include a chapter titled "1,001 Places (Well, at Least 22) to Meet the Right Man."

Some ways to meet men you may not have thought of: while golfing, dog-walking, bird-watching, boating or doing volunteer work, at auctions, libraries, playgrounds, Weight Watchers meetings, car rallies, computer clubs, film festivals or adult education classes.

If it isn't obvious, it should be: Pursue your interests first, men second. That way, no matter what you do, you reap some benefit. Besides, you might just meet other women with whom you become great friends.

If you have children, make them your priority, of course. The man-hunt can wait. It's a mistake to think you have to recruit a new daddy ASAP.

Another priority for a single mom: herself and dealing with any grief or anger she has about losing her spouse. If you feel the need for psychological counseling, don't hesitate; ask your family doctor, pastor or a knowledgeable friend for recommendations.

As for meeting other single parents (men and women), Baldrige recommends Parents Without Partners, a support group devoted to the unique problems — and their solutions — faced daily by single parents.

DATING TIPS

You've agreed to meet him for a first date. At a restaurant. Now what?

"Pay attention, and you will receive an extraordinary amount of information," advise Steven Carter and Julia Sokol, authors of "What Smart Women Know: Wisdom for the Thinking Woman" (Dell).

The first evening out will provide clues and cues of the kind of behavior you can expect in the next week, the next year or the next decade, should the relationship continue.

For example, watch out if he's more than 10 minutes late, wears his napkin like a bib, asks if bread costs extra, makes eye contact only with his food, and/or flirts with the waitress (or waiter).

But don't discard a diamond in the rough.

"When we focus on externals, such as looks, money, success, sex appeal, we lose sight of our common humanity," says Susan Jeffers, Ph.D., author of "Dare to Connect" (Fawcett Columbine).

Still, what do you do if he's a dork (and crazy about you)?

"Explain that your chemistry simply doesn't match his," says Baldrige. "And therefore he should redirect his energy away from you and toward someone who will be right for him."

More tidbits from "What Smart Women Know":

- Unfortunately, it is possible to feel total and complete lust for a total and complete rat.

- The only person you are totally compatible with is yourself.

- If he doesn't make you feel good about yourself, then he's not good for you.

- If he tells you that his ex-wife tried to run him over, the day will probably come when you will wish she had.

HOW TO READ HIS MIND

It ain't pretty, but it sure is useful: Bob Berkowitz's "What Men Won't Tell You But Women Need to Know" (Avon Books).

A few nitty-gritty excerpts:

- When it comes to women, a man's optic nerves run directly to his crotch.

- A first date is not grounds for rushing out to the mall and registering for your china pattern.

- When he says, "I could see myself married someday," he means, "I'm not just another playboy, but for now, let's play."

- When he says, "You look stressed out. Roll over and I'll rub your back," he means "Let's make love."

- When he says, "I wonder what Koppel is doing on *Nightline* tonight," he means, "Not tonight."

- The best way (for a woman) to answer the question, "Was it good for you?": "That's one question you don't ever have to ask. You're a wonderful lover."

So, are all men sex-crazed savages? *Cosmopolitan* magazine purrs this reassurance: "A growing body of research suggests that modern men are a lot more caring, more commitment-friendly and more vulnerable than their reputations might suggest."

Thank goodness.

CLASSIFIEDS

Again, the male perspective, from Berkowitz:

Ads should be specific. And don't kid yourself, either. If you advertise for a guy who loves books and long walks in the country, you had better not be allergic to fresh air and first editions.

The same thing applies to painting a false picture of yourself in the ad. He'll know that he's been suckered in about five seconds flat after he sees you.

By Pamela Redmond Satran

According to a Yankelovich survey, the tide has shifted once again on working motherhood. While in the '60s many women saw working full time while raising a family the perfect way to have it all, today more and more women are crying, "Enough!"

Working mothers, the survey says, are more likely today than five years ago to say they work for the money rather than the satisfaction, and to see homemaking as a valid alternative to a career.

Also, according to the survey, women are burned out from carrying the full load at home as well as at the office, and are more apt to say their husbands don't pitch in enough with housework and child care.

The Yankelovich people could have saved a lot of money by simply asking me their questions rather than doing a whole nationwide survey. In fact, most any working mother could have told them what they wanted to know.

Yes, in 1982 and 1985 and even 1988, we had babies and returned to the workplace and hoped that, with the help of the "supportive" men we married, we could keep the juggling act going. But in 1992, we have to admit it isn't working out.

The real question is, what do we do instead? From the vantage point of heart-rending mornings saying goodbye to our children, and lonely midnights doing the laundry while our husbands sleep, quitting our jobs and staying home with our kids looks pretty good. But there are a couple of big problems with this alternative.

For one thing, we can't afford it. Some of us bought our houses based on two salaries, and one income barely covers the mortgage. Others may be unwilling to give up the small luxuries — vacations, occasional dinners out, cleaning help — a second salary buys.

And some working mothers feel that while their husbands could make up the deficit by getting higher-paying jobs and working longer hours, that would only widen the gulf that already exists between spouses.

Which brings us to the second big problem with quitting our jobs. The women I know who gave up careers may feel less pressured than mothers who work outside the home, but they're not generally happier.

While they tend to feel more at peace with their choice — you rarely hear a stay-at-home mother moaning about how much she misses her job, though you often hear working mothers complaining of missing their kids — they also are often bored and alienated from their husbands.

They're only too aware of why our generation of women tried to have careers as well as families in the first place.

We didn't want to be like our mothers. We didn't want to have marriages in which our husbands cultivated careers while we loaded the dishwashers. We didn't want to funnel all our ambitions through our children and our husbands and end up, in middle age, with nothing left to do. We wanted money of our own, equal power in the world and at home.

Women who stay at home face all the same problems our mothers did, and more. Husbands, freed from all vestiges of responsibility

for child care and housework, devote more and more energy to work. Women, with housekeeping now a full-time job, find themselves in sole charge of everything from cleaning to scheduling repairs to giving the kids their baths.

If couples fight less over who's going to do the dishes or drop the kids at day care, they also talk less because much of their common ground has disappeared.

What makes these problems worse for us than they were for our mothers is that we know there's an alternative to the separate-and-unequal way of life.

The trouble is that the alternative — two-career parenting — hasn't turned out to be so great, either. Why not? Our husbands let us down. They "supported" our careers, but left us to hire the baby sitters, get off work early to go to the parent-teacher conferences, load the dishwashers after we put the kids to bed at night.

Our jobs let us down, too, by not

giving us flexible hours or time off to take care of sick children or by putting us on mommy tracks. And we simply got tired of it: Tired of working two full-time jobs, of sacrificing precious time with our kids for careers that paid too-small rewards.

This isn't the last word, however. At some point in the not-too-distant future, our kids will get older and our options will change yet again. What then?

Mothers re-embracing work and another readjustment in two-career marriages? A new wave of divorcees with disenchanted housewives marching back to careers and independence and successful husbands abandoning the mothers of their kids for younger women? Or another generation of Ward and June Cleavers as the norm, with working motherhood

— like free-wheeling sexuality and abortion rights — just another failed remnant of the past?

WOMANFACTS

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Special Today's Woman Pages



Relationship IQ

By Debra Lee Baldwin

There's more to personal fulfillment than having a man. The wise woman values her relationships with other females, parents — even in-laws.

"When the stress of paying attention to children, husband and job becomes too great, women tend to neglect time with their female friends," says Cathleen Gray of the National Catholic School of Social Service.

"This is a mistake because the more stress a woman is under, the more she needs her friends' affection. And many marriages need the moral support provided by the wife's female friends."

Don't forget to reminisce with Mom. According to a poll conducted by MCI, for women of a generation ago, it's mealtime and worshipping together that daughters remember most fondly about their mothers.

When today's young women remember Mama, what they recall most fondly are vacations and shopping together.

But what if your relationship with your parents is strained?

Many women carry emotional scars from their childhoods.

According to Suzanne Simon, author of "Forgiveness: How to Make Peace With Your Past and Get on With Your Life" (Warner), it's possible to forgive your parents without condoning what they did. And your peace of mind may depend on understanding what happened and why it happened.

As for in-laws, *Family Circle* magazine suggests you create a conflict-free relationship by establishing boundaries.

Explain with kindness — but also with clarity and firmness — how you want them to relate to your family. Also explain your point of view to your spouse. But don't criticize your in-laws to your mate, or him to them.

When in-laws visit, relax and enjoy them. Treat them with consideration and respect; if you want them to view you as an adult, talk about your successes instead of your problems.

Avoid ultimatums. And if your efforts fail, don't hesitate to seek counseling.

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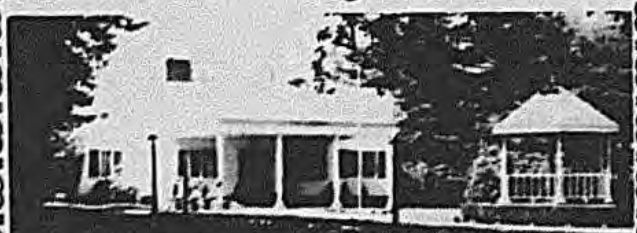
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Birth announcements

By Pamela Redmond Satran

Cutesy birth announcements may have gone the way of Cabbage Patch dolls and E.T. toothbrushes, but there still are clever ways to tell the world you've had a new baby. A few especially interesting birth announcements have crossed our threshold recently and may give you some fresh ideas for heralding your own child's arrival:

• **Profession-oriented announcements.**

The best birth announcement we've seen recently comes from two magazine editors who've just had their second child. The announcement is a mock-up of a magazine cover, complete with baby as cover boy. The magazine — titled *Oh Baby!* — is dated with the baby's birth date; the "cover lines" announce the baby's name, time of birth, vital statistics. The parents are listed as "creative directors."

This concept can be adapted for other professions: A legal brief for the baby of lawyers, for example; an ad for the child of parents in the advertising business.

• **Individual postcards.**

Our second-favorite recent birth announcement was a postcard featuring a picture of the new baby with the details of her birth in small print on the back in the place it usually says something like "Patlo of Brennan's French Restaurant, New Orleans." The

parents then wrote a personal message beneath the printed one. Bonus for going the postcard route: The announcements are cheaper to mail.

• **Art postcards.**

A fashion stylist we know announced her daughter's birth by sending out postcards featuring a black-and-white art photo of a man's arms holding a baby aloft. On the back in pink ink (signaling the baby's sex, she was given a fashionably ambisexual name), the parents wrote the pertinent information.

While this announcement had an elegant tone, any postcard with a baby theme — be it profound or funny — can work as well.

• **Antique greeting cards.**

Parents who like things old-fashioned may want to consider announcing their child's birth with antique greeting cards. Turn-of-the-century cards are fairly easy to find in antique stores and are usually inexpensive; some drugstores and small groceries have cards and birth announcements dating from the years of today's parents' births.

• **Plain, elegant pink or blue note cards.**

As classy as engraved birth announcements but less expensive and more personal are plain note cards — in delicate pink, muted blue or simple white or ivory — on which you handwrite the details of your child's birth. Be sure to choose a heavy stock of top-quality paper.

WOMANFACTS

Few young women have traveled alone

A recent survey about the travel experiences of young women revealed that few had traveled alone.



REPRINTED IN PART FROM NORTH SHORE INTERVIEW

FREE STORAGE PICK UP

Steve Haralambidis of Fur Warehouse Outlet

In April 1987, Steve bought Fur Warehouse Outlet (formerly Michael's Furs) which has been in the same location since 1973 at 12 Newtown Plaza in Plainview. Not quite four years later, he's already recognized as one of Long Island's most enterprising and reliable furriers.

Fur Warehouse Outlet manufactures furs right on the premises, and in addition to making custom and ready-made pieces for clients, Steve also creates fur garments for retail salons throughout the New York area and beyond. Because there's no middleman and because a warehouse outlet incurs minimal overhead, Steve feels he's able to offer retail clients "the lowest prices on quality furs."



About 80 percent of Steve's retail business comes from custom-made pieces. The other 20 percent consists of in-house, ready-to-wear garments. "The customer comes in, tries on different coats, picks out the desired collar, shoulder and body type. Then we design it according to the customer's specifications," Steve explains. At Fur Warehouse Outlet customers select the skin they want and then choose from five or six different collars, eight different shoulder types, and a full sweep or slender body. Once the selections are made, a pattern is designed on canvas and the process is transferred to the actual fur. The creation of the coat takes about one to two weeks, and is always subject to the customer's approval. Because pieces are manufactured on site, prices can be kept reasonably low. "Obviously, most retailers add on to the price to make up for their high overhead and the fact that they have to purchase the finished coats themselves from wholesalers," Steve says. "We don't need to do that."

Aside from creating custom furs, Fur Warehouse Outlet has storage facilities, and does remodeling, restoring and cleaning.

Steve Haralambidis is a man who genuinely enjoys his work. What does he love most about the business? "I enjoy seeing the finished garment, knowing that we put in the work that gave it that perfection."

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BABY NAMES

Pick a moniker with meaning

By Verne Palmer

What's in a name? Just ask the "Boy Named Sue" — or the unfortunate girl forced to live out her life as Bunny, Brunchilda or Brownyn.

It's no laughing matter, according to Albert Mehrabian, author of "The Name Game: The Decision That Lasts a Lifetime" (National Press Books).

"Parents who invest untold hours in the social, emotional and educational development of their children cannot afford to be cavalier about this single most important contribution they make to their children at birth," he says.

Mehrabian, a professor of psychology at the University of California at Los Angeles, has written 15 books in the field of social psychology and spent seven years researching this one. He says it is the first scientific guide to the psychological effect of names.

The book comes with the blessings of child development guru Dr. Benjamin Spock.

"I've known people who suffered all their lives from having been given weird names," Spock says. "This book is designed to help parents find and bestow names that will give their children a break."

Mehrabian says most parents aren't really aware of the image projected by the names they give their children, nor the effect that they will have on their lives.

"When you think of yourself — Who am I? — you think of yourself in terms of your name," he says. "and so do other people."

"We live in a very competitive world, especially in our society, and children need all the help they can get. Things are hard enough as it is."

While a name certainly isn't the only factor in determining the person a child becomes, it definitely nudges him or her in a certain direction, he says.

The 52-year-old author says he recently met a woman who runs a local museum. She is in a position to hire people for various jobs.

"She says if she gets an application from a Brandy, Candy or Bambi, she won't even consider them. She obviously doesn't think

of them as being businesslike, serious people," he says.

"It's not right, but people out there react to names like that; they have associations, and you need to be cognizant of that. It's like having your hair dyed blue. People are going to react to that, and you can't get around it."

Parents may not be aware that a "rose by any other name doesn't smell nearly as sweet," but public relations people certainly are.

In 1972, in the most expensive name change in history, Esso spent \$100 million to become Exxon, and when Sperry Rand merged with Burroughs in 1986, millions of dollars were spent just coming up with the name Unisys.

Hollywood studios historically have been notorious for renaming their stars. Among the more famous conversions: Marion Morrison (John Wayne), Archibald Leach (Cary Grant), Norman Jean Mortenson (Marilyn Monroe) and Doris von Kappelhoff (Doris Day). Politicians weren't far behind.

"Any sophisticated public relations campaign packages a person to the point you almost can't recognize the person behind the facade, and the right name is a big part of that," Mehrabian says.

Hence, long before he hit the campaign trail, Leslie R. King became Gerald R. Ford, and Gary Hartence ripped his name into a more manageable Gary Hart.

Parents usually are influenced by more prosaic considerations, such as favorite (or rich) relatives, friends, movie and TV stars, athletes and characters in books, Mehrabian says.

Others succumb to the temptation to be witty, bestowing on their children rhyming, made-up or deliberately misspelled names.

"It's incredible what people will do," Mehrabian says. "I cannot possibly tell you all the bizarre things we came across in our research."

"One couple named their daughter Fayle (fall); another liked Trina and decided to embellish it with La, with disastrous results (Latrina).

"A father who was big on monogrammed ties and thought PFP would look great gave his son three "P" names, and another couple thought Myque was a clever substitute for Mike.

"The point where parents slip up in using idiosyncratic names is in assuming that if they think it sounds good, others will, too," he says.



The truth is, he says, his research shows unusual names are associated with severe psychological maladjustment and poor performance in school.

"Parents' attempts to make a statement about themselves or their own intellect can come at a heavy cost to their children," he says.

Trendy child-naming hit its zenith in the '70s, when the Age of Aquarius gave birth to a whole slew of Rivera, Moons, Spirita, Summers and Tuesdays, Mehrabian says.

"The big names today are Michael, Justin, Christopher, Daniel and Jason for boys, and Michelle, Jennifer, Ashley, Megan and Kelly for girls," he says.

Mehrabian — who geared his book to those in the market for a new name for themselves as well as those with babies on the way — says his research showed that one out of every six people is seriously unhappy with his or her name, and 58 percent have toyed with the idea of making a change.

Switching rather than fighting can be well worth it, says the psychologist, who has served as a professional consultant to people contemplating a name change.

"One woman who was a caterer had a terrible first name, which she had legally changed to Michelle. Almost immediately she found that she got an enormous improvement in responses to her advertisements," he says.

Mehrabian is far from done with the subject of names.

Already he is planning a probe into the psyches of people who don't change their names. Specifically, those who cling to nicknames despite their exalted positions — President Jimmy Carter being a prime example.

"What is it about a person that motivates him to continue to use a boyish, childish name even when he's in a prominent social and political position?" he asks.

"James is a terrific name, absolutely great, but he didn't choose to use it even when he was president," he says. "It tells you something, doesn't it?"

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How to make this relationship work

By Debra Lee Baldwin

Women today are determined to make their marriages endure — and to find them fulfilling.

Not that it's easy. Mending and/or perfecting a monogamous relationship may take years.

The good news: You can make a positive difference by yourself — yes, even without his help.

EFFECTIVE INTERACTION

"In my work as a marriage therapist," says Michele Weiner-Davis in *McCall's* magazine, "I've seen countless people 'fix' their relationships — without getting their spouses into therapy.

"You can rewrite your part, and once you do something new, relationship changes are inevitable."

Do conversations with your mate deteriorate into hurt feelings and accusations? Change the way you respond to him.

Instead of blaming your partner, blame the situation.

And when you're tempted to describe what your spouse is doing wrong, describe instead what you want to accomplish.

Know what you want, be specific, and make your requests in action terms. (Instead of "respect me," say, "compliment me on my work"; instead of "be more considerate," say, "check with me before making plans.")

Avoid complaining. Complaints often are perceived as criticisms and can lead to conflict.

Work on practicing total acceptance.

"Do not fall in love with his or her potential," advise Mary Olsen Kelly and Don Kelly, authors of *"Finding Each Other"* (Fireside Books). "You must accept what you see and not a version of that picture."

Jacqueline Cook, a marriage and family therapist affiliated with the University of Oklahoma, also stresses acceptance: "People still enter marriage believing that any annoying habits or patterns their partner has will disappear afterward, or that they can mold their partner to fit their own design."

VOICES OF EXPERIENCE

More wisdom from the experts:

- Martin Binder, M.D., from *"Choosing Lovers: Ten Steps to a Happier Relationship"* (Avon Books): "The basis for a relationship's beginning may constitute the very lethal microbe that eventually kills it. People who marry for money will usually divorce for the same reason. The strong, taciturn, masterful man appears ever more closed and controlling. What was once subtly compelling has become oppressive."

- Ohio State University professor David Smith, in the *Journal of Consulting and Clinical Psychology*: "Bad marriages are not the result of the bickering, arguing and yelling often observed in unhappy couples, new research suggests. Such negative communication is a symptom of marital problems, not the cause."

- Jacqueline Cook: "I have yet to see a person for whom a divorce does not carry at least a certain sense of pain and feelings of failure, even when the relationship was unhappy. All long-term marriages have withstood severe tests — whether they be financial, illness or problems with children."

- Catharine Johnson, Ph.D., author of *"Lucky in Love"* (Viking), in *Redbook* magazine: "Growing closer to the person you cherish is more meaningful than getting your own way, and an intimate relationship requires trade-offs. Pretty soon, you no longer see your spouse as completely separate, but as a part of yourself."

- Lonnie Barbach, Ph.D., and David L. Gelsinger, Ph.D., in *"Going the Distance: Secrets to Lifelong Love"* (Doubleday): "To change the way you view differences within your relationship, try looking at all the dimensions of your mate's personality with an open mind. Rather than being judgmental about your partner's 'faults,' concentrate on identifying your partner's strengths."

- Zig Ziglar, in *"Courtship After Marriage: Romance Can Last a Lifetime"* (Ballantine): "It is far more important to be the right kind of person than it is to marry the right kind of person."

FALL IN LOVE AGAIN

Your marriage is rocky. Having a baby will bring you together again.

Not.

"It's a myth that having a child will bond the parents and save a troubled marriage," says Cook. "In actuality, a child only adds tremendous stress, both emotional and, often, financial."

"Part of the problem is that when couples get caught up in tending to a new baby, they often neglect tending to their marriage," observes *Child* magazine.

"What is needed is intimacy," says *Redbook*. "You need time to be on your own, the way you were before the kids and the mortgage came along."

Remember the passion of your past? Recapture that excitement and you'll revitalize your marriage.

Here's advice from *Family Circle* magazine:

- Talk and listen. Poor communication is at the root of most problems.

- Identify your frustrations. Look for patterns that affect not only your sex life, but your whole relationship.

- Discuss your frustrations. Make an appointment, protect the time from interruptions, and never schedule it before or after sex.

- Make time for love. Schedule specific dates for lovemaking and keep them. Concerned about spontaneity? It'll happen — once you're in bed.

- Stretch to meet your partner's needs. Explore them, use them to help you grow.



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Special Edition Appearing In: Woman Times/Missile Edition, New Hyde Park Herald Courier, NIM Island Times, Bethpage Newsgram, Syosset Advertiser, Jericho News Journal, Garden City News & The Great Neck News

Work At Home Continued From Page 9








- ing the school year and have summers off.
- Flexible personal days: AT&T is experimenting with a new program that allows employees to break up their their personal days to attend to family business.
- Work at home: A New Jersey-based pharmaceutical company, Hoechst-Celanese, allows select employees to continue their full-time status by working from home several days per week in addition to coming into the office.
- Upgraded part-time work: Du Pont lets managers who want to reduce their hours but remain on the career track to switch to a part-time schedule, retain benefits

- and stay in line for promotions.
- Job-sharing: At Aetna Life & Casualty Insurance Company, job-sharing is a way of life for 125 teams. They have found pairs who can share the same responsibilities. Both parties win: Aetna retains talented employees whose productivity remains high; those workers can scale back their hours and keep professional skills sharp.
- Temporary work with benefits: Many mothers have taken temporary work in the past but were required to sacrifice benefits. That's changing. The Travelers allows workers full medical and dental coverage after they put in 500 hours in six months (roughly a half-time schedule).

WOMANFACTS

Entrepreneurial jobs for the 1990s

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MAJOR CREDIT CARDS ACCEPTED

Self-esteem library

By Alison Ashton

Ask a young man why he's done a job well and he's likely to cite his ability and hard work. When a young woman does a good job, she'll probably downplay her efforts and give much of the credit to Lady Luck.

That's because while many women want to do well, they also want to appear modest, not overly aggressive. However, many women soon find that too much modesty leads to giving away and denying the success they have worked so hard to achieve.

For some, it's a matter of cultural conditioning; for others, it's a matter of low self-esteem (although sociologists will tell you that poor self-esteem, especially in young women, is also a matter of conditioning that starts in the classroom).

If you're too hard on yourself, or not assertive enough, or lacking personal direction, there is a plethora of books to help. Some offer practical tips on bolstering self-esteem, others offer interesting insight into how a woman's role developed in society.

In "The Mismeasure of Woman: Have Science and Society Colluded to Portray Women as Different, Deviant, and Deficient?" (Simon & Schuster), Carol Tavris confronts the popular wisdom that defines women as fundamentally different

from men, right down to their brains. According to Tavris, society induces a sense of guilt and deficiency in women.

Pamela E. Butler's "Self-Assertion for Women" (HarperSanFrancisco) offers step-by-step exercises in overcoming cultural conditioning, addressing situations at home, at work, with strangers, friends, spouses and bosses. Her book aims at helping women express anger, respond to criticism, build self-esteem and avoid becoming victims.

Practicing psychotherapist and popular television host Dr. Sonya Friedman's latest offering is "On a Clear Day You Can See Yourself: Turning the Life You Have Into the Life You Want" (Ballantine Books). She includes seven practical goals for the grown-up woman, including being the major contributor to your own life and seeking friends who respect and appreciate you.

"Making Our Lives Our Own: A Woman's Guide to the Six Challenges of Personal Change" by Marilyn J. Mason, Ph.D. (HarperCollins), covers leaving home, facing shame, forging a personal identity, integrating sexuality, claiming personal power and tapping your creative spirit.

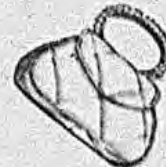
For women who feel they've reached a plateau in their lives, there is "What Are You Doing With the Rest of Your Life: Choices in Midlife" by Paula Payne Hardin (New World Library).

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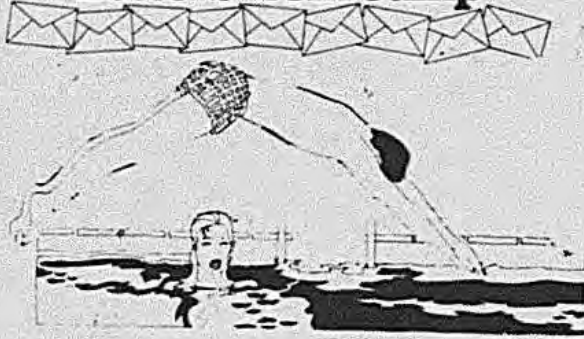
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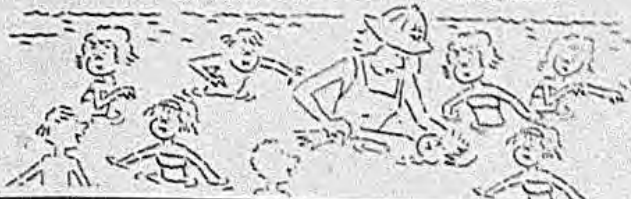
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**LEGAL NOTICE
TOWN OF
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NOTICE OF PUBLIC
MEETING BY THE
ZONING BOARD OF AP-
PEALS**

Pursuant to the provisions of Chapter 246, Article III, Section 246-18-E of the CODE OF THE TOWN OF OYSTER BAY, notice is hereby given that the Zoning Board of Appeals has scheduled a public meeting, which will take place in the Town Hall (East Building) Meeting Room, Audrey Avenue, Oyster Bay, New York, on May 6, 1993, at 7:00 P.M., to consider the following appeals:

**BY ORDER OF THE
ZONING BOARD OF AP-
PEALS**

APPEAL NO. 93-205

SYOSSET

JACK SHERMAN: Variance to maintain an existing, outdoor stairway, leading to a cellar entrance, having less than the required rear yard. NE corner of "The Hollows" & Cherry La. E., a/k/a "The Hollows", Syosset, NY.
APRIL 26, 1993

**BY ORDER OF
THE ZONING BOARD
OF APPEALS
TOWN OF
OYSTER BAY
OYSTER BAY,
NEW YORK**

SYO 8684
IX 430

Gregorys Return To Visit Museum



Hicksville Gregory Museum founders, Gardiner and Anne Gregory, were Guests of Honor at a dinner party at Cafe Roma, hosted by Mr. and Mrs. Warren Barrow. Helping celebrate the Museum's 30th Anniversary are (clockwise) Museum President John Kean, Anne Gregory, Dick Evers, Gardiner Gregory, Mrs. Cathy Black, Trustee, Director Joan and Mr. Edward Kowecik, Warren and Trustee Rosemary Barrow, Trustee Kathleen Young, Anne Evers, James Black, Grace Bady and Mrs. Diana Kean.

Photo by Edward Bady



Enjoying a little reunion time are old friends, Richard Evers, center, and Museum founders, Mrs. Anne and Dr. Gardiner Gregory, at a dinner party hosted by Warren and Rosemary Barrow, this past Thursday.

Photo by Edward Bady

In Service

Navy Ensign Joanne M. Barrealeau, a 1976 graduate of Bethpage Senior High School of Bethpage, recently deployed aboard the destroyer tender USS Shenandoah, homeported in Norfolk, Va, for six months to the Mediterranean Sea as part of the aircraft carrier USS Theodore Roosevelt Battle Group. The battle group will relieve the aircraft carrier USS John F. Kennedy Battle Group which deployed in October 1992.

The SPMAGTF will enhance the battle group's flexibility and capability in dealing with a wide-range of contingencies. As an adaptive force package, it is trained to conduct civilian evacuations, aircraft and personnel recoveries, maritime interdiction operations and a host of other Navy/marine Corps team missions.

Joanne joined the Navy in April, 1981, and is a 1989 graduate of State Univ. of NY at Albany, with an AA degree.

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Season Opens For Hicksville Athletic League

The Hicksville Athletic League had its opening day on April 17. This baseball league was formed last year and had a very successful season. They tied for first in the 12 year old division although they were an 11 year old team. This team represents Hicksville throughout Nassau and Suffolk County in several tournaments during the spring and summer season.

The team is made up of the following players: Brian Boyle, Craig Delia, Keith Englehardt, Adam Geslak, Tommy Kessler, Peter Martin, George Niesuchousk, Matt McLoughlin, Kyle Ryback, Nick Schmidt, Kevin Soper, Josh Strugatz, Chris Swier.

Tom Boyle, Ken Englehardt, and Larry Soper are the coaches. The first game of the season was against a strong Kings Park team.

Kyle Ryback was the starting pitcher and did a great job striking out the first 6 batters. Kevin Soper came into pitch the 3rd and 4th innings striking out 3 and allowed no hits. Tommy Kessler had the save with 3 strike outs and only giving up 1 hit. Keith Englehardt was commanding as catcher. The fielding was strong with several nice plays by Matt McLoughlin on 2nd and George Niesuchousk on first.

The bats were hot with Tommy Kessler going 4-4, Kyle Ryback 2-2, Adam Geslak 2-2, Chris Swier 2-3, Peter Martin 2-3, Craig Delia 2-3, a nice hit by Nick Schmidt and some great base running by Josh Strugatz.

Final Score Hicksville 16 - Kings Park 1

On April 24, Hicksville came up against a tough Smithtown team.

Kevin Soper was starting pitcher and pitched the first 3 innings striking out 5 and only walking one. Kyle Ryback had the save with 5 strikes outs and only gave up 2 hits. Keith Englehardt and Matt McLoughlin both did a fine job as catcher.

Fielding was strong with several nice plays by Brian Boyle at 1st.

The highlight of the game was a towering solo homerun hit by Peter Martin over the fence in left field.

Final score Smithtown 4 -

Hicksville 2

The players and the parents of the Hicksville Athletic League would like to thank the following sponsors, without whose support this league would not be possible:

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Girls Softball



Oyster Bay Town Councilwoman Ann R. Ocker (Front Row, third from left) and Councilman Leonard E. Symons, (Front Row, third from right) joined with organizers of the Plainview Girls Softball League and league participants for the organization's annual opening day ceremonies. Among those on hand for the occasion (Back Row, L-R) were Steve Nielhart, Vice Pres., Bob Gittleson and Vice Pres. Roy Brown.

VFW Post 3211 News Notes

By P.P.C.

Carmine A. Somma
Hicksville Annual Memorial Day Parade and Service

The Gier-Levitt Post of the Jewish War Veterans Post 855 will host the annual Memorial Day Parade and Service. All Veterans Groups, Boy Scouts, Girl Scouts, and Fraternal Organizations or other organizations who wish to participate in the Memorial Day Parade are welcome to attend. For more information call Comdr. Herbert Gresser at 349-7985. The Memorial Day Parade will take place on Monday, May 31.

On Saturday, May 29, volunteers from Queens, Nassau, and Suffolk will put American flags on 240,000 graves at the L.I. National Cemetery in Farmingdale. On Sunday, May 30, Veterans Organizations of Hicksville will have a Memorial Day Service at Plainlawn Cemetery on Old Country Rd. in Hicksville. At 10:30 a.m. the U.V.O. of Nassau County will hold its annual Memorial Day Services at the Veterans Monuments at Eisenhower Park.

At 2 p.m. the Long Island National Cemetery Memorial Organization in Farmingdale will have their annual Memorial Day Services. On Monday, May 31, Hicksville Vets Organizations will have the annual Memorial Day Parade and Services. The Parade will start at 9 a.m. The route is as follows: Assemble at Sears Parking Lot at 8 a.m. Parade starts at 9 a.m. The march will be south on Broadway to Old Country Rd., west on Old Country Rd. to Jerusalem Ave. Memorial Day Services will be at the Hicksville Middle School located at the corner of Jerusalem Avenue and 4th Street.

Las Vegas Night at the V.F.W. Hall

May 8 is our next Las Vegas Night at the V.F.W. Hall at 320 So. B'way, Hicksville. Games start at 7:30 p.m. to 12 midnight.

Our games are black jack, roulette, joker seven, big six, and best the dealer.

Our next scheduled Las Vegas night will take place on June 12, 1993.

For more information or directions call the V.F.W. Hall

at 931-7843. In 1993, scheduled Las Vegas Nights are from January to November, always on the second Saturday of each month. No game in April and December.

V.F.W. Announces Scholarship Awards
By William P. Bennett, Chairman

Applications for the "Albinus A. Hanlon Scholarship are now available for your son, daughter or grandchild to apply.

The Scholarship Award totals \$1,000 (\$250 for four years). Applicants must attend a duly accredited high school, or equivalent, and be a member of the graduating class at the time of selection.

Applications are available to all members in good standing of V.F.W. Post 3211 or the Ladies Auxiliary.

Application forms will be made available at the Post or you may write or call the Chairman of the Scholarship Committee, Bill Bennett, 5 Petal Lane, Hicksville. To call, telephone number is (evening) 516-681-3183, (day) 718-649-9600.

The deadline for receipt of applications is Friday, May 14, at 12 midnight.

Fax From Library

Syosset Public Library at 225 South Oyster Bay Road in Syosset is pleased to announce the installation of a Diversifax credit card activated public fax machine that provides low cost, confidential fax services for both sending and receiving. This public fax service is a strong addition to the many services we offer.

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!

Perspectives in Health

YOUR ROLE IN INFANT AND CHILD SAFETY

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

- Dr. Joseph Greensher, Associate Director of the Pediatrics Department, will discuss ways to prevent common infant and child injuries, such as motor vehicle accidents, water emergencies, burns, and bicycle injuries.
- Joan Volpe, RNC, MSN, Pediatric Clinical Nurse Specialist, will demonstrate CPR techniques for use on children.
- Roxanne Oelrich, RNC, MSN, Neonatal Clinical Nurse Specialist, will demonstrate infant CPR techniques.

DATE: Tuesday, May 18th
TIME: 6:30 p.m. - Registration and Refreshments
7 to 9 p.m. - Program
PLACE: Winthrop Conference Center
101 Mineola Boulevard

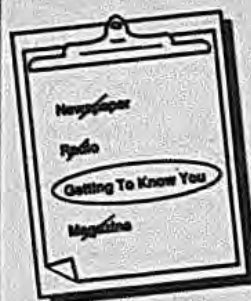
Admission is free, but seating is limited.
Call 663-2234 to reserve your place.



Winthrop-University Hospital

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A major teaching affiliate of SUNY Stony Brook School of Medicine

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Arbor Day Celebration



and Ellen Mantello, leaders of Junior Troop 3030; chaperone Donna King; Girl Scouts Donna Lyons, Theresa Mantello, Dawn Millwater, Monica Mantello, Nicole Gianacora, Marie Webber, Clare Beh, Kathleen Shurley, Krystal White, Michelle Makaball, Kelly Timko, Theresa Lampert, Andrea Sue Lampert, Suzanne Peterson, Marie Karl, Mary Englent, Rachel King, Kimberly McCrea, Michelle Timko and Kelly Warch; and Toby, the Recycling Ranger.

Gray skies and a lingering morning mist didn't dampen the spirits of Oyster Bay Town Officials and Girl Scouts from the Hicksville Association of Girl Scouts who attended the Town's Annual Arbor Day celebration. This year, the ceremony was held at Tobay Beach, where the Scouts joined Town workers in planting 1,000 trees in dunes as part of the Town's ongoing efforts to protect and nurture the dune line. Arbor Day is actually on April 30, but was held earlier because of the planting season for the special dune trees. This year also marked the fifth consecutive year the Town has received the "Tree City USA" designation from the National Arbor Day Foundation, which is given to communities that develop comprehensive tree planting and conservation programs. Here, Supervisor Lewis J. Yevoll (sixth from left); Town Councilmen Thomas L. Clark (fourth from left) and Leonard B. Symons (eighth from left); Town Clerk Carl L. Marcellino (seventh from left) and Receiver of Taxes John J. O'Leary (fifth from left) display the "Tree City USA Flag" with the help of Peter Marcalus (second from left), Vice President of Marcal Paper Mills, which donated the trees; State Forester David Sinclair (third from left), who presented the "Tree City USA" Award; and Margie Lampert (sixth from right), Coordinator of Volunteer Services for the Hicksville Girl Scout Association and leader of Junior Troop 3003. Also on hand were Joanne Millwater

Chief Carl Sweitzer, of the Hicksville Fire Department, addressed the Hicksville Historical Society at their regular meeting on March 28. With slides and commentary, he outlined the history and work of the Fire Department, which is celebrating its 100th anniversary parade of the Hicksville Fire Department. That was in 1988. It was explained that the reason for two one-hundred anniversaries is that the Company was actually formed 125 years

Fire Dept. History For Hist. Soc.

ago, but was only officially chartered one hundred years ago in 1893.

The Hicksville Historical Society, in conjunction with the Hicksville Fire Department, is sponsoring a contest for middle-school aged children attending either public, private, or parochial schools in Hicksville. Awards of \$100 each will be given students submitting the best poem, essay, or artistic

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rendering depicting some aspect of the Hicksville Fire Department. There will be two prizes in each category.

Our next meeting will be held in the Kenneth Barnes Community room of the Hicksville Public Library on Tuesday, May 25, at 8 p.m. Our speaker for that night will be Dr. Roger Wunderlich, noted author, teacher, and lecturer on the history of Long Island. I am sure that this will be an outstanding meeting. Everyone is welcome.

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**LEGAL NOTICE
NOTICE OF
(ANNUAL)
DISTRICT
ELECTION
HICKSVILLE
UNION FREE
SCHOOL DISTRICT**

**HICKSVILLE, NEW YORK
NOTICE IS HEREBY**
GIVEN that pursuant to the resolution of the Board of Education of Hicksville Union Free School District, Hicksville, New York adopted February 24, 1993, the Annual District Election of the qualified voters of this School District will be held on May 19, 1993, between the hours of 10:00 A.M. (D.S.T.) and 10:00 P.M. (D.S.T.) in the seven Election Districts, stated below, for the purpose of voting upon the following proposition(s).

PROPOSITION NO. 1

Shall the Budget approved by the Board of Education pursuant to Section 1716, be approved, and a tax on the taxable property of the District in the amount of such Budget, less State and Federal aid and revenues from other sources be levied?

NOTICE IS FURTHER
GIVEN that nomination petitions for the office of member of the Board of Education must be filed with the Clerk of the School District no later than thirty (30) days before the Annual Meeting, said date being Monday, April 19, 1993, between the hours of 9:00 A.M. and 5:00 P.M. A separate petition shall be required to nominate a candidate to each separate office. Each petition shall be directed to the Clerk of the School District, shall be signed by at least 85 qualified voters of the District (the same being two percent (2%) of the number of voters who voted in the previous Annual Meeting) shall state the residence of each signer, the name and residence of the candidate, and describe the specific vacancy for which the candidate is nominated, which description shall include at least the length of terms of the office and name of the last incumbent. Forms of petitions for School Board Members may be obtained from the Clerk of the School District.

The following vacancies are to be filled on the Board of Education:

- 3 year term ending June 30th, 1996
Last Incumbent: Richard H. Pfender
- 3 year term ending June 30th, 1996
Last Incumbent: Arlene J. Rudin
- 3 year term ending June 30th, 1996
Last Incumbent: Carole 'R. Wolf

NOTICE IS FURTHER
GIVEN that Personal Registration and Election Districts have been established in the School District, that no person shall be entitled to vote at the Annual District Election whose name does not appear on the register of the School District, unless such person is registered under the provisions of Section 5-612 of the Election Law and that those qualified to register and vote shall do so in the School Election District in which they reside.

NOTICE IS FURTHER

LEGAL NOTICE

GIVEN that copies of the statement of estimated expenses for the school year 1993-94 may be obtained by any taxpayer in the District at each school house in the District daily except Saturday and Sunday on and after May 12, 1993, between 9:00 A.M. and 4:00 P.M. and that any other propositions to be voted upon are available for inspection by any taxpayer in the District at each school house in the District daily except Saturday and Sunday on and after Wednesday, May 12, 1993, between 9:00 A.M. and 4:00 P.M.

NOTICE IS FURTHER
GIVEN that a public hearing shall be held on April 27, 1993, at the Senior High School for the purpose of discussion of the expenditure of funds and the budgeting thereof.

NOTICE IS FURTHER
GIVEN that the Board of Registration shall meet in the seven (7) Election Districts described below on Wednesday, May 5, 1993, from 3:00 P.M. until 8:00 P.M. (D.S.T.)

Any person shall be entitled to have his name placed upon such register provided that at such meeting of the Board of Registration he proves to the satisfaction of such Board of Registration to be then or thereafter entitled to vote at the school meeting or election for which such register is prepared. Said register will be filed in the office of the District Clerk on May 5, 1993, and will be open for inspection by any qualified voter of the District from 9:00 A.M. to 4:00 P.M. on any weekday from May 6, 1993 up to an including May 19, 1993. Residents who voted at an Annual Meeting of the District within four years from the date of the current Annual Meeting or who registered within that time need not register to be eligible to vote at the Annual Meeting. Residents otherwise qualified to vote who are registered under the provision of Section 5-612 of the Election Law need not register to be eligible to vote at the Meeting.

NOTICE IS FURTHER
GIVEN that during the voting hours of May 19, 1993, the Board of Registration will meet in the various election districts to receive registration for the ensuing year.

NOTICE IS FURTHER
GIVEN THAT applications for absentee ballots may be applied for at the office of the Clerk of the District, a list of all persons to whom absentee ballots are issued will be available in the office of the Clerk on May 11, 1993 through May 19, 1993. Such list will also be posted at all polling places at the election of members of the Board of Education.

**SCHOOLELECTION
DISTRICTS**

The boundaries of the school election districts, as adopted by resolution of the Board of Education and the place in each election district for registration and voting shall be as follows:

**ELECTION
DISTRICT NO. 1
BURNS AVENUE SCHOOL**

On the East: Broadway, from the District's North Line, to the intersection Jerusalem Avenue and Broadway, continuing South along Jerusalem Avenue to the intersection of Jerusalem Avenue and the Long Island

LEGAL NOTICE

Railroad.
On the South: The Long Island Railroad, from Jerusalem Avenue to the District's West Line.

On the West: The District's West Line from the Long Island Railroad to the District's North Line.

On the North: The District's North Line from the District's West Line to Broadway.

**ELECTION
DISTRICT NO. 2
EAST STREET SCHOOL**

On the East and North: Miller Road as projected to the District's North Line, South along said Miller Road to Ronald Avenue, then East along Ronald Avenue to Woodbury Road, then northeast along Woodbury Road to Ardsley Gate, then Southeast through Ardsley Gate to Dartmouth Drive, then Southwest and South through Dartmouth Drive to its intersection with Haverford Road, then East to the intersection of Haverford Road and Berkshire Road, then East along Berkshire Road to its intersection with Columbia Road, then East along Columbia Road to the District's East Line, then South along the District's East Line to the Long Island Railroad.

On the South and Southwest: Along the Long Island Railroad, from the District's East Line southerly point, to the intersection of the Long Island Railroad and Jerusalem Avenue.

On the West: Broadway from Jerusalem Avenue to the District's North Line.

On the North: The District's North Line from Broadway to Miller Road, as projected to said line.

**ELECTION
DISTRICT NO. 3
WOODLAND AVENUE
SCHOOL**

On the North, Northeast and East along the District's North Line, from Miller Road, as projected to the District's North Line, to the District's East Line.

On the East: South along the District's East Line, from the District's North Line, to Columbia Road.

On the South and West: Columbia Road, from the District's East Line, West to Berkshire Road, then West along Berkshire Road into Haverford Road, and continuing West on Haverford Road to Dartmouth Drive then North and Northeast along Dartmouth Drive to Ardsley Gate; then Northwest through Ardsley Gate to Woodbury Road, then Southwest along Woodbury Road to Ronald Avenue, the West along Ronald Avenue to Miller Road, then North along Miller Road and continuing thereon as it is projected, to the District's North Line.

**ELECTION
DISTRICT NO. 4
LEE AVENUE SCHOOL**

On the East-Northeast: The Long Island Railroad, from its intersection with Old Country Road, to the Southerly point of the District's East Line.

On the South: The District's South Line, from the Long Island Railroad, Southwesterly into Michigan Drive, then South along said District Line to the Hempstead Township

LEGAL NOTICE

Line, then Northwesterly along the District's South Line to Jerusalem Avenue.

On the West and North: Along Jerusalem Avenue, from the District's South Line, to Salem Gate, then West along Salem Gate to Salem Road, then North to Harkin Lane, then Northwest along Harkin Lane to Division, then North along Division Avenue to Glenbrook Road, then Northwest along Glenbrook Road to Newbridge Road, then Northwest along Newbridge Road to Old Country Road, then East along Old Country Road to the Long Island Railroad.

**ELECTION
DISTRICT NO. 5
FORK LANE SCHOOL**

On the East: Jerusalem Avenue from Salem Gate, to the District's South Line.

On the North: Salem Gate, West from Jerusalem Avenue, to Salem Road, then North along Salem Road to Harkin Lane, then Northwest along Harkin Lane to Division Avenue, then Northwesterly along Division Avenue to Glenbrook Road then West along Glenbrook Road to Newbridge Road.

On the West: Newbridge Road, from Glenbrook Road on the North, to the District's South Line.

On the South: The District's South Line, from Newbridge Road, on the West, to Jerusalem Avenue on the East.

**ELECTION
DISTRICT NO. 6
DUTCH LANE SCHOOL**

On the East: Newbridge Road, from Elmira Street, to the District's South Line.

On the South: The District's South Line, from Newbridge Road, on the East, to the District's West Line.

On the West: The District's West Line, from the District's South Line to Arrow Lane, as said Lane is projected West to the District's West Line.

On the North: From Arrow Lane, as projected to the District's West Line, East and along said Arrow Lane, to Levittown Parkway, then South along Levittown Parkway to Beech Lane, then East Long Beech Lane to Blueberry Lane, then South along Blueberry Lane to Elmira Street, then East along Elmira Street to Newbridge Road.

**ELECTION
DISTRICT NO. 7
OLD COUNTRY
ROAD SCHOOL**

On the North and Northeast: The Long Island Railroad from the District's West Line to the intersection of the Railroad with Old Country Road.

On the South and East: Old Country Road from its intersection with the Long Island Railroad, Westerly to Newbridge Road, then Southwest along Newbridge Road to Elmira Street, then West along Elmira Street to Blueberry Lane, then North along Blueberry Lane to Beech Lane, then West along Beech Lane to Levittown Parkway, then North along Levittown Parkway to Arrow Lane, then West along Arrow Lane, and as projected to the District's West Line.

**BY ORDER OF
THE BOARD
OF EDUCATION**

LEGAL NOTICE

**HICKSVILLE
UNION FREE
SCHOOL DISTRICT
HICKSVILLE
TOWN OF
OYSTER BAY, N.Y.
Alice L. Wider
District Clerk**

MIT 2691
4X 4/2, 16, 23, 30

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

The Long Island Savings Bank of Center-reach, F.S.B., Plaintiff against Robert E. Carroll, et al, Defendant(s).

Pursuant to a judgment of foreclosure and sale entered herein and dated October 23, 1992, I, the undersigned Referee will sell at public auction at the north front steps of the County Court House, 262 Old Country Road, Mineola, County of NASSAU, State of New York, on May 7, 1993 at 9:00 A.M., premises on the westerly side of Division Avenue, 640.11 feet south of Old Farm Road, being a plot 60 feet by 100 feet and known as 221 Division Avenue, Levittown, Town of Hempstead, State of New York. Approximate amount of lien \$118,255.33 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number 23726/91. Dated: March 29, 1993

John DeLeonardis, Esq.
Referee
Zavatsky & Mendelsohn
Attorneys for Plaintiff
P.O. Box 510
33 Queens Street
Syosset, New York
11791-0510

MIT 2695
4x4/8, 16, 23, 30

**High Tea At
The Waldorf**

Spring is here; time to bloom with the flower buds and open to new experiences. Thursday May 13, the Glen Cove-Hicksville-Syosset League of Mercy Medical Center is sponsoring a trip to the Waldorf Astoria in New York for High Tea, a traditional event including a tour of the luxurious catering, dining and hotel facilities, as well as tea or coffee served with assorted tea sandwiches, scones and french pastries. As an extra added attraction, our first stop will be a tour of the Lladro Collection Society to browse and learn more about the beauty of these delicate Spanish porcelain.

The bus will leave at 9am from behind Sears Automotive in Hicksville. A donation of \$51 covers all.

The Glen Cove-Hicksville-Syosset League of Mercy Medical Center is a non profit organization whose purpose is to make charitable donations to the medical center to offset the growing costs of medical care. Your donation is tax deductible to the extent of the law.

For more information, please call May at 822-3998 or Dorothy at 838-8174.

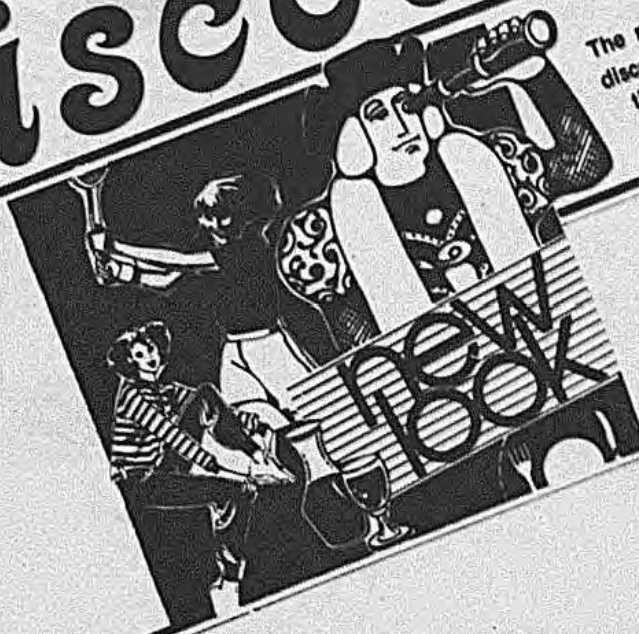
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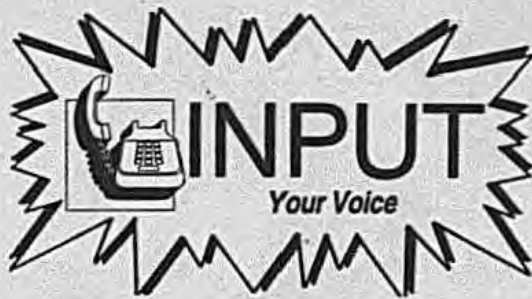


Friday, April 30, 1993

**Bashing
Grandma
& Pa**



SEE PAGE 1



THE QUESTION OF THE WEEK

Do you think the government took the right approach in dealing with the followers of David Koresh?



Attorney General
Janet Reno

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Health Care Tax Divides Input Callers

Callers to Input were divided in their opinions on a sales tax to pay for health insurance in answer to this question: "Do you think a national value added tax (sales tax) would be a good way to finance health care? Here are some of the answers:

NOBODY LIKES TAXES

Nobody likes to pay taxes. They like everything to drop out of the sky as if by magic. Unfortunately, Health insurance is very costly and it should be shared by all the people in the U.S. I believe it should be done by a tax like income tax. The more money a person makes the more they can afford to pay. The less he makes the less he can afford to pay. Everyone in the U.S. should have medical care. Western Europe has it. Why should we be some backward country? K.O.

NOT FOR EVERYBODY

I do not see why the government should have to provide health insurance for everyone. Those who earn enough and do not pay their own health care costs have made a decision. They do not think that medical care is as important as other things they will buy. The way things are going the government could make a better case in supplying food to everyone because you cannot live without it. People then would not have to use the money they have for vacations and other things for food. And in addition there are those who do not have enough food. The government should provide food if we are making a case for medical care. What it is all about is that in a free society the government should only do things for those who cannot do them for themselves and it should try to urge those it is helping to do more for themselves when they are able. We are going in the wrong direction by planning to provide health care for everybody. The only time the government should be involved is for the poor and in seeing that cartels do not spring up to artificially hold the price of health care too high. In other words if the medical profession were deliberately limiting the number of doctors so that the cost of medical care would be too high, then something should be done about it. If insurance companies are conspiring to keep rates high to add an abnormally high profit then they should be forced to face a free market and not allowed to work together. But every citizen does not become entitled to health care simply because we have changed administrations. Some people don't even want it. J.F.

GRADUATED SALES TAX

I think a sales tax would be a good way to finance health insurance. It is better than the income tax because there are not many ways of avoiding to pay it. The sales tax is immune to the underground economy because when you spend your money the tax is added to the price. It is true that the poor would be caught for more if the tax went right down to food and shelter but these should be eliminated with higher rates for luxury items. N.G.

MANY TAXES

I think that there are not many other taxes left. We are paying high income taxes to the Federal and state governments. Some cities have one also. We pay high property taxes and there are already high payroll taxes. So if we want health care then we may have to pay a sales tax. I favor an upfront tax and not one that is hidden so that people know their health care costs and they will not cooperate in bringing the costs higher than needed. S.B.

I do not believe in more sales tax. If we have health care it should be paid through income tax so that the richer people will pay more with the graduated tax scale. J.B.

GIVE BACK

It does not matter to me how you slice it, a tax will still be a tax and it does not matter what you call it. The money will still come out of the wage earners pay. No one has convinced me that we would be better off with government health care programs. But if they get it my union should negotiate a give back so that I will get back the money they are now paying for health insurance, then I can afford the new tax. L.F.

EXPLORE NEW TAX

I am afraid that I just can't discount the effect of any new tax on the increased staff which obviously must be appointed to arrange for collection and allocation of the new taxes. Needless to say, more money is going to be sorely needed to pay for increased health care. However, we are well aware that if an independent system would be set up to accumulate these funds and to spend them, the first order of business would be to set up an organization to do just that, and that would create a beast which would in fact exceed the expense of collection and allocation as it now stands to handle the current rate of demand and distribution. On the other hand, I believe that some European countries have created a national value added tax and perhaps it could be useful to explore with them the faults and benefits that they have experienced from such a system. P.G.S.

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READER RATINGS



Q. Three different groups at the office wish to give me a baby shower. Should I have one or two before the baby is born and the third one after the birth?

A. One shower is better. Can't you make all three groups band together for one? It would even make more sense to hold it after the baby is born, while you are on maternity leave. Then you could give your office friends a quick look at the real thing — the baby — who could be brought by a relative to make a 10-minute appearance at the shower.

If you have a profusion of baby showers in the office, it could cause confusion and waste company time — which you probably don't wish to do. It's preferable, too, if the shower is held off the office premises, because it's not exactly a business-oriented event.

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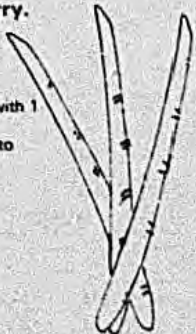
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KITCHEN HINTS

Making bread sticks.

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2. Roll each half into a pencil-thin stick.
3. Brush sticks with milk.
4. Roll in dry, crushed sesame seeds mixed with 1 teaspoon salt.
5. Bake at 450 F for 8 to 10 minutes. Allow to air dry overnight.



DINING GUIDE

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

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READER RATINGS



Q. I hate to admit it, but I am one of those people who enjoy eavesdropping when eating out in a fancy restaurant! Is there any hope for someone like me?
A. Eavesdropping, when it draws attention away from one's own dinner companions is highly impolite. Sorry, you'd better mend your ways or you may find yourself eating out alone more often than you'd like.

Q. When inviting someone to a business luncheon, how far in advance should the invitation be extended?
A. Few people like last minute surprises. It is best to extend the invitation at least a week in advance.

Q. Sometimes when I have a luncheon appointment with a client my secretary suggests that I call a day in advance to confirm the date. Do you think this a good idea?
A. Absolutely. It tells your client that the appointment is important to you. It is actually a compliment to your client.

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DISCOVERY

What the heck is a half-life?

During radioactive decay, energy is given off at a certain rate. A half-life is the time it takes for half of the atoms in a given sample to decay.

Radioactivity
Some elements have unstable nuclei that 'decay'. This decay permanently changes the element, often into a different element.

Alpha decay
An alpha particle is a helium nucleus — two neutrons and two protons

Beta decay
A beta particle is an electron originating from a neutron (which is made of an electron and a proton).

Gamma decay
Release of high-energy gamma rays is usually present. Radiation disrupts large, living molecules such as DNA, causing illness or death.

Half-life

First half-life: 1/2 original radioactive substance
Second half-life: 1/4 original radioactive substance
Third half-life: 1/8 original radioactive substance

Element	Half-life	Element	Half-life
Polonium-216	0.16 seconds	Carbon-14	5,730 years
Bismuth-212	60.5 minutes	Plutonium-239	24,390 years
Sodium-24	15 hours	Uranium-235	710 million years
Phosphorus-32	14.3 days	Uranium-238	4.5 billion years

SOURCE: Physical Science, Prentice Hall

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Home entertaining

By Carol Cutler

Teaming up with Mom

It's a funny way to begin a cookbook, but it gets your attention: "You're writing a book with your mother? I heard that response over and over again. ... Friends and sister cooks voiced amazement, incredulity, horror, delight, and jealousy — the reactions depending on the source."

Those are Lora Brody's words about the baking project she did with her mother, Millie Apter: "Bread Machine Baking — Perfect Every Time" (William Morrow). There seems to have been a need for this book since more than a million electric bread machines were sold this past holiday season alone.

This collaboration proves so successful that hopefully it will inspire similar projects. Think of what a special Mother's Day gift it would be if you suggested a joint venture. This is saying that you admire Mom enough to want to work with her.

Surely she has at least one specialty that you have just taken for granted. By now most of us have grown up enough to recognize that even parents can have some talents. Just because we're younger doesn't make us smarter.

Among the mothers I know there is one who has made a profession out of making dried floral arrangements, another who is a cracker-jack photographer and another whose green thumb would be the envy of Mr. Burpee. We watch all this creativity as everyday activity. Now is a good time to seize the opportunity to capture on paper or film her very personal skill.

My mother was a wonderful cook, but her pastries were espe-

cially memorable. Her strudel dough was so thin and delicate that no machine could match it without

breaking it. She showed me how to do it, without a recipe, of course. So much depended on the particular flour, the amount of humidity in the air, the quality of the butter, that it had to be done by feel, not rote.

Instead of just watching, I should have been taking notes about all the nuances of creating great strudel dough. Better still, after taking notes I should have worked side by side with her at least once. How pleased she would have been. This specialty, among so many others, would have been a contribution to pass on for a kind of kitchen art that is passing.

STILTON PARMESAN BREAD
(For DAK/Welbilt Machines)
1 tablespoon yeast
2½ cups unbleached white flour
¼ cup water
¼ cup red (Bermuda) onions
2 extra-large eggs
5 tablespoons butter
5 ounces Stilton cheese, crumbled
1 cup freshly grated Parmesan cheese
Yields 1 loaf.

Have all ingredients at room temperature. Place all ingredients in machine, program for White Bread, and press Start.

Note: For the same bread there are recipes to use in the following machines: Panasonic/National, Zojirushi, Maxim/Sanyo, Small Welbilt, and Small Panasonic/National.

After Work Gourmet



Sweet-and-sour saute for fried chicken

By Sharon Achatt

Even under time constraints, most folks these days attempt to eat healthy diets that minimize fat intake — which usually means avoiding foods cooked in oil.

No matter the good intentions, nearly every taste bud occasionally yearns for a turn with things deep-fried — their crunchy golden crusts contrasting with moist and steamy centers.

The key to enjoying such indulgence is to balance out a fatty food by making the remainder of the meal relatively low in fat.

Lemon Chicken With Rice fills the fried-food bill nicely, coating chicken bits in a soy sauce batter for pan frying and then going a step further to top the cooked pieces with a lemony garlic sauce.

To counterbalance the fat quotient of the fried chicken bits, they're served atop a bed of simply steamed rice and with a side dish of Sweet-N-Sour Vegetables.

These dishes take only about 45 minutes to prepare, which makes them fit the after-work gourmet's timetable as well as fat quotient.

For dessert, opt for low-fat frozen yogurt or ice milk topped with Marinated Strawberries.

Game plan for preparing the meal: Prepare strawberry recipe. Cut up vegetables and mix together sweet-and-sour sauce; set aside. Prepare rice. Cut up chicken and marinate. Meanwhile, prepare lemon sauce for chicken, then cook chicken and keep warm. Saute vegetables.

LEMON CHICKEN WITH RICE

For Rice:
2 cups water
½ tablespoon margarine
1 cup long-grain rice
For Chicken:
1¼ pounds boneless, skinless chicken breasts
1 egg, slightly beaten
3 tablespoons cornstarch, divided use
2 tablespoons soy sauce
¼ cup sugar
2 teaspoons chicken bouillon
½ teaspoon garlic powder
1 cup water
¼ cup lemon juice
2 tablespoons ketchup
Additional cornstarch for coating chicken
Vegetable oil for frying
Yields 4 servings.

Preparation time: 30 minutes.
Heat 2 cups water and margarine to boiling. Stir in rice, cover, reduce heat and let simmer about 20 minutes until rice is tender and

all water is absorbed.

Meanwhile, cut chicken into bite-size pieces; set aside.

In medium bowl, combine egg, 1 tablespoon cornstarch and soy sauce; mix well. Add chicken stirring to coat; marinate 10 minutes.

Meanwhile, in medium saucepan, combine remaining 2 tablespoons cornstarch, sugar, bouillon and garlic powder. Gradually add water, lemon juice and ketchup; mix well. Over high heat, cook and stir until mixture comes to a boil. Reduce heat, continue cooking and stirring until mixture thickens. Keep sauce warm.

Coat chicken with additional cornstarch. In large skillet, heat ¼-inch oil and cook chicken until tender and golden.

Arrange chicken on rice; pour warm sauce over all.

SWEET-N-SOUR VEGETABLES

For Sauce:
¼ cup pineapple juice
1 tablespoon sugar
1 tablespoon lemon juice
1½ teaspoons cornstarch
1 teaspoon soy sauce
For Saute:
4 teaspoons vegetable oil
1 cup broccoli florets
1 cup sliced carrot
1 cup cauliflower florets
1 cup sliced celery
1 (10-ounce) package frozen sugar peas, thawed
Yields 4 servings.

Preparation time: 20 minutes.
In small mixing bowl, combine ingredients for sauce; set aside.

In large skillet, heat oil over medium-high heat. Add broccoli, carrots, cauliflower and celery; cook 2 minutes. Add sugar peas; cook 2 minutes more. Add sauce; bring to boil and cook 1 minute, covered.

MARINATED STRAWBERRIES

1 pint strawberries
1 tablespoon hazelnut liqueur
Yields 4 servings as dessert topping, 2 servings as stand-alone dessert.

Preparation time: 35 minutes.
Rinse, hull and slice strawberries. Mix strawberries with liqueur and let stand 30 minutes. Serve in dessert dishes or, if desired, over vanilla frozen yogurt or ice milk.

QUICK TIP

Make from-a-mix cakes seem like from scratch by stirring into the cake batter or canned frosting a cup or so of extra ingredients, such as fruits and nuts.

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READER RATINGS



Q. My job frequently requires me to have lunch with clients, usually other women, and it is sometimes hard to keep the conversation going for 30 or 35 minutes with someone I hardly know! What do you advise?

A. Yours is not an uncommon problem since carrying on a conversation is a skill that must be acquired through practice. You might begin by asking your client about her business background. That will show her you are interested in her and will provide clues for other topics. As you get to know each other you might speak of your own home and family, hoping she will follow suit. If she does not, it is best to drop the subject and stick to more general topics, knowing she does not wish to talk about her personal life.

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microwave magic



Desiree Vivea

I always enjoy seeing a wild mushroom growing under a tree or at the edge of someone's lawn — probably because it brings to mind hobbits and elves and other pleasant childhood forest fantasies.

I'm also tempted to pick a mushroom whenever I see one growing anywhere so that I can rush home and cook it.

But no matter how tempting and tasty a wild mushroom might look to you, leave it be unless you're absolutely certain you know it's safe and edible. Many poisonous, even deadly, mushrooms look similar to safe varieties, and even experienced mushroom hunters have been fooled. For most of us, a trip to the grocery store is much safer!

When buying mushrooms, choose those with no dark or soft spots. Look for closed caps (no "gills" showing); these will be the freshest. Refrigerate up to five days in a paper bag. Don't store tightly wrapped in plastic — mushrooms are mostly water, and they will soon go soggy on you if "smothered" in plastic.

Never wash mushrooms until just before you plan to use them. To clean, just rub gently under running water and pat dry. Don't remove the skin, as this contains most of the mushroom's nutrients and lots of its flavor. No reason to discard stems, either; simply trim off ends if they are tough.

If you love mushrooms, go ahead and splurge — with only about 20 calories in a cup of raw mushrooms, even dieters can afford to indulge. (Just be sure to stay away from mushrooms cooked in butter or cream sauces!)

To microwave mushrooms as a side dish, rinse 1 pound of fresh mushrooms and trim stems. Slice mushrooms into a 1½-quart microwave-safe casserole. Cover with plastic wrap and microwave at HIGH (100 percent power) setting three to five minutes, stirring every two minutes. Let stand one minute, then drain (save flavorful liquid for another use). Stir in 1 tablespoon butter or margarine, if desired, and sprinkle with salt and pepper to taste.

Dried mushrooms (like sundried tomatoes) have been very popular in recent years. The mushroom flavor is concentrated and intensified, a joy for real mushroom lovers. And drying your own is easy.

To dry the old-fashioned way, simply hang mushrooms from strings by their stems in a dark, well-ventilated place until completely dry. Store in an airtight container.

Or to dry mushrooms in your microwave, wipe them clean with a slightly damp paper towel; slice. Arrange two layers of paper towel on a paper plate. Arrange a single layer of mushroom slices on top. Microwave at HIGH setting (100 percent power) setting three minutes. Turn slices over onto a fresh paper towel-lined plate and microwave one to two minutes longer, or until completely dry.

Store in an airtight container until ready to use.

Three ounces of dried mushrooms equals 1 pound fresh.

To reconstitute dried mushrooms in your microwave, see today's MICRO-TIP (below).

MARINATED MUSHROOMS

8 ounces fresh mushrooms
2 tablespoons white wine
1 tablespoon olive oil
1 tablespoon lemon juice
1 small clove garlic, minced or crushed

¼ teaspoon dried basil
¼ teaspoon oregano
Pinch of salt

Yields 4 servings.

Preparation time: 10 minutes.

Cooking time: 2 to 4 minutes.

Oven setting: HIGH (100 percent power).

Wash and trim mushrooms; set aside. In medium-size, microwave-safe mixing bowl, combine remaining ingredients. Add mushrooms. Cover and microwave 2 to 4 minutes at HIGH (100 percent power), stirring every minute, until mushrooms are just tender. Cover and refrigerate several hours before serving with toothpicks.

ELEGANT STUFFED MUSHROOMS FOR TWO

1 teaspoon butter OR margarine
8 to 10 medium-size fresh mushrooms

3 black olives, chopped
1 tablespoon half-and-half
1 tablespoon brandy
1 teaspoon chopped chives
¼ teaspoon dried tarragon
Salt and pepper to taste
1 teaspoon finely chopped fresh parsley, to garnish

Yields 2 servings.

Preparation time: 10 to 15 minutes.

Cooking time: 2 to 3 minutes.

Oven setting: HIGH (100 percent power).

Rub microwave-safe plate with butter or margarine. Set aside.

Clean and trim mushrooms. Remove stalks and chop finely. Combine stalks with chopped olives, half-and-half, brandy, chives and tarragon. Add salt and pepper to taste.

Fill mushroom caps with mixture. Arrange caps, filled side up, on buttered plate.

Sprinkle with chopped parsley, then cover with plastic wrap. Microwave 2 to 3 minutes, or until mushrooms are tender and filling heated through. Serve immediately.

MICRO-TIP OF WEEK

To soften dried mushrooms quickly, rinse caps well in cold water. Arrange eight caps, gill-side up, on a paper plate. Sprinkle with about 1 tablespoon water. Cover plate with plastic wrap and microwave at MEDIUM-HIGH (70 percent power) 3 to 4 minutes, or just until mushrooms are soft.

FOR TEENS

By Willard Abraham,
Ph.D.

Hair bothers girlfriend

Dr. Abraham: My girlfriend teases me because I let my hair grow long. I think it is just right for me and that it is really my business, not hers.

My parents used to nag me about this, but they finally gave up when they found out it was useless. I guess it helped when they saw other guys my age (I am now 15) with hair over their ears and down their backs.

One girl at school told me she likes the way I look, with a wave and curl here or there.

So what I wonder is this: Should I give up the first one and take on the other girl? I think I could get her. — Uncertain

Uncertain: If hair is the only issue important to you in a relationship with a girl, perhaps you should make that switch. However, before you do, think about giving some serious thought to questions like these: What do you like most or least about each girl? With whom would you enjoy being with the most? Your answers should help you decide which way to go.

Dr. Abraham: Two of my friends think I'm nuts to be happy about our moving away in a few months, but I can hardly wait for our family to move. I guess I'd miss a few of my friends, but you can bet I won't miss the high school I go to.

I haven't liked some of the teachers and courses I've had to take, their stupid sports programs and those awful lunchroom meals. Other kids are managing to sweat it out better than I am, and I maybe I would, too, if I really had to. But I have a chance to begin in another school, and it can't be any worse than the one I go to now.

I already know for sure that in some ways it will be better. They have an "honors program" for bright kids like me (I'm straight A), a great swim team that I think I'll be able to get on, three teachers who have been awarded as "Teachers of the Year" and a good school newspaper I'll try to work on.

Do you think I'm being sensible or really nuts like the guys said? — Happy Days

Happy Days: You sound like you are in the right mood to have those "happy days" ahead of you, and it is easy to see why you are so elated in looking toward your future.

Viewing a family move from the positive side, as you are, is usually a sound foundation for surviving any adjustments with flying colors. Good luck!

Dr. Abraham: Let me get this out to you straight and clear. I have a Japanese background, and so do my parents and grandparents. All of us were born in this country. My grandparents were interned in a prisonlike camp in the Arizona desert during World War II.

I'm so sick of people asking where I came from. They haven't said to my face that we all look alike because of our facial fea-

tures, but I'll bet they think it just the same.

About the "where" question, I just mumble something because it embarrasses me that they are so stupid.

How about giving me a quick comeback to get off the hook? — Insulted Guy

Insulted Guy: Embarrassed? They are the ones who should be.

Maybe they will be if you respond with, "I came from Chicago. How about you?" I picked Chicago because that was part of your return address, so just change it for whatever applies to you, your parents or grandparents.

Dr. Abraham: Is all research supposed to be worthwhile? I wonder about that because my boyfriend is all excited about something he calls research that he did as a project in a high school class of his.

There is a mentally retarded girl in his family, so his study was in that area. He checked on some retarded and some normal kids, gave them the same little wooden blocks to assemble into certain shapes. He provided the model of what they were to do, and timed them from when they started until they finished the task.

And then, wonder of wonders, he concluded that it took the mentally retarded kids longer than the normal ones to finish! Now isn't that amazing? Of course, I'm kidding. It was just plain stupid. And he calls that research!

I'd really like your opinion. — Stupid Stuff

Stupid Stuff: What he did may have been research, but there are all kinds and different quality levels. He probably knew what the result would be (it was certainly obvious), and his activity seems to have been at a low quality level.

I'm curious about what grade he received on this work of his and what his teacher's comments were. They could be interesting.

Dr. Abraham: The worst thing I know of is how stingy my father is. Before he lets loose with a dollar it is just like he squeezes it until it screams.

When I ask him why he is that way, he never answers. When I ask my mom she says it is because he and his family were so poor when he was a kid. She isn't at all upset over the way he is.

But I am, even though my mom gives me money to get what she thinks I need and lets him off free. It's not fair for her or for me. — Just Stingy

Just Stingy: Apparently she is satisfied with the way things are, your father probably is, too, and you get what you need. It is possible that you are letting a non-issue fester in your mind.

You might consider moving on to topics about which you can do something instead of a parental habit that perhaps has been too deeply ingrained to change.

Cooking Corner



Flipping over pancakes and crepes

By Alison Ashton

What could be more symbolic of a lazy Sunday brunch than a tall stack of flapjacks topped with a big pat of butter and drenched in maple syrup? Or maybe, for the more health-conscious diner, an oat-bran version with bananas and chopped walnuts.

We may think of hotcakes as a quintessentially American treat, but almost every culture has its own version. Just about every tourist who has visited Paris has breakfasted on crepes from a sidewalk vendor (I like mine with chocolate). And think of the paper-thin crepe-like pancakes wrapped around a savory moo shoo filling in Chinese cuisine.

Everyone loves the Russian-style blintzes and blinis, and, of course, the Swedish dine on their own diminutive version of the pancake — made in a special cast-iron pan. The Dutch have a dense oven-baked version, and the Danes like theirs thin and light.

In Olney, England, there's even an annual pancake-flipping race that dates back to 1445. According to legend, a housewife was making pancakes and heard the church bell ringing, so she rushed to church — with skillet in hand. (The residents of Liberal, Kan., have adopted a similar ritual.)

To this day, the English celebrate Shrove Tuesday every February with a meal of pancakes.

"It's a cleaning-out-the-cupboards-for-spring thing," says one Englishman. "We call them pancakes, but they're really more like crepes."

Pancakes are a spring thing on this side of the Atlantic, too. A perfect meal for a leisurely breakfast, associated with special treats for Mother's Day and Father's Day, or any morning you want to celebrate having nothing more to do than make a hearty treat.

True johnnycake devotees would say, however, that pancakes are just right for any meal.

Following are some creative pancake and crepe recipes from the California Culinary Academy's "Breakfasts & Brunches" book.

As the editors point out, most of us turn to a store-bought pancake mix to make our flapjacks, which is too bad. Pancake batter actually is very easy to make; you even can keep the dry ingredients mixed to have on hand to speed up the process.

Start by using the right utensils. Invest in a quality pancake griddle and season it with oil, as you would an omelet pan.

If crepes, Swedish pancakes or blinis will be a regular part of your breakfast repertoire, consider investing in special pans for those, as well. Crepe pans, for example, may look like omelet pans, but they have a flat, well-defined bottom and flaring sides instead of the gentle curves of an omelet pan.

A Swedish pancake pan is a cast-iron griddle with seven 3-inch round wells. With this pan, as with a crepe pan or griddle, don't wash after using. Instead, simply wipe the pan clean with a paper towel and a little oil.

The key to cooking really good flapjacks is not using too high a temperature. Cook them over a medium heat; the griddle is ready when a few drops of water dance across the griddle.

Crepes take a little more skill, but they're not hard to master. "Breakfasts & Brunches" offers these tips for making the perfect crepe:

- Tilt and swirl the hot crepe pan as you add the batter. Use just enough to cover the bottom with a thin layer of batter.

- Turn the crepes when the surface looks dry and the underside is golden-brown. Use a small spatula to loosen the crepe, and turn them with your fingers or a spatula. Stack the crepes as they are completed.

- To fill finished crepes, place filling in the center and fold in each edge to make a square, leaving a little filling exposed in the center. For rolled crepes, place the filling in a line near the edge closest to you and roll up.

Although the French often serve their crepes for lunch or a light supper, they make a nice, substantial dish for brunch.

If you want to enjoy pancakes during the week but don't have time to fire up the griddle on a busy morning, make extras on the weekend to freeze. Just wrap them in airtight freezer bags and freeze in stacks of two or three. During the week, heat them up in the microwave.

For an out-of-the-ordinary meal, try one of the following recipes, which incorporate a variety of sweet and savory ingredients, from blueberries in Blueberry Yogurt

Pancakes and Gingerbread Pancakes topped with Lemon Sauce to pancakes with spinach and crepes filled with seafood.

These recipes are from The Cole Group's California Culinary Academy Series cookbook, "Breakfasts & Brunches," available from the publisher, 4415 Sonoma Highway, Santa Rosa, CA 95409; (800) 959-2717, or your local bookseller (\$9.95).

These puffy pancakes are made with a combination of plain yogurt and milk. They are dotted with fresh or frozen blueberries and are delicious with butter and maple syrup.

BLUEBERRY YOGURT PANCAKES

1 cup flour
1 tablespoon sugar
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon ground nutmeg
1 egg
½ cup plain yogurt
¼ cup milk
2 tablespoons salad oil
¾ cup fresh or unsweetened frozen blueberries
Butter OR margarine
Maple syrup
Yields about 1 dozen (4-inch) pancakes.

Stir together flour, sugar, baking powder, soda, salt and nutmeg. Beat egg with yogurt and milk in large bowl. Beat in oil, then add flour mixture. Stir just until combined. (Batter can be a little lumpy.)

Grease seasoned pancake griddle if necessary, and place over medium heat until a few drops of water dance on hot griddle. For each pancake, pour scant ¼ cup batter onto hot griddle. Sprinkle each pancake with several blueberries.

Cook pancakes on first side until they are puffed, full of bubbles and look dry at edges. Then turn and cook until second side is golden brown.

Serve at once with butter or margarine and syrup.

These small, moist and delicate pancakes are a specialty of Little River Inn, a welcoming hostelry on the Northern California coast near Mendocino. Serve them in the Swedish manner, with butter and lingonberry preserves — or with your favorite syrup.

The pancakes require a special pan called a Swedish pancake pan. It is a large (about 10 inches in diameter) cast-iron griddle with seven shallow 3-inch-round depressions to hold the batter.

SWEDISH PANCAKES

¾ cup flour
½ teaspoon baking powder
¼ teaspoon salt
2 eggs, separated
1 cup milk (at room temperature)
¼ cup half-and-half
¼ cup butter OR margarine, melted and cooled
Butter OR margarine

Lingonberry preserves OR syrup

Yields 25 (3-inch) pancakes.

Stir together flour, baking powder and salt. Beat egg yolks with milk and half-and-half in large bowl. Beat in melted butter or margarine, then add flour mixture. Stir to combine.

Beat egg whites until stiff but not dry. Fold into batter.

Place lightly oiled Swedish pancake pan over medium-low heat until few drops of water dance on hot surface. Add about 2 tablespoons of batter for each pancake. Cook pancakes until golden brown on each side, turning once.

Serve hot with butter or margarine and preserves or syrup.

If you have a Swedish pancake pan, you can also use it to make these diminutive Scandinavian spinach cakes for a brunch. Offer a choice of such toppings as melted butter, sour cream, and red caviar or smoked salmon. As accompaniments, serve a tomato salad with dill dressing and beer or white wine.

SPINACH BRUNCH PANCAKES

1½ cups milk
2 eggs
¼ teaspoon salt
¼ teaspoon sugar
¼ teaspoon ground nutmeg
1 cup flour
2 tablespoons butter, melted and cooled

1 (10-ounce) package frozen chopped spinach, thawed, well drained and squeezed dry

Butter OR margarine
Melted butter, sour cream and red caviar or smoked salmon
Yields 20 to 24 pancakes.

Preheat oven to 250 F. In food processor, using plastic blade (or in mixing bowl), combine milk, eggs, salt, sugar, nutmeg and flour. Process (or beat in bowl) until smooth, stopping motor once or twice to scrape flour from sides of container.

Add melted butter and spinach; process (or stir) until well combined.

For each pancake, melt a little butter or margarine in 4¼- to 5-inch blini pan or in each depression of Swedish pancake pan over medium heat until bubbling. Add about 2 tablespoons of the spinach batter for each pancake, spreading to cover pan bottom (or individual depressions of Swedish pancake pan). Cook pancakes until lightly browned on each side, turning once. Add a bit more butter for later pancakes.

Keep baked pancakes warm on heat-proof serving platter in oven. Serve topped with melted butter, sour cream and red caviar or smoked salmon.



By C.Z. Guest

It's time to start thinking about your garden and planning for the best results. A workable garden plan includes a list of crops to plant, varieties to select, the amount of seeds or number of seedlings needed, planting dates, the location of each crop and spacing.

It's often helpful to work up a diagram of just how every inch of space in your garden will be used.

Consider carefully the location of your garden. Does it get enough sun? (Six hours a day is the very least most plants require.) Will the garden drain properly? Is the space convenient to a watering source? These are all important questions to keep in mind when mapping out a new garden site.

Next, consider the soil. The spring weather may have left the earth too damp and cold to work (try squeezing a handful of soil, it should crumble apart rather than clump damply).

In some parts of the country, you may be able to sow an early planting of cool-weather crops that can withstand the occasional dips in temperature.

For instance, you can probably begin planting lettuce, radishes and peas now and start peppers, tomatoes, eggplants, celery, broccoli and cauliflower in the cold frame or greenhouse. It's time to start many annuals (under lights) as well, including asters, phlox, snapdragons, ageratum and nicotiana.

Spring thaws can be dangerous to shrubs and bushes as the tops

begin to shed water, which their frozen roots can't replace. To prevent dehydration, try to keep them shaded with burlap until the ground is completely thawed.

PERFECT POTATOES

Did it ever occur to you that it's fun to raise fabulous potatoes? Well, my dears, it seems to me there are few enjoyments in the world like seeing potatoes do their very best. When you have gotten so well acquainted with the nature of the crop so it's all under your green thumb (as it were), what a feeling of accomplishment it gives one to be able to make them do their very best and do it every time, whether we have extremely wet weather or drought!

The potato is the world's leading vegetable crop. As a food it's one of the cheapest sources of carbohydrates, plus large amounts of minerals and vitamins. Its culture is practically worldwide.

Most garden soils are suitable for potatoes (pH 5.0 to 6.0). The potato plant is very sensitive to drainage and aeration. Therefore, to grow properly, it's essential that the soil be well-drained and thoroughly prepared by plowing or spading prior to planting.

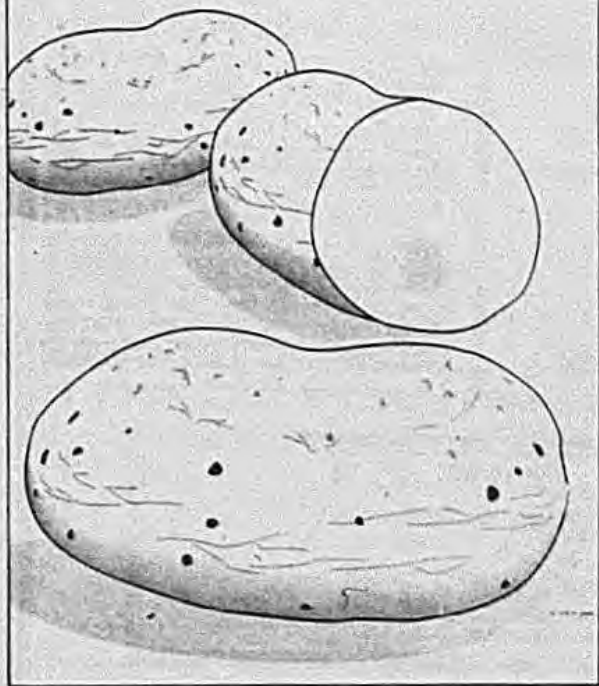
Always buy certified disease-free tubers from a reliable dealer in order to prevent diseases that are carried on the tubers.

Harvest only when the tops have withered and died down, otherwise, the potato will be too soft.

GARDEN TIPS

Potato primer

- Always buy disease-free tubers from a reliable source.
- Prepare soil by plowing and spading.
- Plant in well-drained soil.
- Harvest potatoes when the tops have withered.



Our Children

By Willard Abraham



Books for parents with kids of all ages

Dear Parents: I can't keep up with all the new books about parenthood, and I imagine most of you can't either. That's why I periodically try to bring some of them to your attention, not because they all are among the best available but to give you a taste of many you may not have heard of. What is important is how, or if, they meet your and your children's needs.

Parenthood is a very personal business, as you probably recognize, so when it comes to publications for parents, each of us has to decide what our children's needs are and how we can satisfy them. And the choices vary from child to child and parent to parent.

So skim through these comments about books, which perhaps are in your local bookstore or library, and then (if you have time) let me know whether or how they might help meet your parental responsibilities. I've deliberately selected several that are brief and can be handled by many of you in very little time, or used for later reference.

• "Best Bets for Babies" and "Tips for Toddlers," both written by Brooke McKamy Beebe (Delta). Starting with "After the Birth" and extending through many of the major concerns and problems regarding young children, these books in a direct manner hit numerous topics head-on: diapers, sleeping, crying, bathing, baby sitters, working and parenting, health, toilet training, food, first aid — and that's only a small part of them. They stress timesaving and money-saving issues.

• "Managing Motherhood" by Marianne Polom Seidenstricker (KMS Products). Its subtitle is "Support and Survival Techniques for Mothers of Very Young Children." As the mother of three preschoolers, this author develops a plan that has apparently worked for other mothers and may be of value to fathers, too. However, the emphasis here is on the maternal side, and the title may drive some dads away.

Among the topics that could be special grabbers for you are under these chapter headings: "Defeating Procrastination"; "Plan Your Dreams"; "Home Work"; "Mother-to-Mother Networking." The author treats motherhood as a career change that requires special work habits.

• "How to Develop Self-Esteem in Your Child: 6 Vital Ingredients" by Bettie B. Youngs (Fawcett Columbine). Here is how she provides those six: instilling a sense of physical security in your child, at home and in school; building your child's

emotional security and safeguarding him or her from intimidation and fear and from alcohol and drug abuse; creating a secure, sound identity — "Who am I?" can be answered with confidence; developing a healthy sense of belonging and friendship, without the need for self-destructive bonds; helping your child feel capable — a sense of competence ensures an attitude of "I can do it"; helping your child set and achieve worthwhile goals to gain a real purpose in life.

• "How to Develop Your Child's Creativity" by Reynold Bean (Price Stern Sloan). As part of "The Whole Child Series" that deals with responsibility, discipline (without guilt), self-esteem and other themes, this 59-pager stresses many topics that relate to its title. You may be especially interested because creativity is too seldom considered or, even less often, emphasized in some homes and schools.

Serious consideration of it is handled in chapters like these: "Are Creative Children Gifted?"; "Parenting Creative Children Isn't All Fun"; "Toys That Enhance Creativity"; "Playing with Your Children"; "The Need for Solitude and Privacy."

• "When Good Kids Do Bad Things" by Katherine Gordy Levine (Pocket Books). I hope you parents of older kids hang in there because this book's subtitle may hit the spot for you — "A Survival Guide for Parents of Teenagers."

Based on this parent's personal experiences as foster parent (for almost 400 foster children), parent, workshop leader and therapist, she worried about finding only "Pollyanna-ish" books and decided to approach hers this way: How to effect a real change in an adolescent's behavior.

Intriguing chapter titles like these may entice you into reading the teen stories that are included: "The Gotcha Wars"; "Nose Rings, Tattoos, String Bikinis"; "In With the Out Crowd"; "I Did it in Study Hall"; "This Time I'm Telling the Truth"; "Liaisons — Dangerous and Otherwise"; "And I'm never Coming Home!"; "Substance Abuse: Caring for Yourself."

Such topics are almost like a dare, aren't they?

Please tell me, after you actually see one or more of these publications, how practical do you think they are.

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Fitness Forum

By Frank Green

New hardware for bodies beautiful

Kathy Alpert was pumping irony.

Not all body builders and fitness freaks are self-tortured muscle-heads, she insisted. "We're trying to change that stereotype."

No sweat. Except that Alpert — a spokeswoman for the Association of Quality Clubs — was standing amid what may be the biggest testament ever to the body beautiful. Computerized workout machines. Steam baths and portable spas. Gold-plated barbells. Hundreds of people with flex appeal.

At the health club association's recent 12th annual trade show in San Diego, the unofficial motto seemed to be, "All workout and no play."

More than 7,000 owners of hot-body shops, some of them from as far away as Moscow and Tokyo, sized up all the new hardware in the world of Atlas.

Becoming a master of the universe as painlessly as possible is the idea behind much of the cutting-edge technology on new-model weight-lifting machines and stationary bikes.

On Cybex's new \$4,000 cycle ergometer, for example, you can pedal all the way through a Stallone flick played on a built-in television-VCR system.

"This way, you don't get bored," said Cybex president Mark Abrahams.

Likewise, Nautilus' Stairclimber boasts an interactive video screen incorporating color graphics, animated courses and personalized health statistics, and which can also accommodate training videos, computer games and TV shows.

For those who prefer getting their ecstasy through agony, however, there was a bow to tradition at the Ivanko Barbell Co. exhibit.

Michael Walker, a goodwill ambassador, a goodwill here, No computer gimmicks here,

just old-fashioned bars and dumbbells for the Spartan-minded.

"I don't care what muscle-building program you're on, you still have to have free weights," said Ivanko spokesman Pat Dillon, who is a walking advertisement for the old ways. He can bench press 400 pounds, he said.

Not everyone walking on the exhibit hall floor the was personally testing the wares. Some club proprietors looked like they hadn't picked up a barbell since Kirk Douglas last flipped a Roman lancer off a parapet.

"I wouldn't get on that thing — I'd have a stroke," said a rotund Los Angeles businessman, pointing to a shiny, oversized chair that facilitates extension-leg curls and the abdominal crunch.

Only a few booths were dedicated to things other than heavy metal machinery.

bassador with the U.S. Badminton Association, was trying to convince anybody who'd listen that his sport is superior to tennis for shaping up the deltoids and pectorals.

To many, badminton has an image as a game families play on warm spring afternoons while sipping lemonade in the back yard.

But Walker said it's actually a sport of champions.

"In four hours of tennis, players will keep the ball in play a total of about 18 minutes," he said. "In four hours of badminton, the bird is in play about 90 minutes. Badminton players get the best workout."

Hiking through the aisles apparently provided too much exercise for some. The longest line in the exhibit hall was at association-sponsored massage tables.

"You try out the multipress machine, dear, I ain't movin'," a man sprawled out on one of the tables said to his wife.

THE HEALTHY GOURMET



By Kit Suedaker

Low-fat ways with tasty cupcakes

Cupcakes take the cake. They can be served so many more ways than regular cake, are so much more portable, so much more attractive than a wedge of cake that I don't know why we don't make them more often.

I was reminded of them recently leafing through a new book just out, "Cholesterol-free Cakes and Cookies" by Mabel Cavaini (Henry Holt). She not only lauds cupcakes but explains that they can be made from regular cake batter. Ingredients for a 9-inch cake will make a dozen cupcakes, a 9-by-13-inch cake will make 24 cupcakes.

HONEY TEA CAKES

- 1/2 cup honey
- 1/2 cup brown sugar
- 1/2 cup (1 stick) margarine
- 1/4 cup egg whites or liquid egg substitute
- 2 cups all-purpose flour
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- 1/2 cup water at room temperature

Yields 12 cupcakes.

Each has about 225 calories, 8 grams fat, no cholesterol and 127 milligrams sodium.

Preheat oven to 350 F. Grease 12-cup muffin tin or spray with non-stick coating or line with paper muffin cups.

Place honey, brown sugar and margarine in bowl of electric mixer and mix at medium speed until creamy. Add egg whites or liquid egg substitute and mix at medium speed for 30 seconds, scraping down bowl before and after addition. Stir flour, cream of tartar, baking soda, cardamom and cinnamon together to blend well and add to honey mixture along with water.

Fill prepared muffin tins with batter about two-thirds full. Bake for 25 to 30 minutes or until lightly browned and cake tester inserted in center of cupcake comes out clean. Cool on wire rack.

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

PAGE 13A Friday, April 30, 1993 HEALTH WATCH

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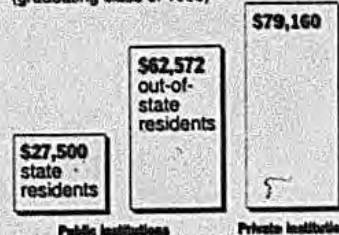
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HEALTH WATCH

Median medical-school senior owes \$50,000 in educational loans

Doctors-to-be run up high debts as they go through medical school due to the high costs for their specialized educational requirements.

Median costs for a four-year medical education (graduating class of 1995)



SOURCES: Association of American Medical Colleges; Newsweek magazine



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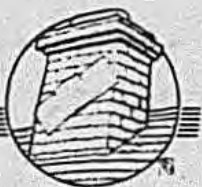
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Here's How



By Gene Gary

Q. Can you suggest a successful method of removing ball point pen markings from an upholstered sofa?

A. Here are several recommended techniques: Try a pen eraser. Soaking a stained item in milk can be very effective. It seems that there is an enzyme in milk that makes the ink turn into a liquid form that is easily washed away.

If this doesn't work, saturate the spot with hair spray or nail polish remover (test in an inconspicuous area first to be assured there is no damage to the fabric). Blot the spotted area, first with a cloth dampened with the solvent and then with a dry cloth.

Some experts recommend vege-

table shortening to rub away the pen markings or apply petroleum jelly, then soak in a detergent solution followed by soaking with clear water and absorbing the moisture by blotting with clean toweling.

There also are commercial products on the market that claim success in ball point pen ink removal.

Q. I have one electrical light fixture in my home that burns light bulbs at the rate of one every three to four months. This fixture is in the bathroom, which doesn't get much use. Other lights in the house that are used much more seem to burn a lot longer.

Is there anything I can do to fix this fixture, short of calling an

electrician?

A. It is very possible that you have purchased some inexpensive bulbs and they are causing the problem with your bathroom light. Cheaper bulbs burn out much more frequently than more expensive brands.

A long-life incandescent light bulb, although more expensive to buy, will last about 3,000 hours. For extra efficiency and even longer life, the halogen light bulb will give you about 3,500 hours. They cost nearly twice as much as the regular light bulb but will give you nearly twice the light. Halogen bulbs require special fixtures, however.

If changing to a better light bulb fails to solve the problem, then perhaps you should have the fixture checked by an electrician.

Q. Is there anything I can do to prevent steam buildup on my bathroom mirrors while showering? I am fed up with trying to shave in a fog!

A. The most effective method of preventing steam buildup is to increase ventilation. Installing an

exhaust fan, vented outdoors, will help draw off excessive vapor and moisture in the room. Even opening a window, or a door, if feasible, will help.

There are chemically treated anti-fog cloths available for use on automobile windshields and mirrors. These are available at many housewares, hardware and auto accessories stores.

There is a commercial product on the market that is a mirror that can actually be installed in your shower and the manufacturer assures that it will not fog up.

However, it must be installed electrically. One of the least expensive and best methods of combating this problem is to use your electric hair dryer when you get out of the shower. A few seconds of direct heat application on the mirror will clear away the fog.



Decor Score



By Rose Bennett Gilbert

Pattern, personal touches make room a home

Q. When my marriage broke up, I moved back into my old room at my parents' home. It has its own entrance and bath, so instead of just a bedroom, I could make it into a one-room "apartment" — if you'll help me. About all I own now is a sofa bed and a dresser. The room still has its old wall-to-wall carpeting. What else do I need (besides a mended heart)? — C.E.

A. You need what everyone needs to make a room a home: a place to sleep (your sofa bed solves that), comfortable chairs for yourself and company, a table to eat from (if you're ever entertaining), storage for your clothes and accessories. Plus one more essential ingredient: personality. Yours.

Although this may still be your parents' home, your environment can be a powerful healer, even for a broken heart. Surround yourself with colors that soothe, with fabrics that pamper, and objects that give you pleasure. In short, make this one little room a big part of your new life.

In the photo we show here, interior designer Diane A. Kovacs packs a lot of personality into a small room. Some pointers from the pro:

• Patterns and color. Kovacs keeps both clean, bright and simple, as befits a small space, but she also provides variety, striping one wall and painting the other solid. Note how she's repeated the wall-covering's stripes on the two easy chairs.

• Arrangement. In your case, I'd suggest substituting two smaller tables for the large one so they can be pulled aside when you open your sleep sofa at night. The large mirror is a smart addition to any small room: It doubles the space visually.

• Personality touches. Kovacs sets a comfortable country theme, adding a dresser full of family photographs, floral prints and such whimsical accessories as the wall-hung rake, bovine sculpture and stenciling on the door behind which she stores her firewood. There's even an old-fashioned telephone. The point: If you love it, live with it. A happy heart heals faster.

Q. I'm sewing new slipcovers for my bedroom chairs and would like your suggestions about trimming for them. The fabric is a navy-and-white houndstooth pattern. What would look good? The main colors in the bedroom are navy and emerald green — M.P.

A. Emerald green welting would be a smash! You could also consider white or navy welting for a crisp

— but more conservative — finishing touch. More conservative still: self-welting to match the fabric. More luxurious: moss fringe in any of the above colors, sewn like welting into the slipcover seams.

My best advice: Take your material to a fabric store that offers a variety of trimmings so you can "try" them before you buy them.

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



LOVELY LIVING — Mirrors, light colors and a gathering of personal possessions pack a lot of personality into a small room.



LOCAL READER

CLASSIFIED ADS sure to get results

There Is Nothing Else Like Local Classified Ads From Neighbor to Neighbor

DEADLINE
TUESDAY
12 NOON

ONE AD APPEARS IN 8 LOCAL NEWSPAPERS FOR ONLY \$12.85

- Garden City News • Call 294-8900
- Great Neck News
- Mid Island Times • Bethpage Newsgram
- Syosset Advance • Jericho News Journal
- Call 931-0012
- Williston Times • Mineola Edition
- New Hyde Park Herald Courier
- Call 746-0240

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

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

GARDENER'S HELPER NEEDED Approximately six hours weekly. Reliable hard worker. Experience preferred, but not necessary. Retiree OK. 741-6833, leave message. wap5

AIDE/COMPANION FOR Elderly Alzheimers spouse. Live in/live out. Neg. days & evenings, Sunday night - Friday. Call Michael 352-1301. gmy3

BABYSITTER WANTED P/T to care for toddler in our Garden City home. Must be reliable and responsible, able to work varied 10-20 hours per week. References required. 437-0609. gmy3

RESTAURANT COUNTER POSITIONS available P/T, F/T. Apply in person. Chic Chick, 690 Stewart Ave., Garden City. gca5

SECURITY GUARD P/T, Pleasant surroundings. Ideal for senior citizen. Evening & Weekends, all others need not apply. Day - 585-6932, evenings and weekends - 549-9094. wmy1

LEGAL SECRETARY, TOP SALARY. Full/Part Time. Established Law Office, Mineola/Garden City area. Good shorthand/typing a must. Experience not necessary. 747-1141. gca5

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

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. gcm1

COLLEGE STUDENT or energetic woman needed to care for my 4 children in my Garden City home, 2-3 days a week. Own transportation, non-smoker 739-1802. gcm2

BAKERY COUNTER PERSON Full Time. \$7 hour. Call 625-3808. hmy3

FILE CLERK, STUDENT in afternoons to work in small congenial legal office. West Hempstead. 565-4640. gca5

REAL ESTATE SALES Position - Well established Realty office serving the area for 78 years has openings available. Call R. Valentine for details. Valentine Agency. 746-7300. wjn4

YOGA INSTRUCTOR NEEDED to teach 10 year old at your home or mine. Call 741-6753. gca5

MOTHER'S HELPER for summer. 4 days including Saturday. Roslyn, Call 628-2676. Own transportation. wmy2

P/T EVENINGS, SEVERAL persons needed immediately in our Telemarketing department at our Mineola office, 5 p.m. - 9 p.m., Mon-Thurs. & Sat., 10 a.m. - 2 p.m. Guaranteed hourly rate & weekly bonuses up to \$17.50 per hour. Call Mr. Murphy, 877-7700, after 12 noon only. gmy1

R.N. FOR BUSY PEDIATRIC office, P/T, Experience preferred. 228-6560. gca5

Help Wanted

Immediate Opening
Reporters needed to cover local meetings in various areas. Some experience helpful in writing and an interest in civic affairs is needed. Compensation per meeting. Call 631-0012.

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

HOUSECLEANING, OWN Transportation, experienced, references. Avail. every day. Call 873-9625, Karla. gcm2

HOUSECLEANING AVAILABLE. Have good references & experience & own transportation. 294-5916. gcm2

YOU NEED A BABYSITTER. I'm available any time. Own transportation, good reference with a lot of experience. Please call Anna at 935-4959. gmy3

NURSE'S AIDE - HONEST, responsible, hard-working, experienced. References, any time, day or night. 292-7527. gcm2

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 wmy3

WILL BABYSIT YOUR CHILD in my New Hyde Park home. Monday thru Friday. References. 746-7773. wmy2

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

IRISH WOMAN SEEKS Nurse's Aide/companion position to care for elderly nights or evenings. Excellent references. Good experience. Call Eileen. 352-3121. gcm2

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. hA4

Situation Wanted

LET YOUR CHILD Shine: F/T day care in my New Hyde Park home. Individual attention, educational environment, lots of TLC. Meals/snacks. References. Call Lillian - 516-352-8376. 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

LPN WITH OVER 4 YEARS Experience in home care is available for anybody who needs his services. Monday-Saturday, day and night. If you need such a service, contact Benson Mpama. 481-6151, or 242-0422. gcm2

NEED HELP WITH YOUR birthday, wedding, graduation or shower parties? Very reliable woman will help you serve your guests while you relax at very reasonable rates, then leave your house sparkling clean. Call 292-3913, 565-0959 gcm2

CHILD CARE: RELIABLE Nanny with experience, excellent references, own transportation. Would like to work teachers schedule starting in September. Call Margaret after 5 p.m. 437-1930 gcm2

EXPERIENCED NURSE'S AIDE or companion aide with reference, own transportation. F/T position. 565-9142 or 678-7094. gmy3

SENIOR ASSISTANCE AVAILABLE AM & PM. Own transportation. Excellent and numerous references. Call after 6 p.m. 997-9521. wmy3

PAINTING, WALLPAPERING, carpentry, decks, basement renovation, all types of handwork. No job too big or too small. 742-1615. gcm1

HOUSECLEANER - EXPERIENCE, Excellent references non-smoker, own transportation. Available to clean or iron. Tues. mornings \$50. 742-1615. gcm1

HOUSECLEANING AVAILABLE Days. Honest with own transportation. Good references. Please call 483-4721. Ask for Miriam. gcm1

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. gcm4

AIDE OR COMPANION mature, reliable, honest, loves working with elderly. Five days. Live-in. 485-6276. wap5

IRISH WOMAN AVAILABLE to take care of your sick, bedridden or elderly. Please call 741-8619. wmy1

RESPONSIBLE, EXPERIENCED Caring mother of 3, loving, well behaved school age boys, will care for your child in my Garden City home P/T. Mon-Fri. References available. 294-6971. gmy3

HOUSEKEEPER AND CHILD Care. Live out. English speaking. 2 years experience, good reference. Call 489-4503. Leave message. gcm3

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

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

MINEOLA MOTHER WILL GIVE TLC to your child in my Mineola home. Non-smoker, excellent references, P/T or F/T. 742-7830. wmy3

SINGLE PARENT MOM WITH children college bound, available to babysit AM & PM. Own transportation, excellent & numerous references. Call after 6 p.m. 997-9521. wmy3

HOUSEKEEPER AVAILABLE to clean your house, mornings or afternoons. Good reference. Call Margarita every day after 4 p.m., 486-2047. gmy3

Situation Wanted

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

HONEST, RELIABLE, CERTIFIED home attendant seeks job taking care of elderly. Call 718-657-5768. wmy3

MATURE WOMAN SEEKS job as companion for elderly 3 days a week. Monday, Wednesday, Friday, reasonable. Call Mary at 248-0681. gca5

POLISH LADY LOOKING FOR House Cleaning &/or Ironing. Good references and experience. Call 489-8006. gmy3

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

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

GARDEN CITY CONTEMP. Bright & spacious 3 BRS, 3 Bths., study/TV RM., & garage on ground level, finished basement, underground sprinkler system etc. Reduced asking price to \$352,000 by owner. 437-7934. gcm3

GARDEN CITY PARK-MAINTENANCE FREE Colonial. 3 BR. 1 1/2 baths. Anderson windows, new gas heat, deck, New Hyde Park Schools, \$179,990. Call Brenda at Patricia Rummel R.E. 746-5320 WAp5

GARDEN CITY BORDER/WEST Hempstead. Absolutely mint. LR/FPL, DR, EIK, 3 BRS, 2 baths, patio, porch, 40x100. \$179,000. Principals only 483-4922 gcmY3

GARDEN CITY IMMACULATE Split. Excellent family/park location. Beautiful LR with cathedral ceiling & FPL, DR, large new EIK, 3 BRS, 2 baths, den/family room, finished basement, 2 car, low taxes. Many Extras. Landscaped gardens 70x100. Reduced to \$349K (neg) Owner 747-6386. gcmY3

GREENPORT - STERLING EASTERN Shores, 7-year old Colonial. Excellent condition. 4 BRs, 2 baths, large kitchen, den w/fpl, basement, garage, deck, shed. Walk to private beach. Reduced for quick sale - \$198,000. Owner 731-2241 hMy3

CHARMING 3 BR ENGLISH TUDOR, Garden City. 1 1/2 Bths., new EIK, LR, DR, All new heating, gas burner, new stucco. 60 x 100. Asking \$270,000. Also for rent \$1,800 monthly. 325-2273 GCMY3

Real Estate for Sale

CUTCHOGUE WATERFRONT EXCLUSIVE. Adorable 2 BR, 1 bath year round cottage with LR/Stone fireplace, family room area, basement and garage set on spectacular Stillwater Ave. creekfront site. Fully bulkheaded ideal for boating and swimming! \$199,000.

Jamesport Bayfront Exclusive - Meticulous 3 BR, 1 1/2 bath Cape with one of the North Fork's finest beaches! LR/fireplace, family room, kitchenette, basement and oversized two plus car garage. Superb value! \$439,900. Celtic Realty, Mattituck. Offering you over 3000 listings from Calverton to Orient Point! 298-8000 gcmY1

SKI WINDHAM, N.Y. ON the mountain. No more parking lot hassles. Steps to lift. 3BRs, 1 1/2Bs Condo, fully furnished, Fpl in LR. Sleeps 10-12 comfortably. By owner \$110,000. 747-3729. gcm1

STEWART MANOR DUPLEX Move in condition. 3BRs, 1 1/2Bs, LR/Fpl, FDR, EIK, TV room, finished basement, deck. Walk to all. Principals only. Owner. 326-7847. \$189,000 gcm1

GARDEN CITY MINT THROUGHOUT 3 BR Colonial, 1 1/2Bs, LR/fpl, DR, Pam. Rm., EIK, partially finished basement, patio, attached garage, many extras. Reduced \$339,000. Principals only. No brokers. 747-3604. gcm1

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. Red. \$515,000. 741-7378. gca5

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. gcm2

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, OXFORD BLVD. Colonial 5 BRS, 4 1/2 Bths., LR/Fpl, FDR, Den, Hugh Mod. EIK, Full Bemt., atch. garage, 1/2 acre. Asking \$795,000. Flexible owner fin. to fit your needs. 248-2450. gcm1

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. gcm1

Real Estate for Sale

MINEOLA/WHEATLEY SCHOOLS. Expanded Cape for sale. Move-in condition. 4 BRS., 2 Bths. carpeted, finished bemt., detached gar. closets galore. 50x100. Low taxes. Low \$200's. No fee. 746-3141.wmy3

GARDEN CITY VICTORIAN Colonial. 5 BRS, 4 Bths, near transportation. Partially restored. Potential with TLC. Reduced \$75,000. Now \$279,000. 747-6420. gcm2

GARDEN CITY ESTATES Ranch, 3BRs, 1 1/2 Baths, FDR, LR/Fpl, EIK, CAC, partially finished basement. OHW heat, inground sprinkler system. Principals only. 741-3663. gca5

SOUTHOLD - CASUAL COUNTRY elegance in this custom 3 BR, 2 baths home. Designer kitchen, 2 fpls great room, deck, artist's studio, tremendous views and a dock too... \$399,000

Cutchogue - Waterview, one story, 3 BR's new kitchen, LR w/ wood stove, screened porch, deeded water rights... \$149,000

Cutchogue, Waterview Cape - 4/5 BRS, 2 baths, LR w/fpl, formal DR, EIK, water rights... \$189,000

Southold Sound front. Secluded, treed acre+, choice location, asking... \$370,000

GARDEN CITY ESTATES Mint Colonial 4 BRS, 2 1/2 baths. Magnificent Master BR/bath suite. LR/FPL, FDR, den, EIK, with super 20x20 family room, deep plot. Walk RR. Low taxes. Professional office OK. Detached 2 car with loft. Move in condition. Must see to appreciate. On the prestigious, tree lined Nassau Blvd. Reduced to sell \$439,000 Principals only. 742-1316. gcmY3

GARDEN CITY ESTATES Section Georgetown CH Brick Colonial in prime location. 3/4 BRS, 3 Bths, 2 car gar. Must see. By owner \$469,000. 741-3656. GCMY3

GARDEN CITY - BY OWNER Center hall Ranch, 3 BRS, 2 Bths, New EIK, Garage, roof terrace, CAC, inground sprinkler. \$322,000. Call 248-5404 GCMY3

MATTITUCK 5,000 Sq. Ft. of luxurious living space is offered in this superb stone & cedar home situated on 1.5 acre, beautifully wooded parcel off private road near L.I. Sound. Massive LR with dual Fpl, lg FDR, tremendous den, ultra ultra mod. completely equipped kitchen, plenty of oak cabinets. 5 BRS, 3 1/2 Bths. additional unfinished space for 2 more BRS, 5 appliances, CAC, Bemt., 2 car gar., deck Red. \$300,000 to \$363,000. See Soon! Book-miller Real Estate. 722-4423. gca5

SOUTHOLD SOUND FRONT. Secluded, treed acre+, choice location, asking... \$370,000

GARDEN CITY CONTEMP. Bright & spacious 3 BRS, 3 Bths., study/TV RM., & garage on ground level, finished basement, underground sprinkler system etc. Reduced asking price to \$352,000 by owner. 437-7934. gcm3

Real Estate for Sale

ESTATES SECTION 2,000 Sq. Ft. move in condition Cape, 4BR, 2 BTH, EIK, LR, AC, all ultra modern & updated, low heating cost, low taxes, many extras make it a warm convenient home. Walk to RR, park & schools, priced for an excellent value \$314,500. Owner/Agent 873-8654 gcm2

GARDEN CITY: MINT, brick Split on prestigious Hampton Road. 7 large rooms, 2 baths, new bath & large den. 1 1/2 attached garage. On 1/4 acre. Professionally landscaped grounds. Very suitable for professional. Broker/Owner. Motivated, asking \$478,990. 599-0707 or 747-2078. wmy2

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 COLONIAL, 3BRs, 2 1/2Bs, LR/Fpl, DR, Large EIK, plastered walls, Den, Fin. bemt. Garage, Screened Porch. Principals only. Asking \$329K. 747-8719. gcm2

SOUTHOLD EXCLUSIVE - RARE opportunity to buy a charming Nineteenth Century Farmhouse. Main road location, country kitchen, 3 BRs, low taxes. Worth seeing. \$137,000

Cutchogue Waterview & walk to private bay beach. Great room/fpl, 2 BR plus loft. Asking \$159,000.

Southold Waterview. The glorious bay views & private beach make this 3 BR, 3 Bth Ranch a very desirable buy. A most unique offering at \$279,000.

Orient Soundfront - Striking Contemp on 1 plus acre with 150' of beach on low bluff. 3 BRs, 2 baths, decks & IGP. To settle estate. \$525,000. Marion King Realty. 734-5657. gca5

PT. LOOKOUT NEW exclusives, Prestigious Investment Properties 45 minutes to New York City. Mint Beach House, 1 Car Garage \$223K

40' On Reynolds Channel w/bldgs \$298K

Quality Cedar/Stone Contemp. \$339K

Spacious 4 BR Home, 2 Lg. lots \$339K

Rare Mineola Ave., 4BR Home. \$375K

Stately Home, 2 Car Gar., 3 lots \$425K

Villa, Furn., pool, many amenities. \$575K

Hug Real Estate 431-8000 gcmY1

SOUTHAMPTON WATERVIEW - RURAL Charm & Privacy. 4BR Contemp., Decks, Pool, Jacuzzi. Walk to Bay. Reduced to \$350,000. 287-2843. gcm2

SOUTHOLD WATERFRONT HOME 100 feet with deep water dock. Completely modern & newly decorated 3 double BRS, 2 full Bths., Fin. Rm/Fpl, oversized screened deck overlooking inground pool. Location! Location! Location! 741-2832. gcmY1

Real Estate for Sale

CATHEDRAL GARDENS BRICK Colonial, 3BRS, 2 1/2 Baths, 70x125 corner property. \$210K. Owner. 538-2082. gcmY3

GARDEN CITY SOUTH - Mint Maintenance Free, 3/4 BRs, Office, Den, Fin. Bemt. with separate entrance. Redone Kitchen with tile floor, LR/Fpl. Walk to RR. Low Taxes. \$255,000. 292-2112. gcm2

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

CUTCHOGUE CHARMING YEAR Round Ranch, wooded 1/2 acre on way to Nassau Point bay community. Walk to beach, deeded mooring rights. LR/fpl, DR, EIK, 2/3 BRs. Owner \$165,000. (718) 454-8134. gcmY3

RIDGE, LEISURE GLEN, Beautiful Greenport Model. 2 BR, 2 Bath. Many extras. \$210,000. 744-0915. gcmY3

GARDEN CITY EX-CLUSIVES - Western Brick & Stone wildlife Cape. LR/stone fpl, DR, 4 BRs, 2 baths, EIK. \$379,000

Mint Ranch 3 BRs, 2 1/2 baths, mod. EIK, family rm. deep prop. \$349,000

New Listing - Estates Fabulous updated Contemp 4 BRs, 3 1/2 baths, large modern EIK, family room, 2 car, oversized prop. Desirable location. \$400's.

Estates CH Brick Colonial thoroughly modernized. 4 BRs, 2 1/2 baths, family room/fpl, CAC, 2 car. Unbelievable. \$500's.

Magnificent CH Estates Colonial. 5 BRs, 3 1/2 baths, super mod EIK/great room, family vac, 3 FPLs, CAC, central vac, 2 car. Absolutely priceless. \$900's.

*****Garden City South Mint** Contemp. 3 BRS, 3 1/2 baths, family room, CAC, \$200's. Vera Atamian 354-1994. gca5

ENGLISH TUDOR - GARDEN City Estates. Split layout, LR/Fpl, DR w/built-ins, EIK for 2, 3-4 BRS, 1 1/2 Bths, Fin. Bemt., 1 car gar. screened porch, nice yard, excellent closets/storage; easy maintenance; 40x100' plot. Top locations; near schools, trains, stores. Owner anxious for quick sale. Make offer! Asking \$330,000. Principals only. Call now! 747-4572 GCMY3

CHARMING 3 BR ENGLISH TUDOR, Garden City. 1 1/2 Bths., new EIK, LR, DR, All new heating, gas burner, new stucco. 60x100. Asking \$270,000. Also for rent \$1,800 monthly. 325-2273. gcmY2

GARDEN CITY - BY OWNER. Center hall Ranch, 3 BRS, 2 Bths., New EIK, Garage, roof terrace, CAC, inground sprinkler. \$323,000. Call 248-5404. gcmY2

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. gcm1

Real Estate For Sale

GARDEN CITY COLONIAL 3 BR, 1 1/2 Bths., LR/Fpl, DR, EIK, Fin. Bsmt., Screened Porch, professionally landscaped. Low taxes. \$345,000. Principals only. 741-9262. gcm2

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 (312) 473-0526. gcm2

SOUTHOLD WATERFRONT EXCLUSIVE. Stunning contemporary with breathtaking views. Large LR/Dining area for entertaining. Designer kitchen, master BR suite w/bath & drawing room. 3 BRs, 1 1/2 baths, decks. Secluded. An exceptional home with understated elegance. \$665,000. Cutchogus - First Offering. Light & airy, 3 BRs, 2 bath contemporary, LR/dining area. Family room w/fpl. Large deck, water rights. \$220,000. Cutchogus - 1 acre lot near beach. \$50,000. Mattituck - 1/2 acre near Sound. \$75,000. Cutchogus - 1 acre, exclusive community. \$110,000; Terms. Please call for our brochure. Marlyn Lang Realty. 734-6472, 734-6690. gca5

FLORAL PARK CREST - Legal 2 family 2 BR apartment upstairs w/EIK & large LR, 2 BR apt. on main floor with FDR, Large EIK, family room, finished basement with separate entrance, 2 car garage, 60 x 100. \$229,000 437-7372. Principals only. gcmY3

SOUTHOLD, MINT CUSTOM Ranch home features LR/FPL, family room, EIK, Master BR suite plus 2 BRs & bath, large deck, 2 plus car garage. Great value. \$179,000. Cutchogus Waterfront Contemp. - designed for privacy. LR/fpl & cathedral ceiling. FDR, 3 BRs, 3 baths, deck, boat dock, panoramic views. \$349,900. Nassau Point Bayfront - mini estate, large Colonial home features forever views with sandy beach. \$885,000. Mattituck - Like New spacious Ranch home. LR, family rm/fpl, 2 plus car garage, 2 acres. To settle estate. \$215,000 Southold Waterfront in prestigious location. 3 BRs, 2 1/2 baths, LR/fpl, den/fpl, FDR, CAC, professionally landscaped \$460,000. Lewis Realty 765-5810, 298-4600, 734-5533.

GARDEN CITY ESTATES Tudor - 3BRs, 2 1/2 Bns, Den, Large LR/Fpl, DR, EIK, baseboard heat gas/hot water, 2 car garage, new thermo windows, new driveway. \$329,000. Owner 294-6214. gcm2

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 Bns, move-in condition, skylights, new carpeting and tiles, full basement, CAC. \$170,000, by owner, 468-3287. Neg. gcm2

Real Estate For Sale

SOUTHOLD/GREENPORT NEW Homes at August Acres. Capes, Colonials, Ranches on wooded 1 acre lot w/private beach rights from \$188,000. Open 10-5 except Tues & Wed. Call for details 477-0500 gca5

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. gcmY3

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

GARDEN CITY MINT 1BR, Co-Op, second floor, separate entrance, walk to RR and stores. Asking \$85,900. Owner, 294-7496. gca5

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 CHERRY VALLEY Co-Op. Spacious 1BR, new EIK, Prime location. Walk to RR and stores. Maint. 80% deductible. Principals only. 742-6843. Must see. Mint Cond. \$82,000. gca4

1 BR CHERRY VALLEY Co-Op, totally renovated, storage space, CAC, full amenities, must see. Will take any reasonable offer. Mid \$40's. Owner anxious. 248-5347. gcmY3

MINEOLA, GARDEN PLAZA Large 2 BR, beautifully renovated. Ideal location. Walk to RR, shops hospital. Only \$115,000. 294-1330. gcm1

MINEOLA/GARDEN CITY BORDER - Oversized modern large studio, separate kitchen/dishwasher, carpeted, A/C, washer/dryer. Walk to RR & Shopping, Corpus Christie. Low maintenance, parking. \$61,900 Owner 594-1406. gcmY3

GARDEN CITY CO-OP Sunny 2 BR, Second Floor, 1 Block LRR and all shopping, refinished floors. \$116,000. Leave message. 873-9469. gcmY3

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. 741-6210. gcm4

MINEOLA, KING SIZE, Luxurious 2 1/2 Rms., ultra mod. mirrored wall, A/C, carpeted, 26' LR, Walk-in-closet, newly decorated, dishwasher, elegant lobby. Vacant. Walk to RR, Hospital. Maintenance \$385. Asking \$64,900. Owner financing if qualified. Stan Hirsch Realty. 292-9840 gcmY2

Co-Op For Sale

GARDEN CITY - HEMPSTEAD. The Mulford. Must sell, transferred. Large 1BR, EIK, oak floors, high ceilings. Lots of closets. Walk to LIRR. \$39,000. 292-0483. gcm2

CATHEDRAL GARDENS - HEMPSTEAD. Spacious 1BR Co-Op, southern exposure. Completely renovated. Maintenance 79% deductible. \$52K, neg. 638-9464 gcm2

ATRIUM PLAZA 1BR, 1 bath Duplex, EIK, 1 gar Rent/Buy CARLISLE HOUSE 2BR, 2 new baths & kit + Gar \$275,000 CHERRY VALLEY 2BR, 1 bath, LR, EIK, CAC \$89,000 2BR, new bath \$115,000 MINEOLA'S HARRISON HOUSE 1 BR, 1 bath, CAC, Indry, 10' ceiling \$129,000 2 BR, 1 bath, CAC, Indry, 1 gar \$129,000 MINEOLA "Horton House" 1 BR, 1 new bath Walk all \$70's MULFORD PLACE LR/FPL, DR, Den, 1 BR, 1 bath corner \$85,000 STEWART FRANKLIN 2 BR, 1 bath, LR/FPL, DR, EIK, Rent or \$129,000 LR/FPL, DR, EIK, 3 BR, 2 bath rent or \$225,000 Mint 3 BR, 2 bath, LR/FRL, DR, EIK \$250,000 STEWART HOUSE LG STUDIO in Top Building \$79,900 2 BR, 2 bath common charges \$650 \$99,000 Douglal Fraser Real Estate 248-6655 gca5

CHERRY VALLEY CO-OP, FIRST FLOOR, 1 BR, 1 bath. Walk RR/stores. \$68,500 Hubbell & Klapper 747-2900 gca5

GARDEN CITY 7th Street, 2 BR apt, large rooms, EIK, bright & sunny, new wall to wall, A/C in each room. Walk to RR & shops \$120,000. Must sell. Owner 294-3244 gcmY3

EAST 58th STREET CO-OP \$81K, Spacious, bright, alcove studio, 24 hour doorman. CAC. Owner (516) 746-5194. Or Rent. gcm2

Co-Op For Rent

MANHATTAN, MID-TOWN APT. 3 1/2 Rooms 324 E. 50th Bet. 1st & 2nd, Apt. 2B. Pre-war building. \$1200/mo. 747-0018 or 294-3960. gcmY3

Open HOUSE

GARDEN CITY, SUN., 2-4 PM, 78 Kensington Rd. Prime Estates Center Hall Dutch Colonial. Drastically reduced for immediate sale. Completely renovated in and out. A Must See Magnificent and Spacious interior with true character and workmanship of a bygone era. Boasts parquet oak floors, chair rails and French doors. 3/4 Bedrooms, 2 new full Baths, new oak EIK all amenities, many extras. Taxes \$5,397. Must sell. \$515K. 741-7378. No reasonable offer refused. gca5

OPEN HOUSE

MINEOLA CO-OP, LINCOLN Arms, May 1 and 2, from 11 a.m. to 4 p.m. Extra large, sunny 1BR Apt., top floor, 1 1/2 baths, large closets, new kitchen, near LIRR, courts & hospital. Asking price \$80,000. Day 663-2579, evenings 742-3599. wap5

WILLISTON PARK: 70 EXETER St. Sunday, May 2, from 11 to 5. Legal two family, expanded Cape, 2BRs up, 3BRs down. Park like grounds. Owner-principals only - 741-9263. Must see! Hurry. First showing. \$249,000. wap5

Real Estate For Rent

FRANKLIN SQUARE 3 ROOM apartment, \$650 a month includes utilities. No pets. Single person only. 354-1456. 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 BRs, 2 bths, modern EIK, large LR/Fpl, den, A/C, washer/dryer, large backyard. Near RR. \$1,800 a month. (212) 206-1317. gca5

ROCKVILLE CENTRE - 2BR, large LR, large Kitchen, near RR & shopping. \$950. 763-5350. gcmY3

FIRST STREET VICINITY 4 Room Apartment. All new: stove, refrigerator, washer/dryer, wall to wall. Mint condition, private entrance, thermostat. One person only. No pets. \$650 all. 481-2884. gcm2

GARDEN CITY, SEVENTH ST. 2BR Apartment, large rooms, EIK, bright and sunny, new wall to wall, A/C in each room. Walk to RR and shops. \$1,150. No fee. 294-3244. gcm2

BELLEROSE 1 BR APT., LR, EIK, W/W carpet, newly painted, full bath, near RR, bus & stores \$600 per month. (718) 347-4000, (516) 292-0302. gcm2

HOUSE FOR RENT: Wheatley Schools/Mineola. 4 BRs, 2 baths, LR, DR, carpeted. Closets galore. Huge fin. bsmt/playroom. No fee. \$1350 per month. Call owner. 746-3141. wmy2

STOREFRONT FOR LEASE - Mint condition. Available Spring, 1993. Willis Avenue Between Fordham & Harvard Sts. Perfect for retail store or professional office. 2100 sq. ft. \$1,300 per month. No fee. Contact owner 746-3141. WMY3

ALBERTSON: COMPLETELY RENOVATED 2 BR Cape, 1 1/2 baths, LR, DR, Bsmt, garage & yard. Herricks School District. Near all. Available June 1st. \$1,300 by owner. 747-6962/746-8023 WMY3

Real Estate For Rent

STUDIO APARTMENT Fireplace, Bethpage. Single person, non-smoker. Bright and airy, ground level, private entrance, use of yard, parking. New appliances, EIK, Bath. \$600/month 433-7291 hmy2

GARDEN CITY LOVELY quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References 748-0018. gca5

WEST HEMPSTEAD - PRIME President's area. Attractively furnished apartment. Bring outdoors inside! Newly renovated 3 room, kitchen, 1 BR, LR w/skylights, deck with sliding glass doors overlooking tall pine trees. White wall to wall, A/C, cable. Near Southern State Pkwy, 15 minutes JFK. Owner \$895 includes all. 292-0582 gcmY3

GARDEN CITY EXCLUSIVE, Brick & Stone wide-line Cape. LR/PL, full DR, 4 BRs, 2 baths, EIK, 1 year lease. \$2,300. Vera Atamian 354-1994 gca5

FLORAL PARK/BRICK attached 2 BR, 1 1/2 baths, LR, DR, mod kit, washer/dryer, garage, yard. No pets. \$1,000. Principals only. 326-2359. gcmY3

EAST MEADOW: 1 BR, Apt. small EIK, full bath, brand new. Non-smoker. Female preferred. June 1st occupancy. \$575. 579-8489. Leave message. WMY3

GARDEN CITY-HEMPSTEAD 1 BR Apartment for rent. EIK, LR, full bath, dishwasher, garage. Convenient location, walk to all, newly decorated. \$750/mo. 564-9687. gca5

BETHPAGE APARTMENT - 1 BR, Kitchen/LR combo, large bath, private entrance, bright & airy. Utilities included. 931-6090. hAp4

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. Bsmt. storage with laundry facility (new washer/dryer) Great location, off street parking. Available June 1. \$1,095 plus utilit. 746-6860. gcm1

NEW HYDE PARK - 3 1/2 bright, large rooms, 2 family nose, private entrance, appliances, heat, hot water, full bath. Quiet, residential area. Walk to RR, buses, stores. Professional, non-smoker. References. lease. 488-4815. gca5

ROOMMATE WANTED TO share large 2 BR Apt in downtown Garden City. Walk to stores, LIRR. Professional woman only. \$625. Call 747-4765 evenings. gcm2

FURNISHED ROOM FOR rent. Garden City, nice area. Female student, non-smoker preferred. \$85/week. 741-4865. gcm3

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

WILLISTON PARK Apt. to rent. 51 Harvard St. 2 BRS, EIK, LR, full bath, gas incl. \$850. Working couple preferred. See Apt. all day Sat. & Sun. Please call (516) 746-4757 or (718) 3816287. wM1

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

GARDEN CITY CHARMING Contemp. 3 BRs. 1 full, 2 half baths. New EIK, LR, DR, Den. Patio. Walk-in cedar closet, dark room, washer/dryer. Attic & basement storage. A.C. No pets. Owner. \$2,250. 747-4919. gcm1

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 eves & weekends. gcm2

WILLISTON PARK GREAT 3 rooms plus large bath. Free utilities \$725. 742-5403. gcm2

Vacation Rental

SOUTHAMPTON, 4 ER's, 2 1/2 Baths, pool, walk to Village, near ocean beach. Families only. July/August. \$8000/month. 283-2434. gcm3

SHAWNEE, PA. - 9 BR Riverside Inn on ten acres. Beautifully appointed with 80' screened porch. Scenic location. Active vacation area bordering National Park. Household needs supplied. Weekend or longer. Weekend \$800. 248-4963. gcm3

MYRTLE BEACH, S.C., Ramada Ocean Forest Plaza Hotel. 3 Room Condo, fully equipped, overlooking ocean. 10 pools. \$400 weekly in May. Summer rent on request. 935-4614. hap4

SOUTHOLD WATER-FRONT, 3 BRs, 1 1/2 Bath Ranch, Deck, 1/4 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. gcm3

GREENPORT CONDO - BAY, pool, tennis, boat slip. Bright, cheerful, great views. Upper 2 BRs (queen plus 2 twins) 2 Baths, A.C., Fpl, Piano. Large private deck, newly painted. July 2 - Sept. 2, \$6,600 plus utilities. 477-2642 (res.), 765-1844 (bus.). gcm3

SHELTER ISLAND MODERN Ranch, 1 acre water-view, 3 BRs, 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

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 294-8132. 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

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 466-8120. gcm3

LOCUST LAKES, POCONOS. New home in family recreation village. 3 BRS + loft, 2 baths, FPL, large screened porch. Close to lakes \$625. per week. (717)824-7630. gcm2

FLORIDA, MARCO ISLAND Condo, 2 BRS, 2 baths, pool, steps to Gulf beach. Available weekly/monthly. Seasonal rates. (718)352-5798. hmy2

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. gcm2

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 776-5943 or 723-0312. hmy1

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. Gardiner included. 328-7406 after 4 p.m. gcm1

SOUTHOLD COUNTRY HOME, 3 BRS, fully equipped, lg. screened porch. Walk to Priv. Beach. Washer/Dryer, cable, immaculate. By season or monthly. May, June, Sept. \$1,300 monthly. July or August \$2,000 monthly. 334-0196. gcm2

MATTITUCK LOVELY SMALL Colonial cottage, Fpl, heat, furnished & equipped. Suitable for couple. Private bay beach. July to October \$5,500. Wingate 477-2642. gcm2

Vacation Rental

SOUTHAMPTON SPA-CIOUS & MINT contemporary on two private acres. 3 BR w/separate master suite. Huge cathedral LR/DR, 2 1/2 Bths., patio and terrace. Modern Euro kitchen. Alarmed and cable ready. All appliances. Five minute walk to beautiful Peconic Bay beach. August to Labor Day, \$4,300 + security and utilities. Owner 746-4314. gcm1

POCONOS 3 BR RANCH in Lake Community. Swimming, tennis & vacation activities. House spotless, washer/dryer, microwave, 2 decks, FPL. Walk to lake, horseback riding, quality restaurants & shops nearby. \$350 a week. 379-8447. gcm2

Real Estate Wanted

MINEOLA FAMILY LOOK-ING For North Fork rental. Walk to Peconic Bay. 7/5 to 7/11. \$450. 741-4369. wmy2

MATURE, IMMACULATE couple presently living in Florida desire a furnished summer rental, starting the first week of July, in order to be near their children. 567-4327. gcm2

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

APARTMENT OR HOUSE wanted to rent July and/or August. Middle age couple, non-smoker, no children, very neat. Northeast side of Garden City preferred. Days/Evenings 294-7343. gcm3

RESPONSIBLE PROFESSIONAL MATURE business woman seeks bright, 1 or 2 BR apt. in Garden City. Immaculate, non-smoker, no children. 248-0750. gca5

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 low \$300's. Can be handymans special. 561-3824. gcm1

For Sale

MAHOGANY DROP LEAF TABLE seats 12, \$150. Maple secretary, \$100. Woodward wrought iron furniture, 8 pieces, \$350. All excellent condition. 747-8719. gcm2

BABY JOGGER FOR SALE (Run-about). Excellent condition. Holds child up to 50 lbs. Covered wheels, light weight. Great for everyday use. \$165. 248-8563. gcm3

LIVING ROOM COUCH, 2 piece sectional, 6 feet each, mauve print upholstery. As is \$250. 741-3156. gcm1

For Sale

QUEEN SIZE SOFA bed, Italian leather taupe color, mattress like new. Originally \$1,100. Call after 5 p.m. 742-5195. gca5

BAHAMA CRUISE - 5 DAYS/4 nights, Underbooked! Must Sell! \$279/Couple. Limited Tickets. (407) 767-8100, ext. 729, Mon-Sat. 9 a.m.-9 p.m. hap4

18' ROUND POOL. IN-CLUDES filter, cover, stairs, plus much more. Best Offer. 939-0451. Please leave message. hap4

TRADITIONAL DINING ROOM, Fruitwood, 44" x 68" table, 3 leaves, 72" breakfast, 6 highback chairs. \$1,600. 248-0750. gca5

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

MOVING - OVAL TABLE with 4 or 6 chairs, \$250; living room sofa, chair, table with 2 lamps, \$300; 6 Drawer bureau with mirror, \$80; twin bed, \$25; 2 desks, \$20 & \$10; table \$5. Call after 6 p.m., or leave message. 355-0610. gcm3

STUNNING ORIGINAL CHRISTIAN DIOR plum-colored, full flowing, full length broadtail fur coat w/fox trim. Cost \$10K. Must be seen. Sacrifice. 646-0828. gcm3

HEAVY DUTY ALUMINUM extension ladder, 36 feet fully extended \$100, handmower \$25, spreader \$10, or \$120 for all. 747-3015. gcm2

CASTRO CONVERTIBLE, twin size. Innerspring mattress, perfect condition. Seldom used. New \$800. asking \$250. Call 747-6870. wmy2

MOVING SALE: Like new aluminum outdoor patio set - includes 54" octagonal table with umbrella, lounge and six matching chairs, all with cushions. \$700. Brand new-never used - 66" love seat tuft-backed, rolled arms, pinks and wines in off white. \$500. 746-6909 after 4:30. wmy2

BEAUTIFUL BLUE FLORAL SOFA BED, good quality, like new. \$475. Call 352-7487. wmy2

DINING ROOM, CONTEMP. solid oak table with leaf, 6 chairs, lighted curio, server, custom table pads. Mint condition. 746-4109. gcm1

HI RISER, CHICCO Double stroller, large carriage, single stroller, rockaroo, tricycle, sassy seat, car seat, car booster seat, bed rail & more. Call 873-0925. gcm1

For Sale

GASOLINE POWERED GENERATOR, new electric range, dining room table, Smith Corona electric typewriter, 2 computer tables, kitchen chairs & other items. 741-1098 afternoons or evenings. gcm2

PORTABLE DOG KENNEL W/door, 14' x 24' x 4' high, chain link. Call after 6 p.m. \$200 747-6798. gcm1

OUTDOOR SWING SET and 2 scooters for sale. Good condition. Best offer. Call evenings. 326-8809. gcm1

GARDEN CITY, MOVING, House clearance, washer/dryer, twin maple bed & foot board, king size cherry headboard, king size water bed mattress, old records. No toys. 873-9720. gcm3

ALMOST NEW OFFICE Furniture. Conference room table + 6 chairs. 3 Metal desks w/wood tops, two wood tables/chairs, wooden wall units, electric typewriter, plan tables & chairs. Must see. Call 487-3636, 9 a.m.-5 p.m. hap4

TWO LOVE SEATS, DARK Gray/Purple. \$150. Refrigerator & 30" electric stove, avocado green, \$150 for both. 486-0199, 488-7330. gcm2

OAK OVAL DINING TABLE with 4 high back armchairs \$450. Oak antique china cabinet, glass doors. \$300. Both in excellent condition. Exercise bicycle \$40. 334-5315. gcm2

1966 ROCKOLA JUKE BOX 80 plays, good condition. \$750 firm. 488-7330. gcm2

FRENCH STYLE FAUX fireplace with andirons, 2 barrel style, upholstered chairs, silver striped. White formica wardrobe, 6' H x 3' D. Other furnishings. All reasonable. Cathedral Gardens home. 483-9116. gca5

FREE POOL PLUS Equipment. You dismantle. 4 years old, 21 foot round. New filter \$300. 536-2668. gcm1

GORHAM STERLING FLATWARE, 40 pieces, "Camellia" pattern with "S" monogram. Mint condition. \$750. Call 352-9025. gcm2

Car For Sale

1987 HYUNDAI EXCEL, 4-door, automatic transmission, power steering, A.C., stereo, sun roof, 37,000 miles, recent tune-up. Original owner. \$2,750. 935-2923. hmy2

1987 TOYOTA COROLLA. Automatic, A/C. Perfect condition. \$4,500. 741-1096. wM1

1981 DATSUN 210, 4 DOOR, A/C, 80,000 miles. Excellent running condition. Some body rust. \$600. Evenings 742-8037. gcm2

1986 MUSTANG - LX - RED. Auto, A/C, AM-FM, Cruise. Looks and runs excellent. \$1,950. 746-4680. wmy3

Car For Sale

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

1983 CHEV. VAN, GOOD condition. Must sell. 746-6893. Leave message. gCA5

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

'87 NISSAN SENTRA 2 door, 5 speed, A/C, AM/FM stereo cassette, new clutch, new exhaust, new tires. Excellent running. 72,000 original miles. \$2,300 or best offer. 741-3513. gCA5

1984 BUICK LE SABRE Limited, fully loaded. Has many new parts, garage kept. 59,000 miles, asking \$2,850. 488-2328. wmy3

'87 HONDA ACCORD, LX - 4 DR, Auto, Alarm A/C, P/W, P/L, P/Ant, AM-FM cassette, 46 K, \$5,900. 747-5709 after 6. wmy3

'89 NISSAN 240SX coupe. Fully loaded. Excellent condition, 27K miles. Must sell. Best offer. 352-5369. gCM2

1982 CHEVY C 10 DELIVERY Truck, low mileage, good running condition. \$1,000. Eves. 742-8037. gcm2

1978 MERCEDES 280 SEL. Classic Beauty. Mint Condition. \$3,500. 747-8759, leave message. gcm1

1989 BUICK CENTURY Automatic, A/C loaded, 39K. Excellent in & out, garaged. Original owner. Oil change every 3,000 miles. Ask \$6,400. 294-9249. gcm3

1987 VOLVO 240D. Excellent condition. Call 248-0198. gcm2

1986 HONDA ACCORD LX 4 Dr. Burgundy/brown, A/C, AM/FM, auto, 66K, new parts. \$5,200. (212)410-9480. wmy2

1988 HONDA ACCORD LXI, 4 door, black/tan, 74K. Excellent car. \$6,700. Dave. 747-4232. gca5

1988 LINCOLN MARK VII Bill Blass series. White/blue roadster top. Mint condition, garaged. Immaculate condition. \$10,500. Evenings 248-3769. gcm3

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

1984 OLDS CUTLASS SUPREME, 4 door, V8, new muffler/brakes, very dependable, good condition. \$1,500. 741-1513. gcm1

1986 OLDSMOBILE Custom Cruiser Station Wagon, 9 passenger, V-8 engine, 63,000 miles, A/C, AM/FM Stereo, power windows & locks. \$3,975. Call 746-3141. wmy2

Car Wanted

SELLING YOUR CAR? Any year, make, model. Cash on the spot. Call 623-6244. hmay3

Services

HANDYMAN: QUALITY HOME repairs. Plumbing, leaky faucets, toilets, tiles & grouting. Shelves, fences repaired, doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe. 746-7517. wjn3

TYPING SERVICE: TEN YEARS Experience, legal typist, with computer, dictaphone, laser printer, available to fill all your typing needs. Call anytime. Pick up and delivery service. 285-3520. wmy1

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Lost and Found

FOUND - BASEBALL MITT & ball, well broken in. Grand Union's parking lot, Saturday, April 24. Call 742-5149. gcmy3



MOTHER'S DAY CRAFTS. Sale on May 1 and 2, from 12 noon to 2 p.m. Williston Park Group Home, 197 Canterbury Road (Cor. Mineola Blvd.). Fundraiser for Y.A.I. benefiting developmentally disabled. hmy4

Garage/Tag Sale

MOVING SALE: 19 E. WILLISTON Ave., E. Williston (One Block West of Roslyn Road), Saturday, May 1, from 10 to 4, Sunday May 2, from 10 to 2. 20 year old Jacoben dining room set, claw foot bathtub, items of interest, wing chairs, toys. No early bird preview. wap5

MOVING SALE: Garden City, Saturday & Sunday, May 1 & 2, 10 to 4, rain or shine. New & old items, bric-a-brac. 53 Stratford Ave., corner of Tannerspond Road. wap5

COLONEL JOAN GREITZ & BOB MILLER conducting professional tag sales. Call anytime for free evaluation. Also buying "all" antiques, vintage clothing, costume jewelry, prints, etchings, litho's, paintings. Immediate cash! 775-1795. wmy3

MULTI FAMILY MAY 7, 8 am-6 pm & May 8, 8 am-2 pm at 171 Pine Street, Garden City. Absolutely no early birds. Antiques, collectibles, household goods & junk. gcM1

MOVING SALE, LAWN furniture, tools, other furniture, clothing, glassware, china, pedestals, books, bric-a-brac. Saturday, May 8, 9-5, at 6 Princeton St., Garden City. gcA5

GARAGE SALE: SATURDAY, May 1, from 9 a.m. to 5 p.m., 14 Temple St., Williston Park. Ethan Allen full size bed frame with canopy. \$100. Luggage, kitchenware, picture frames, artist canvases, books & shutters. wap5

GARAGE SALE, SATURDAY, May 1, from 9 to 5. Rain-date, Sunday, May 2. 68 Prospect St., Williston Park (off of Willis Ave.). Many curtains, furniture, electric typewriter, skis, artificial Christmas trees and aquariums, books, luggage and much more. wap5

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By Linda Susan Dudley

Raves for brown rice

American business — taking its cue from what natural-foods advocates and vegetarians have long known — has jumped on the brown rice bandwagon.

The healthful benefits of brown rice, with its nut-colored layer of rice bran intact, have made it a staple of the sunflower-seed crowd ever since it was enthusiastically embraced by the flower children of the 1960s.

The trouble is, brown rice took too long to cook — upward of an hour, unless you bought the more expensive converted quick-cooking brown rice that cooked in about 20 minutes. (The bran layer acts as a barrier to heat and moisture, thus the longer cooking time in long-grain brown rice.) And today's cooks simply don't want to put that much time into cooking rice — or almost anything else, especially on a weeknight. And that's in spite of any suggested health benefits.

So, supermarkets are now stocking the 10-minute brown rice from Uncle Ben's and Success Rice (which is pre-measured in a boil-in-pouch). You can have the health benefits in minutes now because the bran layer still surrounds the grain.

Rice bran is also available now for consumers. Previously, the milled rice bran did not have a shelf life to make it marketable for human consumption.

One ounce of rice bran, which is about 1/2 cup, contains 100 calories, 5 grams of protein, 10 grams of carbohydrate, 9 grams of fat, 5 milligrams of sodium and no cholesterol.

White rice was one of the first processed foods. When almost all food was only available in its natural state, upper-class people were willing to pay more for rice with the brownish covering removed to reveal the white grain inside.

Today, we know that peasants ate more nutritiously: Whole grains are superior to grains split from their beneficial overcoat. Brown rice has its bran-fiber overcoat — the same bran for which health-store customers now pay extra. Brown rice is a complex carbohydrate that contains all eight of the essential amino acids. It is low in sodium and fat and contains no cholesterol.

Brown rice contains more protein, calcium, phosphorus, potassium, niacin and vitamin E than enriched white rice.

A 1/2-cup serving of brown rice contains 89 calories, 1.9 grams of protein, 19.1 grams carbohydrate, 0.45 gram of fat, 3 milligrams of sodium and no cholesterol.

The natural oils in traditional brown rice give it a shorter shelf life; off-flavors can develop if you keep a box of rice several months without refrigeration. The new faster-cooking rices have solved that

with a parboiling process so the shelf life is longer.

Of course, cooks can always store raw brown rice in the refrigerator to extend the life. Cooked rice can also be frozen and reheated in the microwave oven but it loses some of its texture.

Rice bran can be used in breads, cereals, snack foods, salads, appetizers and main dishes.

BASIC BROWN RICE

1 tablespoon vegetable oil
1 cup brown rice, rinsed and drained

2 cups boiling water
1/2 teaspoon salt (optional)
Yields about 2 cups

Heat oil in bottom of heavy saucepan that has tight-fitting lid. Add rice and saute for 1 minute over medium heat, stirring constantly. Add boiling water (watch for sputtering oil) and salt, if using. Stir once or twice, cover pot and reduce heat to simmer. Simmer until liquid is absorbed and rice is tender but still pleasantly chewy, about 45 to 50 minutes.

WALNUT BROWN RICE DRESSING

1/2 cup chopped onions
1/2 cup chopped celery
1 clove garlic, minced
1 1/2 tablespoons butter OR margarine
2 cups brown rice, cooked in vegetable broth
1 cup cooked wild rice
1/2 cup chopped walnuts
1/2 teaspoon sage
1/2 teaspoon seasoned salt
1/2 teaspoon ground black pepper
1/2 cup vegetable broth

Yields 6 servings.
Preheat oven to 350 F.
Cook onions, celery and garlic in butter until tender in small skillet over medium heat. Combine with remaining ingredients in buttered 2 1/2-quart baking dish. Bake for 20 to 25 minutes.

ALMOND FRUIT SALAD

2 cups cooked brown rice, cooled to room temperature
1 orange, peeled, quartered and sliced
1/2 cup seedless red grapes, halved
1 medium kiwifruit, pared, quartered and sliced
1/2 cup slivered almonds
2 tablespoons orange juice
1 tablespoon soy sauce
2 teaspoons vegetable oil
1/2 teaspoon minced fresh ginger
Yields 4 servings.

Combine rice, orange, grapes, kiwi and almonds in large bowl. Blend remaining ingredients in small bowl, pour over rice mixture. Toss lightly.

Note: Prepared poppy seed dressing may be substituted for dressing.

PRAYER TO THE BLESSED VIRGIN (Never known to fail).

Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted.

E.P.C. wap5

PRAYER TO THE BLESSED VIRGIN (Never known to fail).

Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted.

M.J.H. hap4

HOLY SPIRIT YOU WHO SOLVE

all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. M.F. wap5

PRAYER TO THE BLESSED VIRGIN (Never known to fail).

Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted.

This prayer must be published after the favor is granted. E.S. hap4



Kids Home Newspaper



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

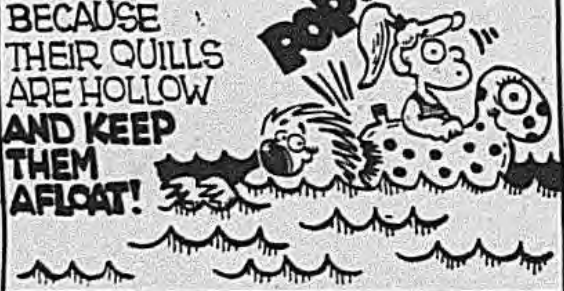
By J.R. Rose -

DRAW IT!

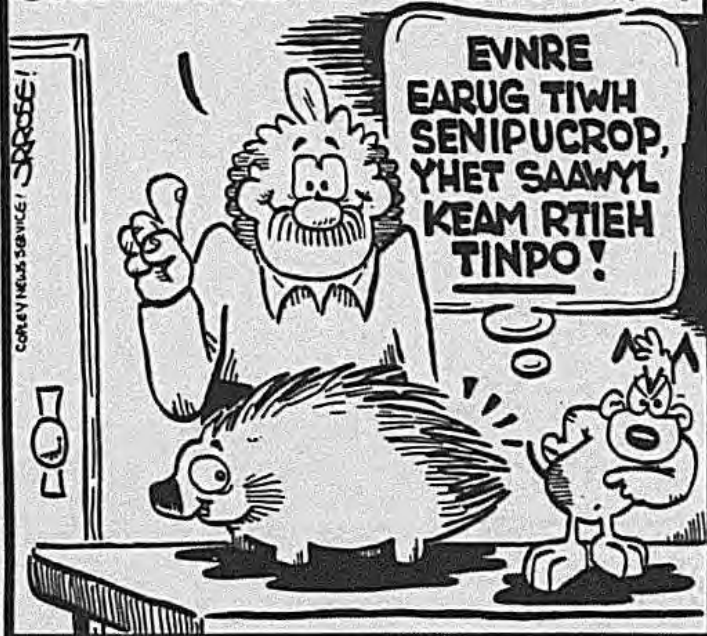
DRAW QUILLS ON THIS PORCUPINE!



PORCUPINES ARE EXCELLENT SWIMMERS BECAUSE THEIR QUILLS ARE HOLLOW AND KEEP THEM AFLOAT!



LET'S INTRODUCE A FRIEND OF MINE, A SHARP AND POINTY PORCUPINE! UNSCRAMBLE THIS AND YOU WILL SEE JUST WHAT MY PUP HAS SAID TO ME!



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KORNER

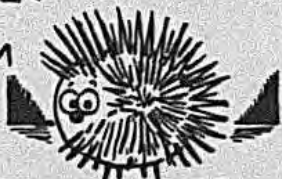
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WHAT DID THE PORCUPINE SAY TO THE CACTUS?



PUP THANKS KELLY WIEDL OF DANBURY, CT.

ANTIQUE OR JUNQUE

By James G. McCollam



Unusual teapot fills through bottom

Q. Enclosed is a picture of what looks like a teapot, except that the top is enclosed. It is filled through a hole in the bottom.

We are puzzled as to its intended use. Is it old, or just a piece of "junk"?



A. This type of tea server was called a "cadogan" in England; "vaso senza bocca" in Italy. They were inspired by Chinese wine pots.

The name was derived from a Mrs. Cadogan, whose son brought a wine pot back from China. Most were produced between 1790 and 1810.

I don't find any record of sales of these, but they must be worth at least \$1,000.

Q. This mark is on the bottom of a floral basket or bowl. It is 10 inches high and decorated with purple flowers with green foliage on a blue background. It is marked "Made in Austria."

What can you tell me about the manufacturer and value?



A. This type of ceramics is known as Amphora. It was made in the Turn-Teplitz area of Austria by Riessner, Stellmacher & Keller about 1900. It would sell for about \$325 to \$335.

Q. A friend gave me a plate about 50 years ago. It is marked "Louis XV — U.&Co." in a shield with "Sarreguemines" underneath.

Can you tell me when and where it was made, and its value?

A. This plate was made in Sarreguemines, France, during the early 20th century by Utzschneider & Co. It would probably be worth about \$35 to \$45.

Q. My friend has a set of dishes marked "Luneville — Falence — France — K.G. — Louis XV Lilac." Does the set have any value?

A. Keller & Guerin operated a factory in Luneville, France, from 1778 to the present. Falence is a tin-glazed earthenware. Your friend's set of dishes was made in the early 20th century.

A 45-piece service for eight would probably sell for about \$700 to \$800.

"Louis XV Lilac" designates the pattern.

Q. I have a chocolate set consisting of a pot, six cups and six saucers. The set is white with gold trim decorated with purple irises. On the bottom is "Noritake — Hand Painted."

The set is probably about 65 years old. I would like to know how much this set is worth.

A. Your chocolate set was made in Japan probably between 1920 and 1940. It would probably sell for about \$165 to \$185.

Q. I have a set of Allerton Blue Willow dishes marked with a crown atop a banner inscribed "Allerton — England — Willow." I have 12 each of dinner plates, salad plates, soup bowls, fruit dishes, salt dips, cups and saucers, two large platters, small platter, two covered vegetable dishes, soup tureen, butter dish, cream pitcher and gravy boat.

What would be the value of this set?

A. Your set of Allerton's Blue Willow dishes was made in the early 20th century and would probably sell for about \$800 to \$900.



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Points on Pets

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

Q. It has been almost 12 months since our daughter's pregnant quarter horse mare was last bred. We are worried that if she does not foal soon, her foal will be too large for her to have without great difficulty. We would like to be present when our mare foals. What is your advice? Can the mare be induced to foal with oxytocin like humans are?

A. It is possible to induce mares to foal at a designated time with oxytocin. The criteria used to determine if a mare is ready for induction include the length of pregnancy, udder development and genital tract relaxation.

Induction of foaling should not be attempted prior to 330 days of pregnancy. Foals born prior to this time are often very immature and do not survive. The udder of the mare should be well developed and contain colostrum, first milk at the time of induction. The cervix, or opening of the uterus, should be relaxed prior to induction.

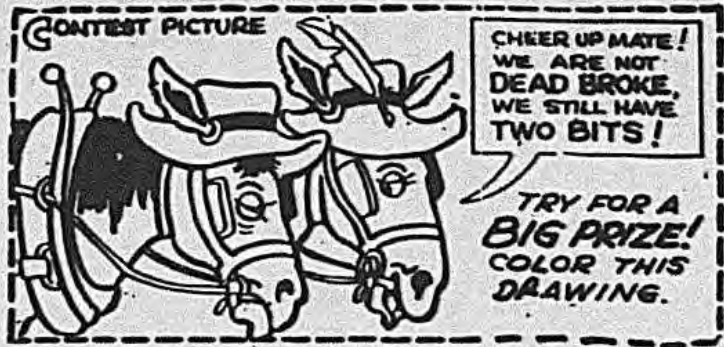
Your veterinarian can evaluate your daughter's mare to determine if all these criteria are met and if it would be safe to induce her.

With most induction programs the foal is born approximately one half-hour following injection of the mare. It must be remembered that anything that can go wrong at a natural foaling can also go wrong at an induced parturition. The induction process itself usually does not cause problems that would not have been present if the mare had been allowed to foal naturally.

Your veterinarian can help you decide whether induced foaling is indicated for your daughter's mare. Induced foaling should not be attempted without the aid of a veterinarian with equine experience. It is not uncommon for mares to have pregnancies nearing a year in length. Therefore, you should not be worried just because your daughter's mare has gone longer than you expected.



JUNIOR EDITION



Aunt Tilly's Corner

Last summer we had to go to a wedding in Memphis, Tennessee. Since Memphis is so far away and Tennessee is such a long state, we decided to go in our motor home and make overnight stops along the way. The first stop we made was at a park in Tennessee. We were given a spot right by a little brook in the woods. It was so refreshing to go outside and hear the water as it continuously rushed by.

Nearby was a lake loaded with fish. Our children had only to throw in their fishing line to get a bite. By suppertime we had a real treat - fresh fish cooked outdoors on the grill.

Your friend,
Aunt Tilly

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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, May 7, 1993

3. Paint, watercolors and crayons must be used on the above.

4. Decisions of the judges will be final.

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

YOUR SOCIAL SECURITY

Divorced spouse's benefits

By William M. Acosta

Q. My husband and I divorced last year after 15 years of marriage. I am now 52 years old. Will I be able to get benefits on his Social Security earnings? — B.W.

A. Social Security law states that a divorced spouse who was married for at least 10 years is eligible for benefits on his or her ex-spouse's Social Security record. Because you meet this requirement, you will be able to receive benefits on your ex-husband's record when he becomes eligible for benefits.

However, you can't get these benefits until you are at least 62 years old, and you must be unmarried. If you are entitled to a Social Security benefits based on your own work that is higher than the amount you will receive on your husband's record, you will be paid your own retirement benefits instead.

You should call Social Security and ask them to send you information on divorced spouse's benefits. The telephone number is (800) 772-1213.

Q. If I qualify for Supplemental Security Income (SSI), will my wife and children also qualify? — B.I.

A. Not necessarily. Each individual must qualify on his or her own. Your spouse, like you, must have little income and resources and be

age 65 or blind, or have a disability. The SSI payment to an individual will depend on whether he or she has an eligible spouse. The children must be blind or disabled to qualify for SSI.

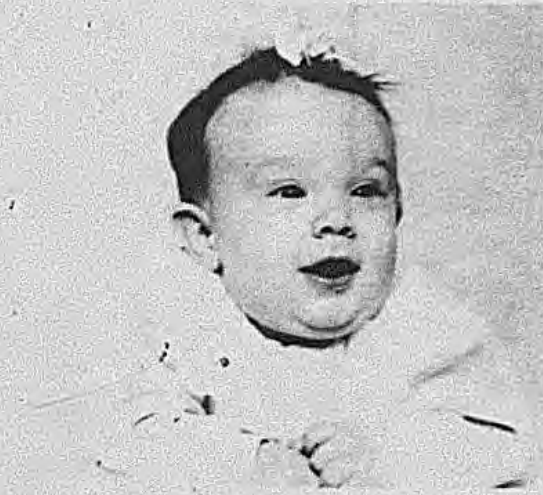
For children under 18, some of the parents' resources and income are considered to be the child's in determining eligibility and payment amount.

Q. I got a letter from a company that said that county records show that my child is not registered with Social Security. Does Social Security tell local governments who has a Social Security number? — F.P.

A. No. Social Security does not provide this information to any county government. Social Security records do not show who does not have a Social Security number; records only show who does have a number.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



This beautiful little girl is Victoria Anne, born Sept. 13, 1992, to Mary and Joe Rzeszut of Mineola. She is the 11th grandchild for Evelyn Lennon of New Hyde Park and the 4th grandchild for Victoria Rzeszut of Mineola. She also has a wonderful big sister Stephanie.

Evelyn Lennon

